



SUMMER 2023

Resident registration begins:
Wednesday, 4/5

Non-resident registration begins:
Wednesday, 4/12

La Grange & Countryside
residents get resident rates!

WELCOME - See pages 18-19 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 - 5pmMon. - Fri.

Front Desk/Phone Hours:

8 am - 7 pmMon. - Thurs.

8 am - 5 pmFriday

9 am - 6 pmSat.

9 am - 1 pmSun.

**Closed.....5/29, 7/4, 8/5, 8/6, 8/29,
8/30 & 9/4**

Hours subject to change

SEE PAGE 74 FOR FITNESS CENTER HOURS

Important Telephone Numbers

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

RECREATIONAL & COMMUNITY SERVICE ORGANIZATIONS

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

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RESIDENT REGISTRATION

La Grange and Countryside Residents

Wednesday, April 5th - 8:00 am - 8:00 pm

Recreation Center, 536 East Avenue

Walk-in registration runs simultaneously to online registration; neither procedure has priority over the other.

Residents may only register their own family.

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

The deadline to set up an online account for registration on 4/5 is 4/4. If you already have an online account, it is not necessary to do it again. Your username and password is still valid.

PDLG BOARD & STAFF

PARK BOARD MEETINGS

The Board of Commissioners meet at the Park District Recreation Center, 536 East Avenue, on the 2nd Monday of every month at 6:00 pm. Please note, April 17th and August 21st meetings will be held at the Community Center. *Meeting dates, times and location subject to change.*

PDLG FACILITIES & CLASS LOCATIONS

PDLG Recreation Center
536 East Avenue

PDLG Community Center & Park
200 South Washington Avenue

PDLG Denning Park
4903 South Gilbert Avenue

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

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

PDLG Gordon Park
Ogden and Locust Avenue

PDLG Waiola Park
47th Street and Waiola Avenue

Hanesworth Park
26th & Barnsdale Road, La Grange Park

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

Cossitt School
115 W. Cossitt Avenue, La Grange

Flagg Creek Golf Course
6939 Wolf Road, Indian Head Park

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, Brian Opyd brianopyd@pdlg.org

Vice President, Robert Vear robertvear@pdlg.org

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

Commissioner, Stephanie Posey stephanieposey@pdlg.org

Commissioner, Michael Chvatal michaelchvatal@pdlg.org

BOARD APPOINTMENTS

Executive Director, Jenny Bechtold, CPRP jennybechtold@pdlg.org

Board Treasurer, Cassandra Todd, MBA cassandratodd@pdlg.org

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, Jenny Bechtold, CPRP jennybechtold@pdlg.org

FINANCE STAFF

Director of Finance & HR, Cassandra Todd, MBA cassandratodd@pdlg.org

HR & Administrative Coordinator, Linda Muth, lindamuth@pdlg.org

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

RECREATION/FACILITY STAFF

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

B.A.S.E. & Camp Manager, Leanna Hartung leannahartung@pdlg.org

B.A.S.E. & Camp Supervisor, Melissa Seaberg melissaseaberg@pdlg.org

Athletic Supervisor, Zach Price, CPRP zachprice@pdlg.org

Fitness Supervisor, Dom Adjoumani domadjoumani@pdlg.org

Recreation Supervisor, Tom Oeltgen tomoeltgen@pdlg.org

Marketing & Sponsorship Coordinator,
Christine Banks christinebanks@pdlg.org

Facility & Operations Manager
Dan Schaffer danschaffer@pdlg.org

Facility & Rental Supervisor,
Madonna Giampietro madonnagiampietro@pdlg.org

PARKS DEPARTMENT STAFF

Director of Parks, Planning & Maintenance,
Blake Ertmanis blakeertmanis@pdlg.org

Park Operation Manager, Claudia Galla claudiagalla@pdlg.org

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

CPRP - Certified Park & Recreation Professional

REGISTRATION INFORMATION

I. RESIDENT REGISTRATION ONLY

Walk-in resident registration for La Grange and Countryside residents will take place on Wednesday, April 5th from 8:00am-8:00pm at the Recreation Center, 536 East Avenue, and continues thereafter during regular office hours. Residents may only register their own family during resident registration on 4/5.

2. NON-RESIDENT REGISTRATION

Individuals residing outside of the Park District boundaries may register starting at 8:00am Wednesday, 4/12. This includes Neighborhood Network residents.

3. ONLINE REGISTRATION

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

4. FIRST COME FIRST SERVED

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

5. PROGRAM WAITING LISTS

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

6. FALSE INFORMATION/RESIDENT PRIORITY

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

7. REFUNDS AND CANCELLATION

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

8. INSUFFICIENT FUNDS FEE:

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

9. FEE CODE

The fee code used in this brochure is as follows:

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


10. PROOF OF RESIDENCY

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

11. NEIGHBORHOOD NETWORK (NN)

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

12. CO-OP PROGRAMMING

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

13. PROOF OF AGE

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

14. PAYMENT/ENROLLMENT VERIFICATION

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

15. PAYMENT METHODS

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

16. REGISTER EARLY!

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

17. FEES SUBJECT TO CHANGE

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

18. ADA ACCOMMODATIONS

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

EMERGENCY CLOSING INFORMATION

Please check our website www.pdlg.org for weather related/emergency closing information

WHY ARE THERE INITIALS NEXT TO THE PROGRAMS?

(TO-Tom Oeltgen ZP-Zach Price, DA-Dom Adjoumani)

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

OTHER SYMBOLS:



- Parent/Child Program



- Cooperative Program



NEW - New Class



LA GRANGE FITNESS



CONNECT WITH US

www.pdlg.org



/ParkDistrictofLaGrange
/LaGrangeFit



@pdlgparks
@lagrangefitness



@pdlg

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TO OUR
NEWSLETTER**



GENERAL INFORMATION

LATE PICK-UP POLICY

The Park District of La Grange staff will supervise children who are left beyond the scheduled time until a parent or other authorized adult on the pick-up list arrives. However, late pick-ups will result in a fee. Payment of the late fee is to be paid at the Recreation Center located at 536 East Avenue **BEFORE** your child can attend the next day of camp/class. If you have any questions, please call Kevin Miller at (708) 352-1762.

1-15 minutes late = \$5.00

Every additional minute = \$1.00

IMPORTANT INFORMATION

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

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

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

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

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

PARK USAGE RULES

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

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

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

PROGRAM CODE OF CONDUCT

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


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

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

PROGRAM FINANCIAL ASSISTANCE

The financial assistance policy of the Park District of La Grange is established to provide a fair and equitable system through which District residents may take part in recreation programs when they are unable to pay the required fees. Partial program fee waivers may be granted for Park District of La Grange residents for certain programs. Any family who would like to see if they are eligible for a scholarship may obtain an application from the Park District of La Grange administration office at 536 East Avenue, La Grange, IL 60525 or may email Kevin Miller, Director of Recreation, at kevinmiller@pdlg.org.

CO-OP PROGRAMMING

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

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

AMERICANS WITH DISABILITIES

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

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

INCLUSIVE RECREATION PROGRAMS

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

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

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

PHOTOGRAPHS

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

GIVE THE GIFT OF FUN!

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

EMPLOYMENT OPPORTUNITIES

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

PARK AND FACILITY RENTAL PERMITS

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

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

Be Our Eyes COMMUNITY PARK WATCH



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

SEE SOMETHING.

Suspicious activity to watch for and report

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

SAY SOMETHING.

Information needed when you call

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

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

Description of People and Vehicles

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

People

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

Vehicles

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

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

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

**Gordon Park shelter and splash pad not available for rentals. During the summer months: Memorial Day - Labor Day.*

RENTAL INFORMATION



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

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

ROOM RENTALS

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

All room fees effective starting December 1, 2022.

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

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

ROOM 105 & 106 TOGETHER

Res. \$100/hr Non-Res. \$135/hr

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

ROOM 108/ROOM 109 (fee per room)

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

Room 108 & 109 together

Res. \$100/hr Non-Res. \$135/hr

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

ROOM 112 (Room holds maximum of 45 people)

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

CONFERENCE ROOM 102 (fee per room)

Res. \$35/hr Non-Res. \$50/hr

Room 102 holds a max of 20 people

AFTER HOURS RENTALS \$20/hr

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

DeSITTER ROOM RENTAL RATES

Max 175 people

MON-FRI (2 HR. MIN)

Resident \$ 130 per hour
Non-Resident \$ 175 per hour

SAT-SUN (3 HR. MIN)

Resident \$ 170 per hour
Non-Resident \$ 220 per hour

HOLIDAY WEEKENDS (3 HR. MIN)

Resident \$ 200 per hour
Non-Resident \$ 260 per hour

Alcohol Permit \$ 205 (1-100 guests)
\$ 215 (101-175 guests)

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

After Hours \$ 20 per hour extra

RENTAL POLICY

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

INDOOR PLAYGROUND

Res. \$50/hr Non-Res. \$65/hr

During room Rental Time only. 2 hour minimum rental time)

AFTER HOURS RENTALS

\$20/hr

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

The Perfect Room to Celebrate all Occasions!



- Weddings
- Birthdays
- Graduations
- Anniversaries
- Corporate Events



the *De Sitter*
ROOM



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

GYMNASIUM RENTAL/OPEN GYM

GYM RENTAL

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

Half-Court Rental

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

Full Court Rental

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

Volleyball Court Rental

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

OPEN GYM POLICIES

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

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

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

Patrons must bring their own balls for basketball & volleyball

PARK DISTRICT ID

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

How can I get a FREE Park District ID?

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

COURT DIVIDERS

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

CLOTHING/LOSS OF PERSONAL PROPERTY

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

FOOD/SPITTING/ALCOHOL, DRUGS, & TOBACCO

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

SPORTSMANSHIP/BEHAVIOR/MUSIC/HEADPHONES

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

TRACK

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

OPEN PICKLEBALL

(please bring your own paddles & balls)

Open games to be played. Nets will be provided by the Park District.
Schedule: Monday/Wednesday/Friday 9am-12pm and Friday 3pm-5pm

Drop-In Fee: \$5 RES, \$8 NR

10-Punch Pass: \$40 RES, \$64 NN, \$72 NR

OPEN GYM DAILY & PUNCH PASS FEES - Basketball / Volleyball

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

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

RECREATION CENTER USE/TRACK & PLAYGROUND

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

YEARLY MEMBERSHIP & DAILY VISIT RATES

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

MEMBERSHIP DEFINITIONS

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

RESIDENCY

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

INDOOR TRACK

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

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

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

INDOOR PLAYGROUND

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

****Hours subject to availability-check monthly calendar for updates**

Monday - Thursday	9am - 6:30pm
Friday	9am - 4:30pm
Saturday	9am - 5:30pm
Sunday	9am - 12:30pm

- Closed 5/29, 7/4, 8/5, 8/6, 8/29, 8/30 & 9/4
- *All hours and fees subject to change without notice**



Park District of La Grange Registration Form

336 East Avenue, La Grange, IL 60525 • Phone 708-352-1762 • Fax 708-352-8591 • www.pdlg.org

Summer
2023

Family Last Name _____ Email _____ Your email will not be sold for PDLG use only
 Address _____ City _____ Zip _____
 Phone/Home _____ Cell _____ Work _____ Alt: Emergency _____

Participant (First & Last Name)	Sex	Birth Date	Program Name	Start Date	Program Code	Office Use Only	Fee

Program Waiver and Release of All Claims and Assumption of Risk
Warning of Risk: Recreational programs are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury when participating in any recreational program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers, and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defect, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor, outdoor, and water related recreational programs exist. In this regard, it must be recognized that it is impossible for the Park District of LaGrange to guarantee absolute safety.

Waiver and Release and Assumption of Risk: Please read this information carefully and be aware that in registering for and participating in this program, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program (including transportation services, when provided, and exposure to communicable disease). I recognize and acknowledge that there are certain risks of physical injury to participants in this program and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program against the Park District of LaGrange, including its officials, agents, volunteers, and employees (hereinafter collectively referred to as "Park District of LaGrange").

Aquatics: I specifically recognize and acknowledge that there are certain inherent risks of physical injury to patrons of aquatic facilities, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities and programs connected with or associated with use of aquatic facilities.

I further recognize and agree that lifeguards and other aquatic staff are not responsible for supervising my activities or the activities of my minor child(ren) and I agree that I am solely responsible for supervising my minor children and/or assessing whether my children are physically fit and/or adequately skilled for aquatic activities. I additionally agree to supervise any children ages 7 and under at all times.

Release: I do hereby fully release and forever discharge the Park District of LaGrange from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program.

Photo/Video Policy and Warning: Photos and video footage are periodically taken of people participating in a Park District program or activity, attending a class or event, or using District facilities or property. Please be aware that by registering for a program or class, participating in an activity, attending an event, or using District facilities or property, you authorize the District to use these photos and video footage for promotional purposes in District publications, advertising, marketing materials, brochures, event flyers, social media (including Facebook, YouTube, Instagram, Twitter, and other social media sites operated by the District), and the District's website without additional prior notice or permission and without any compensation to you. All photos and videos are property of the District.

By registering for this activity I have read and fully understand the above, warning of risk, assumption of risk, waiver and release of all claims, photo/video policy and warning, and behavior code of conduct. If registered online, my online signature will be substituted for and have the same legal effect as an original hard copy signature.

PARTICIPATION WILL BE DENIED if the signature of adult participant or parent/guardian and date are not included.

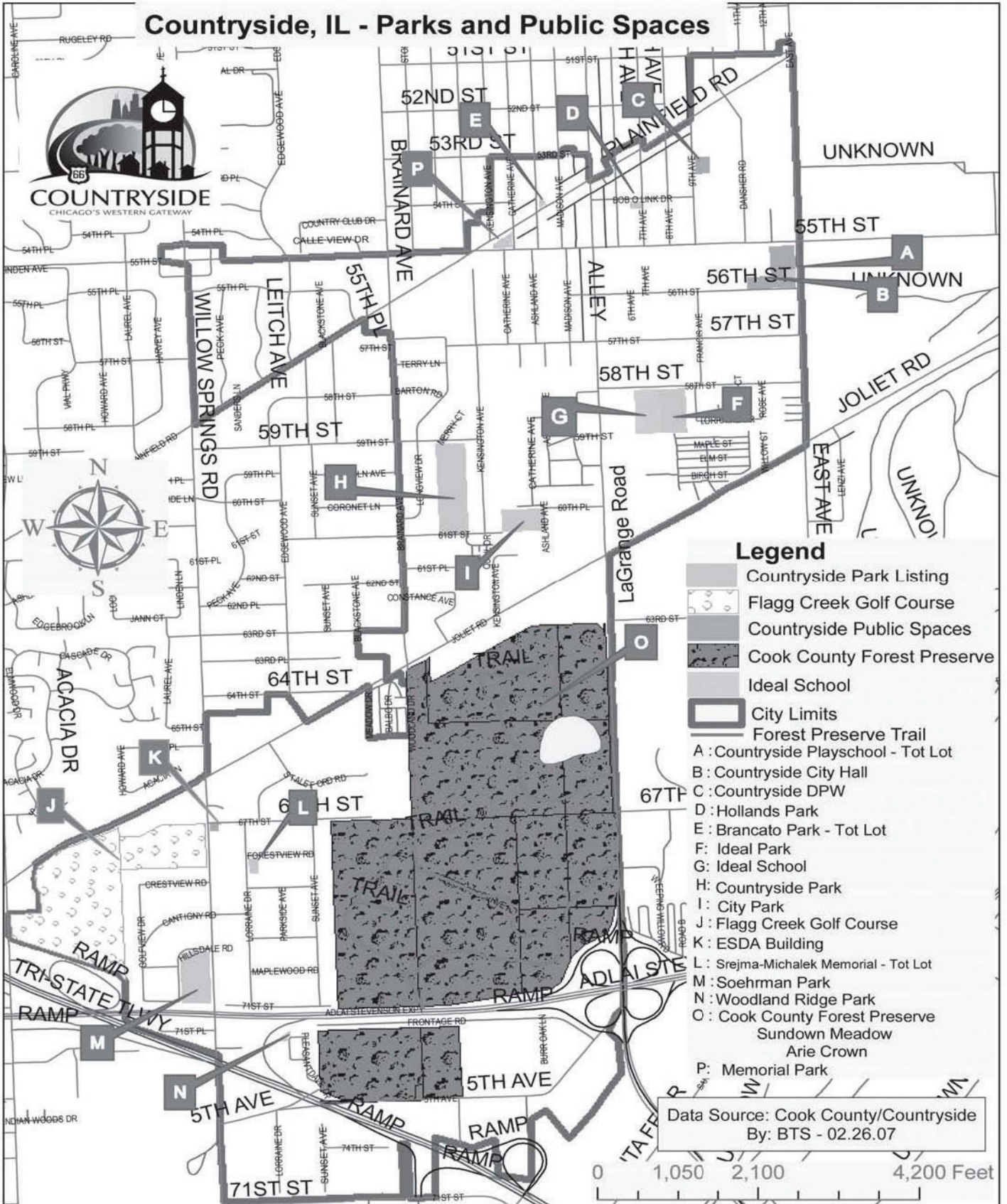
Checks payable to: _____ Total _____
 Park District of La Grange

Cash Check # _____ Clerk _____
 Credit Card – Last 4 digits _____
Mail In Registration: Provide full credit card number and exp. date & sign authorization below
 Credit Card # _____ Exp. Date _____
 Signature _____

Refunds must be requested no less than 5 days prior to the first class date

Do you need any accommodations, in accordance with the Americans with Disabilities Act, to effectively participate in the above program? Yes No
 Details: _____

Signature of Participant 18 yrs. & older or Parent/Guardian _____
 Date _____





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*
<i>Parks</i>			
Denning Park 4903 S. Willow Springs Rd.	1	10	Activity Building, Playground, Picnic Shelter, Walking/Jogging Path, 1 Soccer Field, Parking Lot, Basketball Court, Community Garden
Elm Park 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 Ogden & Locust Ave.	4	13	Picnic Shelter, Playground, 2 Softball Fields*, 3 Handball Courts*, 2 Soccer Fields, Splash Pad, Walking/Jogging Path, Fitness Stations, Skate Spot, Parking Lot
Sedgwick Park 10th Ave. & 48th St.	5	23	Activity Building, Playground, 2 Basketball Courts, 4 Baseball Fields, 4 Tennis Courts*, Walking/Jogging Path, 2 Sand/Volleyball Courts*, 3 Soccer Fields, Parking Lot
Stone Park Bell & Stone Ave.	6	.5	Playground, Half-Court Basketball Courts
Rotary Centennial Park 116 Sawyer Ave.	7	.3	Playground, Picnic Shelter
Spring Park 1108 S. Spring Ave.	8	.85	Playground, Picnic Shelter
Waiola Park 500 S. Waiola Ave.	9	3.5	Playground, Basketball Court, 2 T-Ball Fields, Walking/Jogging Path, 1 Soccer Field
Meadowbrook Manor Park 339 9th Ave.	10	.25	Playground

*field and/or courts are lighted



Facilities

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

Parks

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





Park District of La Grange

Commemorative Tree & Bench Program



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

Commemorative Bench

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

Commemorative Trees

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



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



Community GARDEN PLOTS 2023



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

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

ACTIVITY CODES: 490000-01 HANDICAP ACCESSIBLE 490000-02

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

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LEARNING LADDERS

PRESCHOOL 20-21

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PRESCHOOL

Learning Ladders Preschool 2023 - 2024

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

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

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

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



Registration

Where: Recreation Center, 536 East Avenue, La Grange

When: Resident registration began Wednesday, February 1, 2023 at 8 a.m.
Non-resident registration began Wednesday, February 8, 2023 at 8 a.m.

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

Program Philosophy

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

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

Goals and Objectives

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

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

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

CLASSES: GILBERT PARK BUILDING



Brown Bears: Ages 2 ½ to 3 years

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

Black Bears: 2 ½ to 3 years

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



Tall Tigers: Ages 4 to 5 years

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



CLASSES: SEDGWICK PARK BUILDING

Little Lions: Ages 2 ½ to 3 years

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



Leaping Lizards: Ages 3 to 4 years

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



Eager Eagles: Ages 4 to 5 years

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



CLASSES: RECREATION CENTER

Playful Penguins: Ages 3 to 4 years

Mon, Wed. & Fri.9-11:30 am
Min/Max:6/12
Annual Fee:....\$196/R, \$292/NR, \$216/NN
Code:.....481201-08



Middle Monkeys: Ages 3 to 4 years

Tuesday & Thursday.....12:15-2:45 pm
Min/Max:6/12
Annual Fee:....\$196/R, \$292/NR, \$216/NN
Code:.....481201-04



DAY CAMPS

WHY ARE THERE INITIALS NEXT TO PROGRAMS

(TO-Tom Oeltgen, ZP-Zach Price, DA-Dom Adjoumani, CG-Claudia Galla, LH-Leanna Hartung)

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

OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class



Camp Mighty Munchkins After Care (LH)

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

Age:..... 4-6 years

Instructor:..... Staff

Min/Max: 8/20

Location: Gilbert Park

Fees: \$45/R, \$59/NR, \$50/NN
\$27/R, \$35/NR, \$30/NN (*Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME
471004-01	6/12-6/16	3:00P-5:00P
471004-02	6/19-6/23	3:00P-5:00P
471004-03	6/26-6/30	3:00P-5:00P
471004-04	7/5-7/7*	3:00P-5:00P
471004-05	7/10-7/14	3:00P-5:00P
471004-06	7/17-7/21	3:00P-5:00P
471004-07	7/24-7/28	3:00P-5:00P
471004-08	7/31-8/4	3:00P-5:00P

Class Will Not Meet On: 7/3 & 7/4

Camp Little Explorers (LH) NEW

This camp is for kids who like ADVENTURE and FUN! We have a variety of activities planned for each themed week of camp. Some of the activities include crafts, games, music, Storytime, nature, drama, cooking, and special "in-house" field trips! Each child is asked to bring a lunch, snack, and reusable water bottle with their name on it every day of camp.

Little Explorers is a nut-free zone. All campers will receive a t-shirt! We encourage campers to wear their camp shirts. Before and/or after care is also available at this camp location. Please note, registration for before and after care is separate. You will receive a camp parent handbook at the time of registration. Children must be of age by the start of camp.

Age:..... 4-6 years

Instructor:..... Staff

Min/Max: 12/24

Location: Forest Road School

Fees: \$175/R, \$228/NR, \$193/NN
\$105/R, \$137/NR, \$116/NN (*Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME
471005-01	6/12-6/16	9:00A-3:00P
471005-02	6/19-6/23	9:00A-3:00P
471005-03	6/26-6/30	9:00A-3:00P
471005-04	7/5-7/7*	9:00A-3:00P
471005-05	7/10-7/14	9:00A-3:00P
471005-06	7/17-7/21	9:00A-3:00P
471005-07	7/24-7/28	9:00A-3:00P
471005-08	7/31-8/4	9:00A-3:00P

Class Will Not Meet On: 7/3 & 7/4

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





DAY CAMPS

Camp Little Explorers Before Care (LH)

Before care is available between the hours of 8:00 am-9:00 am for any participant enrolled in Camp Little Explorers.

Age:..... 4-6 years
Instructor:..... Staff
Min/Max: 8/16
Location: Forest Road School
Fees: \$25/R, \$33/NR, \$28/NN
 \$15/R, \$20/NR, \$17/NN* (Section 04)
Day:..... Monday-Friday

CODE	DATES	TIME
471006-01	6/12-6/16	8:00A-9:00A
471006-02	6/19-6/23	8:00A-9:00A
471006-03	6/26-6/30	8:00A-9:00A
471006-04	7/5-7/7*	8:00A-9:00A
471006-05	7/10-7/14	8:00A-9:00A
471006-06	7/17-7/21	8:00A-9:00A
471006-07	7/24-7/28	8:00A-9:00A
471006-08	7/31-8/4	8:00A-9:00A

Class Will Not Meet On: 7/3 & 7/4

Camp Little Explorers After Care (LH)

After care is available between the hours of 3:00 pm-5:00 pm for any participant enrolled in Camp Little Explorers.

Age:..... 4-6 years
Instructor:..... Staff
Min/Max: 8/16
Location: Gilbert Park
Fees: \$45/R, \$59/NR, \$50/NN
 \$27/R, \$35/NR, \$30/NN* (Section 04)
Day:..... Monday-Friday

CODE	DATES	TIME
471007-01	6/12-6/16	3:00P-5:00P
471007-02	6/19-6/23	3:00P-5:00P
471007-03	6/26-6/30	3:00P-5:00P
471007-04	7/5-7/7*	3:00P-5:00P
471007-05	7/10-7/14	3:00P-5:00P
471007-06	7/17-7/21	3:00P-5:00P
471007-07	7/24-7/28	3:00P-5:00P
471007-08	7/31-8/4	3:00P-5:00P

Class Will Not Meet On: 7/3 & 7/4

Camp Quest (LH)

This camp is an 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 or have in-house entertainment once a week. Each child will receive a t-shirt to be worn on field trip days. Campers are to bring a sack lunch, drink, and two snacks. Camp Quest is a nut free zone.

Age:..... 7-9 years
Instructor:..... Staff
Min/Max: 15/40
Location: Sedgwick Park
Fees: \$185/R, \$241/NR, \$204/NN
 \$111/R, \$144/NR, \$122/NN (*Section 04)
Day:..... Monday-Friday

CODE	DATES	TIME
472003-01	6/12-6/16	9:00A-3:00P
472003-02	6/19-6/23	9:00A-3:00P
472003-03	6/26-6/30	9:00A-3:00P
472003-04	7/5-7/7*	9:00A-3:00P
472003-05	7/10-7/14	9:00A-3:00P
472003-06	7/17-7/21	9:00A-3:00P
472003-07	7/24-7/28	9:00A-3:00P
472003-08	7/31-8/4	9:00A-3:00P

Class Will Not Meet On: 7/3 & 7/4

Camp Quest Before Care (LH)

Before care is available between the hours of 8:00 am-9:00 am for any participant enrolled in Camp Quest.

Age:..... 7-9 years
Instructor:..... Staff
Min/Max: 8/16
Location: Sedgwick Park
Fees: \$25/R, \$33/NR, \$28/NN
 \$15/R, \$20/NR, \$17/NN* (Section 04)
Day:..... Monday-Friday

CODE	DATES	TIME
472004-01	6/12-6/16	8:00A-9:00A
472004-02	6/19-6/23	8:00A-9:00A
472004-03	6/26-6/30	8:00A-9:00A
472004-04	7/5-7/7*	8:00A-9:00A
472004-05	7/10-7/14	8:00A-9:00A
472004-06	7/17-7/21	8:00A-9:00A
472004-07	7/24-7/28	8:00A-9:00A
472004-08	7/31-8/4	8:00A-9:00A

Class Will Not Meet On: 7/3 & 7/4



DAY CAMPS

Camp Quest After Care (LH)

After care is available between the hours of 3:00 pm-5:00 pm for any participant enrolled in Camp Quest Juniors.

Age:..... 7-9 years

Instructor:..... Staff

Min/Max: 8/20

Location: Sedgwick Park

Fees: \$45/R, \$59/NR, \$50/NN
\$27/R, \$35/NR, \$30/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME
472005-01	6/12-6/16	3:00P-5:00P
472005-02	6/19-6/23	3:00P-5:00P
472005-03	6/26-6/30	3:00P-5:00P
472005-04	7/5-7/7*	3:00P-5:00P
472005-05	7/10-7/14	3:00P-5:00P
472005-06	7/17-7/21	3:00P-5:00P
472005-07	7/24-7/28	3:00P-5:00P
472005-08	7/31-8/4	3:00P-5:00P

Class Will Not Meet On: 7/3 & 7/4

Camp Apollo Before Care (LH)

Before care is available between the hours of 8:00 am-9:00 am for any participant enrolled in Camp Apollo.

Age:..... 10-12 years

Instructor:..... Staff

Min/Max: 8/16

Location: Denning Park

Fees: \$25/R, \$33/NR, \$28/NN
\$15/R, \$20/NR, \$17/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME
472011-01	6/12-6/16	8:00A-9:00A
472011-02	6/19-6/23	8:00A-9:00A
472011-03	6/26-6/30	8:00A-9:00A
472011-04	7/5-7/7*	8:00A-9:00A
472011-05	7/10-7/14	8:00A-9:00A
472011-06	7/17-7/21	8:00A-9:00A
472011-07	7/24-7/28	8:00A-9:00A
472011-08	7/31-8/4	8:00A-9:00A

Class Will Not Meet On: 7/3 & 7/4

Camp Apollo (LH)

Camp Apollo is designed for our youth to grow, increase self-confidence, self-esteem, take risks, broaden their horizons and discover new strengths, all while developing values, respect and forming new friendships along the way! Our summer plans include weekly themes, daily activities to coordinate with those themes, creative arts and crafts, games, camp songs, sports, healthy kids' activities (yoga, dance, aerobics) and water games. The children will go on field trips or have in-house entertainment. Campers are to bring a sack lunch, drink, and two snacks. Camp Apollo is a nut free zone.

Age:..... 10-12 years

Instructor:..... Staff

Min/Max: 12/25

Location: Denning Park

Fees: \$185/R, \$241/NR, \$204/NN
\$111/R, \$144/NR, \$122/NN (*Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME
472009-01	6/12-6/16	9:00A-3:00P
472009-02	6/19-6/23	9:00A-3:00P
472009-03	6/26-6/30	9:00A-3:00P
472009-04	7/5-7/7*	9:00A-3:00P
472009-05	7/10-7/14	9:00A-3:00P
472009-06	7/17-7/21	9:00A-3:00P
472009-07	7/24-7/28	9:00A-3:00P
472009-08	7/31-8/4	9:00A-3:00P

Class Will Not Meet On: 7/3 & 7/4

Camp Apollo After Care (LH)

After care is available between the hours of 3:00 pm-5:00 pm for any participant enrolled in Camp Apollo.

Age:..... 10-12 years

Instructor:..... Staff

Min/Max: 8/16

Location: Denning Park

Fees: \$45/R, \$59/NR, \$50/NN
\$27/R, \$35/NR, \$30/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME
472012-01	6/12-6/16	3:00P-5:00P
472012-02	6/19-6/23	3:00P-5:00P
472012-03	6/26-6/30	3:00P-5:00P
472012-04	7/5-7/7*	3:00P-5:00P
472012-05	7/10-7/14	3:00P-5:00P
472012-06	7/17-7/21	3:00P-5:00P
472012-07	7/24-7/28	3:00P-5:00P
472012-08	7/31-8/4	3:00P-5:00P

Class Will Not Meet On: 7/3 & 7/4



Endless Summerfest

August 4th-6th at Gordon Park



Special Events



MOVIES IN THE PARK

The Sandlot (PG)

Summer Movies in the Park is a perfect chance to relax and enjoy a special night under the stars. Bring your family and enjoy a movie on a 25-foot screen. Movies will begin after sunset (approximately 8:30p/8:45p).

Age:..... All Ages

Instructor:..... Staff

Location: Gordon Park

Fees: FREE

Day:..... Wednesday, 6/28



SPECIAL EVENTS

Unplug Illinois Day (TO)

On Saturday, July 15, 2022 we encourage people to ditch their electronic devices and “unplug” to enjoy a day in our parks! Come out to Denning Park from 10am-12pm for our Second Annual Tiny Tot Triathlon (registration and fee required), “Chalk the Park”, play on the playground, or bring a ball to play catch or a soccer ball to kick around. See you there and leave your electronics at home!

Age:..... All Ages
Instructor:..... Staff
Min/Max: 5/15
Location: Denning Park
Fees: FREE
Day:..... Saturday, July 15th
Time:..... 10:00am-12:00pm



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!



Tiny Tot Triathlon (TO)

Participants will bike, run and get wet as they make their way to the finish line where they will receive a finisher’s medal! Little athletes will bike on their own self-pushed riding item, run down a length of path, slide through a Slip N Slide and end with a dash to the finish line. All participants will receive a race bag with snacks and goodies! A family member or friend over the age of 12 must assist (run/walk next to) their registered participant through the course. Participants need to bring their own bike and wear a helmet, as well as athletic shoes and comfortable clothes that can get wet.

Registration Deadline is June 28th.

Age:..... 3-5 years old
Instructor:..... Staff
Min/Max: 10/40 per age group
Location: Denning Park
Fees: \$10 per child
Day:..... Saturday

CODE	DATES	TIME	AGE
242011-01	7/15	10:00A	3 years old
242011-02	7/15	10:30A	4-5 years old

Community Garden Plots (CG)

The Park District’s Community Garden Plots are a resource for healthy goodness. Enjoy the season’s flavor and freshness with your own homegrown produce. Working your garden plot is an opportunity to grow organic, reduce food expenses, and relax in nature to improve mental health. Ready to plant 4’ X 8’ plots are available for La Grange and Countryside residents only. The \$75 fee includes a \$25 deposit which will be refunded at the end of season (10/15/2023) after gardeners have cleared their plots. Register early, plots are first come-first served until the 30 plots (4 handicap accessible) are filled. Forms are available at the front desk of the Recreation Center. A second plot may be reserved beginning May 16th if available. For more information please call Claudia Galla at (708) 352-1762. Registration for 2023 garden plots began in December - register today at the Recreation Center!

Online registration not available.

Location: Denning Park
Day:..... \$75 (includes \$25 refundable deposit)

CODE
490000-01
490000-02 Handicap Accessible

EARLY CHILDHOOD

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 accompanying 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.

**Note: the park district staff does not change diapers, the parents will be contacted in the case of an accident.*

EARLY CHILDHOOD & YOUTH ONE DAY EVENTS

Father and Kids 1st Flight (TO)

Kids, grab your Dad and join us for the seventh annual kite creations day! During this morning event, you and your Dad will spend some quality time together. Enjoy some pancakes for breakfast followed by designing your very own kite! Once kites are created we will fly them in Sedgwick Park! Come and join the fun! Co-op WS

Age:..... 3-6 years
Instructor:..... Staff
Min/Max: 3/6 per agency
Location: Sedgwick Park
Fees: \$30/R, \$39/NR, \$33/NN
 2nd child fee - \$20/R, \$25/NR, \$22/NN
Day:..... Saturday

CODE	DATES	TIME
231105-01	6/17	9:00A-10:30A

Dinosaur Dig (TO)

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

Age:..... 3-5 years
Instructor:..... Staff
Min/Max: 2/4 per agency
Location: Recreation Center
Fees: \$25/R, \$33/NR, \$28/NN
Day:..... Saturday

CODE	DATES	TIME
231106-01	7/8	9:30A-10:30A
231106-02	7/8	11:00A-12:00P



EARLY CHILDHOOD & YOUTH ONE DAY EVENTS

Slime Time! (TO)

Let's create some SLIME together! We will create two different types of slime. Each participant will help make their own batches of slime to take home. Recipes included! Co-op WS

Age:..... 6-10 years
Instructor:..... Staff
Min/Max: 3/6 per agency
Location: Recreation Center
Fees: \$25/R, \$33/NR, \$28/NN
Day:..... Thursday

CODE	DATES	TIME
232094-01	6/22	6:30P-7:30P
232094-02	7/20	6:30P-7:30P



Fiesta Time- Make Your Own Mini Piñata! (TO)

Children will celebrate summer by decorating their very own mini piñata while singing songs in Spanish, learning Spanish words, and discovering the Mexican culture. All materials are included. Co-op WS

Age:..... 4-11 years
Instructor:..... Language in Action, Inc.
Min/Max: 2/4 per agency
Location: Western Spring Recreation Center
Fees: \$28/R, \$36/NR, \$31/NN
Day:..... Wednesday

CODE	DATES	TIME
231592-01	6/14	5:00P-6:30P

American Girl Summertime Fun (TO)

Bring your American Girl (or similar sized) doll and get her ready for the beach! We will be decorating a cute swimsuit and cover up for your doll, along with a decorative beach bag. For the final touch, participants will design summertime jewelry to match. Children 3-5 years old must be accompanied by an adult. Co-op WS

Age:..... 3-10 years
Instructor:..... Ultimate Classes & Parties
Min/Max: 3/7 per agency
Location: Western Spring Recreation Center
Fees: \$37/R, \$48/NR, \$41/NN
Day:..... Friday

CODE	DATES	TIME
231521-01	7/28	6:30P-7:30P

EARLY CHILDHOOD & YOUTH ONE DAY EVENTS

WHY ARE THERE INITIALS NEXT TO PROGRAMS

(TO-Tom Oeltgen, ZP-Zach Price, DA-Dom Adjoumani, CG-Claudia Galla, LH-Leanna Hartung)

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

OTHER SYMBOLS:

- Parent/Child Program | - Cooperative Program | - New Class

Magic Class (TO)

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:..... Gary Kantor
Min/Max: 3/13 per agency
Location: Western Spring Recreation Center
Fees: \$23/R, \$30/NR, \$25/NN
Day:..... Monday or Wednesday

CODE	DATES	TIME	DAY
252508-01	6/26	6:45P-7:40P	Monday
252508-02	8/16	5:00P-5:55P	Wednesday

GNO Pajama Summer Spa Night (TO)

Come with friends in your PJs for a pampered night of Spa -like treatment. Glitzy Girls staff will lead the class with teaching manicures and pedicures with a toe and nail polish application. Each person gets a foot/nail brush, cuticle stick and mini buffer to use and take home. A charm anklet will be made with a great bead selection. A spa goodie bag goes home with every child. Co-op WS

Age:..... 5-10 years
Instructor:..... Glitzy Girlz
Min/Max: 3/8 per agency
Location: Western Spring Recreation Center
Fees: \$33/R, \$43/NR, \$36/NN
Day:..... Wednesday

CODE	DATES	TIME
232630-01	6/28	6:00P-7:15P

Back to School in Style (TO)

Design some fun goodies to get you ready for a great school year! Each participant will be creating a beaded item for backpacks, accessory or jewelry. Our crafts include fun accessories for school decorating with paints, embellishments, stickers and more. A surprise goodie bag goes home with all participants!

Age:..... 4-10 years
Instructor:..... Glitzy Girlz
Min/Max: 3/8 per agency
Location: Western Spring Recreation Center
Fees: \$35/R, \$46/NR, \$39/NN
Day:..... Wednesday

CODE	DATES	TIME
232742-01	8/9	6:00P-7:00P

Fun with Stardust the Unicorn or Seafoam the Sea Horse (TO)

Participants will receive an adorable unicorn or sea horse to stuff, make a wish, fill out a birth certificate and create a darling t-shirt for your new friend! Participants ages 3-5 years old must be accompanied by an adult.

Age:..... 3-11 years old
Instructor:..... Ultimate Classes & Parties
Min/Max: 3/7 per agency
Location: Western Spring Recreation Center
Fees: \$37/R, \$48/NR, \$41/NN
Day:..... Friday

CODE	DATES	TIME
232119-01	7/14	7:00P-8:00P

EARLY CHILDHOOD & YOUTH ACTIVITIES

Let's Code It (TO)

In this exciting new coding class, take a deep dive into computer programming with the web-based platform, Tynker! Learn the art of digital animation, create video games that run on physics, math and art concepts. Design Minecraft blocks, experiment with HTML, Python and Java. No coding experience is required. Participants must bring a laptop or tablet and charger to class.

Age:..... 7-13 years old
Instructor:..... Afterschool Enrichment Solutions
Min/Max: 3/5 per agency
Location: Western Springs Recreation Center
Fees: \$180/R, \$234/NR, \$198/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232118-01	7/17-7/21	1:00P-3:30P



Vámonos Youth Spanish (TO)

Learning a second language can open a world of possibilities for your child. In this class students will learn Spanish conversation and some Spanish grammar, reading, and writing skills through interactive and engaging activities. Each session covers new and exciting materials! Co-op WS

Age:..... 6-11 years old
Instructor:..... Language in Action, Inc.
Min/Max: 2/4 per agency
Location: Grand Ave. Community Center
Fees: \$92/R, \$120/NR, \$101/NN
Day:..... Wednesday

CODE	DATES	TIME
232536-01	6/21-8/2	6:00P-6:45P

Daddy and Me Sweets & Treats (TO)

Each participant pair will use their creative skills to create an entire tray of special cookies and cupcakes. The class includes a baker's hat to decorate, a variety of frosting colors and a wide array of sprinkles and toppings.

Age:..... 3-11 years w/ parent
Instructor:..... Ultimate Classes & Parties
Min/Max: 3/6 per agency
Location: Western Spring Recreation Center
Fees: \$37/R, \$48/NR, \$41/NN
Day:..... Wednesday

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

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





EARLY CHILDHOOD & YOUTH ACTIVITIES

Vet Science Camp (TO)

Do you love animals? Come to Vet School and learn all about animals. Give pet exams, first aid treatments, and perform mock surgeries. We'll learn about caring for pets and have live pet encounters. Co-op WS & LP

Age:..... 5-12 years
Instructor:..... The Whole Child
Min/Max: 2/4 per agency
Location: Recreation Center
Fees: \$220/R, \$275/NR, \$242/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232725-01	6/26-6/30	1:00P-4:00P



Super Slime & Goopy Chemistry Camp (TO)

Become a mad scientist! Brew up crazy concoctions and maybe even an explosion or two. We will make several slimes every day. Each session will have unique recipes. Come prepared to get messy!

Age:..... 5-12 years
Instructor:..... The Whole Child
Min/Max: 6/12
Location: Recreation Center
Fees: \$220/R, \$275/NR, \$242/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232721-01	6/26-6/30	9:00A-12:00P

Lego Engineering Camp (TO)

Design, build and experiment! Explore programming with WeDo Robotics. Design moving assemblies, bridges and robots, then test them and see how well they work.

Age:..... 5-12 years
Instructor:..... The Whole Child
Min/Max: 6/12
Location: Recreation Center
Fees: \$220/R, \$275/NR, \$242/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232719-01	7/17-7/21	9:00A-12:00P

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EARLY CHILDHOOD & YOUTH ACTIVITIES

Harry Potter Science Camp (TO)

Come to Hogwart's School of Witchcraft and Wizardry. Join the wizarding class and learn how to cast spells and mix potions. Discover unique creatures. A bowtruckle, or a niffler anyone? Co-op WS & LP

Age:..... 5-12 years
Instructor:..... The Whole Child
Min/Max: 2/4 per agency
Location: Recreation Center
Fees: \$220/R, \$275/NR, \$242/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232718-01	8/7-8/11	1:00P-4:00P



Minecraft Camp (TO)

Discover Minecraft and build your own worlds. Have a blast learning strategies and survival skills. Watch out for the Creeper! The possibilities are endless!

Age:..... 5-12 years
Instructor:..... The Whole Child
Min/Max: 6/12
Location: Recreation Center
Fees: \$220/R, \$275/NR, \$242/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232799-01	8/7-8/11	9:00A-12:00P

Animation Workshop (TO)

Let's explore the world of animation. In this class, students will learn about different 2D techniques, such as stop-motion animation, creating a cartoon strip or software that will bring life to images. As animators, directors and producers, the only limitation is your imagination.

Age:..... 7-12 years
Instructor:..... Computer Explorers
Min/Max: 6/10
Location: Recreation Center
Fees: \$115/R, \$150/NR, \$127/NN
Day:..... Monday-Thursday

CODE	DATES	TIME
232745-01	6/19-6/23	9:45A-11:15A

Crazy Mess Art Camp (TO)

Do you love to get messy? We'll experiment with colors and textures as we create our masterpieces! Learn about perspective, paper mache and so much more!

Age:..... 5-12 years
Instructor:..... The Whole Child
Min/Max: 6/12
Location: Recreation Center
Fees: \$220/R, \$275/NR, \$242/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232798-01	7/17-7/21	1:00P-4:00P



EARLY CHILDHOOD & YOUTH ACTIVITIES

Game Exploration Week (TO)

Step into a week for STEM (science, technology, engineering, math) fun! We'll explore video game-based learning with game-making tools. Using visual programming language(s), we'll learn about creativity, problem solving and strategies to make your own games. Stretch your imagination to design and build fun-filled, challenging games.

Age:..... 7-12 years
Instructor:..... Computer Explorers
Min/Max:..... 6/10
Location: Recreation Center
Fees: \$115/R, \$150/NR, \$127/NN
Day:..... Monday-Thursday

CODE	DATES	TIME
232800-01	7/10-7/14	9:45A-11:15A



Double the Fun Drawing with Young Rembrandts (TO)

Participants will explore all the basics of visual arts in a fun and confident setting that ensures success for every child. Basic drawing, portraits, action, and cartooning. Participants will complete several different projects and learn to draw whimsical characters, animals, everyday objects, and action scenes. Each week lessons will be different so no repeats. Co-op WS

Age:..... 5-12 years
Instructor:..... Young Rembrandts
Min/Max:..... 3/4 per agency
Location: Grand Ave Community Center - WSCCA Rm
Fees: \$87/R, \$113/NR, \$96/NN
Day:..... Tuesday & Thursday

CODE	DATES	TIME
232115-01	6/13 & 6/15	10:00A-12:00P
232115-02	6/20 & 6/22	10:00A-12:00P
232115-03	6/27 & 6/29	10:00A-12:00P
232115-04	7/11 & 7/13	10:00A-12:00P
232115-05	7/18 & 7/20	10:00A-12:00P
232115-06	7/25 & 7/27	10:00A-12:00P

Chess Camp (TO)

Join in this summer for tons of challenging chess lessons, exciting games, and cool prizes. Participants will improve their chess skills, meet new friends, and work out their most powerful muscle - the brain! This camp includes fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. All materials necessary will be provided. Co-op WS

Age:..... 6-12 years
Instructor:..... Chess Wizards
Min/Max:..... 4/8 per agency
Location: Western Spring Recreation Center
Fees: \$210/R, \$273/NR, \$231/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232032-01	6/12-6/16	1:00P-4:00P
232032-02	7/31-8/4	1:00P-4:00P

EARLY CHILDHOOD & YOUTH ACTIVITIES



Tie Dye Art Camp (TO)

Never tie dyed before? Each day we will tie dye one 100% cotton item (that you provide). Please no polyester. We will be experimenting with different tying and color patterns. Some awesome tie dye ideas are: pillowcases, pajama pants and of course, t-shirts. No sheets or large towels. Please wear old clothes to create your masterpiece. Co-op WS

Age:..... 5-11 years
Instructor:..... Ultimate Classes & Parties
Min/Max: 3/5 per agency
Location: Western Spring Recreation Center
Fees: \$62/R, \$81/NR, \$69/NN
Day:..... Tuesday - Thursday

CODE	DATES	TIME
232072-01	8/8-8/10	11:00A-12:15P
232072-02	8/8-8/10	12:45P-2:00P

Smart Start Art Camp (TO)

In this beginner art camp, participants will discover their creativity and imagination as an artist, developing fine motor skills, style, and vision as we explore different artistic techniques through a variety of inspiring projects. Sketch and draw, shade and color, cut, glue, fold... create! See your imagination come to life! Learn about great artists from throughout history and the present day, through a daily featured artist and fun, exciting games. No experience necessary. Co-op WS

Age:..... 5-8 years
Instructor:..... After School Enrichments Solutions
Min/Max: 3/5 per agency
Location: Western Spring Recreation Center
Fees: \$173/R, \$225/NR, \$190/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232113-01	6/26-6/30	9:00A-11:30A

Manners Matter - Boot Camp (TO)

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

Age:..... 7-11 years old
Instructor:..... Lisa Geneser
Min/Max: 3/6 per agency
Location: Western Spring Recreation Center
Fees: \$65/R, \$85/NR, \$72/NN
Day:..... Monday - Thursday

CODE	DATES	TIME
232100-01	6/12-6/15	9:00A-10:00A



EARLY CHILDHOOD & YOUTH ACTIVITIES

Superheroes Camp (TO)

To the Batcave Lego® fans! Design your own superhero, create your own adventure and comic strip. Have a blast as you create your own fantasy world of superheroes. What kind of super powers do you have?

Age:..... 5-12 years
Instructor:..... Snapology
Min/Max: 5/15
Location: Recreation Center
Fees: \$235/R, \$306/NR, \$259/NN
Day:..... Monday-Thursday

CODE	DATES	TIME
232784-01	6/12-6/15	9:00A-12:00P

Castles, Kingdoms and Wizards Camp (TO) NEW

Enter the magical world of Snapology! Have fun with dragons, crowns, knights and swords. Create your own Lego® castle, go on a Lego® adventure and much, much more. Let the magic begin!

Age:..... 5-12 years
Instructor:..... Snapology
Min/Max: 5/15
Location: Recreation Center
Fees: \$235/R, \$306/NR, \$259/NN
Day:..... Monday-Thursday

CODE	DATES	TIME
232801-01	6/19-6/22	9:00A-12:00P

Pokemania Camp (TO)

In this program, students will explore the Pokémon world and practice their training skills! They will create their own training gyms, battles, and even their very own generation of Pokémon. Children will also learn about real world science as they examine the habitats, characteristics, and needs of different Pokémon. They will do more than catch them all, they will build and examine them all and have a blast doing so!

Age:..... 7-14 years
Instructor:..... Snapology
Min/Max: 5/15
Location: Recreation Center
Fees: \$235/R, \$306/NR, \$259/NN
Day:..... Monday-Thursday

CODE	DATES	TIME
232792-01	6/19-6/22	1:00P-4:00P



EARLY CHILDHOOD & YOUTH ACTIVITIES

Creature Creations Robotics Camp (TO)

In Snapology's Creature Creator Robotics class, your animal lover will create their own animal inspired robotic models. Students will learn about gear ratio, sensors, simple machines, and programming as they build insects, dolphins, gorillas, and much more. Your child is sure to have a wild time as they build, learn, and play.

Age:..... 7-14 years
Instructor:..... Snapology
Min/Max: 5/15
Location: Recreation Center
Fees: \$235/R, \$306/NR, \$259/NN
Day:..... Monday-Thursday

CODE	DATES	TIME
232788-01	7/10-7/13	9:00A-12:00P

Mega Machines Robotics Camp (TO) NEW

Students will learn about pulleys and how they are used to redirect forces, motion sensors and how it is used in programming robotics. Invisible infrared waves are sent and received by the motion sensor. Kids also learn about gear ratio and how it affects mechanical motion.

Age:..... 7-14 years
Instructor:..... Snapology
Min/Max: 5/15
Location: Recreation Center
Fees: \$235/R, \$306/NR, \$259/NN
Day:..... Monday-Thursday

CODE	DATES	TIME
232802-01	7/10-7/13	1:00P-4:00P



Brick Art & Design Camp (TO) NEW

In this lesson, students will begin their journey into art history by learning about sculptures through the famous works of Donatello, fundamentals of portrait creation by studying famous Italian Renaissance artist Leonardo Da Vinci. Learn the fundamentals of landscape creation by studying famous artist Vincent van Gogh. They will use what they learn to create their own sculptures based on famous pieces of art or inspiration from their own life using assorted LEGO® bricks and baseplates.

Age:..... 7-14 years
Instructor:..... Snapology
Min/Max: 5/15
Location: Recreation Center
Fees: \$235/R, \$306/NR, \$259/NN
Day:..... Monday-Thursday

CODE	DATES	TIME
232803-01	7/24-7/27	1:00P-4:00P

PERFORMING ARTS

WHY ARE THERE INITIALS NEXT TO PROGRAMS

(TO-Tom Oeltgen, ZP-Zach Price, DA-Dom Adjoumani, CG-Claudia Galla, LH-Leanna Hartung)

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

OTHER SYMBOLS:

- Parent/Child Program | - Cooperative Program | - New Class

Young Actors Club (TO)

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

Age:..... 6-8 years

Instructor:..... Shining Star Productions

Min/Max: 7/15

Location: Recreation Center

Fees: \$55/R, \$72/NR, \$61/NN (01)
\$44/R, \$57/NR, \$48/NN (02)

Day:..... Friday

CODE	DATES	TIME
252517-01	6/16-7/21	2:30P-3:15P
252517-02	7/28-8/18	2:30P-3:15P



LOL Improv (TO)

If you enjoy comedy, laughing, having a good time, or acting, this class is for you! You'll create characters, play awesome theater games, improvise, develop social skills, and be spontaneous as you learn about the creative art of improvisation.

Age:..... 9-14 years

Instructor:..... Shining Star Productions

Min/Max: 7/15

Location: Recreation Center

Fees: \$55/R, \$72/NR, \$61/NN (01)
\$44/R, \$57/NR, \$48/NN (02)

Day:..... Friday

CODE	DATES	TIME
252528-01	6/16-7/21	4:30P-5:15P
252528-02	7/28-8/18	4:30P-5:15P



DANCE

Innovation Arts Connection

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

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

Seasonal Classes

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

Discover Dance with Me (TO)

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

Age:..... 18 months-3 years with parent
Instructor:..... Innovation Arts Connection
Min/Max: 4/10
Location: Recreation Center
Fees: \$40/R, \$52/NR, \$44/NN
Day:..... Tuesday

CODE	DATES	TIME
251525-01	6/20-8/1	2:50P-3:20P

Discover Dance Tots (TO)

Watch your child's independence and confidence soar as our dancers explore and discover the benefits of a more structured dance class. Following directions, waiting for our turn, and collectively problem-solving will encourage emotional and social development. Live singing, musical play, and sensory props will have these little ones moving and grooving with their friends and eager to return to class each week! Please wear comfortable clothing and bare feet.

Age:..... 2-3 years old
Instructor:..... Innovation Arts Connection
Min/Max: 4/6
Location: Recreation Center
Fees: \$40/R, \$52/NR, \$44/NN
Day:..... Tuesday

CODE	DATES	TIME
251524-01	6/20-8/1	2:10P-2:40P

Class Will Not Meet On: 7/5

Discover Dance Kids Singing (TO)

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

Age:..... 3-6 years old
Instructor:..... Innovation Arts Connection
Min/Max: 4/10
Location: Recreation Center
Fees: \$60/R, \$78/NR, \$66/NN
Day:..... Tuesday

CODE	DATES	TIME
251577-01	6/20-8/1	1:15P-2:00PP

Class Will Not Meet On: 7/5



GYMNASTICS CLASSES

Gymnastics 101 (ZP)

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

Age:..... 4-6 years
Instructor:..... SportsKids Inc.
Min/Max: 4/8 per agency
Location: L.T. South Campus Building
Fees: \$120/R, \$156/NR, \$132/NN
Day:..... Monday or Thursday

CODE	DATES	TIME	DAY
212612-01	6/5-7/31	6:30P-7:30P	Monday
212612-02	6/8-8/3	6:30P-7:30P	Thursday

Class Will Not Meet On: 7/3 & 7/6

Gymnastics 102 (ZP)

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. Please bring a labeled water bottle. Co-op LP & WS

Age:..... 5-7 years
Instructor:..... SportsKids Inc.
Min/Max: 4/8 per agency
Location: L.T. South Campus Building
Fees: \$120/R, \$156/NR, \$132/NN
Day:..... Monday or Thursday

CODE	DATES	TIME	DAY
212613-01	6/5-7/31	6:30P-7:30P	Monday
212613-02	6/8-8/3	6:30P-7:30P	Thursday

Class Will Not Meet On: 7/3 & 7/6

Boys Beginner Gymnastics (ZP)

This beginner class will cover basic skills and safety techniques for each event. Boys will cover the 6 Olympic events: floor, parallel bars, low bar, vault, pommel horse and rings. Please bring a labeled water bottle. Co-op LP

Age:..... 7-10 years
Instructor:..... SportsKids Inc.
Min/Max: 4/8 per agency
Location: L.T. South Campus Building
Fees: \$120/R, \$156/NR, \$132/NN
Day:..... Monday

CODE	DATES	TIME
212614-01	6/5-7/31	6:30P-7:30P

Class Will Not Meet On: 7/3

Tumbling On (ZP)

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



Age:..... 9-14 years
Instructor:..... SportsKids Inc.
Min/Max: 6/20
Location: L.T. South Campus Building
Fees: \$120/R, \$156/NR, \$132/NN
Day:..... Monday

CODE	DATES	TIME
212618-01	6/5-7/31	7:30P-8:30P

Class Will Not Meet On: 7/3



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

YOUTH & ADULT MARTIAL ARTS CLASSES

KARATE

Youth/Adult Karate (ZP)

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

Age:..... 7 years & older

Instructor:..... Shotokan Karate

Min/Max: 6/15

Location: Recreation Center

Fees: \$222/R, \$288/NR, \$244/NN (01-02)

\$290/R, \$377/NR, \$319/NN (03)

Day:..... Monday

CODE	DATES	TIME	LEVEL
212518-01	5/1-8/21	6:25P-7:25P	Beg/Nov White-Yellow Belt
212518-02	5/1-8/21	7:30P-8:30P	Intermediate Blue-Purple Belt
212518-03	5/1-8/21	7:30P-9:00P	Advanced Brown-Black Belt

Class Will Not Meet On: 5/29

TAE KWON DO

Tae Kwon Do (ZP)

Students will learn the Art of Self Defense. Mr. Bill will assist your child in building confidence, flexibility and self-control, amongst many other life tools. Tae Kwon Do teaches kicks, strikes and blocks for both self-defense and offense. A physical fitness class which also develops 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: 6/24

Location: Recreation Center

Fees: \$115/R, \$150/NR, \$127/NN

Day:..... Friday

CODE	DATES	TIME	AGE:
212562-01	5/5-6/23	4:00P-5:00P	3-7
212562-02	5/5-6/23	5:05P-6:05P	5-18
212562-03	6/30-8/25	4:00P-5:00P	3-7
212562-04	6/30-8/25	5:05P-6:05P	5-18

Class Will Not Meet On: 7/7



Sports Kids Athletic Classes

SportsKids Inc. will be offering classes and camps to introduce your child to a variety of sports ranging from Track & Field, Golf, Lacrosse, Pickleball, Archery and more! Parent child classes are also being offered. Please send your child with a labeled water bottle to all classes. Full program descriptions can be viewed online at www.pdlg.org.



SPORTS KIDS ATHLETIC CLASSES

WHY ARE THERE INITIALS NEXT TO PROGRAMS

(TO-Tom Oeltgen, ZP-Zach Price, DA-Dom Adjoumani, CG-Claudia Galla, LH-Leanna Hartung)

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

OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class

Tot Track, Field & Fitness (ZP)

Age:..... 4-6 years
Instructor:..... SportsKids Inc.
Min/Max: 6/20
Location: Denning Park
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Thursday

CODE	DATES	TIME
212687-01	6/8-8/3	4:00P-4:45P

Class Will Not Meet On: 7/6

Dad & Me Fun With Football (ZP)

Age:..... 3-5 years with parent
Instructor:..... SportsKids Inc.
Min/Max: 6/16
Location: Denning Park
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Thursday

CODE	DATES	TIME
212736-01	6/8-8/3	5:30P-6:15P

Class Will Not Meet On: 7/6

Junior Lacrosse (ZP)

Age:..... 5-8
Instructor:..... SportsKids Inc.
Min/Max: 6/20
Location: Denning Park
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Thursday

CODE	DATES	TIME
212805-01	6/8-8/3	4:45P-5:30P

Class Will Not Meet On: 7/6

Preschool Sports (ZP)

Age:..... 4-6
Instructor:..... SportsKids Inc.
Min/Max: 6/20
Location: Recreation Center
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Wednesday

CODE	DATES	TIME
212752-01	6/7-8/2	11:30A-12:15P

Class Will Not Meet On: 7/5

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.



SPORTS KIDS ATHLETIC CLASSES

Start Smart Golf (ZP)

Age:..... 5-7 years
Instructor:..... SportsKids Inc.
Min/Max: 6/20
Location: Denning Park
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Wednesday

CODE	DATES	TIME
212590-01	6/7-8/2	4:30P-5:15P

Class Will Not Meet On: 7/5

Parent & Child Golf (ZP)

Age:..... 3-4 years with parent
Instructor:..... SportsKids Inc.
Min/Max: 6/16
Location: Denning Park
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Wednesday

CODE	DATES	TIME
212784-01	6/7-8/2	5:15P-6:00P

Class Will Not Meet On: 7/5

Parent & Tot Olympics (ZP)

Age:..... 2-3 years with parent
Instructor:..... SportsKids Inc.
Min/Max: 6/16
Location: Denning Park
Fees: \$55/R, \$72/NR, \$60/NN
Day:..... Monday

CODE	DATES	TIME
212686-01	6/5-7/31	4:45P-5:15P

Class Will Not Meet On: 7/3

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!



Pickleball for Kids (ZP) NEW

Age:..... 8-13 years
Instructor:..... SportsKids Inc.
Min/Max: 6/10
Location: Recreation Center
Fees: \$90/R, \$117/NR, \$99/NN
Day:..... Tuesday

CODE	DATES	TIME
212804-01	6/6-8/1	5:00P-5:45P

Class Will Not Meet On: 7/4

3-on-3 Recreational Basketball (ZP)

Age:..... 7-10
Instructor:..... SportsKids Inc.
Min/Max: 6/20
Location: Denning Park
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Monday

CODE	DATES	TIME
212602-01	6/5-7/31	4:00P-4:45P

Class Will Not Meet On: 7/3



Kids First



Is your child's summer schedule packed Monday through Friday? Do not worry, Kids First Sports will be hosting a variety of classes on Sundays this Summer, which include Soccer, Basketball, Flag Football and more! They will also host several camps Monday-Friday during the summer. Please send your child with a labeled water bottle each class.

Visit www.pdlg.org for full program descriptions.



KIDS FIRST

Kids First Multi Sports (ZP)

Age:..... 5-13 years
Instructor:..... Kids First
Min/Max: 6/28
Location: Recreation Center
Fees: \$110/R, \$143/NR, \$121/NN
Day:..... Sunday

CODE	DATES	TIME
212671-01	6/4-6/25	3:30P-5:00P
212671-02	7/9-7/30	3:30P-5:00P

Kids First Soccer (ZP)

Age:..... 5-13 years
Instructor:..... Kids First
Min/Max: 6/28
Location: Recreation Center
Fees: \$82/R, \$107/NR, \$90/NN
Day:..... Sunday

CODE	DATES	TIME
212781-01	6/4-6/25	2:30P-3:30P
212781-02	7/9-7/30	2:30P-3:30P

Kids First Flag Football (ZP)

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

CODE	DATES	TIME	AGE
212722-01	6/4-6/25	8:30A-9:45A	6-8
212722-02	6/4-6/25	9:45A-11:00A	9-13
212722-03	7/9-7/30	8:30A-9:45A	6-8
212722-04	7/9-7/30	9:45A-11:00A	9-13

Kids First Basketball (ZP)

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

CODE	DATES	TIME	AGE
212780-01	6/4-6/25	12:00P-1:15P	5-7
212780-02	6/4-6/25	1:15P-2:30P	8-13
212780-03	7/9-7/30	12:00P-1:15P	5-7
212780-04	7/9-7/30	1:15P-2:30P	8-13

Kids First Track & Field (ZP)

Age:..... 5-13 years
Instructor:..... Kids First
Min/Max: 6/28
Location: Recreation Center
Fees: \$82/R, \$107/NR, \$90/NN
Day:..... Sunday

CODE	DATES	TIME
212569-01	6/4-6/25	11:00A-12:00P
212569-02	7/9-7/30	11:00A-12:00P

Kids First Multi-Sport Camp (ZP)

Age:..... 5-13 years
Instructor:..... Kids First
Min/Max: 6/38
Location: Sedgwick Park
Fees: \$130/R, \$169/NR, \$143/NN
Day:..... Monday-Friday

CODE	DATES	TIME
212789-01	6/12-6/16	9:00A-12:00P
212789-02	6/19-6/23	12:30-3:30P
212789-03	6/26-6/30	9:00A-12:00P
212789-04	7/10-7/14	12:30-3:30P
212789-05	7/17-7/21	9:00A-12:00P
212789-06	7/31-8/4	12:30-3:30P



KIDS FIRST



Kids First Track & Field Camp (ZP)

Age:..... 6-14 years
 Instructor:..... Kids First
 Min/Max: 6/30
 Location: Sedgwick Park
 Fees: \$140/R, \$182/NR, \$154/NN
 Day:..... Monday-Friday

CODE	DATES	TIME
212794-01	6/26-6/30	9:00A-12:00P
212794-02	8/7-8/11	9:00A-12:00P

Kids First Flag Football Fundamentals 7 on 7 Camp (ZP)

Age:..... 6-14 years
 Instructor:..... Kids First
 Min/Max: 6/42
 Location: Sedgwick Park
 Fees: \$140/R, \$182/NR, \$154/NN
 Day:..... Monday-Friday

CODE	DATES	TIME
212790-01	6/19-6/23	9:00A-12:00P
212790-02	7/10-7/14	9:00A-12:00P

Kids First Basketball Camp (ZP)

Age:..... 6-13 years
 Instructor:..... Kids First
 Min/Max: 6/28
 Location: Recreation Center
 Fees: \$140/R, \$182/NR, \$154/NN
 Day:..... Monday-Friday

CODE	DATES	TIME
212795-01	6/19-6/23	9:00A-12:00P
212795-02	7/10-7/14	9:00A-12:00P



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

SKYHAWKS SPORTS CAMPS

Skyhawks Beginning Golf Camp (ZP)

The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided. Participants should bring a water bottle, two snacks, sunscreen and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Age:..... 6-12 years
Instructor:..... Skyhawks
Min/Max: 8/20
Location: Gordon Park
Fees: \$150/R, \$195/NR, \$165/NN (01)
 \$165/R, \$215/NR, \$182/NN (02)

CODE	DATES	TIME	DAYS
212655-01	6/20-6/23	9:00A-12:00P	Tuesday - Friday
212655-02	7/17-7/21	9:00A-12:00P	Monday - Friday

Skyhawks Flag Football Camp (ZP)

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. Participants should bring a water bottle, two snacks, sunscreen and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Age:..... 6-12 years
Instructor:..... Skyhawks
Min/Max: 8/20
Location: Gordon Park
Fees: \$165/R, \$215/NR, \$182/NN
Day:..... Monday-Friday

CODE	DATES	TIME
212666-01	6/26-6/30	9:00A-12:00P
212666-02	7/31-8/4	9:00A-12:00P



Skyhawks Cheerleading Camp (ZP)

This class teaches young athletes the essential skills to lead the crowd and support the home team! Each participant will learn cheers, proper hand/body movements and jumping techniques. There is no stunting, just a big focus on fun while each cheerleader learns important life skills such as teamwork and leadership. The program concludes with a final cheer performance. Participants should bring a water bottle, two snacks, sunscreen and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Age:..... 6-12 years
Instructor:..... Skyhawks
Min/Max: 8/20
Location: Gordon Park
Fees: \$165/R, \$215/NR, \$182/NN
Day:..... Monday-Friday

CODE	DATES	TIME
212664-01	6/19-6/23	9:00A-12:00P
212664-01	7/24-7/28	9:00A-12:00P



SKYHAWKS SPORTS CAMPS

Skyhawks Baseball Camp (ZP)

Learn the fundamentals of fielding, catching, throwing, hitting and base running – all in a fun, positive environment. Specifically designed for beginning and intermediate players, this camp teaches athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. Participants should wear appropriate athletic clothing, bring a snack, water bottle and baseball glove.

Age:..... 6-12 years
Instructor:..... Skyhawks
Min/Max: 8/20
Location: Gordon Park
Fees: \$165/R, \$215/NR, \$182/NN
Day:..... Monday-Friday

CODE	DATES	TIME
212626-01	7/24-7/28	9:00A-12:00P



Skyhawks Multi-Sport Camp (ZP)

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion and teamwork. Participants should bring a water bottle, two snacks, lunch (full-day camps only), sunscreen (outdoor camps only) and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Age:..... 6-12 years
Instructor:..... Skyhawks
Min/Max: 8/20
Location: Gordon Park
Fees: \$165/R, \$215/NR, \$182/NN
Day:..... Monday-Friday

CODE	DATES	TIME
212743-01	7/10-7/14	9:00A-12:00P

Skyhawks Mini-Hawk Camp (ZP)

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace. Participants should bring a water bottle, two snacks, sunscreen (outdoor camps only) and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Age:..... 4-7 years
Instructor:..... Skyhawks
Min/Max: 8/20
Location: Gordon Park
Fees: \$165/R, \$215/NR, \$182/NN
Day:..... Monday-Friday

CODE	DATES	TIME
272004-01	7/10-7/14	9:00A-12:00P

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



All Star Sports

All Star Sports is proud to continue offering quality athletic programs for your children this summer with the Park District of La Grange. Program staples such as Junior Hoops, Junior Soccer and Junior-Ball will be offered again this Summer amongst other classes. Please send your child with a labeled water bottle and appropriate equipment for each class. Visit www.pdlg.org for full program descriptions.





ALL STAR SPORTS

WHY ARE THERE INITIALS NEXT TO PROGRAMS

(TO-Tom Oeltgen, ZP-Zach Price, DA-Dom Adjoumani, CG-Claudia Galla, LH-Leanna Hartung)

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

OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class

Parent & Tot Sports (ZP)

Age:..... 2-3 years with parent
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Monday or Saturday

CODE	DATES	TIME	DAY
212638-01	6/12-7/24	10:00A-10:45A	Mon
212638-02	6/10-7/29	9:00A-9:45A	Sat

Class Will Not Meet On: 7/3

Junior T-Ball (ZP)

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Wednesday, Thursday or Saturday

CODE	DATES	TIME	AGE	DAY
212637-01	6/14-7/26	2:00P-2:45P	3-4	Wed
212637-02	6/14-7/26	2:45P-3:45P	4-6	Wed
212637-03	6/8-7/20	12:00P-12:45P	3-4	Thur
212637-04	6/8-7/20	12:45P-1:45P	4-6	Thur
212637-05	6/10-7/29	12:00P-12:45P	3-4	Sat
212637-06	6/10-7/29	12:45P-1:45P	4-6	Sat

Class Will Not Meet On: 7/1

Junior Soccer (ZP)

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Wednesday, Thursday or Saturday

CODE	DATES	TIME	AGE	DAY
212636-01	6/14-7/26	12:00P-12:45P	3-4	Wed
212636-02	6/14-7/26	12:45P-1:45P	4-6	Wed
212636-03	6/8-7/20	10:00A-10:45A	3-4	Thur
212636-04	6/8-7/20	10:45A-11:45A	4-6	Thur
212636-05	6/10-7/29	10:00A-10:45A	3-4	Sat
212636-06	6/10-7/29	10:45A-11:45A	4-6	Sat

Class Will Not Meet On: 7/1



ALL STAR SPORTS

Junior Hoops (ZP)

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Monday or Wednesday

CODE	DATES	TIME	AGE	DAY
212645-01	6/12-7/31	1:00P-1:45P	3-4	Mon
212645-02	6/12-7/31	1:45P-2:45P	4-6	Mon
212645-03	6/14-7/26	10:00A-10:45A	3-4	Wed
212645-04	6/14-7/26	10:45A-11:45A	4-6	Wed

Class Will Not Meet On: 7/3



Junior Multi Sports (ZP)

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Monday

CODE	DATES	TIME	AGE
212640-01	6/12-7/31	10:45A-11:30A	3-4
212640-02	6/12-7/31	11:30A-12:30P	4-6

Class Will Not Meet On: 7/3

Floor Hockey (ZP)

Age:..... 4-9 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Wednesday

CODE	DATES	TIME	AGE
212642-01	6/14-7/26	4:00P-5:00P	4-6
212642-02	6/14-7/26	5:00-6:00P	7-9

Flag Football Skills (ZP)

Age:..... 5-10 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Monday

CODE	DATES	TIME	AGE
212647-01	6/12-7/31	4:00P-5:00P	5-7
212647-02	6/12-7/31	5:00-6:00P	8-10

Class Will Not Meet On: 7/3

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.



CHALLENGE TENNIS



Orange Ball Tennis (ZP)

Participants will begin to learn the difference between forehands, backhands and volleys. Low compression balls are used in this class, which are 50% slower than regular tennis balls. These tennis balls bounce lower and are easier to hit, allowing kids to learn faster and have more fun. Please bring your own racquet. (25-inch racquet recommended)

Age:..... 7-9 years
Instructor:..... Challenge Tennis
Min/Max: 4/8
Location: Sedgwick Park
Fees: \$97/R, \$126/NR, \$107/NN
Day:..... Tuesday & Thursday

CODE	DATES	TIME
212713-01	6/6-6/22	10:00A-11:00A
212713-02	6/27-7/20	10:00A-11:00A
212713-03	7/25-8/10	10:00A-11:00A

Class Will Not Meet On: 7/4 & 7/6

Tiny Tot Tennis (ZP)

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

Age:..... 4-6 years
Instructor:..... Challenge Tennis
Min/Max: 4/8
Location: Sedgwick Park
Fees: \$49/R, \$63/NR, \$54/NN
Day:..... Tuesday & Thursday

CODE	DATES	TIME
212712-01	6/6-6/22	9:30A-10:00A
212712-02	6/27-7/20	9:30A-10:00A
212712-03	7/25-8/10	9:30A-10:00A

Class Will Not Meet On: 7/4 & 7/6

Green Ball Tennis (ZP)

Players at this level have knowledge of the basic tennis shots and will work on rallies inside the service box, leading to development of full court rallies. Green tennis balls will be used, which are 25% slower than regular yellow tennis balls. These tennis balls are more forgiving than yellow tennis balls which will allow for continued development of technique, movement and strategy. Please bring your own racquet. (26-inch racquet recommended).

Age:..... 9-12 years
Instructor:..... Challenge Tennis
Min/Max: 4/8
Location: Sedgwick Park
Fees: \$97/R, \$126/NR, \$107/NN
Day:..... Tuesday & Thursday

CODE	DATES	TIME
212714-01	6/6-6/22	11:00A-12:00P
212714-02	6/27-7/20	11:00A-12:00P
212714-03	7/25-8/10	11:00A-12:00P

Class Will Not Meet On: 7/4 & 7/6

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!





★ **WHITE SOX YOUTH BASEBALL** ★
PROGRAMMING AVAILABLE IN LA GRANGE

CAMPS

PRIVATE LESSONS

TEAM TRAINING

ELITE TRAVEL TEAMS



VISIT whitesox.com/play FOR MORE INFORMATION



ATHLETIC CAMPS

Chicago White Sox Summer Baseball Camp (ZP)

Learn from the pro's this summer at a White Sox Summer Camp presented by Wintrust Bank! Professional coaches from the White Sox organization have helped build programs designed for kids ages 5-12 at every ability level. All campers will work on throwing, hitting, fielding, and base-running, but more importantly, they will be taught how to love the game of baseball. Instructors will supervise campers based off age and experience, and cater each experience to meet your child's needs. On top of the four days of camp, each camper will receive a White Sox t-shirt, hat and other various White Sox goodies (subject to change).

Registration only available at whitesox.com/play.

Age:..... 5-12 years
Instructor:..... Chicago White Sox
Min/Max: 10/24
Location: Sedgwick Park Little League Field A & B
Rain Location - Recreation Center
Fees: \$159 per participant
Day:..... Monday-Thursday

DATES	TIMES	AGE	LOCATION
6/26-6/29	8:30A-11:30A	5-12	Sedgwick Park
7/10-7/13	1:00P-4:00P	5-12	Sedgwick Park
7/31-8/3	8:30A-11:30A	5-12	Sedgwick Park

Challenger International Soccer Camp (ZP)

Challenger International Soccer Camps offer programs for all ages. Our iconic half day camps, presented by our international coaching staff, truly bring a global training experience to our campers. The curriculum is filled with sessions from the world's top soccer countries and will focus on developing the technical, tactical and physical aspects of each player in a fun and educational way.

Age:..... 3-16 years
Instructor:..... Challenger Soccer
Min/Max: 10/20
Location: Gordon Park
Fees: \$130/R, \$169/NR, \$143/NN – Tiny Tykes (01)
\$215/R, \$280/NR, \$237/NN – Half-Day (02)
Day:..... Monday-Friday

CODE	DATES	TIME	AGE
212797-01	6/19-6/23	8:00A-8:45A	3-5
212797-02	6/19-6/23	9:00A-12:00P	6-16

La Grange Lions Basketball Camp (ZP)

Led by our La Grange Lions travel basketball coaches, this camp will get your child ready and excited for the Fall basketball season. Fundamentals, footwork, floor spacing, as well as offensive and defensive philosophies will be stressed.

Age:..... 4th-8th Grade Boys & Girls
Instructor:..... La Grange Lions Coaches
Min/Max: 8/20
Location: Recreation Center
Fees: \$70/R, \$90/NR, \$76/NN
Day:..... Monday-Wednesday

CODE	DATES	TIME	GRADE
212655-01	7/11-7/13	9:00A-10:00A	4th-8th Grade Girls
212655-02	7/11-7/13	10:00A-11:00A	4th-8th Grade Boys

Lions Jrs. Skills Camp (ZP)

The all-skill clinic will cover all aspects of the game of volleyball including but not limited to attacking, passing, serving, setting and game play! We emphasize proper technique and development of the skill for all players. Regardless of the volleyball experience level your child is at, we will help them get to the next level. New or experienced players will find this class beneficial. 1st Alliance Volleyball Club staff is dedicated to developing junior volleyball players in a friendly, caring, competitive environment.

Age:..... 5-14 years
Instructor:..... Lions Jrs. Staff
Min/Max: 8/24
Location: Recreation Center
Fees: \$55/R, \$72/NR, \$60/NN (01)
..... \$80/R, \$104/NR, \$88/NN (02-03)
Day:..... Wednesday - Friday

CODE	DATES	TIME	GRADE
212530-01	6/7-6/9	9:15A-10:15A	K-4th
212530-02	6/7-6/9	10:30A-12:00P	5th-6th
212530-03	6/7-6/9	12:30P-2:00P	7th-8th

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





ADULT ATHLETICS

Adult Beginner Pickleball (ZP)

Join the pickleball craze! Pickleball, a game that combines elements of tennis, badminton and ping pong, is sweeping the country. Pickleball players use paddles and wiffle balls to play on a badminton-size court with a slightly modified tennis net. This low-impact sport is easier on the knees and shoulders than tennis as it does not involve as much running or arm strength. Pickleball is a recreational game that is designed to encourage an active lifestyle. This class is for those who have never played pickleball before or who have very limited experience with the sport. It will focus on pickleball basics such as forehand and backhand shots, serving, and court positioning. Players will also learn scoring and the rules of the game through drills and playing time. The slower pace of this class will give players the opportunity to develop the skills needed to play this fun and energetic game. All equipment will be provided.

Age:..... 18 years & older
Instructor:..... SportsKids Inc.
Min/Max: 6/10
Location: Recreation Center
Fees: \$120/R, \$156/NR, \$132/NN
Day:..... Tuesday or Saturday

CODE	DATES	TIME	DAY
213537-01	6/6-8/1	5:45P-6:45P	Tuesday
213537-02	6/10-8/5	11:15A-12:15P	Saturday

Class Will Not Meet On: 7/1 & 7/4

Adult Advanced Beginner Pickleball (ZP)

Join the pickleball craze! Pickleball, a game that combines elements of tennis, badminton and ping pong, is sweeping the country. Pickleball players use paddles and wiffle balls to play on a badminton-size court with a slightly modified tennis net. This low-impact sport is easier on the knees and shoulders than tennis as it does not involve as much running or arm strength. Pickleball is a recreational game that is designed to encourage an active lifestyle. This class is for advancing beginners who have some experience and want to move at a faster pace to improve their basic shots and strategy. Players will participate in challenging drills to work on consistency in forehand and backhand shots, serving, volleying, dinks and lobs. Through matches played each week, players will get the chance to take their game to the next level by learning how to play smarter, not harder. All equipment will be provided.

Age:..... 18 years & older
Instructor:..... SportsKids Inc.
Min/Max: 6/10
Location: Recreation Center
Fees: \$120/R, \$156/NR, \$132/NN
Day:..... Monday or Tuesday

CODE	DATES	TIME	DAY
213528-01	6/5-7/31	7:00P-8:00P	Monday
213528-01	6/6-8/1	7:00P-8:00P	Tuesday

Class Will Not Meet On: 7/3 & 7/4

Adult Beach Volleyball League (ZP)

Come play sand volleyball at Sedgwick Park and enjoy our leagues in a fun, relaxed atmosphere! The leagues are 6-person recreational Co-Ed 6's. All teams are guaranteed 10 matches. Teams registering must pay the entire fee in order to hold a spot. Rosters are due before the first match, but changes may be made up to the 3rd match. For more details, please call EVP Academies at 312-287-5988.

Age:..... 18+ years
Instructor:..... EVP Academies
Location: Sedgwick Park
Fees: \$375 (Team)
 \$60/R, \$78/NR, \$66/NN (Individual)
Day:..... Thursday

CODE	DATES	TIME	INDIVIDUAL/TEAM
213008-01	6/8-7/13	6:45P-10:00P	Team
213008-02	6/8-7/13	6:45P-10:00P	Individual
213008-03	7/20-8/24	6:45P-10:00P	Team
213008-04	7/20-8/24	6:45P-10:00P	Individual

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

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

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

InterfaithCommunityPartners.org | 708-354-9328



Seniors

Senior Hawaiian Social (TO)

Looking for a fun time with friends? Come to our Hawaiian Social! You will spend the afternoon in a Hawaiian Paradise complete with music, refreshments, Bingo and a chance to win fun prizes! This is a free event, but please register so we can get enough refreshments for everyone.

Registration deadline is Wednesday, July 5th.

Age:..... 55 years & older
Instructor:..... Staff
Min/Max: 20/50
Location: Recreation Center
Fees: FREE
Day:..... Wednesday

CODE	DATES	TIME
233000-01	7/12	12:00P-2:00P

Pinochle Tuesdays (TO)

Come to the park district for some fun! Bring a friend or meet new people while playing pinochle. This is a friendly and intermediate pinochle mix. Tables will be made up as players arrive. Participant check in is from 11:15am-11:30am and the game starts promptly at 11:30am.

Age:..... 55 years & older
Min/Max: 20/50
Location: Recreation Center
Fees: \$12 Annual Membership
Day:..... Tuesday

DATES	TIME
5/30-8/29	11:30A-3:00P

Mahjong (TO)

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

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

DATES	TIME
5/10-8/30	12:30P-3:00P



FITNESS PROGRAMS

SPECIALTY FITNESS CLASS MAKE UP POLICY

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

Please Note:

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

VIRTUAL CLASS PASS

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

PASS TYPE	FEES	REGISTRATION CODE
1 Class Pass	\$15 per participant	223692-01
5 Class Pass	\$65 per participant	223692-02
10 Class Pass	\$120 per participant	223692-03

Please Note:

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

DROP-IN CLASS PASS NEW

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

PASS TYPE	FEES	REGISTRATION CODE
1 Class Pass	\$15 per participant	223699-01

Please Note

Participant must email domadjoumani@pdlg.org to notify staff of which class participant is attending.

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



FITNESS PROGRAMS

WORKSHOPS

Restorative Yoga Workshop

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

Age:..... 16 years & older
Instructor:..... Freya Smith
Min/Max: 4/20
Location: Recreation Center
Fees: \$25 per person
Day:..... Thursday

CODE	DATES	TIME
223652-01	5/18	7:00P-8:15P
223652-02	6/8	7:00P-8:15P
223652-03	7/13	7:00P-8:15P
223652-04	8/10	7:00P-8:15P

Sound Journey & Gong Wash Meditation (DA) NEW

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

Age:..... 16 years & older
Instructor:..... Francesca Gervasio & Lotus Vibrations Healing
Min/Max: 6/30
Location: Recreation Center
Fees: \$35 per person
Day:..... Sunday

CODE	DATES	TIME
223706-01	5/7	3:00P-5:00P

YOGA CLASSES

Gentle Yoga (DA)

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

Age:..... 16 years & older
Instructor:..... Marianne Mohrhusen
Min/Max: 6/20
Location: Recreation Center & Virtual
Fitness Member Fee: \$87 (01, 03-04); \$76 (02)
Non Fitness Member Fees:..... \$92 (01, 03-04); \$81 (02)
Day:..... Tuesday or Friday

CODE	DATES	TIME	DAY	TYPE
223506-01	5/2-6/20	9:45A-10:45A	Tue	Hybrid
223506-02	6/27-8/15	9:45A-10:45A	Tue	Hybrid
223506-03	5/5-6/23	9:45A-10:45A	Fri	Hybrid
223506-04	6/30-8/18	9:45A-10:45A	Fri	Hybrid

Class Will Not Meet On: 7/4

Yoga (DA)

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

Age:..... 16 years & older
Instructor:..... Marianne Mohrhusen (01-02);
 Freya Smith (03-06)
Min/Max: 6/25
Location: Recreation Center & Virtual
Fitness Member Fee: \$76 (01& 04); \$87 (02-03, 05-06)
Non Fitness Member Fees:..... \$81 (01 & 04); \$92 (02-03, 05-06)
Day:..... Monday, Tuesday or Saturday

CODE	DATES	TIME	DAY	TYPE
223520-01	5/1-6/19	10:30A-11:30A	Mon	Hybrid
223520-02	6/26-8/14	10:30A-11:30A	Mon	Hybrid
223520-03	5/2-6/20	6:30P-7:30P	Tue	Hybrid
223520-04	6/27-8/15	6:30P-7:30P	Tue	Hybrid
223520-05	5/6-6/24	9:30A-10:30A	Sat	Hybrid
223520-06	7/1-8/19	9:30A-10:30A	Sat	Hybrid

Class Will Not Meet On: 5/29 & 7/4



FITNESS PROGRAMS

YOGA CLASSES

Flow Yoga (DA)

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

Age:.....16 years & older
Instructor:.....Marie Kittler
Min/Max:.....6/20
Location:.....Recreation Center & Virtual
Fitness Member Fee:.....\$87
Non Fitness Member Fees:.....\$92
Day:.....Sunday

CODE	DATES	TIME	TYPE
223539-01	5/7-6/25	10:30A-11:30A	Hybrid
223539-02	7/2-8/20	10:30A-11:30A	Hybrid

Chair Yoga, Strength & Stretch (DA) NEW

This class is designed to provide the benefits of yoga and strength training for those with less mobility. We will use chairs and light weights in seated and standing poses to stretch, build strength, improve balance and maintain good posture. This class will also include breathwork and meditation for a healthy mind and body.

Age:.....16 years & older
Instructor:.....Theresa Mikuls
Min/Max:.....6/16
Location:.....Recreation Center & Virtual
Fitness Member Fee:.....\$76 (01); \$87 (02-04)
Non Fitness Member Fees:.....\$81 (01); \$92 (02-04)
Day:.....Monday or Wednesday

CODE	DATES	TIME	DAY	TYPE
223653-01	5/1-6/19	11:00A-12:00P	Mon	Hybrid
223653-02	6/26-8/14	11:00A-12:00P	Mon	Hybrid
223653-03	5/3-6/21	11:00A-12:00P	Wed	Hybrid
223653-04	6/28-8/16	11:00A-12:00P	Wed	Hybrid

Class Will Not Meet On: 5/29



Yoga FUNdamentals for New and Continuing Students (DA) NEW

This class is designed for students who are new to yoga as well as those wishing to strengthen the fundamentals of their practice. It's also suitable for students who are returning to their practice, recovering from an injury and pre/post-natal. This class will provide background on this ancient practice and will cover a variety of standing, seated, and floor-based poses including forward bends, twists, simple backbends, hip and shoulder openers, core poses, balance poses and resting poses. Breath work and mind-centering techniques are also included.

Age:.....16 years & older
Instructor:.....Freya Smith
Min/Max:.....6/20
Location:.....Recreation Center & Virtual
Fitness Member Fee:.....\$87
Non Fitness Member Fees:.....\$92
Day:.....Thursday

CODE	DATES	TIME	TYPE
223705-01	5/4-6/22	12:00P-1:00P	Hybrid

FITNESS PROGRAMS

CYCLE CLASSES

Cycle, Sculpt & Yoga (DA)

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

Age:.....16 years & older
Instructor:.....Freya Smith
Min/Max:.....6/10
Location:.....Recreation Center
Fitness Member Fee:.....\$93 (01); \$81 (02)
Non Fitness Member Fees:.....\$98 (01); \$86 (02)
Day:.....Tuesday

CODE	DATES	TIME	TYPE
223642-01	5/2-6/20	9:15A-10:30A	Hybrid
223642-02	6/27-8/15	9:15A-10:30A	Hybrid

Class Will Not Meet On: 7/4

Move, Tone & Stretch (DA) NEW

Build strength, endurance and flexibility with both standing and seated exercises. Start with a warm-up to move the body and joints through their full range of motion. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress and increase flexibility. This class tones the upper and lower body using hand weights, balls, and resistance tubing and we will use chairs for the seated work.

Age:.....16 years & older
Instructor:.....Nancy Hite
Min/Max:.....6/16
Location:.....Recreation Center
Fitness Member Fee:.....\$79
Non Fitness Member Fees:.....\$84
Day:.....Friday

CODE	DATES	TIME	TYPE
223706-01	6/30-8/18	10:45A-11:45A	In-Person

STRENGTH & CONDITIONING CLASSES

Pilates, Strength & Stretch (DA)

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

Age:.....16 years & older
Instructor:.....Nancy Hite
Min/Max:.....6/16
Location:.....Recreation Center
Fitness Member Fee:.....\$69 (01); \$79 (02)
Non Fitness Member Fees:.....\$74 (01); \$84 (02)
Day:.....Monday

CODE	DATES	TIME	DAY	TYPE
223700-01	5/1-6/19	7:00P-8:00P	Mon	Hybrid
223700-02	6/26-8/14	7:00P-8:00P	Mon	Hybrid

Class Will Not Meet On: 5/29





FITNESS PROGRAMS

STRENGTH & CONDITIONING CLASSES

Barre Sculpt & Core (DA)

We do all the fun of Barre, but this is not a dance class. We work with light weights to sculpt, improve balance, and work your core while improving your posture. Barre is an amazing workout that anyone can do. Co-op WS

Age:.....16 years & older
Instructor:.....Laura Mungai
Min/Max:3/8 per agency
Location:Recreation Center & Virtual
Fitness Member Fee:\$69 (01); \$79 (02-04)
Non Fitness Member Fees:.....\$74 (01); \$84 (02-04)
Day:.....Monday or Wednesday

CODE	DATES	TIME	DAY	TYPE
223707-01	5/1-6/19	9:00A-10:00A	Mon	Hybrid
223707-02	6/26-8/14	9:00A-10:00A	Mon	Hybrid
223707-03	5/3-6/21	6:00P-7:00P	Wed	Hybrid
223707-04	6/28-8/16	6:00P-7:00P	Wed	Hybrid

Class Will Not Meet On: 5/29



Zumba Toning & Abs (DA)

Zumba Toning combines targeted body-sculpting exercise and high energy cardio work with Latin-infused Zumba moves to create a calorie torching, strength-training dance fitness party. Light weights are used to enhance rhythm and tone all target zones, including arms, abs, glutes and thighs. All fitness levels are welcome and no prior dance experience is necessary. Co-op WS

Age:.....16 years & older
Instructor:.....Kenya Madison-Gabler
Min/Max:3/8 per agency
Location:Recreation Center
Fitness Member Fee:\$79
Non Fitness Member Fees:.....\$84
Day:.....Thursday

CODE	DATES	TIME	TYPE
223705-01	5/4-6/22	6:00P-7:00P	In-Person
223705-02	6/29-8/17	6:00P-7:00P	In-Person

Golden Barre Above (DA)

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

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

CODE	DATES	TIME	TYPE
223629-01	5/4-6/22	8:30A-9:30A	In-Person
223629-02	6/29-8/17	8:30A-9:30A	In-Person

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!



FITNESS PROGRAMS



Zumba Gold (DA)

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

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

CODE	DATES	TIME	TYPE
223577-01	5/3-6/21	9:30A-10:20A	Hybrid
223577-02	6/28-8/16	9:30A-10:20A	Hybrid

Energy Medicine (DA) NEW

Learn powerful Eden Energy Medicine tools in class to help in the moment when anxiety strikes, release pent-up anger and frustration, calm the fight/flight/freeze response and release past emotions that may be holding you back from enjoying the present.

Age:..... 16 years & older
Instructor:..... Mary Walters
Min/Max: 6/16
Location: Recreation Center
Fees: \$25 per participant
Day:..... Thursday

CODE	DATES	TIME	CLASS TYPE
223707-01	5/4	6:30P-8:00P	Calming Stress & Anxiety
223707-02	5/18	6:30P-8:00P	Balancing Hormones
223707-03	6/1	6:30P-8:00P	Releasing Pain



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

LA GRANGE FITNESS

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

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

MEMBERSHIP DEFINITIONS

Individual: 18 years or older

Couple: 2 members of the same household

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

Senior: 55 years & better

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

Student: Individuals age 16-24 with current student ID

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

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

Resident: Individuals residing in La Grange and Countryside

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

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

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

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

FITNESS HOURS OF OPERATION

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

Friday 5am - 7pm

Saturday 6:00am to 3pm

Sunday 7:00am to 1pm

SHORTENED HOURS

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

Labor Day 7:00am to 12:00 pm

Memorial Day 7:00am to 12:00 pm

Christmas Eve 7:00am to 12:00 pm

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

CLOSED

Christmas Day

New Year's Day

Thanksgiving

Easter Sunday

REGISTRATION

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

GUEST VISITS (ID REQUIRED)

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

Group Fitness classes not included.

\$10 per day

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

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

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

ADDITIONAL FEES

Initiation Fee: \$25 per membership

INDIVIDUAL PERSONAL TRAINING FEES

MEMBER/NON-MEMBER RATES

1 session: \$55/\$80

3 sessions: \$150/\$225

5 sessions: \$235/\$350

10 sessions: \$450/\$670

GROUP PERSONAL TRAINING FEES

2 or More Participants: MEMBER/NON-MEMBER RATES

(Fee Per Person, Members must form group):

1 session: \$40/\$58

3 sessions: \$115/\$170

5 sessions: \$180/\$260

10 sessions: \$340/\$500

*PRICING SUBJECT TO CHANGE

MEMBERSHIP RATES

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

PERSONAL TRAINING

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

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

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

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



LISE GORAJSKI

Personal Trainer

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

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



RUDY LUNA

Personal Trainer

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

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



CINDY MCAULIFFE

Personal Trainer

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

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

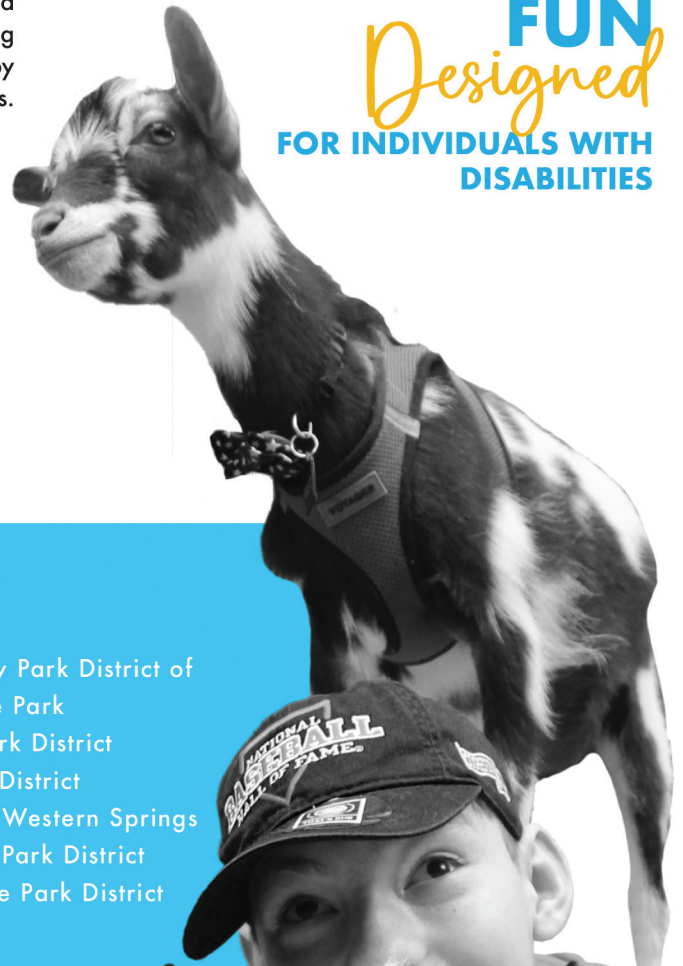


SEASPAR (the South East Association for Special Parks And Recreation) enriches lives through recreation by providing programs and services for individuals with disabilities served by the **Park District of La Grange** and eleven other communities.

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

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

FUN
Designed
FOR INDIVIDUALS WITH DISABILITIES



SEASPAR SERVES THE RESIDENTS OF:

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



Have you heard?

SEASPAR offers amazing summer day camp options for kids, teens, and young adults with disabilities ages 5-22.

Achieve more this summer with Camp SEASPAR. Learn how at **SEASPAR.org**.



Ben M.
SEASPAR Participant

VOLUNTEER INFORMATION



Volunteers Wanted!

Interested in volunteering?

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

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

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

Name: _____

Address: _____

Phone: _____ Email: _____

