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- Resident registration begins: Friday, 12/1

- Non-resident registration begins: Friday, 12/8

La Grange & Countryside residents get resident rates!

WELCOME - See pages 6-7 for a detailed program list

Recreation Center

536 East Avenue, La Grange, Illinois 60525
 Telephone: (708) 352-1762 • Fax: (708) 352-8591
Administrative Office Hours: 9 am - 5pm Mon. - Fri.

Front Desk/Phone Hours:

8 am - 9 pm Mon.-Fri.
 8 am - 6 pm Sat.
 10 am - 5 pm Sun.
Closed 11/23, 12/25, 1/1, 4/1
8:00A-1:00P 12/24, 12/31

See page 13 for fitness center hours

Important Telephone Numbers

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

Recreational & Community Service Organizations

Aging Care Connections	354-1323
American Youth Soccer Org. (AYSO)	www.ayso300.org
Boy Scouts of America	708/354-1111
Bulls/Sox Training Academy-LaGrange	708/588-2275
Bulls/Sox Training Academy-Lisle	630/324-8221
City of Countryside	708/354-7270
Community Diversity Group	708/579-5114
Community Park Dist. of LaGrange Park	708/354-4580
Cook County Forest Preserve	800/870-3666
DuPage County Forest Preserve	630/933-7200
Flagg Creek Golf Course	708/246-3336
Girl Scouts of Greater Chicago	630/544-5900
La Grange Area Newcomers-Jane Byczek	354-1807
La Grange Art League	708/352-3101
La Grange Babe Ruth League	708/354-8730
La Grange Business Association	708/352-0494
La Grange Little League	www.lagrangelittleleague.com
La Grange Garden Club-Bev Sturtz	630/789-6557
La Grange Public Library	708/352-0576
La Grange Historical Society	708/482-4248
Leader Shop	708/579-5898
NAACP	708/352-4897
Pleasant Dale Park District	630/662-6220
SEASPAR	630/960-7600
Southwest Suburban Sr. Center	708/354-1323
Village of La Grange	708/579-2300
Western Springs Rec. Dept.	708/246-9070
West Suburban Chamber	708/352-0494

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RESIDENT REGISTRATION LaGrange and Countryside Residents Friday, December 1 • 8:00 am - 9:00 pm

Recreation Building, 536 East Avenue

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

Residents may only register their own family.

PLEASE NOTE: In order to register online you will need to stop in the Rec. Center at 536 East Avenue to set up an online account. There is a form to complete and proof of address is required. You will be emailed a user name and password allowing you to access online registration. The deadline to set up an online account for registration on 12/1 is 11/30. If you have already have an online account it is not necessary to do it again. Your user name and password is still valid.

PDLG BOARD & STAFF

PARK BOARD MEETINGS

The Board of Commissioners meet at the Park District Recreation Center, 536 East Avenue, on the 2nd Monday of every month at 7:00 pm. *Meeting dates, times and location subject to change.*

PDLG FACILITIES & CLASS LOCATIONS

PDLG Recreation Center
536 East Avenue

PDLG Community Center & Park
200 South Washington Avenue

PDLG Denning Park
4903 South Gilbert Avenue

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

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

PDLG Gordon Park
Ogden and Locust Avenue

PDLG Waiola Park
47th Street and Waiola Avenue

Hanesworth Park
26th & Barnsdale Road, La Grange Park

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

Cossitt School
115 W. Cossitt Avenue, La Grange

Flagg Creek Gold Course
6939 Wolf Road, Indian Head Park

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

Ideal School
9901 West 58th Street, Countryside

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

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

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

Western Springs Recreation Center
1500 Walker Street, Western Springs

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

Countryside Park
61st Street and Meadow Drive, Countryside

City Park
61st Street and Ashland Avenue, Countryside

Park Board of Commissioners

President, Mary Ellen Penicook maryellenpenicook@pdlg.org

Vice President, Robert Vear robertvear@pdlg.org

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

Commissioner, Karel Jacobs kareljacobs@pdlg.org

Commissioner, Robert Ashby bobashby@pdlg.org

Board Appointments

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

Board Treasurer, Robert Metzger

Important E-mail Addresses

General pdlginfo@pdlg.org

FOIA Requests foiaofficer@pdlg.org

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

Park District Staff

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

Finance Staff

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

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

Recreation/Facility Staff

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

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

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

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

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

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

Fitness Center Supervisor, Jenny Clark jennyclark@pdlg.org

Administrative Supervisor, Linda Muth lindamuth@pdlg.org

Maintenance Supervisor, Josh Wienczek joshwienczek@pdlg.org

Facility Rental Coordinator, Katie Walsh katiwalsh@pdlg.org

Secretary/Receptionist, Ginger Zeman gingerzeman@pdlg.org

Parks Department Staff

Parks Foreman, Claudia Galla claudiagalla@pdlg.org

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

APRP - Associate Park & Recreation Professional

CPRP - Certified Park & Recreation Professional

PPRP - Provisional Park & Recreation Professional

REGISTRATION INFORMATION

1. RESIDENT REGISTRATION ONLY

Walk-in resident registration will take place on Friday, 12/1 from 8:00 am-9:00 pm at the Recreation Center, 536 East Avenue, and continues thereafter during regular office hours. Residents can only register their own family during resident registration on 12/1. Countryside residents may also register beginning 12/1.

2. NON-RESIDENT REGISTRATION

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

3. ONLINE REGISTRATION

The Park District of La Grange offers online registration. Come in to the Recreation Center to complete an online registration form to receive the required user name and password for online access. Online registration runs simultaneously to walk-in registration; neither procedure has priority over the other. Online registration is available 24/7 once registration begins for the season. A non-refundable \$2 administration fee applies to online registration transactions. Register online at www.pdlg.org. Please be sure to view/print your receipt to verify that your online transaction processed correctly.

4. FIRST COME FIRST SERVED

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

5. PROGRAM WAITING LISTS

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

6. FALSE INFORMATION/RESIDENT PRIORITY

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

7. REFUNDS AND CANCELLATION

Refunds will not be issued after the first class date and must be requested no less than 5 days before the first class meeting. A prorated refund will be issued in cases when the Park District receives a written certificate from a physician that a medical condition exists that prohibits participation. The medical note must be received no later than 14 days after the session end date. A prorated refund may also be issued if the registrant moves outside of the District boundaries. A \$5 service charge will be deducted from all refunds over \$5, except when a medical certificate is presented in writing or the District cancels a program. If the Park District cancels a program, participants will have a choice of full refund, credit or class transfer, if available.

8. INSUFFICIENT FUNDS FEE:

In the event that a program is paid for by check, and that check is returned to the District stamped N.S.F., full payment as well as a \$20.00 penalty will be required in cash or cashiers check before attendance in a class can continue.

9. FEE CODE

The fee code used in this brochure is as follows:

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


10. PROOF OF RESIDENCY

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

11. NEIGHBORHOOD NETWORK (NN)

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

12. CO-OP PROGRAMMING

If the graphic symbol  appears next to a program title it is a co-op and *resident rate* applies for all agencies indicated. All participating agencies must achieve minimum enrollment for a class to be held.

Co-op codes: LP-La Grange Park, WS-Western Springs

13. SENIOR DISCOUNT

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

14. PROOF OF AGE

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

15. PAYMENT/ENROLLMENT VERIFICATION

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

16. ASSESSMENT DESCRIPTION

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

17. PAYMENT METHODS

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

18. REGISTER EARLY!

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

19. FEES SUBJECT TO CHANGE WITHOUT NOTICE

20. ADA ACCOMMODATIONS

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

WHY ARE THERE INITIALS NEXT TO THE PROGRAMS?

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

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

OTHER SYMBOLS:



- Parent/Child Program



- Cooperative Program



- Childcare Offered During This Program



- New Class



DIGITAL RESOURCES

"Your Fun Destination" at your fingertips!

Facebook

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

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

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

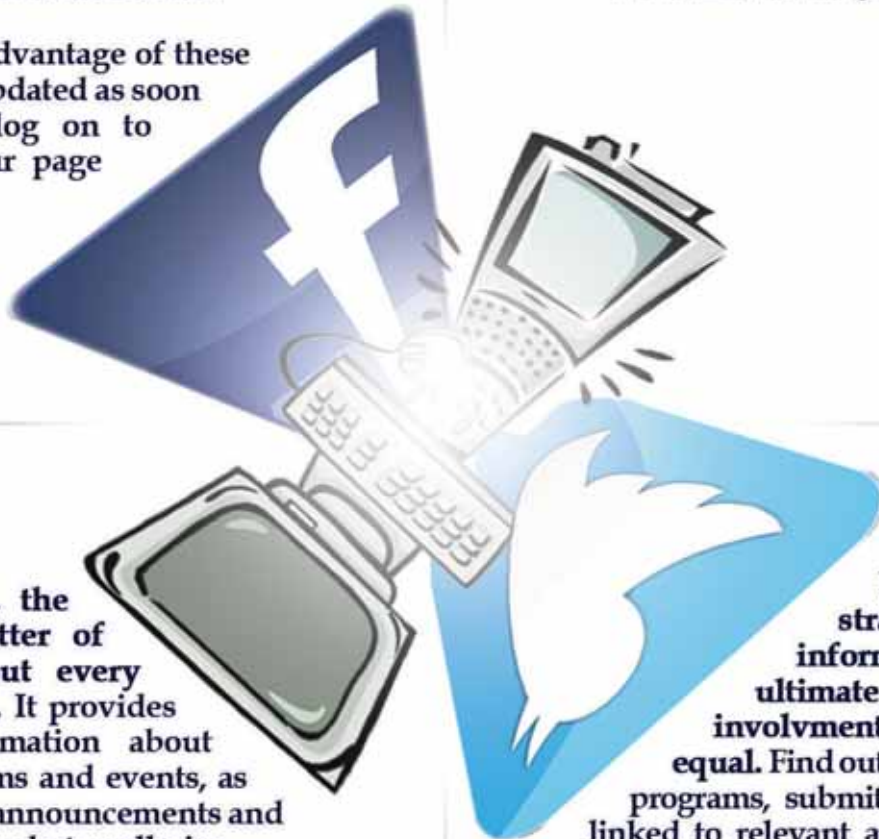
To subscribe, stop by the Recreation Center (536 East Ave., La Grange) or visit www.pdlg.org and click on the link at the bottom to sign up!

eNewsletter

Mobile Website

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

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



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

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

Twitter

PROGRAM LISTING

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EARLY

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(Reg. begins 2/1)

SUMMER DAY CAMPS – Reg. begins 2/1	
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RENTAL INFORMATION



Have your next event at the Park District of La Grange! We have rooms to accommodate any size group. We have an indoor playground, basketball courts, volleyball courts, and an inflatable fun jump with a slide and obstacle course. There are plenty of affordable activities to keep your guests entertained!

If you require a refrigerator, sink, and microwave, rooms 105 and 106 are perfect for your party! These rooms are connected to the indoor playground and are located adjacent to the inflatable fun jump. Room 108 is also near the indoor playground and the fun jump and has a refrigerator. All other rooms have no kitchen amenities, but renters may bring in coolers, food warmers, sterno, or crock pots to accommodate their needs. You may rent access to the indoor playground and fun jump no matter which room your party is in!

Our DeSitter Room is perfect for large parties of up to 175 people. The DeSitter Room is ideal for showers, baptisms, birthdays, anniversaries, or graduations. Utilize our full kitchen and convenient pop and ice bar at an affordable rate. Feel free to bring in your favorite food! We do not have any restrictions on caterers. If you seek a quiet place for your next seminar, you can also rent the DeSitter Room which is equipped with a screen.

Please visit our website at www.pdlg.org for more information on booking details. You may also contact Katie Walsh at (708) 352-1762 or katiawalsh@pdlg.org to check availability. Please note we do not hold rooms or accept reservations over the phone or via fax or email. Reservations are accepted in person on a first come, first serve basis.

ROOM RENTALS

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

Party Room 105/Party Room 106

(fee per room, double for both)

Res. \$30/hr Non-res. \$38/hr

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

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

Res. \$30/hr Non-res. \$38/hr

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

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

Res. \$30/hr Non-res. \$38/hr

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

Res. \$20/hr Non-res. \$25/hr

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

Indoor Playground Access

Non-exclusive during room rental

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

Indoor Playground-Exclusive Use

\$150/hr resident & non-resident

Fun Jump

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

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

After Hours Rentals

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

Extra \$20/hr

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

DeSITTER ROOM RENTAL RATES Max 175 people

Resident		\$ 100 per hour
Non-Resident		\$ 120 per hour
Kitchen Rental	<i>Res.</i>	\$ 30 per event
	<i>Non-res.</i>	\$ 40 per event
Alcohol Permit		\$150 per event
<i>(Beer, Wine Products only - Renter supplies own alcohol)</i>		
After Hours.		\$ 20 per hour extra

RENTAL POLICY

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

The Perfect Room to Celebrate all Occasions!



- Weddings
- Birthdays
- Graduations
- Anniversaries
- Corporate Events

Room Capacity - 175 people



the *De Sitter*
ROOM

the *De Sitter*
ROOM



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

GYM RENTAL/USAGE INFORMATION

GYM RENTAL

Our gymnasium features wood floors and three full high school size basketball courts. Each court can be divided into a half court using our suspended curtains. In addition to basketball, the gym can also accommodate 4 full volleyball courts. Rentals of the gymnasium are available when the Park District is not conducting a program of its own on the courts. For party rentals, court rental hours must fall within the room rental hours.

Rental Policy

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

Rental Rates (per court)

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

Volleyball Court Rental

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

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

NO ADMITTANCE WITHOUT ID

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

RECREATION CENTER USAGE FEES

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

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

INDOOR TRACK

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

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

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

Closed 11/23, 12/25, 1/1, 4/1

INDOOR PLAYGROUND

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

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

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

Closed 11/23, 12/25, 1/1, 4/1

All hours & fees are subject to change without notice.

Open Gym Policies

Park District ID

All open gym participants are required to show a Park District ID or state-issued photo ID at check-in. This includes residents and non-residents of all ages. Park District ID's are available for free and are valid for a 3-year period. Lost card replacements cost \$3. Daily admission fees apply.

How can I get a FREE Park District ID?

- Complete an ID card registration form (available at the Rec Center or online at www.pdlg.org-home page bottom right)
- Minors under age 18 —have your parent/guardian complete & sign an ID form
- Show proof of address/identity with state-issued photo ID at the Rec Center, 536 East Avenue, La Grange
- PDLG staff will take your picture and print your ID card
- Patrons with a current yearly membership do not need a new ID card

Basketballs/Volleyballs

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

Courts/Nets/Dividers

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

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

Pick up Games

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

Clothing

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

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

Spitting

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

Food

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

Alcohol, Drugs, Tobacco

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

Loss of Personal Property

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

Music/Headphones

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

Sportsmanship/Language/Respect

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

Track

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

OPEN GYM PUNCH PASS

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

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

Basketballs available ONLY with a Park District ID!

DAILY OPEN GYM FEES

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

COMMEMORATIVE TREE PROGRAM



Commemorative Tree Program



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

A commemorative tree is a perfect way to:

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



Trees start at \$340 depending on species.

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

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

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

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

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

LA GRANGE FITNESS

For more details visit www.pdlg.org
or call (708) 588-2260.

La Grange Fitness is a state-of-the-art fitness facility that hosts a variety of services provided by friendly and knowledgeable staff.

- Unlimited access to Lagrange Fitness 7000 sq. ft fitness center and walking track
- 40 pieces of state of the art Precor cardio equipment
- 30 pieces of Precor strength training equipment
- Queenax functional fitness equipment
- Complimentary orientation with fitness membership
- 40+ Group fitness classes weekly included with membership
- Two climate controlled group fitness studios
- Locker rooms with shower facilities
- Personal lockers free for daily use
- Drop-in childcare for children 1 year to 8 years old (additional fees apply)

SHORTENED HOURS

Christmas Eve 8:00am to 3:00 pm
New Years Eve 8:00am to 3:00 pm
4th of July 8:00am to 3:00 pm
Labor Day 8:00am to 3:00 pm
Memorial Day 8:00am to 3:00 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.

DAILY DROP IN FEE - (DOES NOT INCLUDE CLASSES OR CHILDCARE)

Resident: \$7 Neighborhood Network: \$8 Non-Resident: \$10

ADDITIONAL FEES

Initiation Fee: \$25 per membership
Childcare Services: \$3 per hour
Private Locker: \$200 per year

PERSONAL TRAINING FEES

1 session: \$50 3 sessions: \$144
5 sessions: \$225 10 sessions: \$430

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: Individual age 16-24 with current student ID
Resident: Individuals residing in La Grange and Countryside
Neighborhood Network: Individuals residing in communities which border the Village of La Grange
Non-Resident: Individuals residing outside the Village of La Grange

LOCATION PHONE: 708-588-2260

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

HOURS OF OPERATION

Monday-Friday 5:00am to 10:00pm
Saturday 6:00am to 8:00pm Sunday 7:00am to 6:00pm

CHILDCARE HOURS

Monday-Friday 8:30am to 11:30am and 5:00pm to 8:00pm
Saturday 8:30am to 11:30am

Childcare is available for children ages 1 through 8 years old. Your child will be supervised by qualified staff members and will enjoy many different activities. It is available for parents who are working out or taking classes. Parents must remain in the building while the child is in childcare. *Note: the park district staff does not change diapers or take children to bathroom, the parents will be contacted in the case of an accident.

MEMBERSHIP RATES:

Membership	Monthly Resident	Monthly Non-Resident	Monthly Neighborhood Network	Year Resident	Year Non-Resident	Year Neighborhood Network
Individual	\$30	\$45	\$37	\$336	\$435	\$372
Couple	\$50	\$65	\$57	\$575	\$750	\$635
Additional Member	\$20	\$30	\$25	\$216	\$280	\$238
Student	\$25	\$35	\$30	\$270	\$350	\$300
Senior	\$25	\$35	\$28	\$270	\$350	\$297
Senior Couple	\$40	\$55	\$47	\$400	\$520	\$440

PERSONAL TRAINING

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

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

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



HOLLY KALLAL

Personal Trainer

Holly has been involved in fitness through various platforms including clinical rehabilitation, health clubs and private training for over 20 years. She is certified by the American Council of Exercise and has backgrounds in sports conditioning and stretch therapy. She believes that proper nutrition and daily exercise are the foundation of a healthy lifestyle. Her goal is to help individuals see the benefit of exercise not just for weight loss, but as a way of life.



RUDY LUNA

Personal Trainer

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



CHRISTOPHER POSHEK

Personal Trainer

Chris has a certified personal training certification through the National Academy of Sports Medicine, NASM. He played organized sports throughout his childhood and teens and grew up in a training environment. A recurring injury of his shoulder led him to the weight room, where his love of training first took hold. He focuses on knowledge about different training techniques, and trains for functionality, core stabilization and mobility/flexibility. His aim is to enhance the wellbeing of his clients by empowering them with the knowledge, skills, encouragement, direction and resources to support and motivate them on their journey to a healthier life.



DAVID SMITH

Personal Trainer

Dave has a Master's of Science degree in Adult and Corporate Fitness from University of Illinois, and is also a certified personal trainer through the National Academy of Sports Medicine. With over 30 years experience in fitness and personal training, he is a varsity letter winner in basketball and Ironman triathlon finisher. Dave believes that daily exercise is such an important part of living a long, healthy and capable life. Functional resistance training allows a person to enjoy whatever physical activities they pursue; be it gardening, biking with the grandkids, golfing, tennis etc. Specialty areas: Weight loss, deconditioned adults, sports specific training and conditioning, boxing and martial arts, triathlon and obstacle course training.

SPECIAL EVENTS

Movie In The Gym: Frozen (TC)

When the newly crowned Queen Elsa accidentally uses her power to turn things into ice to curse her home in infinite winter, her sister, Anna, teams up with a mountain man, his playful reindeer, and a snowman to change the weather condition. Bring the family to enjoy this FREE movie on a 25-foot screen with FREE POPCORN! Movie starts at 7:00PM. Don't forget to bring your blankets.

Date: 1/12
Day: Friday
Time: 7:00PM
Age: Whole Family
Location: Recreation Center
Fee: FREE

Family Fun Night (TC)

Come down to the Park District for our Annual Family Fun Night! There will be tons to do! Everything from dodgeball, basketball, hockey shot, crafts, 3-in-1 fun jump, playground and much more! All children must be accompanied by an adult. Co-op WS & LP.

Age: All Ages
Instructor: Staff
Min/Max: 10/50 per agency
Location: Recreation Center
Fees: \$5/R, \$5/NR, \$5/NN Per Child
Day: Friday

CODE	DATES	TIME
144005-01	2/9	6:00P-7:30P

Mother/Son Dance (TC)

Come to the Recreation Center and enjoy a fantastic night out with your little guy! Dance to your favorite tunes, enjoy refreshments, and leave at the end of the evening with a photo memento and a special surprise. Each additional child is \$20. **Registration deadline is February 23rd.** Co-op LP.

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

CODE	DATES	TIME
144518-01	3/2	6:00P-8:00P

Family Bingo Night! (TC)

Get out of the house and enjoy an affordable, fun, family night of bingo! We have some great prizes! Children must be accompanied by an adult. Price listed per person. Pre-registration is required. **Registration deadline is January 19th.** Co-op LP.

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

CODE	DATES	TIME
144515-01	1/26	6:00P-7:30P

Spelling Bee (TC)

The Western Springs Recreation Department will be hosting a Spelling Bee on Thursday, March 1 from 7:00-9:00pm at the Grand Avenue Community Center, 4211 Grand Avenue in Western Springs. The purpose of this event is to raise awareness and money for honeybee research with all proceeds being donated to those endeavors. Although this event is free, donations to protect the honeybees will be accepted at the door. All ages are welcome to attend and encouraged to participate. Prizes will be awarded. **Please pre-register by Friday, February 23rd at www.wsprings.com/recreation.** Organizer of this event, Bernadette Maio is a local high school student and finalist in the 2015 Scripps National Spelling Bee. You may register at the door if space is available.

Community Garden Plots

If you like to garden or would like to try out your green thumb but you don't have enough space at home, then our Community Garden plots at Denning Park are just what you need. The plots are for residents of La Grange and Countryside only. Plot sizes are 4x8 feet and the fee is \$50 per plot. They are garden ready, filled with rich gardening soil. The concept for the Community Garden is Victory Garden. This means food crops only, such as herbs, vegetables, fruits and leafy greens. In case of an over harvest, leftovers will be donated to local food pantries. Forms are available at the Recreation Center at the front desk. **Register early, first come first served until the 30 plots (4 handicap accessible) are filled.** So come pick your perfect plot today and plant away. For more information, please call Claudia Galla (708) 352-1762. Sign up for your 2018 garden plot starting December 1st.

SPECIAL EVENTS

Breakfast with The Easter Bunny (TC)

Hop on over to the Recreation Center for breakfast with the Easter Bunny. Breakfast will begin at 8:30 am. The menu includes pancakes, sausage, milk, orange juice and coffee. Each child will have an opportunity to sit on the bunny's lap and create some holiday crafts. Don't forget to bring a camera to capture the moment. Registration will not be available at the door; pre-registration is required. **Registration deadline is March 2nd.**

Age:..... Believers of all ages
Instructor:..... Staff
Min/Max:..... 10/50
Location:..... Recreation Center
Fees:..... \$16/R, \$21/NR, \$18/NN (per child but parents need to register as well)
Day:..... Saturday

CODE	DATES	TIME	INFO
144025-01	3/17	8:30A-10:00A	CHILDREN
144025-02	3/17	8:30A-10:00A	PARENTS/ADULTS Age 18+

Tween Flashlight Egg Hunt (TC)

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

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

CODE	DATES	TIME
132624-01	3/23	8:00P-8:30P

Easter Egg Hunt (DF)

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

Saturday, March 24, 2018

Age:..... Whole Family
Location:..... Sedgwick Park
Fees:..... FREE
Date:..... March 24
Day:..... Saturday
Time:..... Pictures with the Easter Bunny begin at 9:30 a.m.
 First Hunt (3-year olds & under): 10:00 a.m.

Park Pride! (DF)

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

Maps, bags, some gloves and tools are also provided. We encourage volunteers to also bring their own tools such as rakes, shovels for mulching and hand tools for weeding if at all possible. Please label your tools if you bring them.

REGISTRATION

Please register at the Registration Center, 536 East Avenue. Registration includes the completion of a waiver for participation. Groups are encouraged to pre-register. To pre-register your large group please email Diana Faught at dianaFaught@pdlg.org. A parent or guardian must sign a waiver for each minor who chooses to participate.

You may also register the day of the event at the Recreation Center beginning at 8:30 a.m. or pick up a registration form in the lobby of the Recreation Center or download the registration form from our website, www.pdlg.org.

Age:..... Whole Family
Date:..... May 19th
Day:..... Saturday
Time:..... 8:30 am - 11:00 am Registration begins at 8:30 a.m. at Recreation Center, 536 East Avenue

La Grange Fitness Now Open!

Get in your workout while your child attends classes!

Learning Ladders Preschool 2018 - 2019 (DF)

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

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

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

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

Registration

Where: Recreation Center, located at 536 East Avenue

When: Resident registration begins on Thursday, February 1, 2018 at 8 a.m. Non-Resident registration begins on Thursday, February 8, 2018 at 8 a.m.

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

Program Philosophy

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

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



Goals and Objectives

Our primary goal at Learning Ladders is that children learn through socialization and play based activities. Our secondary goal is that children are exposed to reading readiness skills, ABCs, 123s, shapes and colors.

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

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

LEARNING LADDERS OPEN HOUSE

When: Wednesday, January 10, 2018 from 6:00-7:00 p.m. or Saturday, January 13, 2018 from 10:00-11:00 a.m.

Where: Gilbert Park Building

Located at 41st Street & Gilbert Avenue

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

Where: Sedgwick Park Building

Located at 10th Avenue & 48th Street

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

Where: Recreation Center

Located at 536 East Avenue

Room 103 Room 105/106

Playful Penguins (3-4), Great Geckos (3-4), Mighty Marlins (4-5), Creative Cardinals (2 ½-3), Wonder Wolves (4-5) **We are pleased to announce the addition of four new preschool classes! Please note that classroom will not be ready for viewing during the open house. Families are welcome to attend any of the other locations on these dates.*

Why: The open house is a great opportunity to meet the teachers, view the facility, and see what we have to offer your child! If you are considering enrolling your child in the program for the 2018-2019 school year, this is your chance to see what we are all about! Future students and siblings are welcome to attend with parents!



Classes at Gilbert Park Building:

Brown Bears



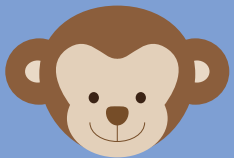
Ages: 2 ½ to 3 years
Instructor: Jessica Korzyniewski
Code: 481200-01
Mon & Wed: ... 9-11 am
Min/Max: 6/12
Fee: \$751 R / \$1,123 NR / \$826 NN

Black Bears

Ages: 2 ½ to 3 years
Instructor: Traci Weyer
Code: 481200-02
Tue. & Thurs: . 9-11 am
Min/Max: 6/12
Fee: \$751 R / \$1,123 NR / \$826 NN



Middle Monkeys



Ages: 3 to 4 years
Instructor: TBD
Code: 481200-04
Tue. & Thurs: . 12:15-2:45 pm
Min/Max: 6/12
Fee: \$940 R / \$1,386 NR / \$1,034 NN

Tall Tigers

Ages: 4 to 5 years
Instructor: Kate Banaszek
Code: 481200-05
Mon., Wed. & Fri.: 12:15-2:45 pm
Min/Max: 6/12
Fee: \$1,290 R / \$1,908 NR / \$1,419 NN



Classes at Sedgwick Park Building:

Little Lions



Ages: 2 ½ to 3 years
Instructor: Terri Bogart
Code: 481200-03
Tue. & Thurs: . 9-11 am
Min/Max: 6/12
Fee: \$751 R / \$1,123 NR / \$826 NN

Curious Kangaroos

Ages: 4 to 5 years
Instructor: TBD
Code: 481200-09
Tue. & Thurs: . 12:15-2:45 pm
Min/Max: 6/12
Fee: \$895 R / \$1,162 NR / \$984 NN



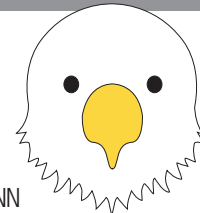
Leaping Lizards



Ages: 3 to 4 years
Instructor: Terri Bogart
Code: 481200-06
Mon., Wed. & Fri.: 9-11:30 am
Min/Max: 6/12
Fee: \$1,290 R / \$1,908 NR / \$1,419 NN

Eager Eagles

Ages: 4 to 5 years
Instructor: Traci Weyer
Code: 481200-07
Mon., Wed. & Fri.: 12:15-2:45 pm
Min/Max: 6/12
Fee: \$1,290 R / \$1,908 NR / \$1,419 NN



Classes at Recreation Center:

Playful Penguins



Ages: 3 to 4 years
Instructor: Traci Weyer
Code: 481200-08
Mon., Wed. & Fri.: 9-11:30 am
Min/Max: 6/12
Fee: \$1,290 R / \$1,908 NR / \$1,419 NN

Great Geckos

Ages: Ages 3 to 4 years – **NEW!**
Instructor: TBD
Code: 481200-10
Mon., Wed. & Fri.: 9-11:30 am
Min/Max: 6/12
Fee: \$1,290 R / \$1,908 NR / \$1,419 NN

Mighty Marlins

Ages: Ages 4 to 5 years – **NEW!**
Instructor: TBD
Code: 481200-11
Tue. & Thurs: 12:15-2:45 pm
Min/Max: 6/12
Fee: \$1,290 R / \$895 R / \$1,162 NR / \$984 NN

CREATIVE CARDINALS



Ages: Ages 2 ½ to 3 years – **NEW!**
Instructor: TBD
Code: 481200-12
Tue. & Thurs: 9-11 am
Min/Max: 6/12
Fee: \$751 R / \$1,123 NR / \$826 NN

Wonder Wolves

Ages: Ages 4 to 5 years – **NEW!**
Instructor: TBD
Code: 481200-13
Mon., Wed. & Fri.: 12:15-2:45 pm
Min/Max: 6/12
Fee: \$1,290 R / \$1,908 NR / \$1,419 NN



Camp Mighty Munchkins (DF)

This camp is for kids who like ADVENTURE and FUN! We have a variety of activities planned for each session of camp. Some of the activities include: art, crafts, games, music, story time, nature, drama, cooking, special "in house" field trips where different entertainment will visit camp and much more! Each child will be asked to bring a lunch, snack and reusable water bottle with their name on it every day of camp. Before and/or after care is also available at this camp location. Registration for before and after care is separate. All campers will receive a t-shirt! We encourage campers to wear their camp shirts. You will receive a camp handbook at the time of registration. Children must be of age by the start of camp. The second child, in one family household, enrolled in Camp Mighty Munchkins or Camp Quest will receive a 10% discount on regular camp hours. The same applies for the third child, etc. There are absolutely no prorates or refunds for missed days. **Registration deadline is the Thursday BEFORE each camp session begins.** There will be a \$10 late fee for registrations received after Thursday.

Age:..... 4-6 years
Instructor:..... Staff
Min/Max:..... 12/18
Location:..... Gilbert Park
Fees:..... \$146/R, \$190/NR, \$160/NN
 *\$117/R, \$152/NR, \$128/NN (*Section 04)
Day:..... Monday-Friday
Class Will Not Meet On: 7/4

CODE	DATES	TIME
471002-01	6/11-6/15	9:00A-3:00P
471002-02	6/18-6/22	9:00A-3:00P
471002-03	6/25-6/29	9:00A-3:00P
471002-04	7/2-7/6	9:00A-3:00P*
471002-05	7/9-7/13	9:00A-3:00P
471002-06	7/16-7/20	9:00A-3:00P
471002-07	7/23-7/27	9:00A-3:00P
471002-08	7/30-8/3	9:00A-3:00P
471002-09	8/6-8/10	9:00A-3:00P

Camp Mighty Munchkins Before Care (DF)

Held at camp site

Age:..... 4-6 years
Instructor:..... Staff
Min/Max:..... 8/18
Location:..... Gilbert Park
Fees:..... \$14/R, \$17/NR, \$16/NN
 *\$13/R, \$14/NR, \$12/NN (*Section 04)
Day:..... Monday-Friday

CODE	DATES	TIME
471003-01	6/11-6/15	7:30A-9:00A
471003-02	6/18-6/22	7:30A-9:00A
471003-03	6/25-6/29	7:30A-9:00A
471003-04	7/2-7/6	7:30A-9:00A*
471003-05	7/9-7/13	7:30A-9:00A
471003-06	7/16-7/20	7:30A-9:00A
471003-07	7/23-7/27	7:30A-9:00A
471003-08	7/30-8/3	7:30A-9:00A
471003-09	8/6-8/10	7:30A-9:00A

Class Will Not Meet On: 7/4

Camp Mighty Munchkins After Care (DF)

Held at Camp site.

Age:..... 4-6 years
Instructor:..... Staff
Min/Max:..... 8/18
Location:..... Gilbert Park
Fees:..... \$19/R, \$24/NR, \$21/NN
 *\$16/R, \$19/NR, \$17/NN (*Section 04)
Day:..... Monday-Friday

CODE	DATES	TIME
471004-01	6/11-6/15	3:00P-5:30P
471004-02	6/18-6/22	3:00P-5:30P
471004-03	6/25-6/29	3:00P-5:30P
471004-04	7/2-7/6	3:00P-5:30P*
471004-05	7/9-7/13	3:00P-5:30P
471004-06	7/16-7/20	3:00P-5:30P
471004-07	7/23-7/27	3:00P-5:30P
471004-08	7/30-8/3	3:00P-5:30P
471004-09	8/6-8/10	3:00P-5:30P

Class Will Not Meet On: 7/4

SUMMER CAMPS

Early Bird Registration Begins Feb. 1st!

Camp Quest (TC)

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

Age:..... 7-12 years
 Instructor:..... Staff
 Min/Max:..... 15/45
 Location:..... Sedgwick Park
 Fees:..... \$146/R, \$190/NR, \$160/NN
 *\$117/R, \$152/NR, \$128/NN
 Day:..... Monday-Friday
 Class Will Not Meet On: 7/4

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

Camp Quest Before Care (TC)

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

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

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

Class Will Not Meet On: 7/4

Camp Quest After Care (TC)

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

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

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

Class Will Not Meet On: 7/4

EARLY CHILDHOOD SPRING BREAK CAMPS

SCHOOL'S OUT/I'M IN!

Spring Break Escape (DF)

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

Age:..... 3-6 years

Instructor:..... Staff

Min/Max: 3/5 per agency

Location: Recreation Center

Fees: \$72/R, \$94/NR, \$79/NN (Section 01 & 02)

\$20/R, \$20/NR, \$20/NN (Section 03)

Day:..... Monday-Thursday



CODE	DATES	TIME	
171000-01	3/26-3/29	9:00A-11:30A	AM CAMP
171000-02	3/26-3/29	12:30P-3:00P	PM CAMP
171000-03	3/26-3/29	11:30A-12:30P	LUNCH SUPERVISION

EARLY CHILDHOOD PROGRAM REQUIREMENTS



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

WHY ARE THERE INITIALS NEXT TO PROGRAMS

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

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

OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- Childcare Offered During This Program |



NEW - New Class

Kid Rock III (DF)

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

Age:..... 2-5 year olds with parent

Instructor:..... Rock It Productions

Min/Max:..... 2/4 per agency

Location:..... Recreation Center

Fees:..... \$73/R, \$95/NR, \$80/NN (8 weeks: Section 01-03)
\$55/R, \$72/NR, \$61/NN (6 weeks: Session 02)

Day:..... Saturday

CODE	DATES	TIME	DAY
151513-03	1/20-3/10	10:15A-10:55A	Saturday
151513-04	4/14-5/19	10:15A-10:55A	Saturday



By-Gym-Mini (DF)

BIG FUN FOR YOU AND YOUR TODDLER! Mom, Dad, or baby-sitter join in for the morning's activities. A low-key structure allows plenty of free time for exploration and adventure on the climbing bridge, slides, tunnels, mini trampoline, and bikes. A short circle time includes songs, finger plays, games, parachute play or hula-hoops. This is an excellent class for improving large motor skills while using the equipment and developing social and group interaction during circle time. Co-op WS.

Age:..... 16 months - 3 years

Instructor:..... Abby McEntee

Min/Max:..... 5/10 per agency

Location:..... Grand Avenue Community Center

Fees:..... \$48/R, \$62/NR, \$53/NN

Day:..... Wednesday

CODE	DATES	TIME	AGE
131501-01	1/10-2/21	9:00A-10:00A	16-24 months
131501-02	2/28-4/18	9:00A-10:00A	16-24 months
131501-03	4/25-6/6	9:00A-10:00A	16-24 months
131501-04	1/10-2/21	10:00A-11:00A	2-3 years
131501-05	2/28-4/18	10:00A-11:00A	2-3 years
131501-06	4/25-6/6	10:00A-11:00A	2-3 years

Class Will Not Meet On: 3/28

EARLY CHILDHOOD PROGRAMS



Kiddie Kollege (DF)

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

Age:..... 2-3 years
Instructor:..... Staff
Min/Max: 5/10
Location: Recreation Center
Fees: \$60/R, \$78/NR, \$66/NN
Day:..... Monday & Wednesday or Tuesday & Thursday

CODE	DATES	TIME	DAY
131021-01	1/8-2/14	12:00P-1:15P	Mon/Wed
131021-02	2/19-4/4	12:00P-1:15P	Mon/Wed
131021-03	4/9-5/16	12:00P-1:15P	Mon/Wed
131021-04	1/9-2/15	9:00A-10:15A	Tues/Thurs
131021-05	2/20-4/5	9:00A-10:15A	Tues/Thurs
131021-06	4/10-5/17	9:00A-10:15A	Tues/Thurs
131021-07	1/9-2/15	12:00P-1:15P	Tues/Thurs
131021-08	2/20-4/5	12:00P-1:15P	Tues/Thurs
131021-09	4/10-5/17	12:00P-1:15P	Tues/Thurs

Class Will Not Meet On: 3/26, 3/27, 3/28 and 3/29

Little Builders (DF)

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

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

CODE	DATES	TIME
131582-01	2/5-3/12	10:00A-10:45A
131582-02	4/9-5/14	10:00A-10:45A

Masterpieces for Munchkins (DF)

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

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

CODE	DATES	TIME
131523-01	1/8-2/19	1:00P-3:00P
131523-02	2/26-4/16	1:00P-3:00P
131523-03	4/23-6/4	1:00P-3:00P

Class Will Not Meet On: 3/26

EARLY CHILDHOOD & YOUTH ONE DAY EVENTS

Mom/Daughter Besties Bling Boutique (DF)

Come join Glitzy Girlz for a night with your little besties, your daughters! Our class will be all about bling and beads. Each couple will design a beaded ensemble of two crystal bracelets with a great selection of colorful beads and a charm dangle to accent the pieces. They will also decorate a trinket box to store the new treasures complete with personalization, paints and embellishments. A special night together remembered in BLING! Additional sibling \$32.00. Co-op WS.

Age:..... 3-10 years
Instructor:..... Glitzy Girls
Min/Max:..... 3/7 per agency
Location:..... W.S. Rec. Center
Fees:..... \$34/R, \$44/NR, \$37/NN
Day:..... Thursday

CODE	DATES	TIME
131097-01	5/17	6:00P-7:15P

My Funny Valentine (DF)

Nothing says I LOVE YOU like a gift with your own personal touch! Each child will create a valentine gift for someone they love. Nothing says I love you like a special gift using their own unique imagination and creativity! A snack and drink is included. Co-op with LP.

Age:..... 3-6 years
Instructor:..... Staff
Min/Max:..... 3/5 per agency
Location:..... Recreation Center
Fees:..... \$16/R, \$21/NR, \$18/NN
Day:..... Wednesday

CODE	DATES	TIME
161018-01	2/14	4:00P-5:15P

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!



Valentines Chocolate Lovers Dream (DF)

Celebrate Valentine's Day a little early with some CHOCOLATE! We will start with pretzels and melt sweet chocolates in different varieties. After dipping our pretzels decorating will begin. Next come the chocolate brownies to frost and decorate. Each child will receive a large tray for all their yummy creations. You will go home with plenty to share with family and friends. All toppings and supplies will be included. Dress for a mess and don't miss out on this awesome new class. Co-op WS. 3-5 year olds must be accompanied by a parent.

Age:..... 3-10 years (3-5 year olds with parent)
Instructor:..... Ultimate Classes & Parties
Min/Max:..... 3/7 per agency
Location:..... W.S. Rec. Center
Fees:..... \$33/R, \$43/NR, \$36/NN
Day:..... Thursday

CODE	DATES	TIME
131098-01	2/8	6:30P-7:30P

American Girl Birthday Party (DF)

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

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

CODE	DATES	TIME
161574-01	1/19	6:30P-7:30P

EC & YOUTH ONE DAY EVENTS

Dr. Seuss' Birthday Bash (DF)

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

Age:..... 3-6 years
Instructor:..... Staff
Min/Max:..... 5/10
Location:..... Recreation Center
Fees:..... \$16/R, \$21/NR, \$18/NN
Day:..... Friday

CODE	DATES	TIME
131087-01	3/2	3:30P-4:45P



Lucky Leprechauns (DF)

Come out to the park district to celebrate St. Patrick's Day and become a lucky leprechaun! During this afternoon event we will make a creative St. Patrick's Day craft and play games! We may even find a pot of gold! Remember to wear green! A snack and drink is included. Co-op with WS & LP.

Age:..... 3-6 years
Instructor:..... Staff
Min/Max:..... 3/5 per agency
Location:..... Recreation Center
Fees:..... \$16/R, \$21/NR, \$18/NN
Day:..... Friday

CODE	DATES	TIME
161020-01	3/16	4:00P-5:15P

Bloomin' Bunnies (DF)

Spring time is full of bloomin' hop-enings! Do you know how to dance the bunny hop or sing Here Comes Peter Cottontail? After this class you will! During this class you will create a bloomin' spring time craft! A snack and drink is included. Co-op with WS & LP.

Age:..... 3-6 years
Instructor:..... Staff
Min/Max:..... 3/5 per agency
Location:..... Recreation Center
Fees:..... \$16/R, \$21/NR, \$18/NN
Day:..... Wednesday

CODE	DATES	TIME
161010-01	3/28	4:00P-5:15P

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.

Winter Blue Glam Spa (DF)

Come join Glitzy Girlz and shake your winter “Blues” at our Glam Spa Retreat. We will celebrate the color blue with a make-over with hairpiece, sparkle and light make-up application. Each girl will design a crystal bracelet with a winter snowflake charm. Our staff will lead and teach a moisturizing manicure and pedicure section and do nails in all shades of blue and glitter sparkle. Sign up with friends! Co-op WS.

Age:..... 5-10 years
Instructor:..... Ultimate Classes & Parties
Min/Max:..... 3/7 per agency
Location:..... W.S. Rec. Center
Fees:..... \$30/R, \$39/NR, \$33/NN
Day:..... Wednesday

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

Marvelous Moms (DF)

Kids, are you looking for a way to show mom how much you care? During this one-day event you will have the chance to create a one of a kind gift that your mom is sure to love! Join us at the park district for your chance to make mom a gift she will want to keep forever. A snack and drink is included. Co-op with LP.

Age:..... 3-6 years
Instructor:..... Staff
Min/Max:..... 3/5 per agency
Location:..... Recreation Center
Fees:..... \$16/R, \$21/NR, \$18/NN
Day:..... Wednesday

CODE	DATES	TIME
161025-01	5/9	4:00P-5:15P



School's Out I'm In Paint Workshop! (DF)

Learn to paint with acrylic paints. Participants will be painting and exploring the beginning steps in mixing, and applying acrylic paints along with lessons on composition and color. Painter will bring home all finished paintings at the conclusion of the class. Fee includes all supplies and materials.

Age:..... 7-12 years
Instructor:..... Donna Skonning
Min/Max:..... 5/10
Location:..... Recreation Center
Fees:..... \$39/R, \$51/NR, \$43/NN
Day:..... Monday

CODE	DATES	TIME	DAY
162018-01	1/15	9:30A-11:30A	Martin Luther King Jr. Day
162018-02	2/19	9:30A-11:30A	Presidents Day

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



Junior T-Ball (KJ)

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

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max:..... 6/16
Location: Recreation Center
Fees: \$49/R, \$63/NR, \$54/NN (01-04)
 \$66/R, \$86/NR, \$73/NN (05-06)
Day:..... Thursday

CODE	DATES	TIME	AGE
112637-01	1/18-2/15	12:00P-12:45P	3-4
112637-02	1/18-2/15	12:45P-1:45P	4-6
112637-03	2/22-3/22	12:00P-12:45P	3-4
112637-04	2/22-3/22	12:45P-1:45P	4-6
112637-05	4/5-5/17	12:00P-12:45P	3-4
112637-06	4/5-5/17	12:45P-1:45P	4-6

Junior Soccer (KJ)

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

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max:..... 6/16
Location: Recreation Center
Fees: \$49/R, \$63/NR, \$54/NN (01-04)
 \$66/R, \$86/NR, \$73/NN (05-06)
Day:..... Thursday

CODE	DATES	TIME	AGE
112636-01	1/18-2/15	10:00A-10:45A	3-4
112636-02	1/18-2/15	10:45A-11:45A	4-6
112636-03	2/22-3/22	10:00A-10:45A	3-4
112636-04	2/22-3/22	10:45A-11:45A	4-6
112636-05	4/5-5/17	10:00A-10:45A	3-4
112636-06	4/5-5/17	10:45A-11:45A	4-6

Lil Pint Hoops (KJ)

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

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max:..... 6/16 – Mondays
 6/10 – Saturdays (03, 04, 07, 08)
Location: Recreation Center or
 Community Center, 200 S. Washington
Fees: \$49/R, \$63/NR, \$54/NN (01-08)
 \$66/R, \$86/NR, \$73/NN (09-12)
Day:..... Monday or Saturday

CODE	DATES	TIME	DAY	AGE	LOCATION
112645-01	1/15-2/12	1:00P-1:45P	3-4	Mon	Rec Center
112645-02	1/15-2/12	1:45P-2:45P	4-6	Mon	Rec Center
112645-03	1/13-2/10	12:00P-12:45P	3-4	Sat	Comm Center
112645-04	1/13-2/10	12:45P-1:45P	4-6	Sat	Comm Center
112645-05	2/19-3/19	1:00P-1:45P	3-4	Mon	Rec Center
112645-06	2/19-3/19	1:45P-2:45P	4-6	Mon	Rec Center
112645-07	2/17-3/17	12:00P-12:45P	3-4	Sat	Comm Center
112645-08	2/17-3/17	12:45P-1:45P	4-6	Sat	Comm Center
112645-09	4/9-5/21	1:00P-1:45P	3-4	Mon	Rec Center
112645-10	4/9-5/21	1:45P-2:45P	4-6	Mon	Rec Center
112645-11	4/7-5/19	12:00P-12:45P	3-4	Sat	Rec Center
112645-12	4/7-5/19	12:45P-1:45P	4-6	Sat	Rec Center

EARLY CHILDHOOD ATHLETICS

All Star All Sports (KJ)

This fun filled class teaches little superstars the importance of teamwork and sportsmanship, while attempting to spark an interest in kids to play a variety of sports. Sports covered will be favorites like basketball, hockey, soccer, baseball, football, and many more.

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max:..... 6/16 – Mondays
 6/10 – Saturdays (03, 04, 07, 08)
Location: Recreation Center or
 Community Center, 200 S. Washington
Fees: \$49/R, \$63/NR, \$54/NN (01-08)
 \$66/R, \$86/NR, \$73/NN (09-12)
Day:..... Monday or Saturday

CODE	DATES	TIME	DAY	AGE	LOCATION
112640-01	1/15-2/12	10:45A-11:30A	3-4	Mon	Rec Center
112640-02	1/15-2/12	11:30A-12:30P	4-6	Mon	Rec Center
112640-03	1/13-2/10	10:00A-10:45A	3-4	Sat	Comm Center
112640-04	1/13-2/10	10:45A-11:45A	4-6	Sat	Comm Center
112640-05	2/19-3/19	10:45A-11:30A	3-4	Mon	Rec Center
112640-06	2/19-3/19	11:30A-12:30P	4-6	Mon	Rec Center
112640-07	2/17-3/17	10:00A-10:45A	3-4	Sat	Comm Center
112640-08	2/17-3/17	10:45A-11:45A	4-6	Sat	Comm Center
112640-09	4/9-5/21	10:45A-11:30A	3-4	Mon	Rec Center
112640-10	4/9-5/21	11:30A-12:30P	4-6	Mon	Rec Center
112640-11	4/7-5/19	10:00A-10:45A	3-4	Sat	Rec Center
112640-12	4/7-5/19	10:45A-11:45A	4-6	Sat	Rec Center

Floor Hockey (KJ)

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

Age:..... 3-10 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/16
Location: Recreation Center
Fees: \$49/R, \$63/NR, \$54/NN
Day:..... Thursday

CODE	DATES	TIME	AGE
112642-01	1/18-2/15	4:00P-4:45P	3-4
112642-02	1/18-2/15	4:45P-5:45P	5-7
112642-03	1/18-2/15	5:45P-6:45P	8-10
112642-04	2/22-3/22	4:00P-4:45P	3-4
112642-05	2/22-3/22	4:45P-5:45P	5-7
112642-06	2/22-3/22	5:45P-6:45P	8-10

Flag Football (KJ)

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

Age:..... 5-10 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/16
Location: Recreation Center
Fees: \$66/R, \$86/NR, \$73/NN
Day:..... Thursday

CODE	DATES	TIME	AGE
112647-01	4/5-5/17	4:00P-5:00P	5-7
112647-02	4/5-5/17	5:00P-6:00P	8-10

Soccer Tots Teddies (KJ)

Designed for children 27-35 months of age, this parent participation class uses a variety of props and games to engage toddlers in activities. Toddlers will explore balance, hand/eye coordination, and motor skill development. Parent involvement is strongly encouraged.

Age:..... 27-35 months old with parent
Instructor:..... Skyhawks
Min/Max:..... 6/8
Location: Recreation Center
Fees: \$69/R, \$90/NR, \$76/NN
Day:..... Monday

CODE	DATES	TIME
112696-01	1/8-2/5	3:00P-3:45P
112696-02	2/12-3/19	3:00P-3:45P
112696-03	3/26-4/23	3:00P-3:45P

Class Will Not Meet On: 2/19

Hoopster Tots I (KJ)

Designed for children 3-3 ½ years of age, this parent participation class uses a variety of props and games to engage toddlers in activities. Toddlers will explore balance, hand/eye coordination, and motor skill development. Parent involvement is encouraged.

Age:..... 3-3 ½ years with parent
Instructor:..... Skyhawks
Min/Max:..... 6/8
Location: Recreation Center
Fees: \$69/R, \$90/NR, \$76/NN
Day:..... Tuesday

CODE	DATES	TIME
112742-01	1/9-2/6	1:00P-1:45P
112742-02	2/13-3/20	1:00P-1:45P
112742-03	3/27-4/24	1:00P-1:45P

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!



Hoopster Tots II (KJ)

Designed for children ages 3 ½-4 years of age, this program introduces the essentials of basketball. Through games and activities, kids will explore balance, coordination and skill development. Parent participation is encouraged.

Age:..... 3 ½-4 years
Instructor:..... Skyhawks
Min/Max:..... 6/8
Location: Recreation Center
Fees: \$69/R, \$90/NR, \$76/NN
Day:..... Tuesday

CODE	DATES	TIME
112743-01	1/9-2/6	1:45P-2:30P
112743-02	2/13-3/20	1:45P-2:30P
112743-03	3/27-4/24	1:45P-2:30P

Skyhawks Pre K Golf (KJ)

To assist in this training, Skyhawks has adopted the SNAG (Starting New at Golf) technology to its curriculum. SNAG utilizes a set of equipment designed for beginning golfers, including oversized plastic club heads and “mini-tennis balls” to help build confidence. Holes are constructed with preset tee boxes or launching pads and are finished off with velcro targets for greens. This program is perfect for developing a love for the game of golf! Parent involvement is encouraged. Co-op LP.

Age:..... 3 ½-4 years
Instructor:..... Skyhawks
Min/Max:..... 3/8
Location: Recreation Center
Fees: \$69/R, \$90/NR, \$76/NN
Day:..... Monday

CODE	DATES	TIME
112744-01	1/8-2/5	5:00P-5:45P
112744-02	2/12-3/19	5:00P-5:45P

Class Will Not Meet On: 2/19

EARLY CHILDHOOD ATHLETICS

Tot & Beginner Tumbling (KJ)

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

Age:..... Tot 2-3 years with parent
 Beginner 4-10 years
Instructor:..... Sports Kids Inc.
Min/Max: 5/16
Location: Recreation Center
Fees: \$26/R, \$34/NR, \$29/NN (01-02)
 \$29/R, \$37/NR, \$32/NN (03)
Day:..... Monday, Tuesday or Saturday

CODE	DATES	TIME	DAY	LEVEL
112685-01	1/8-3/12	9:00A-9:30A	Mon.	Tot
112685-02	4/17-5/22	9:00A-9:30A	Tue.	Tot
112685-03	4/7-5/26	9:00A-9:45A	Sat.	Beginner

Class Will Not Meet On: 1/15 and 2/19

Tot Track, Field & Fitness (KJ)

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

Age:..... 3-5 years
Instructor:..... Sports Kids Inc.
Min/Max: 5/20
Location: Denning Park
Fees: \$34/R, \$44/NR/ \$37/NN
Day:..... Monday

CODE	DATES	TIME
112686-01	4/16-5/21	4:00P-4:45P

Tiny Tot Olympics (KJ)

Get in the Olympic spirit with your child as you join us for this fun class! Boys and girls, with the help of their parents, will jump, run, throw and develop a variety of other skills as they participate in soccer, basketball, floor hockey, track and field, and other Olympic sports. Children and parents will participate in pint-sized Olympic games during the last class. Events made just for the smallest athletes will include an obstacle course, pool noodle javelin throw, long jump, soccer ball kick and relay races.

Age:..... 2-3 years with adult
Instructor:..... Sports Kids Inc.
Min/Max: 5/16
Location: Denning Park
Fees: \$45/R, \$59/NR, \$50/NN
Day:..... Wednesday

CODE	DATES	TIME
112749-01	4/18-5/23	5:30P-6:15P

Lil Olympians (KJ)

Calling all young Olympians! Boys and girls will develop self-confidence, learn about teamwork and sportsmanship, and gain a variety of skills as they participate in soccer, gymnastics, basketball, track and field, and other individual and team sports. Participants will get to apply the skills they learn to exciting activities and game situations and, finally, showcase their abilities in a mini Olympic games tournament on the last day of the session.

Age:..... 4-6 years
Instructor:..... Sports Kids Inc.
Min/Max: 5/16
Location: Denning Park
Fees: \$45/R, \$59/NR, \$50/NN
Day:..... Thursday

CODE	DATES	TIME
112750-01	4/19-5/24	4:00P-4:45P

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



LTSC Mini Soccer Academy (KJ)

A four week soccer program focused on fun and development. This program utilizes experienced professional Lyons Township Soccer Club coaches who know how to create a fun environment and develop a love of soccer. Each week players will learn fundamental soccer skills such as dribbling, passing, and shooting. Kids will be active during this class. Every player must bring a soccer ball. Co-op LP

Age:..... 3-8 years
Instructor:..... LG. Park Staff
Min/Max:..... 3/8 per agency
Location:..... Park Jr. High School or Hanesworth Park
Fees:..... \$40/R, \$52/NR, \$44/NN
Day:..... Wednesday or Saturday

CODE	DATES	TIME	DAY	AGE	LOCATION
112542-01	1/13-2/3	1:00P-2:00P	Sat	3-5	Park Jr. High
112542-02	1/13-2/3	2:00P-3:00P	Sat	6-8	Park Jr. High
112542-03	2/10-3/10	1:00P-2:00P	Sat	3-5	Park Jr. Hig
112542-04	2/10-3/10	2:00P-3:00P	Sat	6-8	Park Jr. High
112542-05	4/5-4/26	4:00P-5:00P	Wed	3-5	Hanesworth Park
112542-06	4/5-4/26	5:00P-6:00P	Wed	6-8	Hanesworth Park

Class Will Not Meet On: 2/24

Pee Wee Lacrosse (KJ)

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

Age:..... 4-6 years
Instructor:..... Sports Kids Inc.
Min/Max:..... 5/20
Location:..... Denning Park
Fees:..... \$39/R, \$51/NR, \$43/NN
Day:..... Wednesday

CODE	DATES	TIME
112734-01	4/18-5/23	4:00P-4:45P

VolleyKidz Volleyball (KJ)

VolleyKidz is an introductory class for children in 1st - 3rd grade. The lesson plan introduces the pass, set and spike using a very light volleyball. VolleyKidz will improve each child's hand-eye coordination and left/right coordination through the use of fun drills and games. Lesson plan also incorporates short educational drills including spelling, math and science.

Age:..... 5-8 years
Instructor:..... EVP
Min/Max:..... 6/12
Location:..... Recreation Center
Fees:..... \$99/R, \$126/NR, \$109/NN
Day:..... Thursday

CODE	DATES	TIME
112516-01	1/11-2/22	4:00P-5:00P
112516-02	3/1-4/5	4:00P-5:00P
112516-03	4/12-5/24	4:00P-5:00P

Boys Intro to Lacrosse (KJ)

Beginners and experienced from K-1st grade. Lacrosse focus will be on learning lacrosse skills in offense, defense and game strategies. Emphasis in scrimmages will be on skills development, teamwork and sportsmanship. Western Springs Lacrosse has been teaching lacrosse for over 19 years. Co-op WS.

Age:..... 4-6 years
Instructor:..... Western Springs Lacrosse
Min/Max:..... 5/15
Location:..... Spring Rock Park, 4400 Central Ave., Western Springs
Fees:..... \$90/R, \$117/NR, \$99/NN
Day:..... Sunday

CODE	DATES	TIME
112540-01	4/8-5/20	1:00P-2:30P

LOOK FOR NEIGHBORHOOD NETWORK FEES AND SENIOR DISCOUNTS

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.

PERFORMING ARTS

Youth Acting (DF)

This exciting class will explore the world of live theatre! Introduction to acting, props, and costumes for play staging will all add to the fun. Learning theatre terms and working on themed scenes will encourage spontaneity and build self-esteem. Coaching is available for those scheduled to audition for the Footlight Players of La Grange Park's spring production. Co-op with LP.

Age:..... 7-13 years
Instructor:..... LG Park Staff
Min/Max:..... 2/6 per agency
Location:..... LGPK, 1501 Barnsdale Rd.
Fees:..... \$50/R, \$65/NR, \$55/NN
Day:..... Friday

CODE	DATES	TIME
152014-01	1/12-2/16	4:00P-5:00P

Little Actors Club (DF)

Children love this innovative drama class that helps to develop their imagination and introduce them to the performing arts in a fun and creative atmosphere. Each week is a new and exciting adventure into the imagination with changing themes, music, costumes, props, and playbills. They even learn a new joke every week. (Many themes won't be repeated for two years--so "act" now!) Kids learn theater terms, enhance spontaneity, build self-esteem and have a blast! Awards are given at the last day of class. Join the club today! Created by playwright and children's author of Amazingly Wonderful Things.

Age:..... 4-8 years
Instructor:..... Shining Star Productions
Min/Max:..... 7/16
Location:..... Recreation Center
Fees:..... \$73/R, \$95/NR, \$80/NN
Day:..... Friday

CODE	DATES	TIME
151500-01	2/9-3/23	3:45P-4:30P
151500-02	4/6-5/18	3:45P-4:30P

Beginning Violin (DF)

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

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

CODE	DATES	TIME	DAY
152015-01	1/9-2/27	5:30P-6:30P	Tuesday
152015-02	3/10-5/5	10:00A-11:00A	Saturday

Class Will Not Meet On: 3/31

Beginning Guitar (DF)

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

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

CODE	DATES	TIME	DAY
152016-01	1/9-2/27	6:30P-7:30P	Tuesday
152016-02	3/10-5/5	11:00A-12:00P	Saturday

Class Will Not Meet On: 3/31

Private Piano (DF)

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

Age:.....4 & Older **Instructor:**...The Music Suite
Location: ...Recreation Center **Fees:**\$179/R, \$233/NR, \$197/NN
Day:.....Monday or Tuesday

Beginning Voice (DF)

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

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

CODE	DATES	TIME	DAY
152017-01	1/9-2/27	4:30P-5:30P	Tuesday
152017-02	3/10-5/5	9:00A-10:00A	Saturday

Class Will Not Meet On: 3/31

Magic Class! (DF)

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

Age:.....5-12 years
Instructor:.....Magic Team of Gary Kantor
Min/Max:.....3/10 per agency
Location:W.S. Rec. Center
Fees:\$21/R, \$26/NR, \$23/NN
Day:.....Tuesday or Friday

CODE	DATES	TIME	DAY
152508-01	2/2	5:00P-5:55P	Friday
152508-02	3/20	6:45P-7:40P	Tuesday
152508-03	5/22	5:00P-5:55P	Tuesday

MONDAY	PIANO	
CODE	DATES	TIME
152505-01	1/15-2/19	4:00P-4:30P
152505-02	2/26-4/9	4:00P-4:30P
152505-03	4/16-5/21	4:00P-4:30P
152505-04	1/15-2/19	4:30P-5:00P
152505-05	2/26-4/9	4:30P-5:00P
152505-06	4/16-5/21	4:30P-5:00P
152505-07	1/15-2/19	5:00P-5:30P
152505-08	2/26-4/9	5:00P-5:30P
152505-09	4/16-5/21	5:00P-5:30P
152505-10	1/15-2/19	5:30P-6:00P
152505-11	2/26-4/9	5:30P-6:00P
152505-12	4/16-5/21	5:30P-6:00P
152505-13	1/15-2/19	6:00P-6:30P
152505-14	2/26-4/9	6:00P-6:30P
152505-15	4/16-5/21	6:00P-6:30P
152505-16	1/15-2/19	6:30P-7:00P
152505-17	2/26-4/9	6:30P-7:00P
152505-18	4/16-5/21	6:30P-7:00P
152505-19	1/15-2/19	7:00P-7:30P
152505-20	2/26-4/9	7:00P-7:30P
152505-21	4/16-5/21	7:00P-7:30P

Class Will Not Meet On: 3/26

TUESDAY	PIANO	
CODE	DATES	TIME
152505-22	1/16-2/20	4:00P-4:30P
152505-23	2/27-4/10	4:00P-4:30P
152505-24	4/17-5/22	4:00P-4:30P
152505-25	1/16-2/20	4:30P-5:00P
152505-26	2/27-4/10	4:30P-5:00P
152505-27	4/17-5/22	4:30P-5:00P
152505-28	1/16-2/20	5:00P-5:30P
152505-29	2/27-4/10	5:00P-5:30P
152505-30	4/17-5/22	5:00P-5:30P
152505-31	1/16-2/20	5:30P-6:00P
152505-32	2/27-4/10	5:30P-6:00P
152505-33	4/17-5/22	5:30P-6:00P
152505-34	1/16-2/20	6:00P-6:30P
152505-35	2/27-4/10	6:00P-6:30P
152505-36	4/17-5/22	6:00P-6:30P
152505-37	1/16-2/20	6:30P-7:00P
152505-38	2/27-4/10	6:30P-7:00P
152505-39	4/17-5/22	6:30P-7:00P

Class Will Not Meet On: 3/27

YOUTH ACTIVITIES

Youth One Day Activities

Flower Me Pretty (DF) NEW

Come join Glitzy Girlz this spring and get adorned in flowers. Our staff will give participants a make-over with a flower hair clip, sparkle, light make-up and colorful nails with flower nail decals. Each girl will decorate a flower craft with personalization, paints and flower embellishments. In addition they will design a crystal bracelet with flower charm. Class will end with a fashion show and parents can come to watch and take photos after class. Sign up with friends! Co-op with WS.

Age:..... 4-10 years
Instructor:..... Glitzy Girls
Min/Max: 3/7 per agency
Location: W.S. Rec. Center
Fees: \$30/R, \$39/NR, \$33/NN
Day:..... Thursday

CODE	DATES	TIME
132069-01	4/19	6:00P-7:15P



Youth Activites

Cartoon Drawing (DF) NEW

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

Age:..... 6-12 years
Instructor:..... Young Rembrandt
Min/Max: 3/10 per agency
Location: LGPK 1501 Barnsdale Rd.
Fees: \$49/R, \$64/NR, \$54/NN
Day:..... Monday

CODE	DATES	TIME
162501-01	1/22-2/12	4:00P-4:45P
162501-02	2/26-3/19	4:00P-4:45P
162501-03	4/2-4/23	4:00P-4:45P

Elementary Drawing (DF) NEW

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

Age:..... 6-12 years
Instructor:..... Young Rembrandt
Min/Max: 3/10 per agency
Location: LGPK 1501 Barnsdale Rd.
Fees: \$49/R, \$64/NR, \$54/NN
Day:..... Saturday

CODE	DATES	TIME
162502-01	1/27-2/17	11:00A-11:45A
162502-02	2/24-3/17	11:00A-11:45A
162502-03	4/7-4/21	11:00A-11:45A

Jurassic Brick Land (DF)

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

Age:..... 6-11 years
Instructor:..... Bricks 4 Kidz
Min/Max:..... 4/10 per agency
Location: Recreation Center
Fees: \$101/R, \$131/NR, \$111/NN
Day:..... Tuesday

CODE	DATES	TIME
132696-01	2/6-3/13	5:00P-6:00P

All about Italian (DF)

Participants will learn the basics of Italian from a native speaking teacher through target language, games, songs and activities. The best time to learn a foreign language is at a young age when the brain is wired to absorb easily and naturally. Studies have shown that learning a foreign language stimulates the brain and improves the overall cognitive development in young kids. Co-op WS.

Age:..... 4-10 years
Instructor:..... Anna Brown
Min/Max:..... 2/3 per agency
Location: W.S. Rec. Center
Fees: \$55/R, \$72/NR, \$61/NN
Day:..... Monday

CODE	DATES	TIME	AGE
132099-01	2/5-3/5	4:00P-5:00P	4-6 years
132099-02	4/9-4/30	4:00P-5:00P	4-6 years
132099-03	2/5-3/5	5:00P-6:00P	7-10 years
132099-04	4/9-4/30	5:00P-6:00P	7-10 years

Class Will Not Meet On: 2/19

Manners Matter (DF)

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

Age:..... 5-10 years
Instructor:..... Lisa Geneser
Min/Max:..... 2/4 per agency
Location: W.S. Rec. Center
Fees: \$50/R, \$65/NR, \$55/NN
Day:..... Thursday

CODE	DATES	TIME	AGE
132100-01	1/25-2/22	4:30P-5:30P	5-7 years
132100-02	4/5-5/3	4:30P-5:30P	5-7 years
132100-03	1/25-2/22	5:30P-6:30P	8-10 years
132100-04	4/5-5/3	5:30P-6:30P	8-10 years

Simply Sewing (DF)

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

Age:..... 7-12 years
Instructor:..... Dorothy Bobak
Min/Max:..... 2/3 per agency
Location: W.S. Rec. Center
Fees: \$75/R, \$96/NR, \$83/NN
Day:..... Tuesday

CODE	DATES	TIME
152501-01	1/9-1/30	4:00P-5:30P
152501-02	2/20-3/13	4:00P-5:30P

YOUTH ACTIVITIES

WHY ARE THERE INITIALS NEXT TO PROGRAMS

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

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

OTHER SYMBOLS:

 - Parent/Child Program |  - Cooperative Program |  - Childcare Offered During This Program |  - New Class

Extreme Ninjas (DF)

Ninjas...GO! There is a new ninja on the block, and he's ready to fight to defend his honor and establish peace! Join the team by using LEGO bricks, technic pieces, gears and motors to build the ninja domain of temples, dragons, awesome motorized ninja vehicles, ninja spinning machines and more! Students will use their imaginations and creativity to dive into the extreme world of ninjas! Children will work in teams of two and each child will take home a custom mini-figure at the end of the session. Co-op LP.

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

CODE	DATES	TIME
132695-01	4/10-5/15	5:00P-6:00P



Chess (DF)

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

Age:..... 6-13 years
Instructor:..... Chess Scholars
Min/Max: 2/5 per agency
Location: LGPK 1501 Barnsdale Rd
Fees: \$78/R, \$101/NR, \$86/NN
Day:..... Saturday

CODE	DATES	TIME
132528-01	1/20-2/24	9:30A-10:30A
132528-02	3/3-4/14	9:30A-10:30A

Class Will Not Meet On: 3/31

3D Video Game Design (DF)

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

Age:..... 8-12 years
Instructor:..... Computer Explorers
Min/Max: 2/5 per agency
Location: Recreation Center
Fees: \$83/R, \$108/NR, \$91/NN
Day:..... Thursday

CODE	DATES	TIME
132699-01	1/18-2/8	4:30P-6:00P

Model Ship Building (DF)

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

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

CODE	DATES	TIME
132540-01	2/28-4/11	4:00P-5:00P

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

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

Age:..... 8-12 years
Instructor:..... Computer Explorers
Min/Max: 2/5 per agency
Location: Recreation Center
Fees: \$83/R, \$108/NR, \$91/NN
Day:..... Thursday

CODE	DATES	TIME
132568-01	2/22-3/15	4:30P-6:00P



Junior Tennis (KJ)

This class is an introduction to the basics of tennis. Focus will be on hand-eye coordination, games and fun. The class is great for students with little to no tennis experience.

Age:..... 5-12 years
Instructor:..... Tennis Challenge Fitness
Min/Max:..... 4/8
Location:..... Sedgwick Park
Fees:..... \$79/R, \$103/NR, \$87/NN
Day:..... Thursday

CODE	DATES	TIME	AGE
112620-01	4/12-5/17	5:00P-6:00P	5-7
112620-02	4/12-5/17	6:00P-7:00P	8-12



Youth Volleyball Skills & Drills (KJ)

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

Age:..... 8-11 years
Instructor:..... EVP
Min/Max:..... 6/12
Location:..... Recreation Center
Fees:..... \$99/R, \$126/NR, \$109/NN
Day:..... Thursday

CODE	DATES	TIME
112530-01	1/11-2/22	5:00P-6:00P
112530-02	3/1-4/5	5:00P-6:00P
112530-03	4/12-5/24	5:00P-6:00P

Archery (KJ)

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

Age:..... 7 years & older
Instructor:..... Sports Kids Inc.
Min/Max:..... 4/8
Location:..... Denning Park
Fees:..... \$59/R, \$77/NR, \$65/NN
Day:..... Monday or Thursday

CODE	DATES	TIME	AGE	DAY	LEVEL
112611-01	4/16-5/21	4:45P-5:30P	7-10	Mon	Beg
112611-02	4/16-5/21	5:30P-6:15P	11+	Mon	Beg
112611-03	4/19-5/24	4:45P-5:30P	8+	Thu	Intermediate

Kids First Baseball (KJ)

This program prepares and challenges all players through fun and competitive baseball drills to develop skills that will maximize player potential. Players will experience batting, fielding, pitching, base running and throwing through proven baseball techniques. Co-op LP

Age:..... 5-11 years
Instructor:..... Kids First
Min/Max: 2/7
Location: Park Jr. High School
Fees: \$59/R, \$77/NR, \$65/NN
Day:..... Saturday

CODE	DATES	TIME	AGE
122548-01	1/13-2/3	9:00A-10:00A	5-6
122548-02	1/13-2/3	10:00A-11:00A	7-11
122548-03	2/10-3/10	9:00A-10:00A	5-6
122548-04	2/10-3/10	10:00A-11:00A	7-11

Class Will Not Meet On: 2/24

Kids First Badminton (KJ)

This class will teach the participant preparation training such as hand grips, racket positioning and serving, plus spiking techniques for this fast and quick paced game. Also, body balance, first directional movements along with badminton awareness and sportsmanship will be stressed. Co-op LP

Age:..... 7-14 years
Instructor:..... Kids First
Min/Max: 2/6
Location: Park Jr. High School
Fees: \$59/R, \$77/NR, \$65/NN
Day:..... Saturday

CODE	DATES	TIME
172016-01	1/13-2/3	12:00P-1:00P
172016-02	2/10-3/10	12:00P-1:00P

Class Will Not Meet On: 2/24



Pickleball (KJ)

This fun paddle sport combines the many elements of tennis, badminton and ping-pong. The rules for Pickleball are simple and the game is easy for anyone to learn, but can develop into a quick, fast-paced, competitive game for kids to enjoy. Each session will include both instruction and game play.

Age:..... 2nd – 8th Grade
Instructor:..... LG Park Staff
Min/Max: 2/4
Location: Park Jr. High School
Fees: \$30/R, \$39/NR, \$33/NN
Day:..... Saturday

CODE	DATES	TIME	GRADE
112735-01	1/13-2/3	3:00P-4:00P	2nd-5th
112735-02	1/13-2/3	4:00P-5:00P	6th-8th
112735-03	2/10-3/10	3:00P-4:00P	2nd-5th
112735-04	2/10-3/10	4:00P-5:00P	6th-8th

Class Will Not Meet On: 2/24

YOUTH ATHLETICS

Bulls Ball Handling Camp (KJ)

Ballhandling camp is designed to teach players to handle the basketball with control and confidence. Players will learn ball handling and dribbling techniques such as cross-over, between the legs, behind the back and reverse pivot.

Age:..... 5-14 years
Instructor:..... Chicago Bulls
Min/Max:..... 6/12
Location:..... Recreation Center
Fees:..... \$88 per participant (01)
 \$124 per participant (02)
Day:..... Wednesday



CODE	DATES	TIME	AGE
172019-01	2/7-2/28	5:30P-6:30P	5-8
172019-02	2/7-2/28	6:30P-8:00P	9-14

Bulls Shooting Camp (KJ)

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

Age:..... 5-14 years
Instructor:..... Chicago Bulls
Min/Max:..... 6/12
Location:..... Recreation Center
Fees:..... \$88 per participant (01)
 \$124 per participant (02)
Day:..... Wednesday



CODE	DATES	TIME	AGE
172020-01	3/7-3/28	5:30P-6:30P	5-8
172020-02	3/7-3/28	6:30P-8:00P	9-14

Bulls FUNDamentals Camp (KJ)

The Chicago Bulls are coming to La Grange. The Bulls/Sox Academy will be hosting a Chicago Bulls FUNDamentals camp at the Park District of La Grange for boys and girls, ages 5-14. This camp will teach the latest techniques in ballhandling, passing, shooting and rebounding while also teaching children how to be student-athletes and great teammates. Every participant will receive top flight instruction from our professional Bulls/Sox Academy coaches who have learned from the Chicago Bulls coaching staff. We provide a fun and safe environment for children to learn the game, as well as life lessons such as discipline, respect, sportsmanship and peer pressure. Each participant will receive a replica autographed photo of Derek Rose, camp T-shirt, and personal scouting report. Your child will not only have fun but will be given the important tools to become a better basketball player. To become a great basketball player, you need the fundamentals!

Age:..... 5-14 years
Instructor:..... Chicago Bulls
Min/Max:..... 6/12
Location:..... Recreation Center
Fees:..... \$88 per participant (01)
 \$124 per participant (02)
Day:..... Wednesday



CODE	DATES	TIME
172021-01	1/10-1/31	5:30P-6:30P
172021-02	1/10-1/31	6:30P-8:00P



LOOK FOR NEIGHBORHOOD NETWORK FEES AND SENIOR DISCOUNTS

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.

White Sox Pitching Club (KJ)

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

Age:..... 8-10 years
Instructor:..... Chicago White Sox
Min/Max:..... 2/6 per agency
Location:..... Recreation Center
Fees:..... \$100 per participant
Day:..... Monday or Tuesday



CODE	DATES	TIME
112510-01	1/8-1/29	6:00P-7:00P
112510-02	3/6-3/27	6:00P-7:00P

White Sox Fundamentals Club (KJ)

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

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



CODE	DATES	TIME
112677-01	1/6-1/27	11:00A-12:00P
112677-02	2/3-2/24	11:00A-12:00P
112677-03	3/3-3/24	11:00A-12:00P
112677-04	4/7-4/28	11:00A-12:00P

White Sox Hitting Club (KJ)

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

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



CODE	DATES	TIME	AGE	DAY
112506-01	1/8-1/29	5:00P-6:00P	8-10	Mon
112506-02	1/11-2/1	6:00P-7:00P	11-12	Thu
112506-03	2/6-2/27	5:00P-6:00P	8-10	Tue
112506-04	2/8-3/1	6:00P-7:00P	11-12	Thu
112506-05	3/6-3/27	5:00P-6:00P	8-10	Tue
112506-06	3/8-3/29	6:00P-7:00P	11-12	Thu
112506-07	4/3-4/24	5:00P-6:00P	8-10	Tue
112506-08	4/5-4/26	6:00P-7:00P	11-12	Thu

White Sox Fielding/Throwing (KJ)

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

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



CODE	DATES	TIME
112631-01	2/6-2/27	7:00P-8:00P
112631-02	3/6-3/27	7:00P-8:00P



WHITE SOX YOUTH ACADEMY

WINTER PROGRAMMING 536 East Avenue, LaGrange, IL



HOLIDAY CAMPS

CHICAGO WHITE SOX HOLIDAY CAMP

Dec. 27-29, 2017

Age: 5-14 Day: Wed-Fri Time: 1:00pm-4:00pm
Cost: \$175 Code: 8061

COMBO CAMP

Time: 9:00am-4:00pm Cost: \$315 Code: 8063

CHICAGO WHITE SOX MLK DAY CAMP

Jan 15, 2017

Age: 5-14 Day: Monday Time: 1:00pm-4:00pm
Cost: \$55.00 Code: 8068

COMBO CAMP

Time: 9:00am-4:00pm Cost: \$100 Code: 8070

CHICAGO WHITE SOX PRESIDENTS DAY CAMP

Feb 19, 2017

Age: 5-14 Day: Monday Time: 1:00pm-4:00pm
Cost: \$55 Code: 8077

COMBO CAMP

Time: 9:00am-4:00pm Cost: \$100 Code: 8079

CHICAGO WHITE SOX FUNDAMENTALS

Date: Jan. 6-27 Age: 7-8 Day: Sat
Time: 11:00am-12:00pm Cost: \$100 Code: 8064

Date: Feb 3-24 Age: 7-8 Day: Sat
Time: 11:00am-12:00pm Cost: \$100 Code: 8072

CHICAGO WHITE SOX HITTING CLUB

Date: Jan. 8-29 Age: 8-10 Day: Mon
Time: 5:00-6:00pm Cost: \$100 Code: 8065

Date: Jan. 11-Feb 1 Age: 11-12 Day: Thu
Time: 6:00-7:00pm Cost: \$100 Code: 8067

Date: Feb 6-27 Age: 8-10 Day: Tue
Time: 5:00-6:00pm Cost: \$100 Code: 8074

Date: Feb 8-Mar 1 Age: 11-12 Day: Thu
Time: 6:00-7:00pm Cost: \$100 Code: 8075

CHICAGO WHITE SOX PITCHING CLUB

Date: Jan 8-29 Age: 8-10 Day: Mon
Time: 6:00-7:00pm Cost: \$100 Code: 8066

CHICAGO WHITE SOX LITTLE SLUGGER

Date: Jan 20-Feb 10 Age: 5-6 Day: Sat
Time: 10:00-11:00am Cost: \$69 Code: 8071

CHICAGO WHITE SOX FIELDING/THROWING CLUB

Date: Feb 6-27 Age: 8-10 Day: Tue
Time: 7:00-8:00pm Cost: \$100 Code: 8073

CHICAGO WHITE SOX FATHER/SON HITTING

Date: Feb 15 Age: 6-12 Day: Thu
Time: 6:30-8:00pm Cost: \$40 Code: 8076

Date: Feb 22 Age: 6-12 Day: Thu
Time: 6:30-8:00pm Cost: \$40 Code: 8080



Visit our website BULLSSOXACADEMY.COM or call 630.324.8221



BULLS

YOUTH ACADEMY

WINTER PROGRAMMING 536 East Avenue, LaGrange, IL

CHICAGO BULLS FUNDAMENTALS

Date: Jan 10-31 **Age:** 5-8 **Day:** Wed
Time: 5:30-6:30pm **Cost:** \$88 **Code:** 8094

Date: Jan 10-31 **Age:** 9-14 **Day:** Wed
Time: 6:30-8:00pm **Cost:** \$124 **Code:** 8095

CHICAGO BULLS BALL HANDLING CAMP

Date: Feb 7-28 **Age:** 5-8 **Day:** Wed
Time: 5:30-6:30pm **Cost:** \$88 **Code:** 8096

Date: Feb. 7-28 **Age:** 9-14 **Day:** Wed
Time: 6:30-8:00pm **Cost:** \$124 **Code:** 8097

HOLIDAY CAMPS

CHICAGO WHITE SOX HOLIDAY CAMP

Dec. 27-29, 2017

Age: 5-14 **Day:** Wed-Fri **Time:** 9:00am-12:00pm
Cost: \$175 **Code:** 8062

COMBO CAMP

Time: 9:00am-4:00pm **Cost:** \$315 **Code:** 8063

CHICAGO WHITE SOX MLK DAY CAMP

Jan 15, 2017

Age: 5-14 **Day:** Monday **Time:** 9:00pm-12:00pm
Cost: \$55.00 **Code:** 8069

COMBO CAMP

Time: 9:00am-4:00pm **Cost:** \$100 **Code:** 8070

CHICAGO WHITE SOX PRESIDENTS DAY CAMP

Feb 19, 2017

Age: 5-14 **Day:** Monday **Time:** 9:00am-12:00pm
Cost: \$55 **Code:** 8078

COMBO CAMP

Time: 9:00am-4:00pm **Cost:** \$100 **Code:** 8079



Visit our website BULLSSOXACADEMY.COM or call 630.324.8221

YOUTH MARTIAL ARTS

Jujitsu Mighty Mites (KJ)

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

Age:..... 4-7 years

Instructor:..... Filiberto Gutierrez

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

Location:..... Recreation Center

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

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

CODE	DATES	TIME	DAY
112600-01	1/2-3/13	4:30P-5:30P	Tue.
112600-02	1/2-3/13	5:30P-6:30P	Tue.
112600-03	1/4-3/15	4:30P-5:30P	Thu.
112600-04	1/4-3/15	5:30P-6:30P	Thu.
112600-05	1/6-3/17	9:00A-10:00A	Sat.
112600-06	1/6-3/17	10:00A-11:00A	Sat.
112600-07	1/2-3/17	Times Vary	Two Days
112600-08	4/3-6/5	4:30P-5:30P	Tue.
112600-09	4/3-6/5	5:30P-6:30P	Tue.
112600-10	4/5-6/7	4:30P-5:30P	Thu.
112600-11	4/5-6/7	5:30P-6:30P	Thu.
112600-12	4/7-6/9	9:00A-10:00A	Sat.
112600-13	4/7-6/9	10:00A-11:00A	Sat.
112600-14	4/3-6/9	Times Vary	Two Days

Jujitsu Juniors (KJ)

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

Age:..... 8-12 years

Instructor:..... Fil Guiterez

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

Location:..... Recreation Center

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

Day:..... Tuesday, Thursday, and/or Saturday

CODE	DATES	TIME	DAY
112550-01	1/2-3/13	6:30P-7:30P	Tue.
112550-02	1/4-3/15	6:30P-7:30P	Thu.
112550-03	1/6-3/17	11:00A-12:00P	Sat.
112550-04	1/2-3/17	Times Vary	Two Days
112550-05	4/3-6/5	6:30P-7:30P	Tue.
112550-06	4/5-6/7	6:30P-7:30P	Thu.
112550-07	4/7-6/9	11:00A-12:00P	Sat.
112550-08	4/3-6/9	Times Vary	Two Days

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



WHY ARE THERE INITIALS NEXT TO PROGRAMS

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

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

OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- Childcare Offered During This Program |



- New Class

Youth/Adult Karate (KJ)

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

Age:..... 8+ years

Instructor:..... Shotokan Karate

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

Location:..... Recreation Center

Fees:..... \$116/R, \$149/NR, \$127/NN (01-03)
\$95/R, \$122/NR, \$104/NN (04-06)

Day:..... Monday

CODE	DATES	TIME	LEVEL
112518-01	1/8-3/19	5:45P-6:40P	Beg/Nov White-Yellow Belt
112518-02	1/8-3/19	6:45P-7:45P	Inter Blue-Purple Belt
112518-03	1/8-3/19	7:45P-8:45P	Advance Brown-Black Belt
112518-04	4/2-6/4	5:45P-6:40P	Beg/Nov White-Yellow Belt
112518-05	4/2-6/4	6:45P-7:45P	Inter Blue-Purple Belt
112518-06	4/2-6/4	7:45P-8:45P	Advance Brown-Black Belt

Class Will Not Meet On: 5/28



Tae Kwon Do (KJ)

Students will learn basic fundamentals of a Korean style art of self-defense including punches, blocks, kicks, and single combination defensive and offensive moves during this 9 week class. Sweat pants and a T-shirt should be worn to class. Tae Kwon Do apparel may be purchased from the instructor. Returning students may qualify for next belt/rank. Co-op WS

Age:..... 3-18 years

Instructor:..... Bill De Jesus

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

Location:..... Recreation Center

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

Day:..... Friday

CODE	DATES	TIME	LEVEL
112562-01	1/12-3/9	4:00P-5:00P	3-7
112562-02	1/12-3/9	5:05P-6:05P	5-18
112562-03	3/16-5/25	4:00P-5:00P	3-7
112562-04	3/16-5/25	5:05P-6:05P	5-18

Class Will Not Meet On: 3/30 and 4/6

PRE-TEEN/TEEN PROGRAMS

Glee/Musical Theater (TC)

Who put the "Rock" into Rock n' Roll? Discover how different rock styles developed through the decades with this delightful musical featuring a humorous script and eight original songs. Kids will love this intense yet entertaining musical experience! The journey toward producing a show from start to finish will create a non-competitive environment for kids to stretch their dramatic wings. On the last day of class, our talented cast will perform a small show for their friends and family. Co-op LP.

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

CODE	DATES	TIME
152538-01	1/12-3/2	5:15P-7:15P

Skip Dates: 1/19 & 2/23

Tween Clay Camp (TC)

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

Age:..... 5th-8th Grade
Instructor:..... Village Potters
Min/Max: 1/2 per agency
Location: Village Potters (333 N. La Grange Road, La Grange Park)
Fees: \$180/R, \$234/NR, \$198/NN
Day:..... Friday

CODE	DATES	TIME
132647-01	1/12-3/2	3:45P-5:15P
132647-02	3/9-5/4	3:45P-5:15P

Skip Dates: 3/30

Tween BINGO Night (TC)

Bored at home and have nothing to do? Join up with friends or make new ones and get ready to win cool prizes and have fun. We will have complimentary snacks and drinks. **Registration deadline is March 2nd.**

Age:..... 10-14 years
Instructor:..... Staff
Min/Max: 10/25
Location: Recreation Center
Fees: \$5/R, \$5/NR, \$5/NR
Day:..... Friday

CODE	DATES	TIME
132080-01	3/9	6:30P-8:00P



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!





Mom/Daughter Updos & Braids for Prom (TC)

Moms and Teens!!! Save a costly trip to the beauty shop and come to this amazing class instead. You will learn the skills in order to create a variety of simple up do's and braids perfect for prom. A variety of styles will be taught to accommodate different lengths of hair. Girls will choose from a colorful collection of clips and hairbands to polish off their new look. Each girl will receive a wristlet. Co-op WS

Age:..... 14-17 years
Instructor:..... Ultimate Classes & Parties
Min/Max:..... 3/7 per agency
Location:..... W.S Rec. Center
Fees:..... \$39/R, \$48/NR, \$43/NR
Day:..... Thursday

CODE	DATES	TIME
132705-01	5/3	7:00P-8:00P

Medieval Times (TC)

King Alfonso invites you to a morning of feasting, horseback feats, and fun. Watch lance shattering action of the joust. Experience the pageantry of the 11th century while you lunch on oven roasted chicken, herb roasted potatoes, cold pop, and yummy cookies. Fee includes transportation, entry fee, and meal. Bus leaves from 536 East Avenue, La Grange. **Registration deadline is January 1st.**

Age:..... 11-15 years
Instructor:..... Staff
Min/Max:..... 9/14
Location:..... Medieval Times, Schaumburg
Fees:..... \$40/R, \$50/NR, \$45/NN
Day:..... Monday

CODE	DATES	TIME
142504-01	1/15	9:30A-1:00P

IPRA Teen Ski Trip (TC)

Chestnut Mountain's slopes are meant for all levels of skiers and boarders to enjoy. Their 475-foot vertical drop meanders 3,500 feet through 19 runs, ranging from novice to black diamond. 475 feet seems pretty steep, but don't worry, they've got two quad chairs, four triple chairs, two conveyor lifts and one surface lift to get you back up to the top. Bus leaves from 536 East Avenue, La Grange. **Registration Deadline is February 2nd.** Includes: Lift, Ski/Board Rental, Free Lesson & one meal ticket

Age:..... 10-14 years old
Instructor:..... Staff
Min/Max:..... 7/14
Location:..... Chestnut Mountain
Fees:..... \$90/R, \$117/NR, \$104/NN
Day:..... Monday

CODE	DATES	TIME
142001-01	2/19	7:00A-6:00P

TRIPS

Chessie's Restaurant Train Car Dining Lunch Trip (TC)

Chessie's was built around Barrington's historic train depot that was brought to the Ice House Mall and made it into the home of Chessie's. A 1920 Illinois Commuter Train car serves as Chessie's dining car and outside of the restaurant and on the mall grounds sits a full size Chesapeake & Ohio Caboose Car. Inside of our lounge is a miniature train that runs on request. The menu offers something for every taste and event including appetizers, salads, sandwiches and entrees. **Registration deadline is January 10th.** Bus leaves from 536 East Avenue, La Grange. Co-op LP & WS

Age:..... 21 years & older
Instructor:..... Staff
Min/Max: 3/4 per agency
Location: Chessie's, Barrington
Fees: \$7/R, \$11/NR, \$9/NN
Day:..... Wednesday

CODE	DATES	TIME
143041-01	1/24	10:30A-2:30P



Pilot Pete's Lunch Trip (TC)

Chicagoland's only aviation themed eatery. Enjoy flavors from around the world. This restaurant is an aviator lovers dream. The decor is filled with all types of photos, postcards, and memorabilia from the great aviator know as "Pilot Pete". The huge dining room has two glass walls that offer a beautiful panoramic view of the Schaumburg Airport runway where you will see all types of private and corporate aircraft departing and landing. You may even see the local news channel helicopters and old military aircraft that frequently fly into the airport. Fee includes transportation only. **Registration deadline is February 14th.** Bus leaves from 536 East Avenue, La Grange. Co-op LP & WS

Age:..... 21 years & older
Instructor:..... Staff
Min/Max: 3/4 per agency
Location: Pilot Pete's, Schaumburg
Fees: \$7/R, \$11/NR, \$9/NN
Day:..... Wednesday

CODE	DATES	TIME
143040-01	2/21	11:00A-2:00P

Apple Holler-Bingo Bonanza Trip (TC)

Travel to Sturtevant, WI to Apple Holler by motor coach bus to enjoy a baked chicken luncheon and play BINGO for various prizes. Bus departs Recreation Center 9:30am and returns 3:00pm. **Registration deadline is February 26th.** Bus leaves from 1501 Barnsdale Road, La Grange Park. Co-op LP.

Age:..... 21 years & older
Instructor:..... Staff
Min/Max: 4/12
Location: Sturtevant, WI
Fees: \$63/R, \$73/NR, \$68/NN
Day:..... Tuesday

CODE	DATES	TIME
143039-01	3/13	9:30A-3:30P

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

*Senior discount does not apply to trips .

Morton Arboretum Day Trip (TC)

The Arboretum offers a wide variety to see within an oasis of magnificent trees and beautiful landscapes. Explore 16 miles of hiking trails and nine miles of paved roads. The Morton Arboretum is a living museum, kept beautiful and healthy for research, enjoyment, and learning. Fee includes transportation and entry only. **Registration deadline is 4/11.** Bus leaves from 536 East Avenue, LaGrange. Co-op LP.

Age:..... 21 years & older
Instructor:..... Staff
Min/Max:..... 4/6 per agency
Location:..... Morton Arboretum, Lisle
Fees:..... \$20/R, \$26/NR, \$23/NN
Day:..... Wednesday

CODE	DATES	TIME
143042-01	4/18	9:00A-3:00P

Navy Pier Odyssey Trip (TC)

We'll travel by motor coach to Navy Pier where there will be time to sight-see and shop before we board the Odyssey at 12:15pm. This two-hour 1:00-3:00pm cruise includes lunch and DJ entertainment. Bus departs from the Recreation Center at 9:30am and returns 4:00pm. **Registration deadline is Thursday April 5th.** Bus leaves from 1501 Barnsdale Road, La Grange Park. Co-op LP.

Age:..... 21 years & older
Instructor:..... Staff
Min/Max:..... 5/16 per agency
Location:..... Navy Pier
Fees:..... \$80/R, \$90/NR, \$85/NN
Day:..... Thursday

CODE	DATES	TIME
143036-01	4/19	9:30A-4:00P

Chocolate Fest (TC)

Is there anything better than chocolate and spring time? We think not. Embrace a day of nothing but CHOCOLATE as far as the eye can see at the annual Long Grove Chocolate Festival! The village of Long Grove transforms into a chocolate lover's paradise featuring chocolate covered strawberries, chocolate frosted donuts, hot chocolate, fudge and much more. You will feel as if you are in Willy Wonka's Candy Factory, but even better! Stroll through the cobblestone streets of historical downtown Long Grove, home to more than 50 distinctive shops and restaurants, including the well-known Long Grove Confectionery. Fee includes transportation and entry. **Registration deadline is May 4th.** Bus leaves from 536 East Avenue, La Grange.

Age:..... 21 years & older
Instructor:..... Staff
Min/Max:..... 8/14
Location:..... Long Grove
Fees:..... \$15/R, \$25/NR, \$20/NN
Day:..... Friday

CODE	DATES	TIME
143035-01	5/18	10:30A-3:00P



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

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



ADULT ACTIVITIES

Dog Obedience (KJ)

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

Age:..... 18+ years
Instructor:..... LG. Park Staff
Min/Max: 3/7 per agency
Location: LGPK 1501 Barnsdale Rd.
Fees: \$115/R, \$125/NR, \$120/NN
Day:..... Thursday

CODE	DATES	TIME	LEVEL
133501-01	1/18-3/15	7:00P-8:00P	Beginner
133501-02	1/25-3/15	8:00P-9:00P	Advanced
133501-03	3/22-5/31	7:00P-8:00P	Beginner
133501-04	4/5-5/31	8:00P-9:00P	Advanced

Class Will Not Meet On: 3/29 and 5/17

Ballroom Dance (KJ)

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

Age:..... 18+ years
Instructor:..... Dance Tech Inc.
Min/Max: 4/10 per agency
Location: LGPK 1501 Barnsdale Rd.
Fees: \$49/R, \$59/NR, \$54/NN
Day:..... Tuesday

CODE	DATES	TIME
153529-01	2/6-2/27	8:00P-9:30P

Wedding & Social Dance (KJ)

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

Age:..... 18+ years
Instructor:..... Dance Tech Inc.
Min/Max: 4/10 per agency
Location: LGPK 1501 Barnsdale Rd.
Fees: \$49/R, \$59/NR, \$54/NN
Day:..... Tuesday

CODE	DATES	TIME
153530-01	4/3-4/24	8:00P-9:30P



ADULT ATHLETICS

Co-Rec Volleyball League (KJ)

Get some friends together and let's play some volleyball. We will have a competitive volleyball league; teams will play in a round robin season and playoffs will follow the season. Prizes will be awarded for the 1st and 2nd place teams. Register now!! **Registration deadline is December 28th for the winter league and March 14th for the spring league.**

Age:..... 18+ years
Instructor:..... Staff
Min/Max:..... 4/8
Location:..... Recreation Center
Fees:..... \$340 per team
Day:..... Thursday

CODE	DATES	TIME
113002-01	1/11-3/22	6:30P-10:30P
113002-02	4/5-6/7	6:30P-10:30P

Men's Basketball League (KJ)

This program offers competitive basketball for adult teams. Two IHSA registered officials and a scorekeeper will be present at each game. Standings will be kept and an award will be presented to the winning team. A schedule and rule sheet will be sent out after registration is completed. **Registration deadline is January 6th.** Games will be played at 7:00, 7:50, 8:40 & 9:30p.m. (if needed). Monday nights on two courts.

Age:..... 18+ years
Instructor:..... Staff
Min/Max:..... 6/12
Location:..... Recreation Center
Fees:..... \$585 per team
Day:..... Monday

CODE	DATES	TIME
113011-01	1/22-4/16	7:00P-10:30P

Adult/Teen Jujitsu (KJ)

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

Age:..... 13+ years
Instructor:..... Fil Guiterez
Min/Max:..... 5/15
Location:..... Recreation Center
Fees:..... \$120/R, \$156/NR, \$132/NN – One Day
 \$160/R, \$208/NR, \$176/NN – Two Day
Day:..... Tuesday, Thursday or Saturday

CODE	DATES	TIME	DAY
112007-01	1/2-3/13	7:30P-9:00P	Tue.
112007-02	1/4-3/15	7:30P-9:00P	Thu.
112007-03	1/6-3/17	12:00P-1:30P	Sat.
112007-04	1/2-3/17	Times Vary	Two Days
112007-05	4/3-6/5	7:30P-9:00P	Tue.
112007-06	4/5-6/7	7:30P-9:00P	Thu.
112007-07	4/7-6/9	12:00P-1:30P	Sat.
112007-08	4/3-6/9	Times Vary	Two Days

Adult Tennis (KJ)

This class is for adult players with some playing experience who are looking to get a workout and meet other players. The class will be a drill and play format, with the first half consisting of drills and hitting and the second half consisting of match play.

Age:..... 16+ years
Instructor:..... Tennis Challenge Fitness
Min/Max:..... 4/8
Location:..... Sedgwick Park
Fees:..... \$79/R, \$103/NR, \$87/NN
Day:..... Thursday

CODE	DATES	TIME
113621-01	4/12-5/17	7:00P-8:00P

MEET YOUR INSTRUCTORS



CECILIA BRAVO

Fitness Instructor

Cecilia Bravo is an AFAA certified group exercise instructor since 2007 but has been in the fitness industry since 2004. Her first “fitness job” was with Bally Total Fitness as a performance team member, doing group exercise demonstrations and performance at various events throughout Chicago. Her love of dance and fitness ultimately led her to become licensed in Zumba Fitness, Aqua Zumba and Zumba Sentao. She also has previous certifications in Cardio Capoeira (an Afro-Brazilian martial art) and RIPPED. Currently, Cecilia whips her students into shape at PDLG in her Tabata classes, HIIT

inspired workouts designed to improve cardio endurance and strength. By day, Cecilia is a certified human resources professional. She and her husband, Mick, are very proud parents of twin 3 year old boys, Max and Mickey.



LINDA GUGGENHEIM

Fitness Instructor

Linda believes exercise is so important that she never stopped learning about it and doing it. She is enthusiastic to share it with people through teaching classes. Linda is an AFAA certified group fitness instructor who has also gotten specialty certifications in PiYo and Silver Sneakers early in her career. As she has gotten older, she has studied the aging process and what we can do to age well. Recent specialty certifications include Barre Above, Activmotion Bar, and the Arthritis Foundation Walk with Ease Program. Her goal in class is for every participant to feel successful and to leave feeling empowered. Therefore, she always offer modifications for exercises to suit your body type and comfort level.



THERESA MIKULS

Fitness Instructor

Theresa’s classes are suitable for beginners or students with yoga experience. Flowing sequences are combined with specific pose work. You will learn to build flexibility, balance and breathing mind-quieting techniques to learn how to deal with your stress. Her degree in psychology and her knowledge of nutrition also play a part in her teaching. She has a calming and soothing style that helps her students quiet their mind and focus on the work. Theresa received her certification from Moksha Yoga.












RECREATION CENTER FITNESS CLASS SCHEDULE

WINTER/SPRING 2018 MORNING/AFTERNOON FITNESS CLASSES (8 WEEKS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Barre Above  9:15-10:15A Yoga  10:30-11:30A	Women's Strength  8:30-9:30A Golden Barre  8:30-9:30A Cycle, Sculpt & Yoga Stretch  9:15-10:30A Gentle Yoga  9:45-10:45A	Core Fusion  8:30-9:15A Yoga  8:30-9:30A Ageless Yoga  9:45A-10:45A	Women's Strength  8:30-9:30A Gentle Strength  & More 9:00A-10:00A Ageless Yoga  1:00-2:00P	Cycle, Sculpt & Yoga Stretch  9:15-10:30A Gentle Yoga  9:45-10:45A Tai Chi  11:00A-12:15P	Cycle and Abs  8:15-9:15A Yoga  8:30-9:30A

 = Childcare available

WINTER/SPRING 2018 EVENING FITNESS CLASSES (8 WEEKS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Toned & Strong  6:30-7:30P Cardio Step & Core  7:40-8:40P	Yoga  6:00-7:00P Mama Boot Camp  6:00-7:00P Gentle Yoga  7:15-8:15P	Barre Above  6:00-7:00P Tai Chi  6:00-7:15P Tabata  7:00-8:00P	Yoga Level II  6:45-8:00P STRONG by Zumba  6:00-7:00P Total Control  6:30-7:30P	REGISTER EARLY Classes that do not meet minimum enrollment a week before the program starts will be subject to cancellation.	

WHY ARE THERE INITIALS NEXT TO PROGRAMS

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

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

OTHER SYMBOLS:

 - Parent/Child Program |  - Cooperative Program |  - Childcare Offered During This Program |  - New Class

FITNESS PROGRAMS

Child Care (KM)

Want to sign up for a class but need someone to watch your child? No problem, you can take your class while your child has fun of their own with the park district's child care program! Your child will be supervised by qualified staff members and will enjoy many different activities. *Note: the park district staff does not change diapers, the parents will be contacted in the case of an accident. Parents must remain in the Recreation Center while child is in child care. Childcare is filled on a first-come, first-served basis. However, you may call 2 days in advance to reserve your spot in child care. Please call the front desk at (708) 352-1762. Payment is due at the time of reservation. No refunds.

Age:..... 1-8 years

Instructor:.. Staff

Location: ... Recreation Center

Fees: \$3 per hour/per child

Day:..... Monday - Saturday

Time:..... 8:30am-11:30am Mon-Sat

5:00pm-8:00pm Mon-Fri

Dates:..... 9/5-12/23



= CHILDCARE OFFERED
DURING THIS PROGRAM

CHILDCARE IS FILLED ON A FIRST-COME, FIRST-SERVED BASIS, HOWEVER, YOU MAY CALL 2 DAYS IN ADVANCE TO RESERVE YOUR SPOT IN CHILD CARE!

FITNESS CLASS MAKE UP POLICY

It is now easier to make up your fitness class!

You no longer need to obtain a make up pass in order to make up a missed fitness class! Now all you need to do when you want to make up the class is sign in with the instructor at the classroom - write the DATE and NAME of the class you missed on the Make-up Attendance Sheet each instructor will have.

Please note:

- Classes can only be made up *after* the missed classed date
- Classes can only be made up during the current session. There are NO carry overs to the next session.
- Contact the front desk at 708-352-1762 to check if the class you want to attend is running.
- Space and equipment is limited. Registered participants have priority over make up class participants.
- Missed classes are verified by the Program Supervisor on a weekly basis.

One Day Workshops

Easy Yoga Poses to Stimulate your Metabolism (KM)

Trying to lose weight? Learn 10 poses which will aid you in stimulating your metabolism, thyroid and digestion. These yoga postures will stimulate the sympathetic nervous system and prepare you for a more slender body. Please bring a yoga mat.

Age:..... 16 years & older
Instructor:..... Loni Alwin
Min/Max:..... 5/15
Location:..... Recreation Center
Fees:..... 15/R, \$20/NR, \$17/NN
Day:..... Tuesday, Wednesday or Thursday

CODE	DATES	TIME	DAY
123654-01	1/2	6:30P-7:30P	Tue.
123654-02	1/3	9:00A-10:00A	Wed.
123654-03	3/29	6:30P-7:30P	Thurs.

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

You may have FHP (Forward Head Position aka Tech Neck) if you're always reminded to sit straight, or experience back and neck pain or fatigue. Learn simple exercises to help reverse FHP and improve your posture and energy levels!

Age:..... 16 years & older
Instructor:..... Loni Alwin
Min/Max:..... 5/15
Location:..... Recreation Center
Fees:..... 15/R, \$20/NR, \$17/NN
Day:..... Tuesday or Thursday

CODE	DATES	TIME	DAY
123655-01	1/4	10:00A-11:00A	Thurs.
123655-02	1/4	6:30P-7:30P	Thurs.
123655-03	3/27	6:30P-7:30P	Tue.

Family Yoga (KM)

This class is a wonderful opportunity for some healthy family bonding time. Yoga poses, breathing exercises, yoga games and relaxation techniques will be a part of this one hour class lead by one of PDLG's yoga instructors, Marianne Mohrhussen. Children must be accompanied by an adult. We recommend this class for children ages 4 and older. Please bring your yoga mats.

Age:..... 16 years & older
Instructor:..... Marianne Mohrhussen
Min/Max:..... 5/15 parent/child couples
Location:..... Recreation Center
Fees:..... 15/R, \$20/NR, \$17/NN per couple
Day:..... Wednesday

CODE	DATES	TIME
123574-01	1/3	4:00P-5:00P
123574-02	3/28	4:00P-5:00P

Yoga Classes

Gentle Yoga (KM)

This class is ideal for people of all sizes, ages, and fitness levels. Gain added flexibility, strength and calmness. And, do it with the enjoyment that comes with doing things SLOWLY. Dress comfortably and bring a yoga mat. Co-op LP

Age:..... 16 years & older
Instructor: Sue Chilton (03 & 04); Marianne Mohrhussen (01-02 & 05-06)
Min/Max:..... 4/15 per agency
Location:..... Recreation Center
Fees:..... \$60/R, \$78/NR, \$66/NN
Day:..... Tuesday or Friday

CODE	DATES	TIME	DAY
123506-01	1/9-2/27	9:45A-10:45A	Tue.
123506-02	3/6-5/1	9:45A-10:45A	Tue.
123506-03	1/9-2/27	7:15P-8:15P	Tue.
123506-04	3/6-5/1	7:15P-8:15P	Tue.
123506-05	1/12-3/2	9:45A-10:45A	Fri.
123506-06	3/9-5/4	9:45A-10:45A	Fri.

Class Will Not Meet On: 3/27 & 3/30

FITNESS PROGRAMS

Yoga (KM)

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

Age:..... 16 years & older

Instructor: Marianne Mohrhusen (01 & 02); Sue Chilton (03 & 04); Kim Kitlica (05 & 06); Theresa Mikuls (07 & 08)

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

Location:..... Recreation Center

Fees:..... \$60/R, \$78/NR, \$66/NN

Day:..... Monday, Tuesday, Wednesday, or Saturday

CODE	DATES	TIME	DAY
123520-01	1/8-2/26	10:30A-11:30A	Mon.
123520-02	3/5-4/30	10:30A-10:30A	Mon.
123520-03	1/9-2/27	6:00P-7:00P	Tue.
123520-04	3/6-5/1	6:00P-7:00P	Tue.
123520-05	1/10-2/28	8:30A-9:30A	Wed.
123520-06	3/7-5/2	8:30A-9:30A	Wed.
123520-07	1/13-3/3	8:30A-9:30A	Sat.
123520-08	3/10-5/5	8:30A-9:30A	Sat.

Class Will Not Meet On: 3/26, 3/27, 3/28 & 3/31

Yoga Level 2 (KM)

Deepen your practice with this 75 minute Yoga Level 2 class. Build flexibility, strength, and stamina with this dynamic class that connects breath with movement. Designed for the serious yoga student, poses flow together through rhythmic and fluid transitions. Move beyond beginner yoga with more challenging postures and sequences. Prior yoga experience recommended. Please bring a sticky mat.

Age:..... 16 years & older

Instructor:..... Kim Kitlica

Min/Max:..... 7/25

Location:..... Recreation Center

Fees:..... \$67/R, \$87/NR, \$74/NN

Day:..... Thursday

CODE	DATES	TIME
123539-01	1/11-3/1	6:45P-8:00P
123539-02	3/8-5/3	6:45P-8:00P

Class Will Not Meet On: 3/29

Tai Chi

Tai Chi (KM)

Tai Chi continues to grow in popularity because it offers a way to reduce stress, overcome illness, and increase mental and physical performance. This effective and practical tool enables one to delay the effects of aging. Tai Chi can be done by anyone, male or female, young or old, strong or weak, healthy or ill. Learn how to breathe in a way that both relaxes and invigorates while building coordination through the movements of Tai Chi 24. Confidence increases with better balance, more focus and heightened alertness. Self-defense applications will be taught in class. Please wear comfortable clothing for easy movement.

Age:..... 16 years & older

Instructor:..... Tom Wilkens

Min/Max:..... 7/15

Location:..... Recreation Center

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

Day:..... Wednesday or Friday

CODE	DATES	TIME	DAY
123612-01	1/10-2/28	6:00P-7:15P	Wed.
123612-02	3/7-5/2	6:00P-7:15P	Wed.
123612-03	1/12-3/2	11:00A-12:15P	Fri.
123612-04	3/9-5/4	11:00A-12:15	Fri.

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

Cycle Classes

Cycle & Abs (KM)

A strong spin workout followed by intense ab work. Need we say more? Bring an exercise mat and water bottle.

Age:..... 16 years & older

Instructor:..... Chris Brunet

Min/Max:..... 7/12

Location:..... Recreation Center

Fees:..... \$56/R, \$73/NR, \$62/NN

Day:..... Saturday

CODE	DATES	TIME
123514-01	1/13-3/3	8:15A-9:15A
123514-02	3/10-5/5	8:15A-9:15A

Class Will Not Meet On: 3/31

Cycle, Sculpt & Yoga Stretch (KM)

Achieve your best overall fitness results with the perfect balance of cardio, strength and flexibility in one class! We'll combine high energy spin intervals and full body strength conditioning with lengthening and releasing yoga postures. We'll be using a variety of equipment including hand weights, bands, exercise balls, activmotion bars and yoga props. There's no better way to improve your endurance, strength, core, balance and flexibility with this ideal blend of energizing and relaxing work for both mind and body! This class is suitable for all fitness levels and no experience is necessary. Please bring a yoga mat and a water bottle.

Age:..... 16 years & older
Instructor:..... Freya Smith
Min/Max:..... 6/14
Location:..... Recreation Center
Fees:..... \$66/R, \$86/NR, \$73/NN
Day:..... Tuesday or Friday

CODE	DATES	TIME	DAY
123642-01	1/9-2/27	9:15A-10:30A	Tue.
123642-03	1/12-3/2	9:15A-10:30A	Fri.
123642-04	3/9-5/4	9:15A-10:30A	Fri.

Class Will Not Meet On: 3/27 & 3/30

Strength & Conditioning Classes

Toned N Strong (KM)

Let us help you become toned and strong as we focus on toning and firming all of the muscles. Participants will learn the correct way to warm-up, stretch, and condition the major muscle groups. Xer-tubes and small weights will be provided. Bring a mat and water bottle. Aerobic shoes are recommended. Co-op WS & LP.

Age:..... 16 years & older
Instructor:..... Ruth Rexing
Min/Max:..... 3/10 per agency
Location:..... Recreation Center
Fees:..... \$56/R, \$73/NR, \$62/NN
Day:..... Monday

CODE	DATES	TIME
123518-01	1/8-2/26	6:30P-7:30P
123518-02	3/5-4/30	6:30P-7:30P

Class Will Not Meet On: 3/26

Women's Strength (KM)

Ladies of all ages can join this strength training class. We use resistance balls, weights, tubing and bands and our own body weight. If you are interested in working on bone density, balance, body composition, back and abs and overall toning, this is the class for you. Besides the warm up and the strength portion, we'll finish with mat Pilates and mild stretching. Comfortable clothes, a mat and water bottle are all you need.

Age:..... 16 years & older
Instructor:..... Nancy Knop
Min/Max:..... 7/12
Location:..... Recreation Center
Fees:..... \$56/R, \$72/NR, \$62/NN
Day:..... Tuesday or Thursday

CODE	DATES	TIME	DAY
123615-01	1/9-2/27	8:30A-9:30A	Tue.
123615-02	3/6-5/1	8:30A-9:30A	Tue.
123615-03	1/11-3/1	8:30A-9:30A	Thurs.
123615-04	3/8-5/3	8:30A-9:30A	Thurs.

Class Will Not Meet On: 3/27 & 3/29

Barre Above (KM)

Barre Above is a totally unique approach to Barre workouts as you've seen them. Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises that dancers do, Barre Above™ delivers a results-driven workout that is fun and dynamic. You'll sculpt your body using light weights and your body weight to get into absolutely amazing shape! Designed for a wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged. Please bring a yoga mat and water bottle. Co-op WS & LP.

Age:..... 16 years & older
Instructor:..... Kimberly Duncan (01-02); Laura Mungai (03-04)
Min/Max:..... 3/5 per agency
Location:..... Recreation Center
Fees:..... \$56/R, \$73/NR, \$62/NN
Day:..... Monday or Wednesday

CODE	DATES	TIME	DAY
1123651-01	1/8-2/26	9:15A-10:15A	Mon.
123651-02	3/5-4/30	9:15A-10:15A	Mon.
123651-03	1/10-2/28	6:00P-7:00P	Wed.
123651-04	3/7-5/2	6:00P-7:00P	Wed.

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

FITNESS PROGRAMS

Total Control (KM)

Appropriate for women of all ages, life stages and fitness levels, the program combines key stability and mobility exercises essential to pelvic health and fitness with the emphasis on working the pelvic pyramid. Benefits of this class include flatter abs, improves bladder control, and helps women sleep better at night. The total control program can empower women and regain confidence and enjoy a higher quality of life. The class fee includes a pelvic health book that will be yours to keep at the end of class.

Age:..... 16 years & older
Instructor:..... Colleen Smith
Min/Max:..... 7/15
Location:..... Recreation Center
Fees:..... \$60/R, \$78/NR, \$66/NN
Day:..... Thursday

CODE	DATES	TIME
123643-01	1/11-3/1	6:30P-7:30P
123643-02	3/8-5/3	6:30P-7:30P

Class Will Not Meet On: 3/29

Mama Boot Camp (KM)

Calling all ladies! Mama Boot Camp is for women who want to make fitness FUN! Challenge your mind and body in this class designed as a combination of strength, cardio, endurance and core work. Appropriate for all fitness levels. Please bring a mat and water bottle. Co-op WS & LP

Age:..... 16 years & older
Instructor:..... Colleen Smith
Min/Max:..... 3/5 per agency
Location:..... Recreation Center
Fees:..... \$56/R, \$73/NR, \$62/NN
Day:..... Tuesday

CODE	DATES	TIME
123644-01	1/9-2/27	6:00P-7:00P
123644-02	3/6-5/1	6:00P-7:00P

Class Will Not Meet On: 3/27

Cardio Classes

Cardio Step and Core (KM)

Increase your cardio and strength results by alternating step aerobics, weight resistance, and low-impact moves. Calorie-burn high with fast results! Bring a mat and water bottle, all other equipment provided.

Age:..... 16 years & older
Instructor:..... Ruth Rexing
Min/Max:..... 6/15
Location:..... Recreation Center
Fees:..... \$56/R, \$73/NR, \$62/NN
Day:..... Monday

CODE	DATES	TIME
123523-01	1/8-2/26	7:40P-8:40P
123523-02	3/5-4/30	7:40P-8:40P

Class Will Not Meet On: 3/26

STRONG by Zumba (KM)

STRONG by Zumba combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits to reach your fitness goals faster! Please bring a mat and water bottle.

Age:..... 16 years & older
Instructor:..... Maria Ruby
Min/Max:..... 5/12
Location:..... Recreation Center
Fees:..... \$58/R, \$75/NR, \$64/NN
Day:..... Thursday

CODE	DATES	TIME
123538-01	1/11-3/1	6:00P-7:00P
123538-02	3/8-5/3	6:00P-7:00P

Class Will Not Meet On: 3/29

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



Tabata (KM)

Tabata is the most intense HITT training there is for men and women. Each workout is only 4 minutes with work/rest intervals built in. You will train both cardio and strength without any wasted time! You will use your body, plus weights, barbells, gliders and balls. Bring a mat and water. Cross-trainer shoes recommended.

Age:..... 16 years & older
Instructor:..... Cecilia Bravo
Min/Max:..... 6/15
Location:..... Recreation Center
Fees:..... \$56/R, \$73/NR, \$62/NN
Day:..... Wednesday

CODE	DATES	TIME
123627-01	1/10-2/28	7:00P-8:00P
123627-02	3/7-5/2	7:00P-8:00P

Class Will Not Meet On: 3/28

Core Fusion (KM)

Get a great workout with a class that combines moves from yoga, Pilates, dance and traditional strength training that target the core muscles. Balls, both large and small, and ActivMotion Bars will be provided. Bring a sticky mat and water.

Age:..... 16 years & older
Instructor:..... Linda Guggenheim
Min/Max:..... 6/15
Location:..... Recreation Center
Fees:..... \$53/R, \$69/NR, \$58/NN
Day:..... Wednesday

CODE	DATES	TIME
123645-01	1/10-2/28	8:30A-9:15A
123645-02	3/7-5/2	8:30A-9:15A

Class Will Not Meet On: 3/28

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!



50+ Classes

Golden Barre (KM)

This class is for active adults or anyone who wants to improve balance, flexibility, core strength and posture. We will use chairs to aid in balance. This no-choreography class will use ballet moves to work through a comfortable but challenging workout. No dance experience needed. Please bring a yoga mat.

Age:..... 50 years & older
Instructor:..... Linda Guggenheim
Min/Max:..... 7/15
Location:..... Recreation Center
Fees:..... \$56/R, \$73/NR, \$62/NN
Day:..... Tuesday

CODE	DATES	TIME
123629-01	1/9-2/27	8:30A-9:30A
123629-02	3/6-5/1	8:30A-9:30A

Class Will Not Meet On: 3/27

Ageless Yoga (KM)

This class is designed to provide traditional yoga to those with less mobility. Seated and standing poses will help you improve breathing, balance, posture, strength, range of motion and mindfulness. We will use chairs and the wall in this class for support and stability. Please wear comfortable shoes and clothing. Co-op LP.

Age:..... 50 years & older
Instructor:..... Sue Chilton (01-02); Joan Binder (03-04)
Min/Max:..... 4/6 per agency
Location:..... Recreation Center
Fees:..... \$60/R, \$78/NR, \$66/NN
Day:..... Wednesday or Thursday

CODE	DATES	TIME	DAY
123653-01	1/10-2/28	9:45A-10:45A	Wed.
123653-02	3/7-5/2	9:45A-10:45A	Wed.
123653-03	1/11-3/1	1:00P-2:00P	Thurs.
123653-04	3/8-5/3	1:00P-2:00P	Thurs.

Class Will Not Meet On: 3/28 & 3/29

SENIOR ACTIVITIES

50+ Classes

Gentle Strength & More (KM)

In this fun class designed for Boomers and beyond, we will not only up our strength but also improve our balance, flexibility, agility, range of motion and coordination. We will leave feeling stronger and empowered. Exercises will be performed both standing and seated on stability balls or chairs as we use weights, tubing and small balls to help us reach our goals. Suitable for all fitness levels. A water bottle and sturdy shoes are recommended.

Age:..... 50 years & older

Instructor:..... 4/6 per agency

Min/Max: 7/15

Location: Recreation Center

Fees: \$56/R, \$73/NR, \$62/NN

Day:..... Thursday

CODE	DATES	TIME
123656-01	1/11-3/1	9:00A-10:00A
123656-02	3/8-5/3	9:00A-10:00A

Class Will Not Meet On: 3/29

Senior Activities

PDLG Movie Club (KJ)

Just bring your lunch because we have everything else covered. Every month we will feature a different movie in the banquet room. We will provide soda, tea, coffee and dessert. Pre-registration is required.

Age:..... 55+ years

Instructor:..... Staff

Min/Max: 5/25

Location: Recreation Center

Fees: \$2/R, \$4/NR, \$3/NN

Day:..... Thursday

CODE	DATES	TIME
133036-01	1/18	12:00P-2:00P
133036-02	3/22	12:00P-2:00P
133036-03	5/3	12:00P-2:00P

Walk for Health (KJ)

Join others for a walk at the Recreation Center. There will be a different speaker each month and refreshments will also be available. Walk what you can; every step you take is "A Step in the Right Direction." This is a free program sponsored by the La Grange Aging Well Initiative Group.

Age:..... 55+ years

Location: Recreation Center

Fees: FREE

Day:..... Wednesday

DATES	TIME
1/17, 2/21, 3/21, 4/18, 5/16	10:30A-12:00P

St. Patrick's Day Social (KJ)

Seniors put on you green and come on over to the park district to celebrate St. Patrick's Day!!! We will spend the afternoon in a leprechaun's paradise with tons of games, food, socializing, fun, and green! Bring your friends and get ready to party! This is a free event, but please register so we can get enough refreshments for everyone. **Registration deadline is March 4th.** Sponsored by Meadowbrook Manor.

Age:..... 55+ years

Instructor:..... Staff

Min/Max: 20/60

Location: Recreation Center

Fees: FREE

Day:..... Friday

CODE	DATES	TIME
133000-01	3/16	12:00P-2:00P

Grandparent & Grandchild BINGO (KJ)

Enjoy a fun filled afternoon of Bingo with your grandkids! Lucky winners will win all kinds of great prizes. This is not a cash bingo. Snacks and refreshments will be provided. **Registration deadline is March 20th** and the fee is per person. Parent must register the child, sign the waiver and pay the \$5 fee. Grandparent must accompany the child and sign in at the event. Each additional child is \$2.00.

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

Instructor:..... Staff

Min/Max: 10/25

Location: Recreation Center

Fees: \$5 per participant

Day:..... Monday

CODE	DATES	TIME
133031-01	3/26	10:00A-11:00A

Simply Medicare (KJ)

Maribeth FencI is a licensed insurance broker certified by Medicare. She partners with multiple carriers like BCBS, Humana, AARP, Equitable, Heartland and Combined Insurance. Medicare education provides knowledge and peace of mind in choosing the right Medicare health plan. Learn how to navigate Medicare by understanding Original Medicare A & B as well as the difference between Medicare Advantage programs versus Medicare Supplements. Explore how Medicare Part D plans work. Attendees will benefit from this program if: 1) they will soon be eligible for Medicare; 2) they are already on Medicare, but losing their group retiree benefits; 3) they serve as a caregiver to a Medicare beneficiary; and 4) they would like to learn more about all parts of Medicare.

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

CODE	DATES	TIME
133665-02	3/22	7:00P-8:30P

Choosing Medicare Plan (KJ)

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

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

CODE	DATES	TIME
133667-01	5/24	7:00P-8:30P

The Great Debate Medicare (KJ)

Learn how to distinguish between the two Medicare health plan options: Medicare Advantage vs Medicare Supplement. Discover "hidden" costs. Understand the mechanics of how these plans work with premium costs, co-pays, co-insurance, deductibles and maximum out-of-pocket costs. Determine how doctor and provider networks work with these plans. Evaluate how these plans will meet your medical needs. Registration deadline is March 16th. Co-op LP.

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

CODE	DATES	TIME
133672-01	4/26	7:00P-8:30P

Pinochle Tuesdays (KJ)

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

Age:..... 55+ years
Min/Max:..... 10/20
Location:..... Recreation Center
Fees:..... FREE
Day:..... Tuesday

DATES	TIME
1/9-5/29	11:45A-3:00P

The Surprise Bridge Stakes Club (KJ)

Join others for an afternoon of Bridge at the Recreation Center! This is a congenial, intermediate contract bridge mix. No partners needed. Tables will be made up as players arrive. Going for the Gold prizes!

Age:..... 55+ years
Location:..... Recreation Center
Fees:..... \$1 at the door
Day:..... Wednesday

DATES	TIME
1/3-5/30	1:00P-4:00P

SENIOR ATHLETICS

Beginner Pickleball for Seniors (KJ)

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

Age:..... 55+ years
Instructor:..... Sports Kids Inc.
Min/Max:..... 2/4 per agency
Location:..... Recreation Center
Fees:..... \$62/R, \$82/NR, \$69/NN
Day:..... Monday

CODE	DATES	TIME
113537-01	1/8-3/12	9:45A-10:45A
113537-02	4/2-5/21	9:45A-10:45A

Class Will Not Meet On: 1/15 and 2/19

Advanced/Beginner Pickleball for Seniors (KJ)

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

Age:..... 55+ years
Instructor:..... Sports Kids Inc.
Min/Max:..... 2/4 per agency
Location:..... Recreation Center
***Fees:**..... \$62/R, \$82/NR, \$69/NN
Day:..... Monday

CODE	DATES	TIME
113528-01	1/8-3/12	10:45A-11:45A
113528-02	4/2-5/21	10:45A-11:45A

Class Will Not Meet On: 1/15 and 2/19

Restorative Gentle Jujitsu (KJ)

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

Age:..... 55+ years
Instructor:..... Fil Gutierrez
Min/Max:..... 5/15
Location:..... Recreation Center
Fees:..... \$40/R, \$52/NR, \$44/NN (One Day)
 \$55/R, \$72/NR, \$61/NN (Two Day)
Day:..... Monday and/or Wednesday

CODE	DATES	TIME	DAY
133641-01	1/8-3/12	9:30A-11:00A	Mon.
133641-02	1/3-3/14	9:30A-11:00A	Wed.
133641-03	1/3-3/14	9:30A-11:00A	Mon./Wed.
133641-04	4/2-6/4	9:30A-11:00A	Mon.
133641-05	4/4-6/6	9:30A-11:00A	Wed.
133641-06	4/2-6/6	9:30A-11:00A	Mon./Wed.

FINANCIAL REPORT

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

Park District Revenue

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

The majority of the Park District's working revenue comes from property taxes and recreation user fees which includes both program activity fees and rental fees for the use of the Park District facilities. One of our management goals is to keep property tax revenue as a percentage of total revenue to 65% or less. Your participation in our programs has helped us to achieve a ratio of 59%.

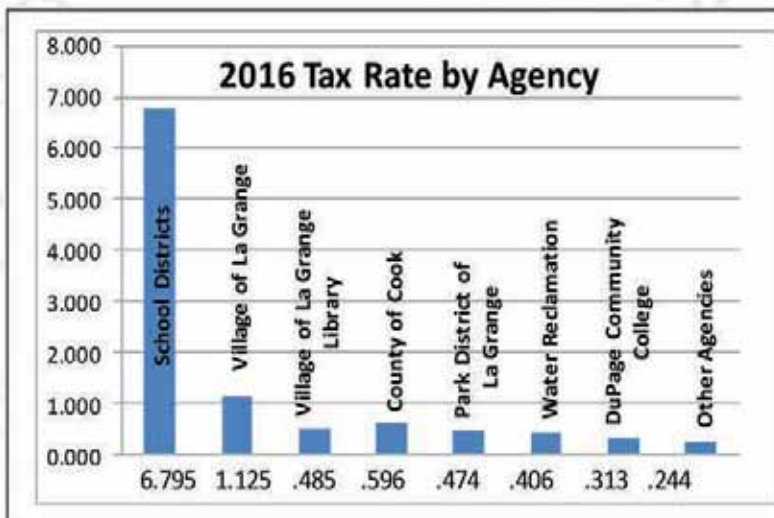
Revenue from the new fitness center will contribute to a further reduction of this percentage.

FY 2017 Revenue and Other Financing Sources

Recreation User Fees	\$1,804,476	38.2%
Property tax	2,801,708	59.3%
Replacement Tax	45,316	1.0%
Donations	7,080	0.2%
Interest	25,239	0.5%
Miscellaneous	37,778	0.8%
Total Revenue	\$4,721,597	100.0%
Capital Grant	493,574	
Debt Issuance	320,000	
Total	\$5,535,171	

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

Often, residents are not aware that the Park District is a separate taxing body from the Village of La Grange. The Park District is governed by a five member Board of Commissioners that is elected by the residents. As a separate governmental entity, the Park District has the ability to levy and collect taxes on all taxable property within the District. Based on a typical 2016 tax bill approximately 5 cents of every tax dollar comes to the Park District of La Grange.



The Cook County Assessor's Office calculates the Equalized Assessed Value (EAV) on business and personal properties annually to help determine the amount of property taxes to be paid per business or household. Based on the results of these assessed values, the Park District uses its current tax rate to draw revenue from each property's EAV to support and provide its public service. In 2016, the tax rate for the Park District of La Grange was .474.

Park District Fund Balance

The majority of the Park District revenue is put towards recreational program expenses and general governmental costs for maintaining the Park District's parks and facilities. During this past fiscal year, expenditures exceeded revenue and other financing sources by \$452,317. All of this additional spending was for the planned construction of the Fitness Center. Funding for this project was provided in the prior fiscal year and by a grant. It did not impact current operating fund balances. The District continues to maintain positive fund balances and to fulfill its mission to provide quality recreation programs, facilities and parks.

Budget & Reporting

Our Fiscal Year: May 1- April 30

The Park District prepares an annual budget to manage its fiscal year of revenue and expenses.

The staff works diligently to assure that the budget is balanced. The Park Board approves the budget each year by adopting an annual Budget & Appropriation Ordinance. Prior to adoption, the ordinance is posted for public inspection, and a public hearing is held to allow for comments and questions by residents.

Our annual budget, along with other Park District information can be found on our website at www.pdlg.org.

FY 2017 Expenditures

General Government	\$973,190	16%
Program Expenses	2,301,413	38%
Pension & FICA	246,116	4%
Capital Outlay	1,346,312	23%
Debt Service	1,120,457	19%
Total Expenditures	\$5,987,488	100%

Excellence in Reporting

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

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

Debt Administration

General obligation park bonds were issued for a total of \$320,000. This is the normal annual rollover that the Park District issues each year to pay debt service on alternate revenue bonds with any remaining balance allocated to capital projects. Overall, there was a net decrease in general obligation park bonds outstanding of \$601,974.

Investing in Capital Projects

Each year, the District prepares a capital budget for repairs and/or replacement of equipment or amenities. The capital projects are financed with a combination of non-referendum bond money, grants and surplus from the operating funds. During this past year, the majority of the capital spending was for the construction of the Fitness Center which was still in progress at the end of the fiscal year. However, the Fitness Center is now open so please stop by to check it out.

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SEASPAR (the South East Association for Special Parks And Recreation) provides recreational programs and services for individuals with disabilities served by the Park District of La Grange and eleven other communities.

Sports • Trips • Social Programs • Special Events • And More!

Program Highlight: Wonders Multi-Sensory Room

One of SEASPAR's most exciting amenities is the Wonders Multi-Sensory Room, located at the Lisle Recreation Center. The room offers specially-designed interactive equipment that appeals to the auditory, tactile, olfactory, and visual senses. Wonders primarily benefits individuals with autism, sensory processing disorders, and ADHD. La Grange residents are invited to participate!



Programs offered at Wonders include:

- **Sensory Sunday:** A weekly program that gives families a flexible option to enjoy Wonders. Programs are available for children and adults.
- **Early Childhood Playgroup:** A monthly program for families with children ages 2-5 that incorporates Wonders into a social experience.
- **Adapted Music Lessons:** An all-ages, multi-week program that enables individuals with limited mobility to create music with movement sensory technology at Wonders.
- **Weekly Programs & Special Events:** Multi-sensory elements are incorporated into many of our weekly programs and special events, especially for children.

For more information about Wonders, visit SEASPAR.org or call SEASPAR at 630.960.7600.

Look for our winter-spring program guide in December!

The South East Association for Special Parks And Recreation provides dynamic recreation programs and quality services for individuals with disabilities served by the park districts of Clarendon Hills, Darien, Downers Grove, La Grange, La Grange Park, Lemont, Lisle, Westmont, and Woodridge, and the villages of Brookfield, Indian Head Park, and Western Springs.

4500 Belmont Road
Downers Grove, IL 60515
630.960.7600
630.960.7605 TDD
Discover Us!
SEASPAR.org



VOLUNTEERS INFORMATION



Volunteers Wanted!!

Interested in volunteering?

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

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

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

Name: _____

Address: _____

Phone: _____ Email: _____

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GENERAL INFORMATION

LATE PICK-UP POLICY

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

1-15 minutes late = \$5.00

Every additional minute = \$1.00

Important Information

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

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

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

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

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

Park Usage Rules

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

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

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

Program Code of Conduct

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

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


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

Program Financial Assistance

The Financial Assistance Policy of the Park District of La Grange is established to provide a fair and equitable system through which District residents may take part in recreation programs when they are unable to pay the required fees.

Partial program fee waivers may be granted for Park District of La Grange residents for certain programs. Any family who would like to see if they are eligible for a scholarship may obtain an application from the Park District of La Grange Administration Office at 536 East Avenue, La Grange, IL 60525.

CO-OP Programming

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

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

Americans with Disabilities

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

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

GENERAL INFORMATION

Inclusive Recreation Programs

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

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

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

Photographs

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

Give the Gift of Fun!

A gift certificate for a recreation program or activity is the perfect gift for anyone. You can purchase a gift certificate at the Park District Office at 536 East Avenue, Monday-Friday, 9am-5pm.

Employment Opportunities

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

Park District of La Grange Registration Form

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

Winter/
Spring 2018



Family Last Name: _____ Email: _____ Your email will not be sold. For PDLG use only.

Address: _____ City: _____ Zip: _____

Phone/Home: _____ Cell: _____ Work: _____ Alternate Emergency: _____

How did you hear about us? Brochure Website Flyers Email Blast Friend/relative **Refunds must be requested no less than 5 days prior to the first class date**

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

Assessment fee charged once per season, per family, for registrations \$20 and over

\$5.00

Waiver and Release of All Claims

Please read this form carefully and be aware that in registering yourself or your minor child/ward for participation in the above program/programs you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of the above program/programs including transportation services and vehicle operations, when provided. I recognize and acknowledge that there are certain risks of physical injury to participants in the above program(s) and I agree to assume the full risk of any injuries, damages or loss, regardless of severity which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program(s). I agree to waive and relinquish all claims I or my minor child/ward may have as a result of participating in the program(s) against the District and its officers, agents, servants and employees. I do hereby fully release and discharge the District and its officers, agents, servants and employees from any and all claims from injuries, damages or loss which I or my minor child/ward may have or which may occur to me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of the program(s). I further agree to indemnify and hold harmless and defend the District and its officers, agents, servants and employees from any and all claims resulting from injuries, damages or losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the program(s). In the event of any emergency, I authorize District officials to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for me or my minor child/ward immediate care and agree that I will be responsible for payment of any and all medical services rendered. I have read and fully understand the above Program Details, Waiver and Release of All claims and Permission to secure treatment. If registering online or via fax, my online or facsimile signature shall substitute for and have the same legal effect as an original form signature. My signature also authorizes credit card charges if applicable.

Checks payable to: Park District of La Grange

TOTAL

Cash Check # _____ Registrar _____

Visa MasterCard Discover AmEx Expiration _____

Credit Card Number _____

Do you need any accommodations, in accordance with the Americans with Disabilities Act, to effectively participate in the above program(s)?

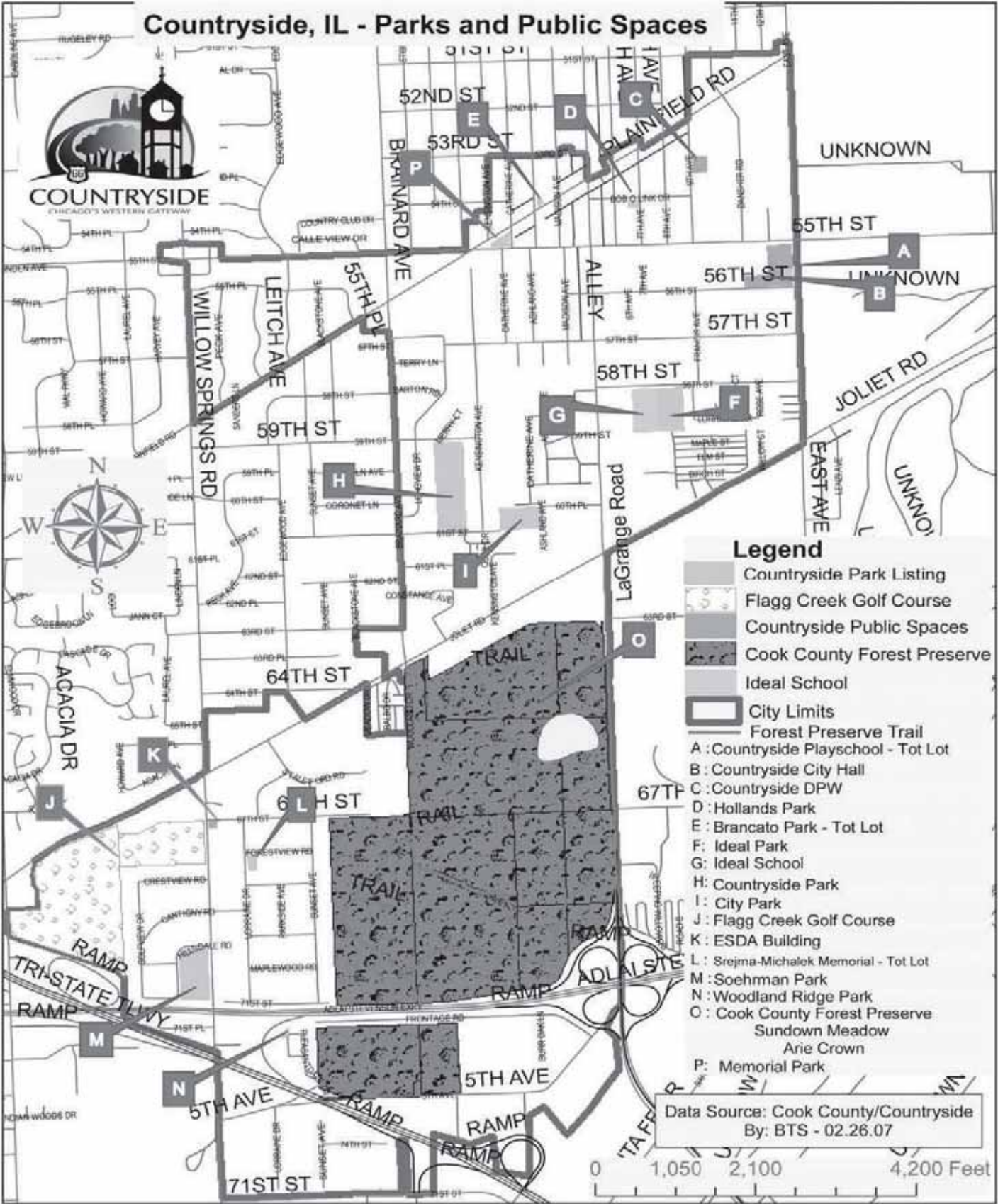
Yes No

Registration accepted by mail or in person at 536 East Avenue, La Grange, IL 60525

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

Date

COUNTRYSIDE MAP

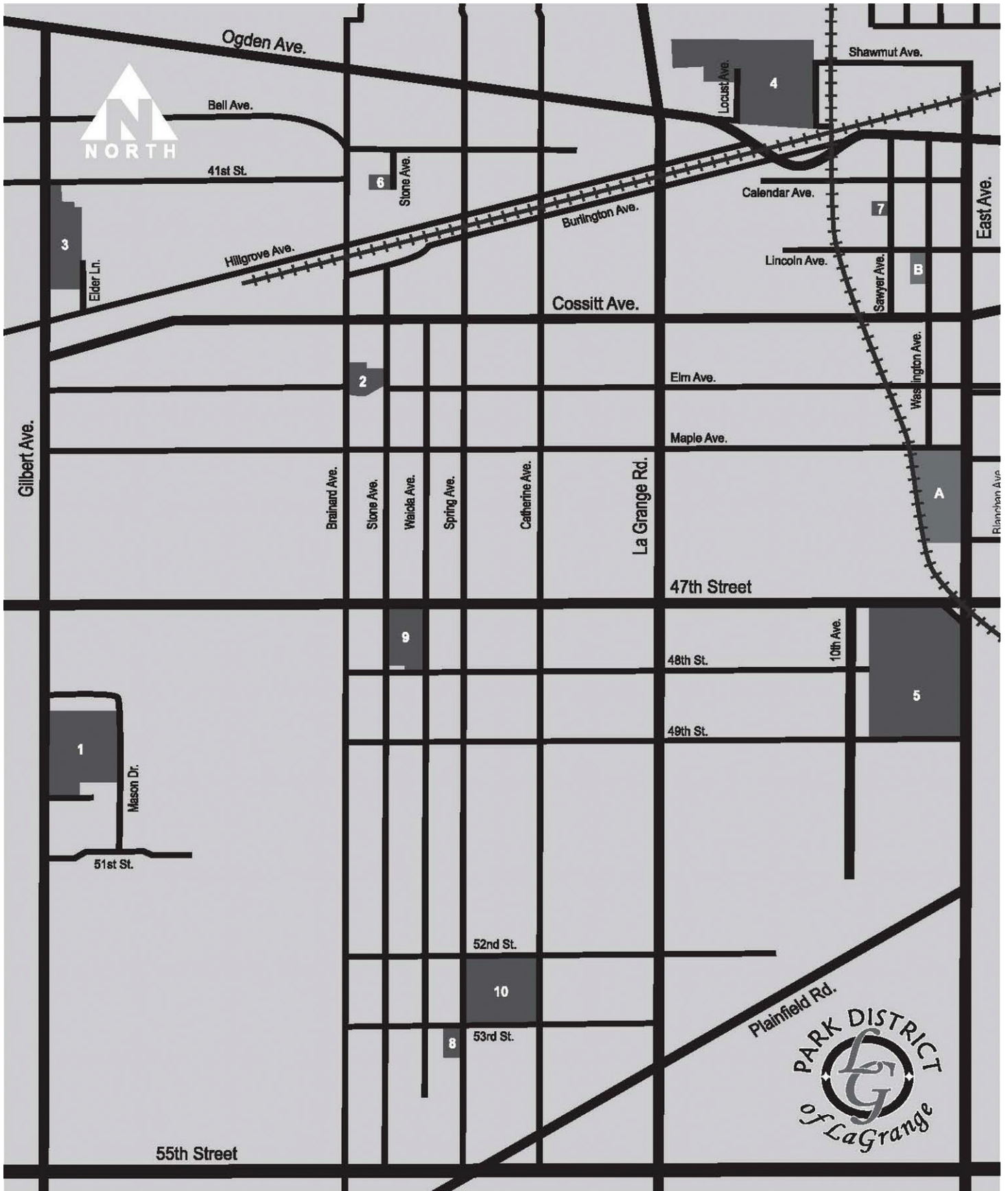


PDLG FACILITY & PARK INFORMATION

Facilities	Map Ref.	Acres	Amenities
Recreation Center 536 East Ave.	A	--	Administrative Offices, Indoor Playground, Walking Track, 3 Full Size Basketball Courts, Dance/Aerobic Studio, Banquet Room, Rental Rooms, Chicago White Sox Satellite Training Facility
Community Center 200 S. Washington Ave.	B	1	Activity Building, Playground, 2 Basketball Courts
Parks			
Denning Park 4903 S. Gilbert Ave.	1	10	Activity Building, Playground, Picnic Shelter, Walking/Jogging Path, 1 Soccer Field, Parking Lot, Basketball Court
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	17	Picnic Shelter, 2 Softball Fields*, 1 T-Ball Field, 3 Handball Courts*, 2 Soccer Fields, Splash Pad, Playground, Walking/Jogging Path, Fitness Stations, Parking Lot, Butterfly Garden, Skate Spot
Sedgwick Park 10th Ave. & 48th St.	5	25	Activity Building, Playground, 2 Basketball Courts, 4 Baseball Fields, 4 Tennis Courts*, Walking/Jogging Path, 2 Sand/Volleyball Courts*, 3 Soccer Fields, Parking Lot
Stone Park Bell & Stone Ave.	6	.5	Playground, Half-Court Basketball Courts
Rotary Centennial Park 116 Sawyer Ave.	7	.3	Playground, Picnic Shelter
Spring Park 53rd St. & Spring Ave.	8	.85	Playground, Picnic Shelter
Waiola Park 47th St. & Waiola Ave.	9	3.5	Playground, Basketball Court, 1 T-Ball Field, Walking/Jogging Path, 1 Soccer Field
Spring/Gurrie Schools 1001 S. Spring Ave.	10	8	2 Softball Fields, 3 Tennis Courts

**Field and/or courts are lighted*

PDLG FACILITY & PARK MAP





Park District of La Grange
536 East Avenue
La Grange, IL 60525

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La Grange, IL
Permit No. 322



LA GRANGE
FITNESS

708-588-2260

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