



Fall 2024

Resident registration begins:
Wednesday, 8/7

Non-resident registration begins:
Wednesday, 8/14

WELCOME - See pages 18-19 for a detailed program list

Recreation Center

536 East Avenue, La Grange, Illinois 60525
 Telephone: (708) 352-1762 • Fax: (708) 352-8591
Administrative Office Hours: 9 am - 5pmMon. - Fri.
Front Desk/Phone Hours:
 8 am - 8 pmMon. - Thurs.
 8 am - 5 pmFriday
 8 am - 6 pmSat.
 8 am - 4 pmSun. **Closed.....8/24, 8/25, 9/2, 11/28, 12/25, 1/1**

Hours subject to change **SEE PAGE ?? FOR FITNESS CENTER HOURS**

Important Telephone Numbers

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

Recreational & Community Service Organizations

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

Table of Contents

Adult Activities	54
Adult Athletics	53
BASE Program	39
Be Our Eyes Park Watch Initiative	7
Chicago White Sox Academy	52
Commemorative Tree Program	16
Early Childhood Activities	27
Early Childhood Athletics	47
Fitness	58
Gymnastics	40
Inclusion Services	34
La Grange Fitness	56
Late Pick-up Policy	6
Learning Ladders Preschool	20
Map & Facility/Park Info	14
Martial Arts	42
Open Gym	10
Open Pickleball	10
Performing Arts	34
Recreation Center Fees	11
Registration Form	12
Registration Info	4
Rentals	8
SEASPAR	33
Senior Activities	55
Special Events	22
Volunteers	59
Youth Activities	27
Youth Athletics	46

Resident Registration

La Grange Residents

Wednesday, August 7th • 8:00 am - 7:00 pm

Recreation Center, 536 East Avenue

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

Residents may only register their own family.

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

The deadline to set up an online account for registration on 8/7 is 8/6. If you already have an online account, it is not necessary to do it again. Your username and password is still valid.

PDLG BOARD & STAFF

Park Board Meetings

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

PDLG Facilities & Class Locations
PDLG Recreation Center 536 East Avenue
PDLG Community Center & Park 200 South Washington Avenue
PDLG Denning Park 4903 South Gilbert Avenue
PDLG Gilbert Park & Preschool Building 41st Street and Gilbert Avenue
PDLG Sedgwick Park & Activity/Preschool Building 10th Avenue and 48th Street
PDLG Gordon Park Ogden and Locust Avenue
PDLG Waiola Park 47th Street and Waiola Avenue
Hanesworth Park 26th & Barnsdale Road, La Grange Park
La Grange Park Recreation Center 1501 Barnsdale Road, La Grange Park
Cossitt School 115 W. Cossitt Avenue, La Grange
Flagg Creek Golf Course 6939 Wolf Road, Indian Head Park
Gurrie/Spring Avenue School 1001 South Spring Avenue, La Grange
Ideal School 9901 West 58th Street, Countryside
Lyons Township High School - South Campus 4900 Willow Springs Road, Western Springs
Park Junior High School 325 North Park Avenue, La Grange Park
Western Springs Grand Avenue Community Center 4211 Grand Avenue, Western Springs
Western Springs Recreation Center 1500 Walker Street, Western Springs
Yena Park 29th Street and Harrison Avenue, La Grange Park
Countryside Park 61st Street and Meadow Drive, Countryside
City Park 61st Street and Ashland Avenue, Countryside

Park Board of Commissioners	
President , Brian Opyd	brianopyd@pdlg.org
Vice President , Robert Vear	robertvear@pdlg.org
2nd Vice President , Stephanie Posey	stephanieposey@pdlg.org
Commissioner , Lynn Lacey	lynnclacey@pdlg.org
Commissioner , Chris Weber	chrisweber@pdlg.org
Board Appointments	
Executive Director , Jenny Bechtold, CPRP	jennybechtold@pdlg.org
Board Treasurer , Jamie Hollock	jamiehollock@pdlg.org
Important E-mail Addresses	
General	pdlginfo@pdlg.org
FOIA Requests	foiaofficer@pdlg.org
<i>FOIA requests are required to be submitted in writing or by email.</i>	
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Administrative Coordinator , Linda Muth, HR	lindamuth@pdlg.org
HR & Administrative Assistant	adamkopera@pdlg.org
Adam Kopera	
Recreation/Facility Staff	
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B.A.S.E. & Camp Manager , Leanna Hartung	leannahartung@pdlg.org
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Fitness Supervisor , Dom Adjoumani	domadjoumani@pdlg.org
Recreation Supervisor , Brandon Diaz	brandondiaz@pdlg.org
Marketing Specialist , Katie Wagner	katiewagner@pdlg.org
Facility & Operations Manager , Dan Schaffer	danschaffer@pdlg.org
Facility & Rental Supervisor ,	
Madonna Giampietro	madonnagiampietro@pdlg.org
Building Maintenance Custodians ,	
Vince Gonzalez, Josh Wienczek	
Parks Department Staff	
Director of Parks Maintenance , Eric Krueger	erickrueger@pdlg.org
Park Operation Manager , Claudia Galla	claudiagalla@pdlg.org
Parks & Maintenance Laborers	Ricky Cox, Jose Farias, Javier Favela
<i>CPRP - Certified Park & Recreation Professional</i>	

REGISTRATION INFORMATION

1. RESIDENT REGISTRATION ONLY

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

2. NON-RESIDENT REGISTRATION

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

3. ONLINE REGISTRATION

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

4. FIRST COME FIRST SERVED

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

5. PROGRAM WAITING LISTS

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

6. FALSE INFORMATION/RESIDENT PRIORITY

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

7. REFUNDS AND CANCELLATION

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

8. INSUFFICIENT FUNDS FEE:

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

9. FEE CODE

The fee code used in this brochure is as follows:

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


10. PROOF OF RESIDENCY

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

11. NEIGHBORHOOD NETWORK (NN)

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

12. CO-OP PROGRAMMING

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

13. SENIOR DISCOUNT

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

14. PROOF OF AGE

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

15. PAYMENT/ENROLLMENT VERIFICATION

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

16. PAYMENT METHODS

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

17. REGISTER EARLY!

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

18. FEES SUBJECT TO CHANGE

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

19. ADA ACCOMODATIONS

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

Emergency Closing Information

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

Other Symbols:



- Parent/Child Program



- Cooperative Program



- New Class



LA GRANGE FITNESS



CONNECT WITH US

www.pdlg.org



@pdlgparks
@lagrangefitness



/ParkDistrictofLaGrange
/LaGrangeFit

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TO OUR
NEWSLETTER**



GENERAL INFORMATION

Late Pick-Up Policy

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

1-15 minutes late = \$5.00

Every additional minute = \$1.00

Important Information

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

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

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

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

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

Park Usage Rules

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

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

6. No golfing in the parks. Youth golf program participants are exempt from this rule during scheduled golf lessons.

7. Parks are open from sunrise to sunset unless otherwise posted. Exceptions apply to lighted areas (i.e. courts, fields, etc.)

Program Code of Conduct

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


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

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

Program Financial Assistance

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

CO-OP Programming

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

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

Americans with Disabilities

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

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

GENERAL INFORMATION

Inclusive Recreation Programs

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

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

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

Photographs

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

Give the Gift of Fun!

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

Employment Opportunities

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

Park and Facility Rental Permits

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

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

Be Our Eyes COMMUNITY PARK WATCH



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

See Something.

Suspicious activity to watch for and report

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

Say Something.

Information needed when you call

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

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

Description of People and Vehicles

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

People

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

Vehicles

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

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

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

**Gordon Park shelter and splash pad not available for rentals during the summer months.*

RENTAL INFORMATION



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

Our DeSitter Room is perfect for large parties of up to 150 people. The DeSitter Room is ideal for showers, baptisms, birthdays, anniversaries, or graduations. Utilize our full kitchen which is included with all DeSitter Room rentals. Feel free to bring in your favorite food! We do not have any restrictions on caterers. If you seek a quiet place for your next seminar, you can also rent the DeSitter Room which is equipped with a screen. Please visit our website at www.pdlg.org for more information on booking details. You may also contact Madonna Giampietro at (708) 352-1762 or madonnagiampietro@pdlg.org to check availability. Please note, we do not hold rooms or accept reservations over the phone or via fax or email. Reservations are accepted in person on a first come, first served basis.

ROOM RENTALS

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

All room fees effective starting May 1, 2024.

PARTY ROOM 105/PARTY ROOM 106

(fee per room)

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

ROOM 105 & 106 TOGETHER

Res. \$105/hr Non-Res. \$150/hr

Each room holds a max of 25 people.

Can be opened to one large room for 50 people.

ROOM 108/ROOM 109

(fee per room)

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

Room 108 & 109 together

Res. \$105/hr Non-Res. \$150/hr

Each room holds a max of 50 people.

an be opened to one large room for 100 people.

ROOM 112 (Room holds maximum of 45 people)

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

CONFERENCE ROOM 102

(fee per room)

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

Room 102 holds a max of 20 people

AFTER HOURS RENTALS

\$20/hr

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

DeSITTER ROOM RENTAL RATES

Max 150 people

MON-FRI (2 HR. MIN)

Resident \$ 140 per hour

Non-Resident \$ 180 per hour

SAT-SUN (3 HR. MIN)

Resident \$ 175 per hour

Non-Resident \$ 225 per hour

HOLIDAY WEEKENDS (3 HR. MIN)

Resident \$ 200 per hour

Non-Resident \$ 260 per hour

Alcohol Permit

\$ 205 (1-100 guests)

\$ 215 (101-175 guests)

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

After Hours \$ 20 per hour extra

RENTAL POLICY

A minimum \$200.00 security deposit is required at the time of booking.

All events must be paid in full at least 14 days before the event. Please call for rates and additional information.

INDOOR PLAYGROUND

Res. \$50/hr

Non-Res. \$65/hr

During room Rental Time only. 2 hour rental time)

AFTER HOURS RENTALS

\$20/hr

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

The Perfect Room to Celebrate all Occasions!



- Weddings
- Birthdays
- Graduations
- Anniversaries
- Corporate Events



the *De Sitter*
ROOM



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

GYMNASIUM RENTAL/OPEN GYM

GYM RENTAL

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

Half-Court Rental

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

Full Court Rental

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

Volleyball Court Rental

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

Open Gym Policies

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

Private lessons/instruction is not permitted in open gym. All private lessons/instruction, outside of scheduled Park District operated programs, must follow gym/court rental procedures.

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

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

Patrons must bring their own balls for basketball & volleyball

Park District ID

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

How can I get a FREE Park District ID?

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

Court Dividers

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

Clothing/Loss of Personal Property

Food/Spitting/Alcohol, Drugs, & Tobacco

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

Sportsmanship/Behavior/Music/Headphones

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

Track

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

Open Pickleball

(please bring your own paddles & balls)

Open games to be played. Nets will be provided by the Park District.
Schedule: Monday/Wednesday/Friday 9am-12pm and Friday 3pm-5pm
Fee: \$7 RES, \$10 NR
10-Punch Pass: \$40 RES, \$64 NN, \$72 NR

Open Gym Daily & Punch Pass Fees – Basketball / Volleyball

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

	Resident Fee	Neighborhood Network	Non-Resident
Daily Visit	\$7 per person	\$10 per person	\$10 per person
10-Punch Pass	\$56 per person	\$76 per person	\$85 per person

RECREATION CENTER USE/TRACK & PLAYGROUND

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

Fees rates subject to change.

Yearly Membership & Daily Visit Rates

Daily Visit/Yearly Membership	Resident	Neighborhood Network	Non-Resident
Indoor Track / Daily	\$5 per person	\$7 per person	\$7 per person
Indoor Playground / Daily <i>(Infants under 12 months & adults - Free)</i>	\$5 per person Free 1 & 2 yrs..	\$7 per person	\$7 per person
Toddler Playtime Gym / Daily <i>(Infants under 12 months & adults - Free)</i>	\$5 per child	\$7 per child	\$7 per child
Toddler Playtime & Indoor Playground Combo / Daily	\$6 per child	\$8 per child	\$8 per child
Individual Track / Year	\$31/year	\$34/year	\$46/year
Student Track / Year	\$26/year	\$30/year	\$41/year
Senior Track / Year	\$26/year	\$30/year	\$41/year
Couple Track / Year	\$44/year	\$49/year	\$57/year
Family / Year parent(s) & kids 18 & under <i>(Track/Playground/Toddler Gym)</i>	\$55/year	\$61/year	\$83/year

MEMBERSHIP DEFINITIONS

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

RESIDENCY

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

INDOOR TRACK

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

Monday - Thursday	8am - 7:30pm
Friday	8am - 4:30pm
Saturday	9am - 5:30pm
Sunday	9am - 3:30pm

- For your safety, track hours may be restricted during Park District activities in the gym
- Track may close occasionally for certain programs
- Closed 8/24, 8/25, 9/2, 11/28, 12/25, 1/1

INDOOR PLAYGROUND

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

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

Monday - Thursday	9am - 7:30pm
Friday	9am - 4:30pm
Saturday	9am - 5:30pm
Sunday	9am - 3:30pm

- Closed 8/24, 8/25, 9/2, 11/28, 12/25, 1/1
- *All hours and fees subject to change without notice**



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 Fall 2024

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

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

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

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

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

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

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

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

By registering for this activity I have read and fully understand the above, warning of risk, assumption of risk, waiver and release of all claims, photo/video policy and warning, and behavior code of conduct. If registered online, my online signature will be substituted for and have the same legal effect as an original hard copy signature. **PARTICIPATION WILL BE DENIED** if the signature of adult participant or parent/guardian and date are not included.

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

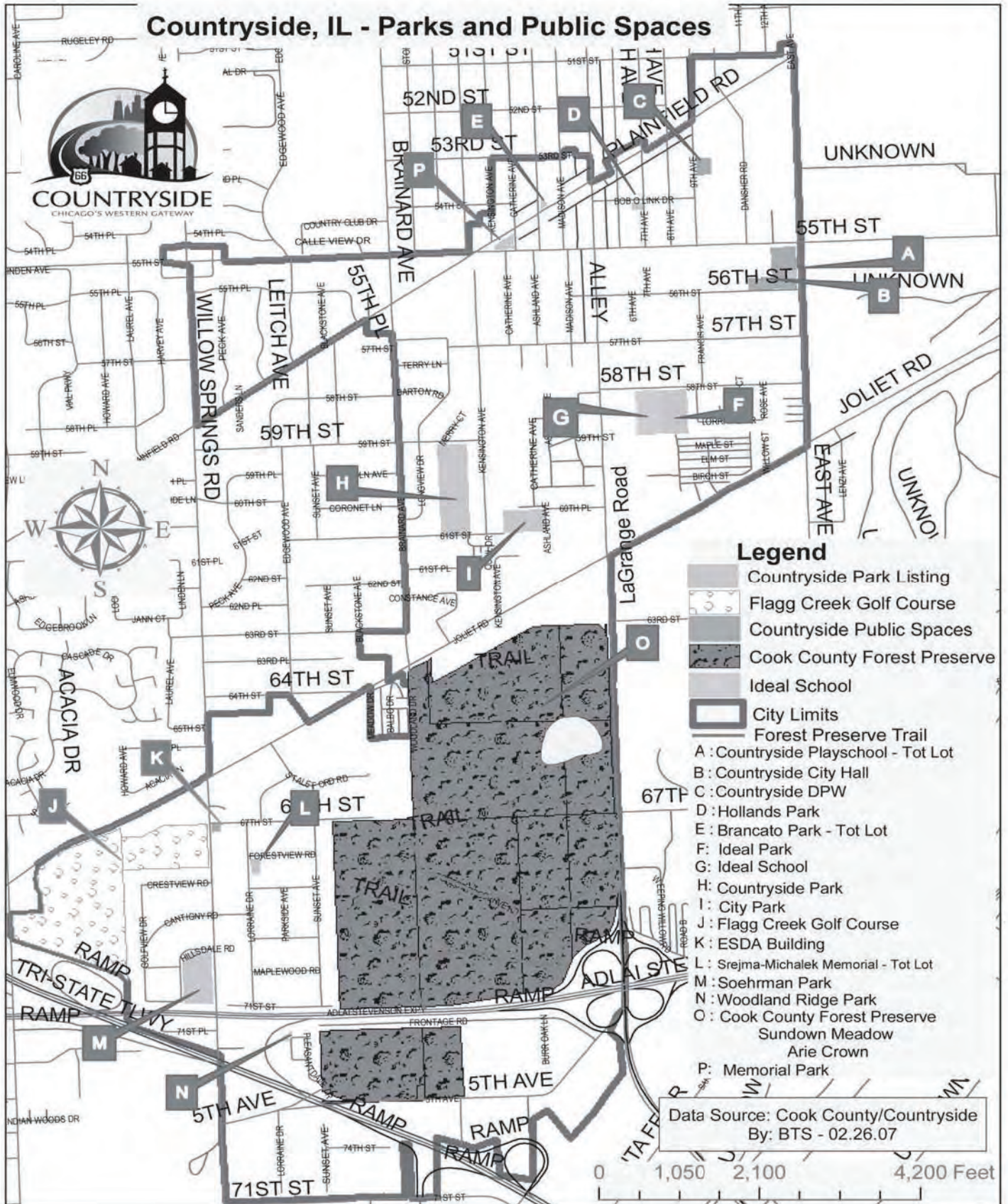
Cash Check # _____ Clerk _____
 Credit Card – Last 4 digits _____
Mail In Registration: Provide full credit card number and exp. date & sign authorization below
 Credit Card # _____ Exp. Date _____
 Signature _____

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

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

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

COUNTRYSIDE MAP





Facility & Park Information

Facilities

Map Ref.
Acres

Amenities

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

*field and/or courts are lighted



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

*adopted parks

PARK DISTRICT OF LA GRANGE

Facilities

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

Parks

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





commemorative tree

PROGRAM

PARK DISTRICT OF LA GRANGE



Dedicate a lasting tribute through the **Park District of La Grange Commemorative Tree Program**. A meaningful way to celebrate and remember an event, organization or loved one.

COMMEMORATIVE TREES

A commemorative tree is a living tribute which contributes to the beauty of our parks and are a benefit to the environment. Trees are planted in May by an outside contractor. Your tree will be maintained by the Park District of La Grange. The cost per tree is \$500 for a standard 2"-2.5" diameter tree. A metal leaf will be added to our Living Tribute display in the lobby of the Recreation Center. A plaque installed at the base of the tree may be purchased separately for \$330.



For more information on how to purchase a Commemorative Tree, contact **Claudia Galla** at **(708)352-1762**

www.pdla.org Park District of La Grange

PROGRAM LISTING

ADULT ATHLETICS & SPECIAL INTEREST

Advanced Beginner Pickleball	53
Beginner Pickleball	53
Co-ed Bags League	53
Dungeons & Dragons Club	54

ATHLETIC CAMPS/CLASSES

3-on-3 Recreational Basketball.	48
Basketball Skills	49
Challenger International Soccer Camp	50
Chicago White Sox Camps	50
Dad & Me Fun w/ Football.	46
East Ave. Lacrosse Camp	49
Girls Beginner Gymnastics	40
Gymnastics 101	39
Gymnastics 102	39
Junior Hoops	49
Junior Soccer	49
Junior T-Ball	49
Junior Tennis	47
Kidnastics.	39
Parent & Child Golf	47
Parent & Tot Gymnastics	39
Parent & Tot Sports	49
Parent & Tot Triple Play Sports	46
Pee Wee Tennis.	47
Soccer Made in America Camp.	49

Start Smart Golf	46
Tot Track, Field & Fitness	46
Tumbling for Beginners.	40
Tumbling On	40
Youth Developmental Basketball League	45
Youth Pickleball	48
Youth Tennis	48

BASE 38

EARLY CHILDHOOD & YOUTH ACTIVITIES

Adorable Christmas Puppies	27
By-Gym-Mini	29
Dinosaur Dig.	26
Double the Fun Drawing w/ Young Rembrandts	32
Fiesta Time Minicamp	32
Halloween Hunt	26
Holiday Etiquette Class	27
Holiday Time with your Special Girl	28
I Speak Spanish	29
Kiddie Kollege	30
Let's Code It	32
Magic Class	32
My First Holiday Etiquette Class	27
Parent Child Holiday Gift Making	28
Santa's Little Helper	28
Space	31

Spa Science	31
Super Slime & Goopy Chemistry	31
Toddler Playtime Gym	29
Vamanos Youth Spanish	31

FITNESS CLASSES 57-58

LA GRANGE FITNESS 55-56

LA GRANGE U PRESCHOOL 19-20

MARTIAL ARTS

Adult/Teen Jujitsu	42-43
Jujitsu Mighty Mites	41
Jujitsu Juniors	41
Jujitsu Juniors Advanced	42
Kids Karate Club	44
Restorative Gentle Jujitsu	43
Tae Kwon Do	44

PERFORMING ARTS

Baby Kid Rock	35
Jingle Bell Time w/ Tiny Toes Music	37
Kid Rock	35
Music Together w/ Tiny Toes Music	37
Tot Rock	35
Young Actors Club.	37
Wizard of Oz Jr.	36

SEASPAR 33

PROGRAM LISTING

SENIOR ACTIVITIES

Full Monty at Paramount Theater Trip . . .	54
Matinee Movie Club	54
Pinochle Tuesdays	54
Senior Brunch & Bingo	21
Senior Holiday Social	23

SPECIAL EVENTS

Adult Puzzle Palooza	23
Breakfast w/ Santa	25
Family Puzzle Palooza	25
Fun Run	21
Holiday Train.	25

Holiday Tree Lighting	24
Parent & Child Dance	23
Trunk or Treat	22
Zombie Candy Hunt	21

LA GRANGE U PRESCHOOL

La Grange U Preschool 2024-2025

Our primary goal at La Grange U Preschool is that children learn through socialization and play-based activities. Our secondary goal is that children are exposed to academics such as reading readiness skills, the alphabet, numbers, shapes, and colors.

You will receive a handbook which includes important policies and information. The La Grange U Preschool program meets from September 3, 2024, through May 16, 2025.

A \$150.00 **non-refundable** deposit is required at the time of registration and will be applied to your tuition. The tuition will be paid using an auto-debit payment plan which can be set up with a credit/debit card or checking account. Payments will be made in nine monthly auto-debit payments from August 15, 2024, through April 15, 2025.

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

Registration

Where: Recreation Center, 536 East Avenue, La Grange

When: Resident & returning families registration will begin Thursday, February 1, 2024, at 8 a.m. Non-Resident registration will begin on Thursday, February 8, 2024, at 8 a.m.

A **non-refundable** \$150 deposit is required at registration. Registration continues until a class has reached its maximum enrollment.

Program Philosophy

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

In addition to creative free play there will be a balance of teacher directed group activities that focus on academics. 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 La Grange U Preschool is that children learn through socialization and play-based activities. Our secondary goal is that children are exposed to academics such as reading readiness skills, letters, numbers, shapes and colors.

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


We have a variety of play areas and materials to help us accomplish these objectives. A child's first social experience should be positive and enjoyable. Our La Grange U 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 Recreation Supervisor, Brandon Diaz, at (708) 352-1762.


CLASSES:

Gilbert Park Building

	Lil' Badgers
	<i>Age:</i> 2.5-year-olds
	<i>Days:</i> Monday, Wednesday, & Friday
	<i>Time:</i> 9-11am
	<i>Min/Max:</i> 6/12
	<i>Monthly Fee:</i> ... \$185/R, \$265NR, \$205/NN
	<i>Code:</i> 481203-01

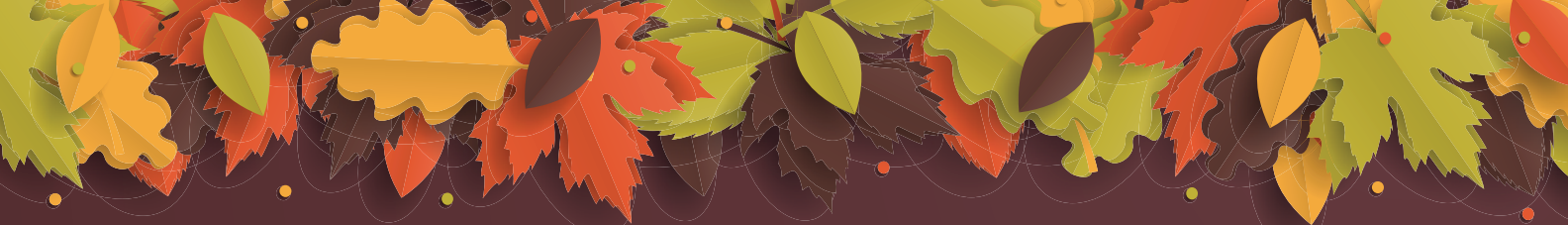
Sedgwick Park Building

	Lil' Cyclones
	<i>Age:</i> 3/4-year-olds
	<i>Days:</i> Monday-Friday
	<i>Time:</i> 8:30am-11:30am
	<i>Min/Max:</i> 8/16
	<i>Monthly Fee:</i> ... \$565/R, \$798/NR, \$623/NN
	<i>Code:</i> 481203-03

	Lil' Pandas
	<i>Age:</i> 2.5-year-olds
	<i>Days:</i> Tuesday and Thursday
	<i>Time:</i> 1pm-3pm
	<i>Min/Max:</i> 6/12
	<i>Monthly Fee:</i> ... \$126/R, \$183/NR, \$140/NN
	<i>Code:</i> 481203-04

Recreation Center Building

	Lil' Gators
	<i>Age:</i> 3-year-olds
	<i>Days:</i> Monday, Wednesday & Friday
	<i>Time:</i> 12:45-3:45pm
	<i>Min/Max:</i> 8/16
	<i>Monthly Fee:</i> ... \$285/R, \$405/NR, \$315/NN
	<i>Code:</i> 481203-06



SPECIAL EVENTS

Senior Brunch & Bingo NEW

Get out of the house and enjoy a fun time of breakfast and bingo! Come have the opportunity to win some cool prizes. **Pre-registration is required. Registration deadline is Wednesday September 11th.**

Age:..... 55+
Location: Recreation Center
Fees: FREE
Day:..... Wednesday

CODE	DATE	TIME
333030-01	9/18	10:00A-11:30A

Zombie Candy Hunt

Join us as we hunt for candy! It's a twist on an old tradition – wear a costume, bring your own flashlight, and bag for all your goodies. All participants must be accompanied by a parent. **Early bird registration fee of \$5 ends on Friday October 4th. The event will be moved inside if there is inclement weather.**

Age:..... 6-14
Location: Sedgwick Park
Fees: Early Bird Rate \$5 per participant
 Saturday October 5th \$7 per participant
Day:..... Friday

CODE	DATE	TIME
332624-01	10/11	7:30P-8:00P



Fun Run

Whether you're a seasoned runner or just looking for a fun day out with friends and family, the Fun Run is the perfect blend of fitness, fun, and fantastic memories. Each participant will walk or run one mile. All participants will receive a shirt and swag bag which includes a fall themed item along with other goodies! Park District of La Grange Fitness Members will receive a \$5 discount! Registration deadline is **Friday September 13th.**

Age:..... 6-14
Location: Sedgwick Park
Fees: \$30 per participant
 (Park District of La Grange Fitness Members \$25)
Day:..... Friday

CODE	DATE	TIME
344538-01	10/12	9:00A-10:00A

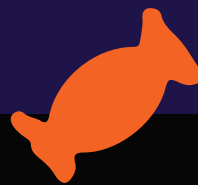
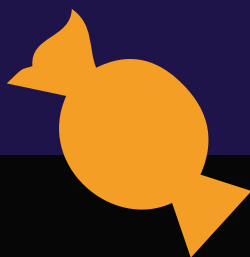


Trunk or Treat

Join us for a spook-tacular good time at an eerie-sistible Trunk or Treat. Come “trick or treat” from decorated trunks in the Sedgwick parking lot and then join us for more Halloween fun with games, prizes and more! If you would like to have a trunk and pass out candy, there is a \$30 deposit that secures your spot at the event. In order to receive your refund, you must be present on site for the duration of the event. The deposit will be refunded the week after the event. If you are interested in having a trunk, please contact Recreation Supervisor Brandon Diaz.

Age:..... All
Location: Sedgwick Park
Fees: FREE
Day:..... Saturday

DATE	TIME
10/12	10:00A-11:30A





SPECIAL EVENTS



Parent/Child Dance

Come to the Recreation Center and enjoy a fantastic night out with your little one! Dance to your favorite tunes, enjoy food, and leave at the end of the evening with a keepsake photo. **Registration deadline is Friday November 1st.**

Age:..... 3-10
Min/Max: 20/40
Location: Recreation Center
Fees: \$50/R, \$65/NR, \$55/NN (Additional Child \$35)
Day:..... Friday

CODE	DATE	TIME
341005-01	11/8	6:00P-8:00P

Senior Holiday Social

Happy holidays from the Park District of La Grange! Come on down to the Senior Holiday Social to celebrate the joy only the holiday season can bring! You will spend the afternoon socializing, complete with music, games and food! This is a free event, but please register so we can get enough food for everyone. **Registration deadline is Wednesday, November 27th.**

Age:..... 55+
Location: Recreation Center
Fees: FREE
Day:..... Wednesday

CODE	DATE	TIME
333000-01	12/4	12:00P-2:00P

Adult Puzzle Palooza NEW

Welcome to Adult Puzzle Palooza, the ultimate test of teamwork, strategy, and puzzle-solving prowess! Gather your sharpest minds and join us for an exhilarating challenge where teams of 2-4 adults will compete head-to-head in a race against the clock to complete a 500-piece puzzle. With 2.5 hours on the clock, every second counts as you complete the puzzle. Feel free to bring your favorite snacks to fuel your minds and energize your spirits as you delve deeper into the puzzle-solving frenzy. The winning team will be rewarded with a prize. But fear not, if the clock runs out and the puzzle remains unfinished, the winner will be determined by the team with the fewest loose pieces, ensuring that every effort counts towards the final outcome. So, gather your team, sharpen your wits, and prepare for an unforgettable adventure at Adult Puzzle Palooza, where every piece brings you closer to victory! Fee includes custom puzzle your team gets to keep. **One person must register for the whole group. Pre-registration is required. Registration deadline for the event is Friday October 11th.**

Age:..... 18+
Min/Max: 15/30
Location: Recreation Center
Fees: \$50/R, \$65/NR, \$55/NN
Day:..... Friday

CODE	DATE	TIME
343061-01	11/1	6:00P-8:30P

LOOK FOR NEIGHBORHOOD NETWORK FEES

Lower fees on programs and facility passes to towns that border La Grange. This includes Brookfield, La Grange Highlands, La Grange Park, McCook, Western Springs, and Countryside.

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



Holiday Tree Lighting

Join the Park District of La Grange as we kick off the holiday season with an old-fashioned Tree Lighting at Waiola Park on Tuesday, December 10th from 6:00pm-7:00pm. This event will feature holiday entertainment and special visitors from the North Pole. Enjoy hot cocoa and cookies as you and your family enjoy the wonderful tree decorations. Gather your family, friends or a group and purchase a holiday tree to decorate. Register at the Recreation Center and pick-up the tree decorating guidelines. **The tree cost is \$75, with the deadline to purchase a tree being Monday, November 25th. Each tree includes lights, and you can decorate your tree any time starting Wednesday December 4th.**

Age:..... All
Location: Waiola Park
Fees: FREE
Day:..... Tuesday

CODE	DATE	TIME
344516-01	12/10	6:00P-7:00P





SPECIAL EVENTS

Family Puzzle Palooza NEW

Welcome to Family Puzzle Palooza, the ultimate test of teamwork, strategy, and puzzle-solving prowess! Bring your family and join us for an exhilarating challenge where teams of 2-4 people will compete head-to-head in a race against the clock to complete a 300-piece puzzle. Each team can only have 2 members over the age of 18. With 2.5 hours on the clock, every second counts as you complete the puzzle. Feel free to bring your favorite snacks to fuel your minds and energize your spirits as you delve deeper into the puzzle-solving frenzy. The winning team will be rewarded with a prize. But fear not, if the clock runs out and the puzzle remains unfinished, the winner will be determined by the team with the fewest loose pieces, ensuring that every effort counts towards the final outcome. So, gather your family, sharpen your wits, and prepare for an unforgettable adventure at Family Puzzle Palooza, where every piece brings you closer to victory! One person must register for the whole group. Fee includes custom puzzle your team gets to keep.

Pre-registration is required. Registration deadline is November 22ND.

Age:..... All
Min/Max: 15/30
Location: Recreation Center
Fees: \$50/R, \$65/NR, \$55/NN
Day:..... Friday

CODE	DATE	TIME
344541-01	12/13	6:00P-8:30P



Breakfast with Santa

Make your list and check it twice because Santa knows you've been good this year! Join us for breakfast and hot chocolate. Each child will have an opportunity to see Santa and share their list with him. You must pre-register and space is limited so don't delay. **Registration deadline is Monday December 9th.**

Age:..... Believers of all ages!
Min/Max: 20/50
Location: Recreation Center
Fees: \$20 per child
 \$12 per adult
Day:..... Sunday

CODE	DATE	TIME	AGE
344025-01	12/15	9:00A-10:00A	Children
344025-02	12/15	9:00A-10:00A	Parents/Adults 18+
344025-03	12/15	10:30A-11:30A	Children
344025-04	12/15	10:30A-11:30A	Parents/Adults 18+

Holiday Train

All Aboard!! Take the Holiday Express to go see Santa at the North Pole. Each child will receive a small gift from Santa. A drink and a treat will be served at the Naperville Train Station. (Train details TBA). **Registrations are nontransferable. Each family must register under their own address on a separate registration form.**

Age:..... All
Location: La Grange Rd. Train Station
Fees: \$30/R, \$39/NR, \$33/NN
Day:..... Saturday

CODE	DATE	TIME	AGE
344506-01	12/8	8:40A-10:50A	Children 1 year & up, Adults
344506-02	12/8	8:40A-10:50A	Infant (12 months & under) FREE

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!



EARLY CHILDHOOD & YOUTH ONE DAY EVENTS

EARLY CHILDHOOD PROGRAM REQUIREMENTS



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

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

Dinosaur Dig

Dig up some fun as children discover dinosaurs! We may even discover dinosaur eggs! Don't miss out on the crafts and snack. All supplies are included in this excavation. All participants will receive a goodie bag at the end of the class. **This is a child only class.**

Age:..... 3-5 years
Instructor:..... Staff
Min/Max: 3/6
Location: Recreation Center
Fees: \$30/R, \$39/NR, \$33/NN
Day:..... Saturday

CODE	DATE	TIME
361001-01	9/14	9:30A-10:30A
361001-02	9/14	11:00A-12:00P

Halloween Hunt

During the Halloween Hunt we will use spooky clues to find Halloween treasures! Participants are encouraged to wear their Halloween costumes and each participant will go home with the discovered treasures! This class does include a snack. **This is a child only class.**

Age:..... 4-6 years
Instructor:..... Staff
Min/Max: 3/6
Location: Recreation Center
Fees: \$32/R, \$42/NR, \$35/NN
Day:..... Tuesday

CODE	DATE	TIME
331104-01	10/29	3:30P-4:30P

EARLY CHILDHOOD & YOUTH ONE DAY EVENTS

OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class



Holiday Etiquette 101

Have your child ready to enjoy the holidays with ease and confidence! By learning basic etiquette skills, your child will navigate in various social situations with ease and certainty. My focus is on teaching manners as a demonstration of kindness, consideration, and respect toward others. This class offers the “other voice” to convey the common courtesies that parents try to teach at home. A snack will be served to practice their new etiquette skills. Dress code suggestions: dress/skirt and blouse or khakis, nice pants and collared shirt (sport coat optional). Co-op WS

Age:..... 9-14 years
Instructor:..... Lisa Genser
Min/Max: 4/8 per agency
Location: Western Springs Recreation Center
Fees: \$61/R, \$79/NR, \$67/NN
Day:..... Sunday

CODE	DATE	TIME
332101-01	11/10	2:00P-3:15P

My First Holiday Etiquette Class

Have your child ready to enjoy the holidays with ease and confidence! By learning basic etiquette skills, your child will navigate in various social situations with ease and certainty. My focus is on teaching manners as a demonstration of kindness, consideration, and respect toward others. This class offers the “other voice” to convey the common courtesies that parents try to teach at home. A snack will be served to practice their new etiquette skills. Dress code suggestions: dress/skirt and blouse or khakis, nice pants and collared shirt (sport coat optional). Co-op WS

Age:..... 5-8 years
Instructor:..... Lisa Genser
Min/Max: 4/8
Location: Western Springs Recreation Center
Fees: \$56/R, \$73/NR, \$62/NN
Day:..... Sunday

CODE	DATE	TIME
331101-01	11/10	12:30P-1:30P

Adorable Christmas Puppies

Have you dreamed of having a pet? Each child will receive an adorable puppy to stuff and bring to life. Then select a special name for their new friend to fill out on the birth certificate. Participants will also be decorating t-shirts, a rhinestone collar and a blanket. Co-op WS

Age:..... 3-10 years
 (3–5-year-olds must be accompanied by an adult)
Instructor:..... Ultimate Classes & Parties
Min/Max: 3/6
Location: Western Springs Recreation Center
Fees: \$37/R, \$48/NR, \$41/NN
Day:..... Tuesday

CODE	DATE	TIME
332805-01	12/3	6:30P-7:30P

EARLY CHILDHOOD & YOUTH ONE DAY EVENTS

Parent/Child Holiday Gift Making

Come for a memorable night with your sons/daughters and celebrate season of giving! Staff will assist in this unique class with each couple designing/decorating and wrapping surprises. Each couple makes and takes home 3 adorable gifts of wood, ceramic and beading/jewelry with paints, embellishments, stickers and more. Perfect for any recipient this holiday. A station for making tags, wrapping paper and decorating gift bags is available to conceal gifts. This class will be a treasured memory of the 2024 holiday season! Co-op WS

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

CODE	DATE	TIME
331513-01	12/9	6:00P-7:00P



Holiday Time With Your Special Girl

Girls, bring your American Girl doll or any other similar sized doll to this awesome class. We will be designing adorable outfits to celebrate the holiday. This class will also include holiday themed jewelry making. Our program wouldn't be complete without a trip to the beauty shop, where you will find a variety of hair clips and ribbons perfect for any holiday celebration. This has been a favorite, so sign up early. Co-op WS

Age:..... 3-10 years
 (3-5-year-olds must be accompanied by an adult)
Instructor:..... Ultimate Classes & Parties
Min/Max: 4/8
Location: Western Springs Recreation Center
Fees: \$37/R, \$48/NR, \$41/NN
Day:..... Tuesday

CODE	DATE	TIME
331602-01	12/10	6:30P-7:30P

Santa's Little Helper

This holiday class is sure to help your child feel the Christmas spirit! During Santa's Little Helper we will read holiday stories and make a cool holiday craft! Each participant will create a special project to display at home during the holiday season! This class does include a snack.

This is a child only class. Co-op WS

Age:..... 3-5 years
Instructor:..... Staff
Min/Max: 3/6
Location: Recreation Center
Fees: \$32/R, \$42/NR, \$35/NN
Day:..... Tuesday

CODE	DATE	TIME
361008-01	12/10	3:30P-4:30P

KIDDIE KOLLEGE

Moms and Dads, preschool is right around the corner! Is your little one ready for that exciting step? This class is a great prep for preschool. We will provide a variety of activities that will initiate socialization, classroom etiquette, as well as being exposed to colors 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: 6/10
Location: Recreation Center
Fees: \$101/R, \$131/NR, \$111/NN (Section 01 & 05)
 \$125/R, \$163/NR, \$138/NN (Section 02 & 06)
 \$88/R, \$114/NR, \$97/NN (Section 03 & 07)
 \$75/R, \$98/NR, \$83/NN (Section 04 & 08)
 \$150/R, \$195/NR, \$165/NN (Section 09 & 13)
 \$163/R, \$212/NR, \$179/NN (Section 10 & 14)
 \$138/R, \$179/NR, \$152/NN (Section 11 & 15)
 \$113/R, \$147/NR, \$124/NN (Section 12 & 16)

Day:..... Monday, Wednesday & Friday or Tuesday & Thursday

CODE	DATES	TIME	DAYS
331020-01	9/3-9/26	9:00A-10:30A	Tue/Thur
331020-02	10/1-10/31	9:00A-10:30A	Tue/Thur
331020-03	11/5-11/26	9:00A-10:30A	Tue/Thur
331020-04	12/3-12/19	9:00A-10:30A	Tue/Thur
331020-05	9/3-9/26	10:45A-12:15P	Tue/Thur
331020-06	10/1-10/31	10:45A-12:15P	Tue/Thur
331020-07	11/5-11/26	10:45A-12:15P	Tue/Thur
331020-08	12/3-12/19	10:45A-12:15P	Tue/Thur
331020-09	9/4-9/30	9:00A-10:30A	M/W/F
331020-10	10/2-10/30	9:00A-10:30A	M/W/F
331020-11	11/1-11/27	9:00A-10:30A	M/W/F
331020-12	12/2-12/20	9:00A-10:30A	M/W/F
331020-13	9/4-9/30	10:45A-12:15P	M/W/F
331020-14	10/2-10/30	10:45A-12:15P	M/W/F
331020-15	11/1-11/27	10:45A-12:15P	M/W/F
331020-16	12/2-12/20	10:45A-12:15P	M/W/F



EARLY CHILDHOOD & YOUTH ACTIVITIES

Spa Science

Become a beauty chemist. Make lip gloss, lotions, slime, and so much more! Learn the basics of facials, make-up, and explore nutrition. Make delicious snacks too! We'll take home all of our creations! Co-op WS & LP

Age:..... 5-12
Instructor:..... Bright Child Learning Company
Min/Max: 3/6
Location: Recreation Center
Fees: \$235/R, \$305/NR, \$259/NN
Day:..... Monday

CODE	DATES	TIME
332716-01	9/9-11/4	4:00P-5:00P

Class Will Not Meet On: 10/14

Super Slime and Goopy Chemistry

It's time for slime! Become a mad scientist! Brew up crazy concoctions, and maybe even an explosion or two. Come prepared to get messy and have a great time! Co-op WS & LP

Age:..... 5-12
Instructor:..... Bright Child Learning Company
Min/Max: 3/6
Location: Recreation Center
Fees: \$235/R, \$305/NR, \$259/NN
Day:..... Tuesday

CODE	DATES	TIME
332721-01	9/10-11/5	4:00P-5:00P

Class Will Not Meet On: 10/15

Vamos Youth Spanish

Learning a second language can open a world of possibilities for your child. In this class students will learn Spanish conversation and some Spanish grammar, reading, and writing skills through interactive and engaging activities. New and exciting material each session!

Age:..... 6-10
Instructor:..... Language in Action, Inc
Min/Max: 6/12
Location: Recreation Center
Fees: \$122/R, \$159/NR, \$134/NN
Day:..... Thursday

CODE	DATES	TIME
332834-01	10/24-12/12	6:00P-6:45P

Class Will Not Meet On: 10/31 & 11/28

Space

Are you fascinated by space or aliens? Through science experiments and projects, you'll have so much fun learning about space and the planets! Build rockets, make aliens and do so much more! Co-op LP

Age:..... 5-12
Instructor:..... Bright Child Learning Company
Min/Max: 3/6
Location: Recreation Center
Fees: \$235/R, \$305/NR, \$259/NN
Day:..... Wednesday

CODE	DATES	TIME
332834-01	9/11-11/6	4:00P-5:00P

Class Will Not Meet On: 10/16

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

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

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

FUN
Designed
FOR INDIVIDUALS WITH DISABILITIES



SEASPAR SERVES THE RESIDENTS OF:

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



Have you heard?

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

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



Ben M.
SEASPAR Participant

INCLUSION SERVICES

Inclusion involves a variety of supports to meet the needs of different participants. The need for support for an individual can vary from program to program, season to season. Needs and resources will be assessed to determine the appropriate support for the participant within the program. Inclusion support may come in the form of: observations, program modifications, visual aids & sensory tool kits, training and inclusion aides.

The Park District of La Grange Before and After School Program partners with SEASPAR (South East Association for Special Parks and Recreation) to make every effort to provide participants with varying abilities reasonable accommodations. Should your child be in need of inclusion services, please follow these steps:

- Parent/Guardian of the participant, at the time of program registration, must mark the “special accommodations” box on the registration form.
- Once the registration form is submitted, the Park District of La Grange will contact the Parent/Guardian and direct them to complete the INCLUSION INTAKE FORM online.
- Based on the information received, SEASPAR and the Park District of La Grange will develop and prepare an Inclusion Support Plan to determine the appropriate level of support needed to create a successful environment for the participant.
- Communication between SEASPAR, the Park District of La Grange and the family continues throughout the process.



Please note, if the “special accommodations” box is not marked at the time of registration, the Park District of La Grange and SEASPAR cannot guarantee inclusion accommodations can be made prior to the first day of the program. Based on the information received on the Inclusion Intake Form, the participant may not be able to participate in the program until an inclusion aide is secured. A minimum 3 week notice is needed to secure inclusion aides.

****The Park District of La Grange staff is NOT responsible for diaper changing or toileting participants.**



ROCK 'N' KIDS PROGRAMS

Maracas and clackers and tambourines, too; it's musical fun just for you! Our active, music-based, creative play programs include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening and following directions skills, and more! Structured activities are age appropriate by class and include use of engaging rhythm instruments, movement props, and sensory materials. Sing, dance, play, learn and imagine!
www.rockitkids.com.

Tot Rock

Age:..... 12 months-30 months years with parent
Instructor:..... Rock 'n' Kids
Min/Max: 4/12
Location: Recreation Center
Fees: \$90/R, \$117/NR, \$99/NN
Day:..... Tuesday

CODE	DATES	TIME
351510-01	9/10-10/15	9:00A-9:40A
351510-02	10/29-12/10	9:00A-9:40A

Class Will Not Meet On: 11/26

Kid Rock

Age:..... 2-4 years with parent
Instructor:..... Rock 'n' Kids
Min/Max: 4/12
Location: Recreation Center
Fees: \$90/R, \$117/NR, \$99/NN
Day:..... Tuesday

CODE	DATES	TIME
351511-01	9/10-10/15	9:45A-10:25A
351511-02	10/29-12/10	9:45A-10:25A

Class Will Not Meet On: 11/26

Baby Kid Rock NEW

Baby Rock is the newest member of the Rock 'n' Kids family! A unique combination of sensory experiences with stimulating music and exercises to help strengthen and stretch your baby. Activities will include sing alongs, exposure to simple instruments and sensory props, bean bag massages, motion exercises, bubbles, and more! Please bring a blanket or mat and get ready for a rockin' good time with your tiniest dancer!
www.rockitkids.com.

Age:..... 3 months-12 months (non-walkers) with parent
Instructor:..... Rock 'n' Kids
Min/Max: 4/12
Location: Recreation Center
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Tuesday

CODE	DATES	TIME
351552-01	9/10-10/15	10:35A-11:05A
351552-02	10/29-12/10	10:35A-11:05A

Class Will Not Meet On: 11/26



PERFORMING ARTS

Wizard of Oz Jr.

Directed by Spencer Douglas Clark. Join Dorothy and her loyal companion Toto as they “Follow the Yellow Brick Road” through the Land of Oz, determined to reach the Emerald City, where the great and powerful Wizard of Oz will help them get home. Of course, along the way, Dorothy encounters witches (both good and bad), Munchkins, talking trees and winged monkeys. But most importantly, she befriends three unique characters: a Scarecrow with no brain, a Tin Man with no heart, and a Lion with no “nerve.” Their journey to happiness – and self-awareness – is a glowing testament to friendship, understanding and hope in a world filled with both beauty and ugliness.

NOTE: Auditions are scheduled on a first come first serve basis. Video auditions are permitted if there is a conflict preventing attendance on the day of auditions, email Spence before sending in a video.

Audition materials to prepare will be sent in an email following your request along with a designated audition time.

To schedule an audition and request a time slot, please email Spencer Clark at sclark@communityparkdistrict.org.

AUDITIONS will be held at the Community Park District Recreation Center. On Saturday September 7th from 8am-5pm. Callbacks will be September 8th from 8am-5pm.

Age:..... 8-18

Instructor:..... Community Park District Staff

Location: 1501 Barnsdale Rd, La Grange Park

Fees: Free Audition
\$250 Casting Fee

Day:..... September 7th

Code:..... 352588-01



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



PERFORMING ARTS

Young Actors Club

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

Age:..... 4-7
Instructor:..... Shining Star Production
Min/Max: 7/16
Location: Recreation Center
Fees: \$64/R, \$83/NR, \$70/NN
Day:..... Friday

CODE	DATES	TIME
352517-01	9/20-10/18	3:45P-4:30P
352517-02	10/25-12/13	3:45P-4:30P

Class Will Not Meet On: 11/1, 11/8, & 11/29

Jingle Bell Time with Tiny Toes Music

Take a break from the hustle and bustle of the season! Have a holly jolly time with other Tiny Toes Music families as you sing and dance to your favorite songs in addition to well-known holiday classics. Get ready for festive songs, chants and fingerplays, instrument activities with sticks, eggs, and drums, as well as movement activities with scarves and dancing! And of course, lots of laughter and fun with other friends and families. Jingle Bell Time is the perfect class to get you in the holiday spirit. Join us! You'll be so glad you did. The more the merrier! Infant siblings under nine months old can attend for free. For more information, visit www.TinyToesMusic.com.

Age:..... 0-6 (parent/child class)
Instructor:..... Tiny Toes Music
Min/Max: 6/15
Location: Recreation Center
Fees: \$89/R, \$117/NR, \$98/NN
Day:..... Tuesday

CODE	DATES	TIME
351585-01	12/3-12/17	4:30P-5:15P
351585-02	12/3-12/17	5:30P-6:15P

Music Together with Tiny Toes Music

Each week, babies, toddlers, preschoolers, and the grownups who love them gather for 45 minutes of fun-filled family music time with Tiny Toes Music. Your teacher will lead you and the other families in music activities ranging from lullabies to full-on jam sessions (with child-friendly instruments, of course!). In Music Together's mixed age classes, everyone participates at their own levels: babies vocalize, listen and observe; toddlers play and experiment; and preschoolers build confidence as they emerge as classroom leaders. Grownups are happy because everyone can come to class together! You'll take home the award-winning music used in class, along with an illustrated songbook and other resources. You'll be supporting your child's music-learning and overall development all week long as you discover new ways to play with music together. It's so much fun, you won't realize how much learning is taking place! Infant siblings under 9 months attend for free and any caregiver (parent, nanny, or grandparent) can participate in this family music experience. For more information, visit www.TinyToesMusic.com. Co-op WS

Age:..... 0-6 (parent/child class)
Instructor:..... Tiny Toes Music
Min/Max: 4/8
Location: Recreation Center
Fees: \$284/R, \$369/NR, \$312/NN
Day:..... Tuesday

CODE	DATES	TIME
351584-01	9/24-11/12	4:30P-5:15P
351584-02	9/24-11/12	5:30P-6:15P

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!



PARK DISTRICT OF LA GRANGE BEFORE & AFTER SCHOOL RECREATIONAL EXPERIENCE

Where can your kids go to have fun while you begin or end your workday? BASE! One of the major goals of The Before and After School Program is to create a safe, secure and comforting environment and recreational experience for each child.

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

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

The program follows School District 102 and St. Francis Xavier yearly calendar. When there are dates on the school calendar with no school, we offer specialty camps at the Park District. The camps are for families registered in BASE and attending consistently every day, throughout the school year. There is a separate registration process for the specialty camps. Students must be registered for each of the specialty camps in order to attend. Parents receive the specialty camp dates, times and fees when the school year begins in August.

Registration Information:

A non-refundable \$75.00 registration fee is charged per child each school year. Before and After School registration is offered in the spring. The registration payment is due upon registering your child. You may register online or in person at the Park District of La Grange. Once registered, you will receive an email from ePACT. ePACT is the secure network we use to collect important information for the BASE program which must be complete before the first attendance day.

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

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

Schedules and Attendance:

One schedule is due for the year. If there is a schedule change, you will need to notify your school site lead. It is important we have any changes in your child's daily schedule so we can notify the classroom teachers who is attending each day/week.

Before and After School Hours::

Hours of Operation: 7am-8:30am Monday-Friday
3:15pm-6:00pm M, T, TH, F
Wednesdays 2:30pm-6:00pm

Barnsdale Road School
Cossitt
Congress Park
Forest Road
Ogden Ave.
St. Francis Xavier

For more information, please contact
Program Manager, Leanna Hartung
leannahartung@pdlg.org 708-588-2233



GYMNASTICS CLASSES

Tumbling On

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

Age:..... 8-12 years
Instructor:..... SportsKids Inc.
Min/Max: 6/16
Location: Recreation Center
Fees: \$108/R, \$140/NR, \$119/NN
Day:..... Saturday

CODE	DATES	TIME
312618-01	10/26-12/14	10:45A-11:45A

Class Will Not Meet On: 11/30



Tumbling for Beginners

Start out learning the proper way to perform rolls, handstand, and cartwheels. This class is a great way to have an introduction to tumbling and to open the door to gymnastics possibilities. Please bring a labeled water bottle.

Age:..... 7-12 years
Instructor:..... SportsKids Inc.
Min/Max: 6/16
Location: Recreation Center
Fees: \$108/R, \$140/NR, \$119/NN
Day:..... Monday

CODE	DATES	TIME
312617-01	9/9-10/21	7:30P-8:30P
312617-02	10/28-12/16	7:30P-8:30P

Class Will Not Meet On: 11/25

Girls Beginner Gymnastics

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

Age:..... 7-10 years
Instructor:..... SportsKids Inc.
Min/Max: 6/16
Location: Recreation Center
Fees: \$108/R, \$140/NR, \$119/NN
Day:..... Thursday

CODE	DATES	TIME
312648-01	9/5-10/17	7:30P-8:30P
312648-02	10/24-12/19	7:30P-8:30P

Class Will Not Meet On: 10/31, 11/28

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



YOUTH & ADULT MARTIAL ARTS CLASSES



Jujitsu Mighty Mites

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 purchase) and insurance fee (six months/\$20 or 1 year/\$30) paid to the instructor.

Age:..... 4-7 years

Instructor:..... Filiberto Gutierrez

Min/Max: 5/20

Location: Recreation Center

Fees: \$145/R, \$190/NR, \$160/NN (One Day)
 \$190/R, \$247/NR, \$209/NN (Two Day)
 \$230/R, \$299/NR, \$253/NN (Three Day)

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

CODE	DATES	TIME	DAY
311600-01	9/3-10/22	5:00P-6:00P	Tuesday
311600-02	9/5-10/24	5:00P-6:00P	Thursday
311600-03	9/7-10/26	10:00A-11:00A	Saturday
311600-04	9/3-10/26	Times Vary	Two Days
311600-05	9/3-10/26	Times Vary	Three Days
311600-06	11/5-12/17	5:00P-6:00P	Tuesday
311600-07	11/7-12/19	5:00P-6:00P	Thursday
311600-08	11/9-12/21	10:00A-11:00A	Saturday
311600-09	11/5-12/21	Times Vary	Two Days
311600-10	11/5-12/21	Times Vary	Three Days

Class Will Not Meet On: 10/17, 10/19, 11/28

Jujitsu Juniors

Age:..... 8-12 years

Instructor:..... Filiberto Gutierrez

Min/Max: 5/20

Location: Recreation Center

Fees: \$145/R, \$190/NR, \$160/NN (One Day)
 \$190/R, \$247/NR, \$209/NN (Two Day)
 \$230/R, \$299/NR, \$253/NN (Three Day)

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

CODE	DATES	TIME	DAY
312550-01	9/3-10/22	6:00P-7:00P	Tuesday
312550-02	9/5-10/24	6:00P-7:00P	Thursday
312550-03	9/7-10/26	11:00A-12:00P	Saturday
312550-04	9/3-10/26	Times Vary	Two Days
312550-05	9/3-10/26	Times Vary	Three Days
312550-06	11/5-12/17	6:00P-7:00P	Tuesday
312550-07	11/7-12/19	6:00P-7:00P	Thursday
312550-08	11/9-12/21	11:00A-12:00P	Saturday
312550-09	11/5-12/21	Times Vary	Two Days
312550-10	11/5-12/21	Times Vary	Three Days

Class Will Not Meet On: 10/17, 10/19, 11/28



YOUTH & ADULT MARTIAL ARTS CLASSES



Jujitsu Juniors Advanced

This class is an advancement of Danzan Ryu Jujitsu to elevate the student's talent and physical skills and continuing their path to Black Belt Level. This advanced class is a two-day registration. One day for the Friday advanced class and their choosing of another day for regular class. A prerequisite for this class is having a Blue Belt and Up to participate. Beginner students will NOT be permitted to register without the Jujitsu instructors' consent.

Age:..... 8-16 years

Instructor:..... Filiberto Gutierrez

Min/Max: 5/20

Location: Recreation Center

Fees: \$190/R, \$247/NR, \$209/NN

Day:..... Friday-Advanced

CODE	DATES	TIME	AGE	LEVEL
312557-01	9/6-10/25	6:00P-7:00P	8-12	(Advanced - Blue Belt and Up)
312557-02	9/6-10/25	7:00P-8:00P	12-16	(Advanced - Brown Belt and Up)
312557-03	11/8-12/20	6:00P-7:00P	8-12	(Advanced - Blue Belt and Up)
312557-04	11/8-12/20	7:00P-8:00P	12-16	(Advanced - Brown Belt and Up)

Class Will Not Meet On: 10/18

Teen Jujitsu

Danzan Ryu Jujitsu is a Japanese martial art developed in Hawaii, when translated into English, jujitsu means gentle, pliable, or flexible art. The gentleness of the art is expressed in the execution of the techniques, and is not reflected in the effect upon the attacker, except at the discretion of the person executing the technique. Using the techniques, a person may either control an attacker with minimum of pain (neutralization), or use a technique designed to produce a great deal of pain. Additional fees include uniform (optional to purchase) and insurance fee (6 months/\$35 or 1 year/\$60) paid to the instructor.

Age:..... 13-17 years

Instructor:..... Filiberto Gutierrez

Min/Max: 5/15

Location: Recreation Center

Fees: \$145/R, \$190/NR, \$160/NN (One Day)

\$190/R, \$247/NR, \$209/NN (Two Day)

\$230/R, \$299/NR, \$253/NN (Three Day)

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

CODE	DATES	TIME	DAY
313007-01	9/3-10/22	7:00P-8:00P	Tuesday
313007-02	9/5-10/24	7:00P-8:00P	Thursday
313007-03	9/7-10/26	12:00P-1:00P	Saturday
313007-04	9/3-10/26	Times Vary	Two Days
313007-05	9/3-10/26	Times Vary	Three Days
313007-06	11/5-12/17	7:00P-8:00P	Tuesday
313007-07	11/7-12/19	7:00P-8:00P	Thursday
313007-08	11/9-12/21	12:00P-1:00P	Saturday
313007-09	11/5-12/21	Times Vary	Two Days
313007-10	11/5-12/21	Times Vary	Three Days

Class Will Not Meet On: 10/17, 10/19, 11/28



YOUTH & ADULT MARTIAL ARTS CLASSES



Adult Jujitsu

Danzan Ryu Jujitsu is a Japanese martial art developed in Hawaii, when translated into English, jujitsu means gentle, pliable, or flexible art. The gentleness of the art is expressed in the execution of the techniques, and is not reflected in the effect upon the attacker, except at the discretion of the person executing the technique. Using the techniques, a person may either control an attacker with minimum of pain (neutralization), or use a technique designed to produce a great deal of pain. Additional fees include uniform (optional to purchase) and insurance fee (6 months/\$35 or 1 year/\$60) paid to the instructor.

Age:..... 18+ years

Instructor:..... Filiberto Gutierrez

Min/Max: 5/15

Location: Recreation Center

Fees: \$160/R, \$208/NR, \$176/NN (One Day)
 \$203/R, \$264/NR, \$223/NN (Two Day)
 \$247/R, \$321/NR, \$271/NN (Three Day)

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

CODE	DATES	TIME	DAY
313008-01	9/3-10/22	7:00P-8:30P	Tuesday
313008-02	9/5-10/24	7:00P-8:30P	Thursday
313008-03	9/7-10/26	12:00P-1:30P	Saturday
313008-04	9/3-10/26	Times Vary	Two Day
313008-05	9/3-10/26	Times Vary	Three Day
313008-06	11/5-12/17	7:00P-8:30P	Tuesday
313008-07	11/7-12/19	7:00P-8:30P	Thursday
313008-08	11/9-12/21	12:00P-1:30P	Saturday
313008-09	11/5-12/21	Times Vary	Two Day
313008-10	11/5-12/21	Times Vary	Three Day

Class Will Not Meet On: 10/17, 10/19, 11/28

Restorative Gentle Jujitsu

Why martial arts for seniors? What a great concept. Healthy living, healthy aging, and living longer, as we grow older we find ourselves limited by the years of wear and tear and the pain associated with it. Simple answer: reversing or slowing the effects of age and pain. In addition to acquiring the benefits of self-defense and self-protection, Danzan Ryu Jujitsu is a Japanese Martial Art developed in Hawaii, when translated into English, jujitsu means gentle, pliable, or flexible art. The gentleness of the art is expressed in the execution of the techniques, and is not reflected in the effect upon the attacker, except at the discretion of the person executing the technique. Additionally, this class will be free of any falling. Please note: All participants will need to purchase additional insurance for \$10 for 6 months or \$15 for 1 year on the first day of class.

Age:..... 55+ years

Instructor:..... Filiberto Gutierrez

Min/Max: 5/20

Location: Recreation Center

Fees: \$58/R, \$75/NR, \$64/NN (One Day)
 \$73/R, \$95/NR, \$80/NN (Two Day)

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

CODE	DATES	TIME	DAY
333641-01	9/3-10/22	9:30A-11:00A	Tuesday
333641-02	9/5-10/24	9:30A-11:00A	Thursday
333641-03	9/3-10/24	9:30A-11:00A	Two Days
333641-04	11/5-12/17	9:30A-11:00A	Tuesday
333641-05	11/7-12/19	9:30A-11:00A	Thursday
333641-06	11/5-12/19	9:30A-11:00A	Two Days

Class Will Not Meet On: 10/17, 11/28

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, Western Springs, and Countryside.

YOUTH & ADULT MARTIAL ARTS CLASSES



Kids Karate Club

Kids Karate Club is a high energy, progressive, motivational martial arts program developed specifically for kids to have fun while learning. Students will learn stances, strikes, blocks, kicks and sparring techniques all while building confidence. They will learn about strangers and how to combine the techniques they learn to protect themselves. This program targets many building blocks for children today; respect, self-esteem, leadership, and making good choices. **This is a year-round progressive martial arts program with belt progression through Black Belt.**

This program comes with the "Never Miss a Class Guarantee." If a student misses a class (i.e. schedule conflict, sick, etc) or the center closes for any reason, the missed classes will be available with pre-recorded, instructor led classes by belt level.

Kids Karate Club uniforms are required and are available at www.KidsKarate.com or from the instructor at class (needed by the second week of class). Parents may participate with their children at no cost other than purchasing a parent helper karate club uniform. For more info visit: www.KidsKarate.com

Please bring a water bottle to class. Co-Op LP

Age:..... 4-14 years

Instructor:..... Sensei Eric & Sensei Marie

Min/Max: 12/20

Location: Community Park District - 1501 Barnsdale Rd, La Grange Park

Fees: \$78/R, \$101/NR, \$86/NN

Day:..... Saturday

CODE	DATES	TIME	LEVEL
312806-01	8/24-10/12	9:00A-9:45A	Beginner
312806-02	8/24-10/12	9:50A-10:35A	Advanced
312806-03	10/26-12/14	9:00A-9:45A	Beginner
312806-04	10/26-12/14	9:50A-10:35A	Advanced

Testing Dates: 10/19 & 12/21

Double Class: 11/23

Class Will Not Meet On: 11/30



Taekwondo

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

Age:..... 3-18 years

Instructor:..... Bill De Jesus

Min/Max: 6/15

Location: Recreation Center

Fees: \$110/R, \$143/NR, \$121/NN

Day:..... Friday

CODE	DATES	TIME	AGE
312562-01	9/6-10/18	4:00P-5:00P	3-7
312562-02	9/6-10/18	5:05P-6:05P	5-18
312562-03	10/25-12/13	4:00P-5:00P	3-7
312562-04	10/25-12/13	5:05P-6:05P	5-18

Class Will Not Meet On: 11/29

YOUTH ATHLETIC LEAGUES

Youth Developmental League

The Youth Developmental Basketball League offers instruction as well as a competitive basketball league that allows the players the opportunity to grow and learn the game in a fun and exciting environment. Basic individual basketball skills and team concepts will be taught. Games will be officiated by IHSA Referees. Teams will practice one day a week either on Monday, Tuesday, Wednesday or Thursday. Practices are an hour long, chosen by coaches. Teams will be formed after the evaluation process has been completed.

Volunteer Parent Coaches are needed for the success of the league. If you are interested in coaching please contact Liam Sise, Athletic Supervisor - liamsise@pdlg.org

All Players will receive a Game Shirt & PDLG Basketball. We will not have practices or games Thanksgiving week, 11/25-11/30.

Player Fees: \$145/R, \$189/NR, \$160/NN

CODE	DIVISION	EVALUATION DATE	EVALUATION TIMES	PRACTICE DATES	PRACTICE TIMES	GAME DATES	GAME TIMES
312539-01	1 st /2 nd Grade Boys	October 7 th	6:30- 7:45pm	10/21 - 12/12	4:30- 5:30pm or 5:30- 6:30pm	- 11/2 - 12/14- off 11/30	8:30am- 4:00pm
312539-02	3 rd /4 th Grade Boys	October 9 th	6:30- 7:45pm	10/21 - 12/12	4:30- 5:30pm or 5:30- 6:30pm	- 11/2 - 12/14- off 11/30	8:30am- 4:00pm
312539-03	5 th /6 th Grade Boys	October 10 th	6:30- 7:45pm	10/21 - 12/12	4:30- 5:30pm or 5:30- 6:30pm	- 11/2 - 12/14- off 11/30	8:30am- 4:00pm
312539-04	7 th /8 th Grade Boys	October 10 th	6:30- 7:45pm	10/21 - 12/12	4:30- 5:30pm or 5:30- 6:30pm	- 11/2 - 12/14- off 11/30	8:30am- 4:00pm
312539-05	1st/2nd Grade Girls	October 7 th	6:30- 7:45pm	10/21 - 12/12	4:30- 5:30pm or 5:30- 6:30pm	- 11/2 - 12/14- off 11/30	8:30am- 4:00pm
312539-06	3 rd /4 th Grade Girls	October 9 th	6:30- 7:45pm	10/21 - 12/12	4:30- 5:30pm or 5:30- 6:30pm	- 11/2 - 12/14- off 11/30	8:30am- 4:00pm
312539-07	5 th /6 th Grade Girls	October 10 th	6:30- 7:45pm	10/21 - 12/12	4:30- 5:30pm or 5:30- 6:30pm	- 11/2 - 12/14- off 11/30	8:30am- 4:00pm
312539-08	7 th /8 th Grade Girls	October 10 th	6:30- 7:45pm	10/21 - 12/12	4:30- 5:30pm or 5:30- 6:30pm	- 11/2 - 12/14- off 11/30	8:30am- 4:00pm

SPORTS KIDS ATHLETIC CLASSES

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

Tot Track, Field & Fitness

This unique class will combine stretching, movement, and other fitness concepts with running, jumping, throwing and other skills used in track and field. Boys and girls will participate in Simon Says, Red Light- Green Light and other fitness games as well as sprints, relays, long distance walking, hurdles, long jump, discus throw, and other track and field events. Session will conclude with a fun-filled track and field meet on the last day of class. Please bring a labeled water bottle.

Age:..... 4-6 years
Instructor:..... Sports Kids Inc.
Min/Max: 6/16
Location: Recreation Center
Fees: \$42/R, \$55/NR, \$46/NN
Day:..... Monday

CODE	DATES	TIME
312687-01	9/9-9/30	4:00P-4:45P

Parent & Tot Triple Play Sports

This class features three sports: soccer, t-ball, and basketball. Young children develop motor skills while having fun throwing, catching, dribbling, running, and kicking like the big kids. A variety of activities designed around these three sports are played each week. Parents and their little athletes enjoy making new friends and working together. Please bring a labeled water bottle.

Age:..... 2-3 years with a parent
Instructor:..... Sports Kids Inc.
Min/Max: 6/16
Location: Recreation Center
Fees: \$28/R, \$36/NR, \$31/NN
Day:..... Monday

CODE	DATES	TIME
312718-01	9/9-9/30	4:45P-5:15P

Dad & Me Fun With Football

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

Age:..... 3-5 years with Dad
Instructor:..... Sports Kids Inc.
Min/Max: 6/16
Location: Sedgwick Park
Fees: \$74/R, \$96/NR, \$81/NN
Day:..... Thursday

CODE	DATES	TIME
312736-01	9/5-10/17	5:30P-6:15P

Start Smart Golf

This class is a fun way for children to learn the lifelong game of golf. Boys and girls will receive golf swing instruction for all aspects of the game including full swing, pitching, chipping and putting. Creative games played in a non-competitive and safe environment make this a super-fun class for young golfers. Equipment will be provided. Please bring a labeled water bottle.

Age:..... 5-7 years
Instructor:..... Sports Kids Inc.
Min/Max: 6/20
Location: Sedgwick Park
Fees: \$74/R, \$96/NR, \$81/NN
Day:..... Thursday

CODE	DATES	TIME
312590-01	9/5-10/17	4:00P-4:45P

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!



SPORTS KIDS ATHLETIC CLASSES

Parent & Child Golf

We work with you and your child to help him or her learn the basics of golf using colorful equipment. Putting, chipping and tee work are mixed with easy instruction for proper form. Equipment will be provided and age appropriate. Please bring a labeled water bottle.

Age:..... 3-4 years with parent
Instructor:..... Sports Kids Inc.
Min/Max: 6/16
Location: Sedgwick Park
Fees: \$74/R, \$96/NR, \$81/NN
Day:..... Thursday

CODE	DATES	TIME
312784-01	9/5-10/17	4:45P-5:30P



Pee Wee Tennis

Your child will learn proper grip, basic strokes, and other beginning tennis fundamentals through lots of fun drills and tennis-like games. This class also will help children to develop hand-eye coordination, movement skills, and get a feel for the ball. Equipment will be provided and age appropriate. Boys and girls will have a blast and gain the proper foundation on which they may continue to build and develop their interest in tennis. Please bring a labeled water bottle.

Age:..... 4-6 years
Instructor:..... Sports Kids Inc.
Min/Max: 6/12
Location: Sedgwick Park
Fees: \$88/R, \$114/NR, \$97/NN
Day:..... Tuesday

CODE	DATES	TIME
312800-01	9/3-10/15	4:00P-4:45P

Junior Tennis

Your child will learn proper grip, basic strokes, and other beginning tennis fundamentals through lots of fun drills and tennis-like games. This class also will help children to develop hand-eye coordination, movement skills, and get a feel for the ball. Equipment will be provided and age appropriate. Boys and girls will have a blast and gain the proper foundation on which they may continue to build and develop their interest in tennis. Please bring a labeled water bottle.

Age:..... 7-9 years
Instructor:..... Sports Kids Inc.
Min/Max: 6/12
Location: Sedgwick Park
Fees: \$118/R, \$153/NR, \$130/NN
Day:..... Tuesday

CODE	DATES	TIME
312801-01	9/3-10/15	4:45P-5:45P

SPORTS KIDS ATHLETIC CLASSES

Youth Tennis

Young players concentrate on stroke development, rallying skills, and learning to play matches at a faster pace. Ball receiving and placement, court movement, and overall tennis strategy will be emphasized. Players will focus on their power and accuracy to improve their performance. Through challenging and exciting drills and matches, youngsters will develop the racket skills, coordination, agility, and stamina needed for recreational and competitive tennis play. Equipment will be provided. Please bring a labeled water bottle.

Age:..... 10-12 years
Instructor:..... Sports Kids Inc.
Min/Max: 6/12
Location: Sedgwick Park
Fees: \$118/R, \$153/NR, \$130/NN
Day:..... Tuesday

CODE	DATES	TIME
312802-01	9/3-10/15	5:45P-6:45P

3-on-3 Recreational Basketball

Players of all skill levels are encouraged to participate in this high-energy recreational program for budding hoops players. Boys and girls develop their dribbling, shooting, passing, rebounding and defensive skills through short skills sessions. The remaining time involves game play that enables them to apply these skills. Youngsters are assigned to different teams each week, and SportsKids Inc. coaches referee games in a teaching style. Games are played in a respectful, positive and safe environment emphasizing equal participation, teamwork and sportsmanship. Whether your child is new to the game or looking to improve basketball skills, this program is the perfect way to have FUN playing hoops! Please bring a labeled water bottle.

Age:..... 7-10
Instructor:..... Sports Kids Inc.
Min/Max: 6/20
Location: Recreation Center
Fees: \$42/R, \$55/NR, \$46/NN
Day:..... Monday

CODE	DATES	TIME
312602-01	9/9-9/30	5:15P-6:00P

Youth Pickleball

Ready to try the fastest growing sport in America? Pickleball is a fun sport that combines many elements of tennis, badminton and ping pong. Pickleball can be enjoyed by all ages and skill levels and is a fantastic hobby for young players for the same reason it is great for adults. The nature of the game is a strong equalizer from a skill-based perspective. We will cover pickleball basics such as grip, forehand, backhand and dink shots, serving, and court positioning. Players will also learn scoring and pickleball rules and have plenty of time for game play. Please bring a labeled water bottle. Equipment will be provided.

Age:..... 8-12
Instructor:..... Sports Kids Inc.
Min/Max: 6/10
Location: Sedgwick Park
Fees: \$81/R, \$106/NR, \$89/NN
Day:..... Wednesday

CODE	DATES	TIME
312804-01	9/4-10/16	4:30P-5:15P



ALL STAR SPORTS ATHLETIC CLASSES

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

Parent & Tot Sports

Age:..... 2-3 years with parent
Instructor:..... All Star Sports Instruction
Min/Max: 6/16 or 6/12
Location: Recreation Center or Community Center
Fees: \$75/R, \$98/NR, \$83/NN (Section 01)
 \$87/R, \$113/NR, \$96/NN (Section 02)
Day:..... Saturday

CODE	DATES	TIME	LOCATION
312638-01	9/7-10/12	9:00A-9:45A	Recreation Center
312638-02	10/26-12/14	9:00A-9:45A	Community Center

Class Will Not Meet On: 11/30

Junior Soccer

Age:..... 3-5 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/16 or 6/12
Location: Recreation Center or Community Center
Fees: \$75/R, \$98/NR, \$83/NN (Section 01)
 \$87/R, \$113/NR, \$96/NN (Section 02)
Day:..... Saturday

CODE	DATES	TIME	LOCATION
312636-01	9/7-10/12	10:00A-10:45A	Recreation Center
312636-02	10/26-12/14	10:00A-10:45A	Community Center

Class Will Not Meet On: 11/30

Junior Hoops

Age:..... 3-5 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/16 or 6/12
Location: Recreation Center or Community Center
Fees: \$75/R, \$98/NR, \$83/NN (Section 01)
 \$87/R, \$113/NR, \$96/NN (Section 02)
Day:..... Thursday or Saturday

CODE	DATES	TIME	DAY	AGE	LOCATION
312641-01	9/5-10/10	4:00P-4:45P	Thursday	3-4	Recreation Center
312641-02	9/7-10/12	12:00P-12:45P	Saturday	3-5	Recreation Center
312641-03	10/24-12/19	4:00P-4:45P	Thursday	3-4	Community Center
312641-04	10/26-12/14	12:00P-12:45P	Saturday	3-5	Community Center

Class Will Not Meet On: 10/31, 11/28 and 11/30

Junior T-Ball

Age:..... 3-5 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/16 or 6/12
Location: Recreation Center or Community Center
Fees: \$75/R, \$98/NR, \$83/NN (Section 01)
 \$87/R, \$113/NR, \$96/NN (Section 02)
Day:..... Saturday

CODE	DATES	TIME	LOCATION
312637-01	9/7-10/12	11:00A-11:45A	Recreation Center
312637-02	10/26-12/14	11:00A-11:45A	Community Center

Class Will Not Meet On: 11/30

Basketball Skills

Age:..... 5-7 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/16 or 6/12
Location: Recreation Center
Fees: \$75/R, \$98/NR, \$83/NN (Section 01)
 \$87/R, \$113/NR, \$96/NN (Section 02)
Day:..... Thursday

CODE	DATES	TIME	DAY	LOCATION
312742-01	9/5-10/10	4:45P-5:45P	Thursday	Recreation Center
312742-02	10/24-12/19	4:45P-5:45P	Thursday	Community Center

Class Will Not Meet On: 10/31, 11/28



WHITE SOX CAMPS



Chicago White Sox Columbus Day Camp

This one-day camp covers all things baseball: hitting, fielding, throwing, catching and base running. Players will also participate in fun games to put their new skills to the test. Register at whitesox.com/play.

Session 1

Monday, October 14th, 2024

9:00AM-12:00PM

5-8 years old

\$65 per participant

Location: Park District of La Grange Recreation Center

Session 2

Monday, October 14th, 2024

1:00PM-4:00PM

8-12 years old

\$65 per participant

Location: Park District of La Grange Recreation Center

Chicago White Sox Thanksgiving Camp

This two-day camp covers all things baseball: hitting, fielding, throwing, catching and base running. Players will also participate in fun games to put their new skills to the test. Register at whitesox.com/play.

Session 1

Friday, November 29th-Saturday, November 30th, 2024

9:00AM-12:00PM

5-8 years old

\$120 per participant

Location: Park District of La Grange Recreation Center

Session 2

Friday, November 29th-Saturday, November 30th, 2024

1:00PM-4:00PM

8-12 years old

\$120 per participant

Location: Park District of La Grange Recreation Center





WHITE SOX YOUTH BASEBALL PROGRAMMING

🌀 AVAILABLE IN LA GRANGE 🌀

- CAMPS
- PRIVATE LESSONS
- TEAM TRAINING
- ELITE TRAVEL TEAMS



VISIT whitesox.com/play FOR MORE INFORMATION

ADULT ATHLETIC CLASSES

Adult Beginner Pickleball

Join the pickleball craze! Pickleball, a game that combines elements of tennis, badminton and ping pong, is sweeping the country. Pickleball players use paddles and 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. This class is for those who have never played pickleball before or who have very limited experience with the sport. It will focus on pickleball basics such as forehand and backhand shots, serving, and court positioning. Players will also learn scoring and the rules of the game through drills and playing time. The slower pace of this class will give players the opportunity to develop the skills needed to play this fun and energetic game. All equipment will be provided.

Age:..... 18 years & older
Instructor:..... Sports Kids Inc.
Min/Max: 6/10
Location: Recreation Center or Sedgwick Park
Fees: \$108/R, \$140/NR, \$119/NN
Day:..... Tuesday, Wednesday or Saturday

CODE	DATES	TIME	DAY	LOCATION
313537-01	9/4-10/16	5:15P-6:15P	Wednesday	Sedgwick Park
313537-02	9/7-10/19	11:00A-12:00P	Saturday	Recreation Ctr.
313537-03	9/10-10/22	9:30A-10:30A	Tuesday	Recreation Ctr.
313537-04	10/29-12/17	9:30A-10:30A	Tuesday	Recreation Ctr.
313537-05	10/30-12/18	1:15P-2:15P	Wednesday	Recreation Ctr.

Class Will Not Meet On: 11/26, 11/27

Adult Advanced Beginner Pickleball

Join the pickleball craze! Pickleball, a game that combines elements of tennis, badminton and ping pong, is sweeping the country: Pickleball players use paddles and 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. This class is for advancing beginners who have some experience and want to move at a faster pace to improve their basic shots and strategy. Players will participate in challenging drills to work on consistency in forehand and backhand shots, serving, volleying, dinks and lobs. Through matches played each week, players will get the chance to take their game to the next level by learning how to play smarter, not harder. All equipment will be provided.

Age:..... 18 years & older
Instructor:..... Sports Kids Inc.
Min/Max: 6/10
Location: Recreation Center or Sedgwick Park
Fees: \$108/R, \$140/NR, \$119/NN
Day:..... Tuesday or Wednesday

CODE	DATES	TIME	DAY	LOCATION
313528-01	9/3-10/15	6:45P-7:45P	Tuesday	Sedgwick Park
313528-02	9/4-10/16	6:15P-7:15P	Wednesday	Sedgwick Park
313528-03	9/10-10/22	10:30A-11:30A	Tuesday	Recreation Ctr.
313528-04	10/29-12/17	10:30A-11:30A	Tuesday	Recreation Ctr.
313528-05	10/30-12/18	2:15P-3:15P	Wednesday	Recreation Ctr.

Class Will Not Meet On: 11/26, 11/27

Co-ed Adult Bags League

Teams will play three games up to 21 points each night, with the possibility of teams playing double headers. League will follow America Cornhole Association rules. Prizes will be awarded to the top teams, depending upon registration. Registration is per team, with a roster max of 4 players per team. **Captains' information will go out 1 week ahead of the season start date.** Co-Op LP

Age:..... 18 and older
Instructor:..... LP Staff
Min/Max: 1/4
Location: Memorial Park Tennis Courts - 132 W Oak Ave, La Grange Park
Fees: \$100/R, \$130/NR, \$110/NN
Day:..... Monday

CODE	DATES	TIME	DAY
313645-01	8/26-10/28	6:00P-8:00P	Monday

ADULTS

OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class

Dungeons and Dragons Club

Come to the park district for some fun! Bring your friends or meet new ones and play hours of friendly games of dungeons and dragons every Monday night. Dungeons and Dragons game boards are not provided, and we recommend that you bring your own. Participants must check-in at the front desk.

Age:..... 18+

Location: Recreation Center

Fees: \$25 Annual Membership

Day:..... Monday



CODE	DATES
9/9-12/30	5:30P-8:00P

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

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

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

InterfaithCommunityPartners.org | 708-354-9328



SENIORS

Pinochle Tuesdays

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

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

DATES	TIME
9/3-12/17	11:30A-2:00P

Class Will Not Meet On: 12/24 & 12/31

Full Monty at Paramount Theater

From the unemployment line to the self-made man, The Full Monty bares it all! The Full Monty is a side-splitting musical that follows Jerry, Dave and pals, part of a group of unemployed steelworkers in Buffalo, New York. With their backs to the wall, they decide to create a male strip show to help pay their mortgages and provide for their families after layoffs. Throw any old thing on top of your birthday suit, and join us for this empowering tale that proves the naked truth that anything can be accomplished with the right mix of friends and courage. The songs in this 10-time Tony Award nominee capture the spirit of the '90s, delivering the goods with songs like "You Rule My World" and inspiring lyrics in "Breeze Off the River". The Full Monty delivers a feel-good experience that challenges stereotypes and celebrates the triumph of the human spirit. Lunch will be served before the show at the Paramount Ballroom. **Your fee includes transportation, lunch, tax, gratuity, and the show. Registration deadline is Monday August 26th. Participants will meet at the Pleasantdale Park District Rec Center. Co-op PD**

Age:..... 50+
Staff: Pleasant Dale Park District Staff
Min/Max: 3/5
Location: Pleasant Dale Park District/Paramount Theater
Fees: \$88/R, \$114/NR, \$97/NN
Day:..... Wednesday

DATES	DATE	TIME
343062-01	9/4	11:00A-5:30P

Matinée Movie Club

We'll meet at the Recreation Center every 3rd Wednesday for a movie, activity and light meal (Pizza, Sandwiches). The movie selection will follow along with the themes and ranges from new releases to timeless classics. Please call our office at 708-354-4580 to place your name on the mailing list. Co-op

Age:..... 55+
Location: Community Park District Recreation Center
Day:..... 3rd Wednesday of the month

CODE	DATE	TIME	FEE	THEME
333835-01	8/21	12:00P-2:00P	\$10	Summer Splash
333835-02	9/18	12:00P-2:00P	\$10	Back to School
333835-03	10/16	12:00P-2:00P	\$10	Oktoberfest
333835-04	11/20	12:00P-2:00P	\$10	Fall Colors
333835-05	12/18	12:00P-2:00P	\$10	Holiday Season



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, Western Springs, and Countryside.

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



LA GRANGE FITNESS

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

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

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

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

FITNESS HOURS OF OPERATION

Monday-Thursday 5:00am to 9:00pm
 Friday 5am to 7pm
 Saturday 6:00am to 3pm
 Sunday 7:00am to 1pm

SHORTENED HOURS

4th of July 7:00am to 12:00 pm
 Labor Day 7:00am to 12:00 pm
 Memorial Day 7:00am to 12:00 pm
 Christmas Eve 7:00am to 12:00 pm
 New Years Eve 7:00am to 12:00 pm

CLOSED

Christmas Day
 New Year's Day
 Thanksgiving
 Easter Sunday

REGISTRATION

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

GUEST VISITS (ID REQUIRED)

**Includes use of the fitness center, locker room and walking track. Group Fitness classes not included.*

\$10 per day

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

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

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

ADDITIONAL FEES

Initiation Fee: \$25 per membership

INDIVIDUAL PERSONAL TRAINING FEES

MEMBER/NON-MEMBER RATES

1 session: \$55/\$80
 3 sessions: \$150/\$225
 5 sessions: \$235/\$350
 10 sessions: \$450/\$670

GROUP PERSONAL TRAINING FEES

2 or More Participants: MEMBER/NON-MEMBER RATES

(Fee Per Person, Members must form group):

1 session: \$40/\$58 5 sessions: \$180/\$260
 3 sessions: \$115/\$170 10 sessions: \$340/\$500

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

Student: Individuals age 16-24 with current student ID

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

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

Resident: Individuals residing in La Grange

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

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

*PRICING SUBJECT TO CHANGE

MEMBERSHIP RATES

Membership	Monthly Resident	Monthly Non-Resident	Monthly Neighborhood Network	Year Resident	Year Non-Resident	Year Neighborhood Network
Individual	\$35	\$50	\$42	\$396	\$492	\$432
Couple	\$60	\$75	\$67	\$696	\$876	\$756
Additional Member	\$25	\$35	\$30	\$276	\$336	\$300
Student	\$30	\$40	\$35	\$336	\$408	\$360
Senior	\$30	\$40	\$33	\$336	\$408	\$360
Senior Couple	\$50	\$65	\$57	\$516	\$636	\$564

PERSONAL TRAINING

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

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

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

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



LISE GORAJSKI

Personal Trainer

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

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



CINDY MCAULIFFE

Personal Trainer

Cindy has been a fitness enthusiast for 30 plus years. With a passion for caring for herself and others. She is certified through the International Sports Science Association (ISSA) and has a Precision Nutrition Level 1 Certification in exercise nutrition. Together you will set and achieve goals for a unique fitness and nutrition journey. No matter your fitness goals, you will not find a more positive and determined personal trainer/nutrition coach.

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



IVAN HALL

Personal Trainer

Ivan is a certified personal trainer through the National Academy of Sports Medicine (NASM). A graduate of Denison University in Granville, OH, Ivan holds a Bachelor's degree in Athletic Training. In college, Ivan was a mid-distance sprinter on the track and field team, and he still enjoys running today. His passion for health and fitness has led him to become a personal trainer - with a focus on total body strength. He helps his clients work toward the 5 components of fitness - cardio, muscular endurance, flexibility, muscular strength, and lean body mass. He is passionate about helping his clients and loves to see them succeed.

Availability: Mon, Tues, Thurs, Fri 7:00AM-7:00PM; Wed 7:00AM-4:00PM; Sat 7:00AM-10:00AM

Fitness Programs at



LA GRANGE
FITNESS

How can you attend fitness classes?

Everyone must register in one of 2 ways

- 1) Online by scanning QR Code below or click here
- 2) In person at the Fitness or Recreation Desk

How do I register online?

For Fitness Member (FM) and Non-Fitness Member (NFM):

- Scan the QR Code below
- Login or create an account
- Enter activity code
- Select class, add to cart and pay

How much does it cost?

Fitness Members of La Grange (FM)

- Express Classes: FREE
- 7 Week Classes: FREE
- 8 Week Classes: FREE
- Drop in classes: FREE

Non-Fitness Members (NFM) pay

- Express Classes \$60
- 7 Week Classes \$79
- 8 Week Classes \$90
- Drop in classes \$15/class

Drop in classes: Sign-up at the fitness desk 30 minutes prior to class. First come, first serve.

Are there virtual classes and how much?

Answer: Yes! Classes that are also virtual will have a * next to the class time.

-1 Class Pass/\$15 -5 Class Pass/\$65 -10 Class Pass/\$120

Use registration code 323692 at pdlg.org

Do you need more information?

Scan the QR Code to register and read class descriptions



DON'T MISS THE SPECIAL WORKSHOPS

To register: 1) At Fitness Desk 2) online at pdlg.org
Workshops are NOT included in LGF memberships.

Restorative Yoga

Sept 19, Oct 24,
Nov 21, Dec 12
6:30-7:45 pm

Code: 323652

\$25/person

Sound Journey & Gong Wash Meditation

September 8
November 17
3:00-5:00 pm

Code: 323713

\$35/person

Focus on the Back, Spine & SI Joints

November 1
1:00-3:00 pm

Code: 323717

\$35/person

Intro to Indoor Cycle

October 6
11:00 am-12:30 pm

Code: 323759

\$20/person

Yoga Nidra

October 9
December 4
6:30-7:45 pm

Code: 323716

\$25/person

Fitness Programs at



**LA GRANGE
FITNESS**

Class	Code #	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Barre Sculpt & Core	323651			6:00 pm				
Boot Camp	323504						8:40 am	
Butts & Guts	323528						8:00 am	
Flow Yoga	323539							10:45 am
Cardio Sculpt	323755		8:30 am			6:00 am		
Cycle Express + Down to Core Stretch	323642		9:30 am					
Down To Core	323757							9:40 am
Full Body Strength	323754	9:15 am 5:30 pm	5:45 am		5:45 am			
Gentle Yoga	323506		9:45 am			10:00 am *		
Golden Barre	323629				8:30 am			
Yoga Fundamentals	323711				12:00 pm *			
Indoor Cycle	323753	5:45am 8:00 am 6:30 pm		5:45 am 8:00 am		8:30 am	7:00 am	
Muscles & Motion	331086		11:00 am		10:45 am			
Pilates	323640				8:45 am			
Sculpt & Abs	323685			5:45 pm				
Step Aerobics	323750						8:15 am	
Strength & Conditioning	323681		5:30 pm		9:45 am			
Strength, Core & Balance	323688			8:50 am				
Yoga	323520	10:30 am *	6:30 pm *	10:00 am	6:30 pm	9:30 am	9:40 am 11:30 am *	
Zumba	323756		6:35 pm					8:30 am
Zumba Gold	323577			9:30 am				
Zumba Toning & Abs	323705				6:00 pm			

*indicates hybrid class

**Session 1 runs from 9/3-10/27
Session 2 runs from 10/28-12/22
(classes will not meet on 11/28)**



Scan the QR Code for class descriptions

VOLUNTEER INFORMATION



Volunteers Wanted!

Interested in volunteering?

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

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

If interested, please fill out this form and send or drop off to Kevin

Miller, Director of Recreation,
536 East Ave., La Grange, IL 60525.

Name: _____

Address: _____

Phone: _____

Email: _____

