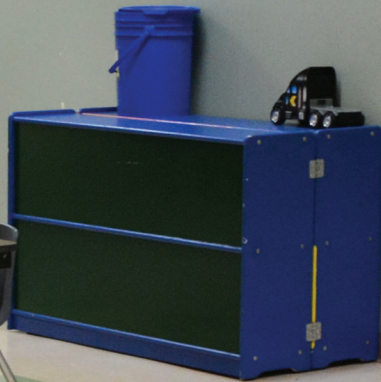
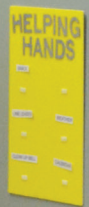


# FALL 2020

- Resident registration begins: THURSDAY, 8/20
- Non-resident registration begins: THURSDAY, 8/27



**DRIBBLE, PASS,  
SHOOT**

Youth Developmental League

**LEARNING  
LADDERS  
PRESCHOOL**

Hi Ho Hi Ho, It's Off To  
School I Go

La Grange & Countryside residents get resident rates!

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

## Recreation Center

536 East Avenue, La Grange, Illinois 60525  
 Telephone: (708) 352-1762 • Fax: (708) 352-8591  
**Administrative Office Hours:** 9 am - 5pm ..... Mon. - Fri.  
**Front Desk/Phone Hours:** 8 am - 9 pm ..... Mon.-Fri.  
 8 am - 6 pm ..... Sat.  
 10 am - 5 pm ..... Sun.  
**Summer Front Desk/Phone Hours:**  
**May 26 - Sept. 6**  
 8 am - 5 pm ..... Mon.-Fri.  
 9 am - 1 pm ..... Sat.  
 Closed ..... Sun.  
**Closed .... 9/7, 11/26, 12/25, 1/1**  
**(8am-1pm 12/24, 12/31)**  
**SEE PAGE 38 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	www.ayso300.org
Boy Scouts of America	708/354-1111
Bulls/Sox Training Academy-La Grange	708/588-2275
Bulls/Sox Training Academy-Lisle	630/324-8221
City of Countryside	708/354-7270
Community Diversity Group	708/579-5114
Community Park Dist. of 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	630/544-5900
La Grange Area Newcomers-Jane Byczek	708/354-1807
La Grange Art League	708/352-3101
La Grange Babe Ruth League	708/354-8730
La Grange Business Association	708/352-0494
La Grange Little League	www.lagrangelittleleague.com
La Grange Garden Club-Bev Sturtz	630/789-6557
La Grange Public Library	708/352-0576
La Grange Historical Society	708/482-4248
Leader Shop	708/579-5898
NAACP	708/352-4897
Pleasant Dale Park District	630/662-6220
SEASPAR	630/960-7600
Southwest Suburban Sr. Center	708/354-1323
Village of La Grange	708/579-2300
Western Springs Rec. Dept.	708/246-9070
West Suburban Chamber	708/352-0494

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## Resident Registration

**La Grange and Countryside Residents**  
**Thursday, August 20th • 8:00 am - 5:00 pm**

Recreation Center, 536 East Avenue

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

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

PLEASE NOTE: In order to register online you will need to stop in the Rec. Center at 536 East Avenue to set up an online account. There is a form to complete and proof of address is required. You will be emailed a username and password allowing you to access online registration. The deadline to set up an online account for registration on 8/20 is 8/19. 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 7:00 pm. *Meeting dates, times and location subject to change.*

### PDLG FACILITIES & CLASS LOCATIONS

**PDLG Recreation Center**  
536 East Avenue

**PDLG Community Center & Park**  
200 South Washington Avenue

**PDLG Denning Park**  
4903 South Gilbert Avenue

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

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

**PDLG Gordon Park**  
Ogden and Locust Avenue

**PDLG Waiola Park**  
47th Street and Waiola Avenue

**Hanesworth Park**  
26th & Barnsdale Road, La Grange Park

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

**Cossitt School**  
115 W. Cossitt Avenue, La Grange

**Flagg Creek Gold Course**  
6939 Wolf Road, Indian Head Park

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

**Ideal School**  
9901 West 58th Street, Countryside

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

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

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

**Western Springs Recreation Center**  
1500 Walker Street, Western Springs

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

**Countryside Park**  
61st Street and Meadow Drive, Countryside

**City Park**  
61st Street and Ashland Avenue, Countryside

## Park Board of Commissioners

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

**Vice President**, Tim O'Brien [timobrien@pdlg.org](mailto:timobrien@pdlg.org)

**2nd Vice President**, Dan Collins [dancollins@pdlg.org](mailto:dancollins@pdlg.org)

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

**Commissioner**, Brian Opyd [brianopyd@pdlg.org](mailto:brianopyd@pdlg.org)

## Board Appointments

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

**Board Treasurer**, Robert Metzger

## Important E-mail Addresses

**General** [pdlginfo@pdlg.org](mailto:pdlginfo@pdlg.org)

**FOIA Requests** [foiaofficer@pdlg.org](mailto:foiaofficer@pdlg.org)

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

## Park District Staff

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

## Finance Staff

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

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

## Recreation/Facility Staff

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

**Assistant Supt. of Recreation**, Teresa Chapman [teresachapman@pdlg.org](mailto:teresachapman@pdlg.org)

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

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

**Assistant Supt. of B.A.S.E.** Melissa Seaberg [melissaseaberg@pdlg.org](mailto:melissaseaberg@pdlg.org)

**Marketing & Events Supervisor**, TBD

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

**Supt. of LaGrange Fitness**, Jenny Bechtold, CPRP [jennybechtold@pdlg.org](mailto:jennybechtold@pdlg.org)

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

**Maintenance Supervisor**, Josh Wiencsek [joshwiencsek@pdlg.org](mailto:joshwiencsek@pdlg.org)

**Facility Rental Coordinator**, Andrea Weismantel [andreaweismantel@pdlg.org](mailto:andreaweismantel@pdlg.org)

## Parks Department Staff

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

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

*APRP - Associate Park & Recreation Professional*

*CPRP - Certified Park & Recreation Professional*

*PPRP - Provisional Park & Recreation Professional*

# REGISTRATION INFORMATION

## 1. RESIDENT REGISTRATION ONLY

Walk-in resident registration will take place on Thursday, 8/20 from 8:00 am-5:00 pm at the Recreation Center, 536 East Avenue, and continues thereafter during regular office hours. Residents can only register their own family during resident registration on 8/20. Countryside residents may also register beginning 8/20.

## 2. NON-RESIDENT REGISTRATION

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

## 3. ONLINE REGISTRATION

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

## 4. FIRST COME FIRST SERVED

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

## 5. PROGRAM WAITING LISTS

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

## 6. FALSE INFORMATION/RESIDENT PRIORITY

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

## 7. REFUNDS AND CANCELLATION

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

## 8. INSUFFICIENT FUNDS FEE:

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

## 9. FEE CODE

The fee code used in this brochure is as follows:

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


## 10. PROOF OF RESIDENCY

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

## 11. NEIGHBORHOOD NETWORK (NN)

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

## 12. CO-OP PROGRAMMING

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

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

## 13. SENIOR DISCOUNT

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

## 14. PROOF OF AGE

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

## 15. PAYMENT/ENROLLMENT VERIFICATION

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. Driver's license required for checks.

## 17. REGISTER EARLY!

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

## 18. FEES SUBJECT TO CHANGE WITHOUT NOTICE

## 19. ADA ACCOMMODATIONS

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

## EMERGENCY CLOSING INFORMATION

Please check our website [www.pdlg.org](http://www.pdlg.org) for weather related/emergency closing information

### WHY ARE THERE INITIALS NEXT TO THE PROGRAMS?

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

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

### OTHER SYMBOLS:



- Parent/Child Program



- Cooperative Program



- New Class



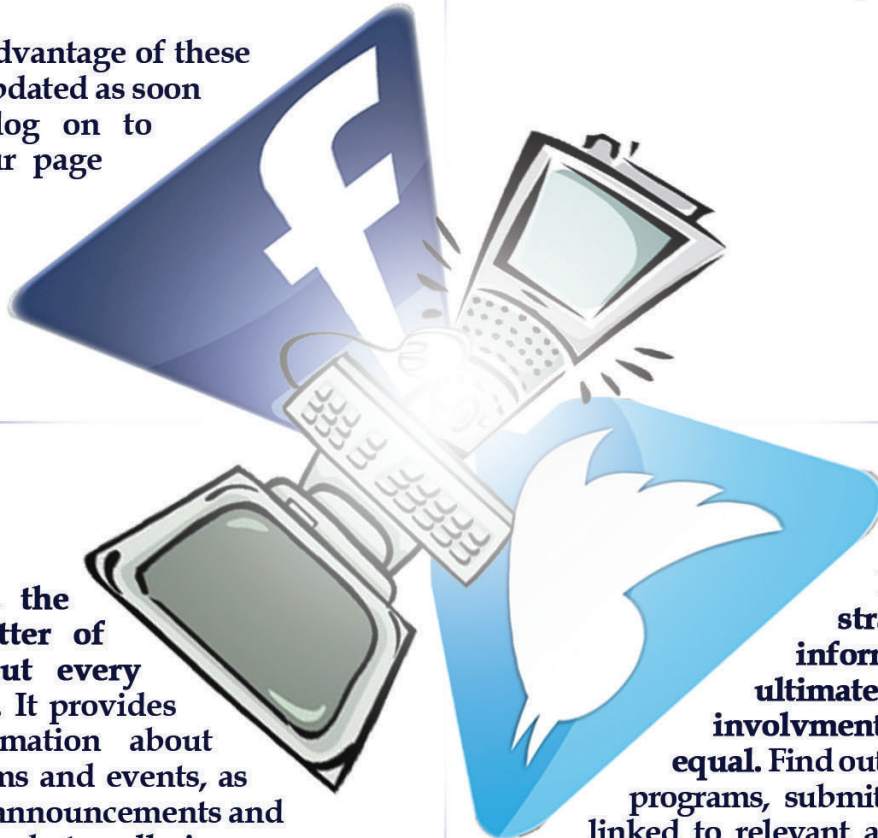
# DIGITAL RESOURCES

**"Your Fun Destination" at your fingertips!**

## Facebook

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

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



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

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

## eNewsletter

## Mobile Website

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

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

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

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

## Twitter

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

Please visit our website at [www.pdlg.org](http://www.pdlg.org) for more information on booking details. You may also contact Andrea Weismantel at (708) 352-1762 or [andreaweismantel@pdlg.org](mailto:andreaweismantel@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 50 people, we have a variety of rooms to suit your needs! In addition to party rooms, we also have rooms that can be rented for small meetings. The rates listed below are for residents and non-resident rentals. Due to Restore Illinois Guidelines, our meeting and party rooms are limited to 50 people or less with social distancing or 50% of overall facility.

### Party Room 105/Party Room 106

*(fee per room, double for both)*

**Res. \$30/hr**

**Non-res. \$38/hr**

Each room holds a max of 15 people. Can be opened to one large room for 25 people.

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

**Res. \$30/hr**

**Non-res. \$38/hr**

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

### Room 112 *(Room holds maximum of 25 people)*

**Res. \$30/hr**

**Non-res. \$38/hr**

### Shared Indoor Playground Access

In accordance with Phase 4 of the Restore Illinois Guidelines, the Indoor Playground and Fun Jump remain closed.

### Fun Jump

In accordance with Phase 4 of the Restore Illinois Guidelines, the Indoor Playground and Fun Jump remain closed.

### After Hours Rentals

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

**Extra \$20/hr**

*After hour rates apply to all Sunday rentals Memorial Day - Labor Day. Summer rentals must be a minimum of three hours.*

## DeSITTER ROOM RENTAL RATES

Resident . . . . .	\$ 100 per hour	Max 50 people
Non-Resident . . . . .	\$ 120 per hour	
Kitchen Rental	<i>Res.</i> \$ 30 per event	
	<i>Non-res.</i> \$ 40 per event	
Alcohol Permit . . . . .	\$150 per event	
<i>(Beer, Wine Products only - Renter supplies own alcohol)</i>		
After Hours. . . . .	\$ 20 per hour extra	

### RENTAL POLICY

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

# The Perfect Room to Celebrate all Occasions!



- Weddings
- Birthdays
- Graduations
- Anniversaries
- Corporate Events



the *De Sitter*  
ROOM

the *De Sitter*  
ROOM



Park District of La Grange  
536 East Avenue, La Grange, IL 60525  
Room Rental Information call 708-352-1762  
[www.pdlg.org](http://www.pdlg.org)

# GYM RENTAL/USAGE INFORMATION

## Gym Rental

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

### Rental Policy

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

### Rental Rates (per court)

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

### Volleyball Court Rental

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

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

## NO ADMITTANCE WITHOUT ID

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

# RECREATION CENTER USAGE FEES

	Resident Fee	Non-Resident Fee	Neighborhood Network
<b>Daily Indoor Track</b>	\$3 per person	\$5 per person	\$5 per person
<b>Daily Indoor Playground</b>	\$3 per child (3-12 Years) **Free (under 3 Years)	\$5 per child (3-12 Years) \$2 per child (1 & 2 Years)	\$5 per person (3-12 Years) \$2 per child (1 & 2 Years)
<b>Individual Yearly</b>	\$28 per year (16 & Older)	\$42 per year (16 & Older)	\$31 per year (16 & Older)
<b>Family Yearly</b>	\$50 per year	\$75 per year	\$55 per year
<b>Senior Yearly</b>	\$24 per year (55 & Older)	\$37 per year (55 & Older)	\$28 per year (55 & Older)
<b>Student Yearly*</b>	\$24 per year	\$37 per year	\$28 per year

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

## INDOOR TRACK

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

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

Summer Hours (5/24-9/6)	
Monday- Friday.....	8am - 5pm
Saturday.....	9am - 12pm
Sunday.....	CLOSED

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

Closed 9/7, 11/26, 12/25, 1/1

## INDOOR PLAYGROUND

Due to the Covid-19 pandemic and state issued guidelines indoor playgrounds are to remain closed in stage 4.

Below are the tentative hours the Indoor Playground will be open when guidelines allow.

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

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

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

Closed 9/7, 11/26, 12/25, 1/1

All hours & fees are subject to change without notice.

## Open Gym Policies

### Park District ID

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

#### How can I get a FREE Park District ID?

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

### Courts/Nets/Dividers/Basketballs/Volleyballs/Pickleball Equipment

For a volleyball net to be put up there MUST be a minimum of 8 participants. Please call ahead —subject to availability. Curtains can be lowered to divide the courts. Only Park District staff is authorized to lower curtains.. The dividers are to be used as a backdrop. No participant is permitted to throw directly into the dividers. No one is allowed to lift a divider to go underneath or hang on a divider during the raising or lowering. This activity throws the cables off their track. **NO DUNKING** during open gym. **Basketball hoops will not be lowered for open gym or private rentals.**

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

### Pick up Games

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

### Clothing/Loss of Personal Property

No headgear may be worn in the gym during open gym hours including bandanas, baseball caps, sweat bands, skullcaps, etc. All headgear must be removed prior to entering the gymnasium. Participants are required to wear gym shoes while participating in open gym activities. Shirts must be worn at

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

### Food/Spitting/Alcohol, Drugs, & Tobacco

NO food or drink allowed in the gymnasium. Beverages are allowed in the social area ONLY. Please dispose of empty bottles and wrappers in the garbage receptacles. NO GUM in the gym. Please dispose of gum in receptacles prior to entering the gymnasium. Spitting is not allowed. Please use garbage receptacles if necessary. No one will be allowed to be under the influence of alcohol or other drugs during open gym hours. Violators will be asked to leave the facility immediately and may have their Park District privileges suspended or revoked. No chewing tobacco or smoking is allowed in any Park District facility.

### Sportsmanship/Language/Respect/Music/Headphones

Any participants engaging in a fight or other acts of poor sportsmanship will, without refund, be removed from the Recreation Center for a period of time set by the Superintendent of Facilities. Any participants using inappropriate language (NO SWEARING) or showing disrespect towards other participants nor Park District Staff will, without refund, be removed from the Recreation Center for a period of time set by the Superintendent of Facilities. No headphones or amplified music will be allowed during open gym activities.

### Track

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

### Open Pickleball

Open Pickleball Play

Bring your own paddle and balls or borrow equipment at the front desk.

Open games to be played. Nets will be provided by the park district.

Mondays 11am-2pm (one court 11am-12pm, two courts 12pm-2pm)

Thursday 9am-12pm (two Courts)

**On days off school and holidays, the number of courts and times may vary.**

Drop In fees: \$5 Resident/\$8 Non-Residents

Yearly pass includes 24 visits

## Open Gym Punch Pass

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

Age	10 Pass
5-13 yrs	\$12/R, \$30/NR
14 yrs & older	\$30/R, \$48/NR

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

### DAILY OPEN GYM FEES

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

**NO REFUNDS**

# COMMEMORATIVE TREE PROGRAM



## Commemorative Tree Program



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

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

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



Trees start at \$340 depending on species.

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

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

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

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

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



## Family Bingo Night! (TC)

Get out of the house and enjoy an affordable, fun, family night of bingo! Children must be accompanied by an adult. Price listed per person. Must pre-register! **Registration deadline is September 26th.** Co-op WS

*Age:*..... 3 years & older  
*Instructor:*..... Staff  
*Min/Max:* ..... 10/20 per agency  
*Location:* ..... Recreation Center  
*Fees:* ..... \$5/R, \$5/NR, \$5/NN per person  
*Day:*..... Friday

CODE	DATES	TIME
344515-01	10/2	6:00P-7:30P

## Holiday Tree Lighting (TC)

Tuesday, December 8

Join the Park District of La Grange as we kick off the holiday season with an old-fashioned Tree Lighting in Waiola Park on Tuesday, December 8th from 6:00-7:00 p.m. This event will feature holiday entertainment and special visitors from the North Pole. Warm up with some cookies and hot cocoa as you and your family enjoy the wonderful tree decorations. Get your family, friends, or a group together and purchase a holiday tree to decorate. Stop by the Recreation Center to register and pick up the tree decorating guidelines. The tree cost is \$65 and the deadline to purchase a tree is Monday, November 16<sup>th</sup>. Each tree includes lights and you can decorate your tree any time after Thursday, December 3<sup>rd</sup>.

CODE	344516-01
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## Cinderella Ball (TC)

Dress in a magical princess ball gown to dance with Cinderella and her friends. Enjoy a buffet meal, a royal craft, dancing, and more. Parents, please accompany your child. **Registration deadline is October 18<sup>th</sup>.** Co-op LP

*Age:*..... 2-12 years with parent  
*Location:* ..... Staff  
*Min/Max:* ..... 15/30  
*Location:* ..... Recreation Center  
*Fees:* ..... \$26/R, \$36/NR, \$31/NN per child  
 Parents - Free, registration required  
*Day:*..... Friday

CODE	DATES	TIME	INFO
344026-01	11/6	6:00P-7:30P	Children
344026-02	11/6	6:00P-7:30P	Parents Ages 18+



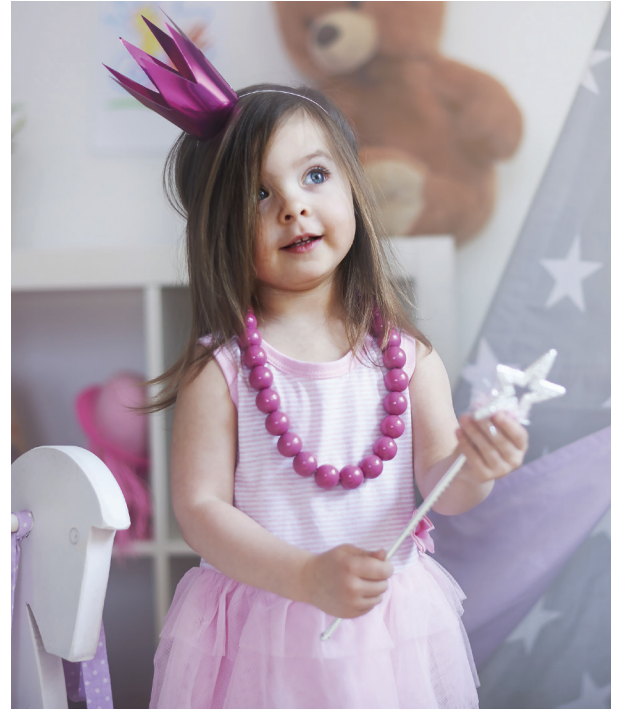
# SPECIAL EVENTS

## Sweetheart Night (AW)

This year enjoy a night at home with your special girl. Each registered girl will receive a bag filled with her own tiara, necklace, picture frame, individually wrapped cookie, recipes to make at home that night, and more! There will be an hour Zoom dance party that all guests will receive an invite for and be able to make up to a 2 song request. This is open to ages 2 and up. Each additional child is \$10. **In order to receive a goody bag you must be registered.** Bag pick up will be Mon 11/9-Thurs 11/12 9a-5p at the Recreation Center at 536 East Avenue. **The registration deadline for this program is November 4th.**

*Age:*..... 2 years and older  
*Instructor:*..... Staff  
*Min/Max:* ..... 20/50  
*Location:* ..... Virtual  
*Fees:* ..... \$25/R, \$33/NR, \$28/NN  
 (Additional child \$10)  
*Day:*..... Friday

CODE	DATES	TIME
341005-01	11/13	7:00P-8:00P



## Donuts with Santa (AW)

Make your list and check it twice because Santa knows you've been good this year! Join us for donuts, hot chocolate and a take home craft. 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. Choose from two time slots and you are invited to stay and eat with us or take your food to eat at home. **Registration deadline is November 30th.** Co-op LP

*Age:*..... Believers of all ages!  
*Instructor:*..... Staff  
*Min/Max:* ..... 18/25 (per time)  
*Location:* ..... Recreation Center  
*Fees:* ..... \$12 per person  
*Day:*..... Sunday

CODE	DATES	TIME
344025-01	12/6	9:00A -10:00A
344025-02	12/6	10:30A-11:30A





## Learning Ladders Preschool 2020 - 2021

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

You will receive a handbook which includes the payment schedule at the time of registration. The Learning Ladders Preschool Program meets from September 8, 2020 through May 7, 2021.

A \$100.00 **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. This can be set up with a credit card or checking account. Payments will be made in eight monthly auto debit payments from August 15, 2020-March 15, 2021.

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

## Registration

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

**When:** Resident and Non-Resident registration is currently ongoing.

A non-refundable \$100 deposit is required at registration. Registration continues until a class has reached its maximum enrollment. If a class has not reached the minimum by Friday, August 7th, 2020 it will be cancelled.

## Program Philosophy

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

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



## Goals and Objectives

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

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

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

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



# LEARNING LADDERS MEET N' GREET

## Tuesday, September 1, 2020

### 5:30 pm - 6:00 pm

Gilbert Park Building.....Brown Bears  
Gilbert Park Building.....Black Bears  
Sedgwick Park.....Little Lions  
Recreation Center, Room 105.....Creative Cardinals

### 6:30 pm - 7:00 pm

Sedgwick Park.....Eager Eagles  
Sedgwick Park.....Curious Kangaroos  
Recreation Center, Room 105.....Great Geckos

### 6:00 pm - 6:30 pm

Gilbert Park Building.....Middle Monkeys  
Sedgwick Park.....Leaping Lizards  
Recreation Center, Room 103.....Playful Penguins


### 7:00 pm - 7:30 pm

Gilbert Park Building.....Tall Tigers  
Recreation Center, Room 105.....Wonder Wolves  
Recreation Center, Room 105.....Mighty Marlins

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




## Classes: GILBERT PARK BUILDING




**Brown Bears: Ages 2 ½ to 3 years**  
*Instructor:*..... TBD  
Monday & Wednesday 9-11 am  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$789/R, \$1,179/NR, \$867/NN



**Black Bears: 2 ½ to 3 years**  
*Instructor:*..... TBD  
Tuesday & Thursday 9-11 am  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$789/R, \$1,179/NR, \$867/NN




**Middle Monkeys: Ages 3 to 4 years**  
*Instructor:*..... TBD  
Tuesday & Thursday 12:15-2:45 pm  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$987/R, \$1,455/NR, \$1,086/NN




**Tall Tigers: Ages 4 to 5 years**  
*Instructor:*..... TBD  
Mon., Wed. & Fri. 12:15-2:45 pm  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$1,355/R, \$2,003/NR, \$1,490/NN


## Classes: RECREATION CENTER



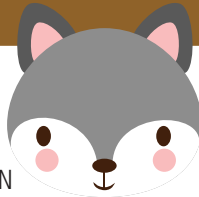
**Creative Cardinals: Ages 2 ½ to 3 years**  
*Instructor:*..... Traci Weyer  
Tuesday & Thursday 9-11 am  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$789/R, \$1,179/NR, \$867/NN



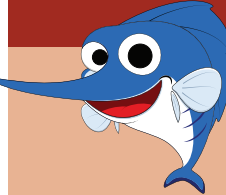
**Playful Penguins: Ages 3 to 4 years**  
*Instructor:*..... Traci Weyer  
Mon, Wed. & Fri. 9-11:30 am  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$1,355/R, \$2,003/NR, \$1,490/NN



**Great Geckos: Ages 3 to 4 years**  
*Instructor:*..... TBD  
Mon, Wed. & Fri. 9-11:30 am  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$1,355/R, \$2,003/NR, \$1,490/NN




**Wonder Wolves: Ages 4 to 5 years**  
*Instructor:*..... Terri Bogart  
Mon, Wed. & Fri. 12:15-2:45 pm  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$1,355/R, \$2,003/NR, \$1,490/NN




**Mighty Marlins: Ages 4 to 5 years**  
*Instructor:*..... TBD  
Tuesday & Thursday 12:15-2:45 pm  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$987/R, \$1,455/NR, \$1,086/NN


## Classes: SEDGWICK PARK BUILDING



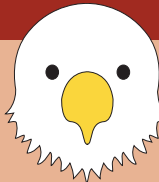
**Little Lions: Ages 2 ½ to 3 years**  
*Instructor:*..... Terri Bogart  
Tuesday & Thursday 9-11 am  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$789/R, \$1,179/NR, \$867/NN



**Curious Kangaroos: Ages 3 to 4 years**  
*Instructor:*..... TBD  
Tuesday & Thursday 12:15-2:45 pm  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$987/R, \$1,455/NR, \$1,086/NN



**Leaping Lizards: Ages 3 to 4 years**  
*Instructor:*..... Terri Bogart  
Mon, Wed. & Fri. 9-11:30 am  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$1,355/R, \$2,003/NR, \$1,490/NN



**Eager Eagles: Ages 4 to 5 years**  
*Instructor:*..... Traci Weyer  
Mon, Wed. & Fri. 12:15-2:45 pm  
*Min/Max:* ..... 6/12  
*Fee:* ..... \$1,355/R, \$2,003/NR, \$1,490/NN





**WHY ARE THERE INITIALS NEXT TO PROGRAMS**

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

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

**OTHER SYMBOLS:**

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

**Masterpieces for Munchkins (TC)**

Learn about the great masters of art. We'll dabble with the styles and techniques of artists through the ages and get cozy with the illustrators of renowned children's literature. Some free playtime will allow small group instruction. Snack will be served (parent's donation). Co-op WS

*Age:*..... 4-6 years  
*Instructor:*..... WS Staff  
*Min/Max:* ..... 2/4 per agency  
*Location:* ..... Western Springs Rec. Center  
*Fees:* ..... \$87/R, \$113/NR, \$96/NN  
*Day:*..... Monday

CODE	DATES	TIME
331523-01	9/14-10/26	1:00P-3:00P
331523-02	11/2-12/14	1:00P-3:00P

**By-Gym-Mini (TC)**

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

*Age:*..... 16 months – 3 years  
*Instructor:*..... Emily Reister  
*Min/Max:* ..... 5/10 per agency  
*Location:* ..... Grand Avenue Community Center  
*Fees:* ..... \$50/R, \$65/NR, \$55/NN  
*Day:*..... Wednesday

CODE	DATES	TIME	AGE
331501-01	9/16-10/28	9:00A-10:00A	16-24 months
331501-02	11/4-12/16	9:00A-10:00A	16-24 months
331501-03	9/16-10/28	10:00A-11:00A	2-3 years
331501-04	11/4-12/16	10:00A-11:00A	2-3 years

**Little Builders! (TC)**

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

*Age:*..... 3-5 years  
*Instructor:*..... Bricks 4 Kidz  
*Min/Max:* ..... 3/7  
*Location:* ..... Recreation Center  
*Fees:* ..... \$81/R, \$105/NR, \$89/NN  
*Day:*..... Monday

CODE	DATES	TIME
331581-01	9/14-10/19	10:00A-10:45A
331581-02	11/2-12/7	10:00A-10:45A

**Art Explorations (TC)**

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

*Age:*..... 4-6 years  
*Instructor:*..... Staff  
*Min/Max:* ..... 5/10  
*Location:* ..... Recreation Center  
*Fees:* ..... \$42/R, \$55/NR, \$46/NN  
*Day:*..... Friday

CODE	DATES	TIME
331100-01	9/18-10/16	3:00P-4:15P
331100-02	10/23-11/20	3:00P-4:15P

# EC & YOUTH ONE DAY EVENTS



## Dinosaur Dig (TC)

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

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

CODE	DATES	TIME
331106-01	10/17	9:30A-10:30A
331106-02	10/17	11:00A-12:00P

## Halloween Hunt (TC)

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!

**Age:** ..... 5-7 years  
**Instructor:** ..... Staff  
**Min/Max:** ..... 5/10  
**Location:** ..... Recreation Center  
**Fees:** ..... \$15/R, \$20/NR, \$17/NN  
**Day:** ..... Thursday

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

## Parent & Tot Pumpkin Carving (TC)

Hey kids! Grab your pumpkin and your parent to create your own pumpkin creation for Halloween! We'll provide the carving materials, decorations, as well as a Halloween snack. All you need to bring is a pumpkin along with your imagination! Co-op WS & LP

**Age:** ..... 2-6 years with parent  
**Instructor:** ..... Staff  
**Min/Max:** ..... 3/5 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$15/R, \$20/NR, \$17/NN  
**Day:** ..... Wednesday

CODE	DATES	TIME
344505-01	10/28	6:30P-7:30P

## Slime Time! (TC)

Let's create some SLIME together! Each participant will go home with a bag of slime. Co-op WS & LP

**Age:** ..... 6-10 years  
**Instructor:** ..... Staff  
**Min/Max:** ..... 3/5 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$15/R, \$20/NR, \$17/NN  
**Day:** ..... Thursday

CODE	DATES	TIME
332094-01	12/3	6:30P-7:30P

## Santa's Little Helper (TC)

This holiday class is sure to help your child feel the Christmas spirit! During Santa's Little Helper we will read holiday stories, play games and make a cool holiday craft! Each participant will create a special project to display at home during the holiday season! Co-op WS & LP

**Age:** ..... 3-6 years  
**Instructor:** ..... Staff  
**Min/Max:** ..... 3/5 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$15/R, \$20/NR, \$17/NN  
**Day:** ..... Wednesday

CODE	DATES	TIME
331008-01	12/9	3:30P-4:30P

## Fall Fest with your American Girl (TC)

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 fall. This class will also include holiday themed jewelry making. Our activity 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 Fall Festival celebration. This has been a favorite, so sign up early. Additional Child \$24.00. 3-5 year olds must be accompanied by an adult. Co-op WS

**Age:** ..... 3-10 years  
**Instructor:** ..... Ultimate Classes & Parties  
**Min/Max:** ..... 3/7 per agency  
**Location:** ..... Western Springs Rec. Center  
**Fees:** ..... \$34/R, \$44/NR, \$37/NN  
 (Additional child fee \$24.00)  
**Day:** ..... Tuesday

CODE	DATES	TIME
331096-01	9/22	6:30P-7:30P



NO PERSONAL BELONGINGS ON TRACK

ALL PARTICIPANTS PLAYING IN THE GYMNASIUM & TRACK MUST WEAR THEIR WEYBAND & ALWAYS HOLD IN THE

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### Artist Dream (TC)

Do you dream about becoming an artist? Then bring your imagination to this class and dress for a mess! Participants will design two 16x20 art pieces on canvas using paints, brushes, chinks, colored sand, and glitter so that you can design your own masterpieces. If time permits, an additional surprise art craft will be included! Let's get painting! Co-op WS

**Age:** ..... 7-13 years  
**Instructor:** ..... Ultimate Classes & Parties  
**Min/Max:** ..... 2/3 per agency  
**Location:** ..... Western Springs Rec. Center  
**Fees:** ..... \$35/R, \$46/NR, \$39/NN  
**Day:** ..... Tuesday

CODE	DATES	TIME
332731-01	10/6	6:30P-7:30P

### Magic Class

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

**Age:** ..... 5-12 years  
**Instructor:** ..... Magic Team of Gary Kantor  
**Min/Max:** ..... 3/10 per agency  
**Location:** ..... Western Springs Rec. Center  
**Fees:** ..... \$21/R, \$27/NR, \$23/NN  
**Day:** ..... Monday or Tuesday

CODE	DATES	TIME	DAY
352508-01	10/19	6:45P-7:40P	Monday
352508-02	12/1	5:00P-5:55P	Tuesday

## EARLY CHILDHOOD ATHLETICS

### Parent & Tot Gymnastics (KJ)

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

**Age:** ..... 2-3 years with parent  
**Instructor:** ..... Sports Kids Inc.  
**Min/Max:** ..... 5/8  
**Location:** ..... Recreation Center  
**Fees:** ..... \$42/R, \$55/NR, \$46/NN  
**Day:** ..... Wednesday or Saturday

CODE	DATES	TIME	DAY
314610-01	9/9-10/21	10:00A-10:45A	Wednesday
314610-02	9/5-10/17	9:00A-9:45A	Saturday
314610-03	10/28-12/16	10:00A-10:45A	Wednesday

Class Will Not Meet On: 11/25

### Parent & Tot Tumbling (KJ)

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

**Age:** ..... 2-3 years with parent  
**Instructor:** ..... Sports Kids Inc.  
**Min/Max:** ..... 5/8  
**Location:** ..... Recreation Center  
**Fees:** ..... \$34/R, \$41/NR, \$37/NN  
**Day:** ..... Tuesday

CODE	DATES	TIME
312685-01	9/8-10/20	9:30A-10:00A
312685-02	10/27-12/15	9:30A-10:00A

Class Will Not Meet On: 11/24

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# EARLY CHILDHOOD ATHLETICS



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

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

**Age:**.....2-3 years with parent  
**Instructor:**.....Sports Kids Inc.  
**Min/Max:** .....5/8  
**Location:** .....Recreation Center  
**Fees:** .....\$34/R, \$41/NR, \$37/NN  
**Day:**.....Monday

CODE	DATES	TIME
312696-01	8/31-10/19	9:00A-9:30A
312696-02	10/26-12/14	9:00A-9:30A

*Class Will Not Meet On: 9/7 and 11/23*

## Dad & Me Football (KJ)

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

**Age:**.....3-5 years with parent  
**Instructor:**.....Sports Kids Inc.  
**Min/Max:** .....5/8  
**Location:** .....Denning Park  
**Fees:** .....\$42/R, \$53/NR, \$46/NN  
**Day:**.....Thursday

CODE	DATES	TIME
312727-01	9/10-10/15	5:30P-6:15P

## Kidnastics (KJ)

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

**Age:**.....3-6 years  
**Instructor:**.....Sports Kids Inc.  
**Min/Max:** .....5/15  
**Location:** .....Recreation Center  
**Fees:** .....\$42/R, \$53/NR, \$46/NN  
**Day:**.....Wednesday or Saturday

CODE	DATES	TIME	AGE	DAY
311609-01	9/9-10/21	11:00A-11:45A	3-5	Wednesday
311609-02	9/9-10/21	1:00P-1:45P	4-6	Wednesday
311609-03	9/5-10/17	9:45A-10:30A	3-6	Saturday
311609-04	10/28-12/16	11:00A-11:45A	3-5	Wednesday
311609-05	10/28-12/16	1:00P-1:45P	4-6	Wednesday

*Class Will Not Meet On: 11/25*

## Kids Fit N' Fun (KJ)

Gain strength, flexibility and cardio awareness and improve motor development, spatial awareness, cognitive ability, socialization and sharing skills. Gym activities include exercises, bean bag games, relay races, animal movements, throwing soft frisbees, circle games, obstacle courses, tagging games, catching balls, parachute play and balloon activities. Children improve their confidence, cooperation while encouraging each other.

**Age:**.....3-6 years  
**Instructor:**.....Sports Kids Inc.  
**Min/Max:** .....5/15  
**Location:** .....Recreation Center  
**Fees:** .....\$42/R, \$53/NR, \$46/NN  
**Day:**.....Tuesday

CODE	DATES	TIME
312697-01	9/8-10/20	10:00A-10:45A
312697-02	10/27-12/15	10:00A-10:45A

*Class Will Not Meet On: 11/24*

### LOOK FOR NEIGHBORHOOD NETWORK FEES

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



### Pee Wee Track, Field, Fitness (KJ)

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

**Age:**..... 3-6 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 5/15  
**Location:** ..... Denning Park  
**Fees:** ..... \$42/R, \$53/NR, \$46/NN  
**Day:**..... Thursday

CODE	DATES	TIME
312684-01	9/10-10/15	4:00P-4:45P

### Pee Wee Lacrosse (KJ)

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

**Age:**..... 4-6 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 5/15  
**Location:** ..... Sedgwick Park  
**Fees:** ..... \$42/R, \$53/NR, \$46/NN  
**Day:**..... Wednesday

CODE	DATES	TIME
312682-01	9/9-10/14	4:00P-4:45P

### Pee Wee Volleyball (KJ)

Volleykidz is an introductory class for children 1st-3rd grade. The lesson plan introduces the pass, set and spike using a very light volleyball. Volleykidz will improve each child's hand/eye coordination and left/right coordination through the use of fun drills and games.

**Age:** ..... 6-9 years  
**Instructor:**..... EVP Volleyball  
**Min/Max:**..... 8/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$99/R, \$126/NR, \$108/NN  
**Day:**..... Thursday

CODE	DATES	TIME
312516-01	9/3-10/15	4:00P-5:00P
312516-02	10/29-12/17	4:00P-5:00P

*Class Will Not Meet On: 11/26*

### Junior Parent/Tot Sports (KJ)

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

**Age:**..... 2-3 years with parent  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 5/8  
**Location:** ..... Recreation Center or Community Center  
**Fees:** ..... \$69/R, \$89/NR, \$76/NN  
**Day:**..... Thursday or Saturday

CODE	DATES	TIME	DAY	LOCATION
312638-01	9/3-10/15	10:00A-10:45A	Thursday	Recreation Center
312638-02	9/5-10/17	9:00A-9:45A	Saturday	Recreation Center
312638-03	10/29-12/17	10:00A-10:45A	Thursday	Recreation Center
312638-04	10/31-12/19	9:00A-9:45A	Saturday	Community Center

*Class Will Not Meet On: 11/26 & 11/28*

### Junior Multi Sports (KJ)

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

**Age:**..... 3-6 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$69/R, \$89/NR, \$76/NN  
**Day:**..... Thursday

CODE	DATES	TIME	AGE
312640-01	9/3-10/15	10:45A-11:30A	3-4
312640-02	9/3-10/15	11:30A-12:30P	4-6
312640-03	10/29-12/17	10:45A-11:30A	3-4
312640-04	10/29-12/17	11:30A-12:30P	4-6

*Class Will Not Meet On: 11/26*

# EARLY CHILDHOOD ATHLETICS



## Junior Soccer (KJ)

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

**Age:**..... 3-6 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/15  
**Location:** ..... Recreation Center or Community Center  
**Fees:** ..... \$69/R, \$89/NR, \$76/NN (01-03; 06)  
 ..... \$78/R, \$98/NR, \$86/NN (04-05)  
**Day:**..... Monday or Saturday

CODE	DATES	TIME	AGE	DAY	LOCATION
312636-01	8/31-10/19	10:00A-10:45A	3-4	Monday	Recreation Center
312636-02	8/31-10/19	10:45A-11:45A	4-6	Monday	Recreation Center
312636-03	9/5-10/17	10:00A-10:45A	3-6	Saturday	Recreation Center
312636-04	10/26-12/14	10:00A-10:45A	3-4	Monday	Recreation Center
312636-05	10/26-12/14	10:45A-11:45A	4-6	Monday	Recreation Center
312636-06	10/31-12/19	10:00A-10:45A	3-6	Saturday	Community Center

*Class Will Not Meet On: 9/7 & 11/28*

## Junior T-Ball (KJ)

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

**Age:**..... 3-6 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/15  
**Location:** ..... Recreation Center or Community Center  
**Fees:** ..... \$69/R, \$89/NR, \$76/NN (01-03; 06)  
 ..... \$78/R, \$98/NR, \$86/NN (04-05)  
**Day:**..... Monday or Saturday

CODE	DATES	TIME	AGE	DAY	LOCATION
312637-01	8/31-10/19	12:00P-12:45P	3-4	Monday	Recreation Center
312637-02	8/31-10/19	12:45P-1:45P	4-6	Monday	Recreation Center
312637-03	9/5-10/17	11:00A-11:45A	3-6	Saturday	Recreation Center
312637-04	10/26-12/14	12:00P-12:45P	3-4	Monday	Recreation Center
312637-05	10/26-12/14	12:45P-1:45P	4-6	Monday	Recreation Center
312637-06	10/31-12/19	11:00A-11:45A	3-6	Saturday	Community Center

*Class Will Not Meet On: 9/7 & 11/28*

## Junior Hoops (KJ)

This program will introduce your children to the game of basketball if they are beginners and will help others get to the next level. Basic skills of dribbling, passing, shooting and defense will be taught. Games will be played to show the importance of teamwork.

**Age:**..... 3-6 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/15  
**Location:** ..... Recreation Center or Community Center  
**Fees:** ..... \$69/R, \$89/NR, \$76/NN  
**Day:**..... Thursday or Saturday

CODE	DATES	TIME	DAY	LOCATION
312641-01	9/3-10/15	4:00P-4:45P	Thursday	Recreation Center
312641-02	9/5-10/17	12:00P-12:45P	Saturday	Recreation Center
312641-03	10/29-12/17	4:00P-4:45P	Thursday	Recreation Center
312641-04	10/31-12/19	12:00P-12:45P	Saturday	Community Center

*Class Will Not Meet On: 11/26 & 11/28*

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# YOUTH ACTIVITIES

## Smart Start Art (TC)

“Every child is an artist” - Pablo Picasso. Blast off your imagination, explore faraway galaxies, and meet outrageous space creatures! Discover your creativity and imagination as an artist, developing fine motor skills, style, and vision as we explore different artistic techniques through a variety of inspiring projects. Sketch and draw, shade and color, cut, glue, fold... create! See your imagination come to life! Learn about great artists from throughout history and the present day, through a weekly featured artist and fun, exciting games. Earn ArtBelts™ as you learn and progress. No experience necessary. Co-op WS

**Age:**..... 5-8 years  
**Instructor:**..... After School Enrichment Solutions  
**Min/Max:** ..... 2/3 per agency  
**Location:** ..... Western Springs Rec. Center  
**Fees:** ..... \$90/R, \$117/NR, \$99/NN  
**Day:**..... Saturday

CODE	DATES	TIME
332072-01	10/3-11/14	10:45A-12:00P

Class Will Not Meet On: 10/31

## Robotics Adventures (TC)

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

**Age:**..... 6-8 years  
**Instructor:**..... Computer Explorers  
**Min/Max:** ..... 3/5 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$88/R, \$114/NR, \$97/NN  
**Day:**..... Thursday

CODE	DATES	TIME
332694-01	9/17-10/8	4:30P-6:00P

## Jurassic Brick Land (TC)

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

**Age:**..... 6-11 years  
**Instructor:**..... Bricks 4 Kidz  
**Min/Max:** ..... 5/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$113/R, \$147/NR, \$124/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
332696-01	9/15-10/20	5:00P-6:00P

## Galaxy Far Away (TC)

Join us on an adventurous journey through space! Build a rocket to blast through the atmosphere into a realm that is truly out of this world. Build a world where rebels and the dark side start epic battles. We'll build motorized models that represent spacecraft from your favorite popular space movie. We will also learn a lot about space along the way. Come experience this stellar journey to a galaxy far away! Children will work in teams of two and each child will take home a custom mini-figure at the end of the session. Co-op LP

**Age:**..... 6-11 years  
**Instructor:**..... Bricks 4 Kidz  
**Min/Max:** ..... 5/10 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$113/R, \$147/NR, \$124/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
332698-01	11/3-12/8	5:00P-6:00P

# YOUTH ACTIVITIES



## Manners Matter (TC)

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

**Age:**..... 7-11 years  
**Instructor:**..... Western Springs Staff  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Western Springs Rec. Center  
**Fees:** ..... \$60/R, \$78/NR, \$66/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
332100-01	10/20-11/10	4:30P-5:30P

## Up, Up & Away-Building Flying Models (TC)

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

**Age:**..... 8-12 years  
**Instructor:**..... Western Springs Staff  
**Min/Max:** ..... 1/2 per agency  
**Location:** ..... Western Springs Rec. Center  
**Fees:** ..... \$45/R, \$59/NR, \$50/NN  
**Day:**..... Wednesday

CODE	DATES	TIME
332026-01	9/16-10/21	4:00P-5:00P

## Lights, Camera, Action-Making Your Own Harry Potter Movie (TC)

What’s the next adventure for Harry Potter, Ron and Hermione? You decide! We will create our own Harry Potter™ movie using special movie making cameras and software. As directors and producers, we will work in teams to create our own story and script, build various Harry Potter™ Lego® scenes and film our own movie. We will use graphic editing techniques and stop motion animation, add background noise and music, and show our movie at a private screening on the last day of class. All students will get a copy of their movie after class ends. Co-op WS & LP

**Age:**..... 8-12 years  
**Instructor:**..... Computer Explorers  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$88/R, \$114/NR, \$97/NN  
**Day:**..... Thursday

CODE	DATES	TIME
332568-01	10/22-11/12	4:30P-6:00P

## Create a Book Workshop! (TC)

Students will create their own unique and personalized holiday gift for a grandparent, aunt, uncle or other loved one. Using special editing software and digital cameras, students will create a personalized book for a loved one in this fun and creative class. Students will work on their projects for 3 weeks and will get their book on the 4th week, just in time for the holidays. Your family member will be so excited to receive such special gift from your child! Co-op WS & LP

**Age:**..... 8-12 years  
**Instructor:**..... Computer Explorers  
**Min/Max:** ..... 2/4 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$115/R, \$150/NR, \$127/NN  
**Day:**..... Thursday

CODE	DATES	TIME
332732-01	11/19-12/17	4:30P-6:00P



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# PERFORMING ARTS

## Tot Rock (TC)

Wiggle and giggle to the Tot Rock beat! An introductory music and movement class with a large sensory component, tots will use hand-held rhythm instruments and play props to improve their motor skills and coordination, and learn new songs and rhymes. While kick starting your tot's imagination, each class will provide structured and unstructured time to explore. A different educational theme presented each session. Much more than a music class, join us to sing, dance, learn and play the Tot Rock way! **VIRTUAL - Rock 'n' Kids is Rockin' at Home!**

*Enroll in this virtual class session to sing, dance, play and learn! Rock 'n' Kids provides the Tot Rock and Kid Rock music and creative movement programs for children ages 1-6. Registered participants will receive an email from Rock 'n' Kids with that week's pre-recorded, private, 30-minute virtual class, allowing families to participate on their own time. The session's musical activities will be based on the theme of "A Whole New World!" Each week we will pretend to ride on our magic carpets to explore a new place! A pirate ship? The jungle? Outer space? It will be a musical adventure! [www.rockitkids.com](http://www.rockitkids.com) Co-op WS & LP*

**Age:**..... 1 year olds with parent

**Instructor:**..... Rock 'n' Kids

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

**Location:** ..... Rock 'n' Kids

**Fees:** ..... \$65/R, \$85/NR, \$72/NN  
\$49/R, \$64/NR, \$54/NN \*VIRTUAL

**Day:**..... Saturday or Monday

CODE	DATES	TIME	DAY
351510-01	9/12-10/17	9:30A-10:10A	Saturday
351510-02	10/24-12/12	9:30A-10:10A	Saturday
351510-03	9/14-10/19	VIRTUAL	Monday
351510-04	10/26-12/7	VIRTUAL	Monday

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

## Kid Rock III (TC)

Music fun that can't be "beat!" Each Kid Rock class includes creative, energetic activities based on a new educational theme each session! Children learn new songs, rhymes, and gross motor skills while using rhythm instruments and movement props. Your child's listening skills will develop, while fine motor and coordination improve through imaginative play and sensory integration. Much more than a music class, join us to sing, dance, learn and play the Kid Rock way! **VIRTUAL - Rock 'n' Kids is Rockin' at Home!**

*Enroll in this virtual class session to sing, dance, play and learn! Rock 'n' Kids provides the Tot Rock and Kid Rock music and creative movement programs for children ages 1-6. Registered participants will receive an email from Rock 'n' Kids with that week's pre-recorded, private, 30-minute virtual class, allowing families to participate on their own time. The session's musical activities will be based on the theme of "A Whole New World!" Each week we will pretend to ride on our magic carpets to explore a new place! A pirate ship? The jungle? Outer space? It will be a musical adventure! [www.rockitkids.com](http://www.rockitkids.com) Co-op WS & LP*

**Age:**..... 2-5 years with parent

**Instructor:**..... Rock 'n' Kids

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

**Location:** ..... Rock 'n' Kids

**Fees:** ..... \$65/R, \$85/NR, \$72/NN  
\$49/R, \$64/NR, \$54/NN \*VIRTUAL

**Day:**..... Saturday or Monday

CODE	DATES	TIME	DAY
351513-01	9/12-10/17	10:15A-10:55A	Saturday
351513-02	10/24-12/12	10:15A-10:55A	Saturday
351513-03	9/14-10/19	VIRTUAL	Monday
351513-04	10/26-12/7	VIRTUAL	Monday

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

## Little Actors Club (TC)

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

**Age:**..... 3-6 years

**Instructor:**..... Shining Star Productions

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

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

**Fees:** ..... \$86/R, \$112/NR, \$95/NN-Session 01  
\$76/R, \$99/NR, \$84/NN-Session 02

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

CODE	DATES	TIME
351500-01	9/4-10/23	3:45P-4:30P
351500-02	10/30-12/18	3:45P-4:30P

*Class Will Not Meet On: 11/27*

# PERFORMING ARTS



## Private Piano (TC)

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

**Age:**..... 4 years & older  
**Instructor:**..... The Music Suite  
**Location:** ..... Recreation Center  
**Fees:** ..... \$217/R, \$282/NR, \$239/NN  
**Day:**..... Tuesday

CODE	DATES	TIME
352505-15	9/8-10/20	4:30P-5:00P
352505-16	10/27-12/15	4:30P-5:00P
352505-17	9/8-10/20	5:00P-5:30P
352505-18	10/27-12/15	5:00P-5:30P
352505-19	9/8-10/20	5:30P-6:00P
352505-20	10/27-12/15	5:30P-6:00P
352505-21	9/8-10/20	6:00P-6:30P
352505-22	10/27-12/15	6:00P-6:30P
352505-23	9/8-10/20	6:30P-7:00P
352505-24	10/27-12/15	6:30P-7:00P
352505-25	9/8-10/20	7:00P-7:30P
352505-26	10/27-12/15	7:00P-7:30P
352505-27	9/8-10/20	7:30P-8:00P
352505-28	10/27-12/15	7:30P-8:00P

**Class Will Not Meet On:** 11/24

## Beginning Violin (TC)

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

**Age:**..... 6-12 years  
**Instructor:**..... American Music Institute  
**Min/Max:** ..... 3/6 per agency  
**Location:** ..... Recreation Center or Virtual  
**Fees:** ..... \$108/R, \$140/NR, \$119/NN  
**Day:**..... Tuesday

CODE	DATES	TIME	DAY
352015-01	9/22-11/10	5:30P-6:30P	Tuesday

## Beginning Guitar (TC)

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

**Age:**..... 6-12 years  
**Instructor:**..... American Music Institute  
**Min/Max:** ..... 3/6 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$108/R, \$140/NR, \$119/NN  
**Day:**..... Tuesday

CODE	DATES	TIME	DAY
352016-01	9/22-11/10	6:30P-7:30P	Tuesday

## Beginning Voice (TC)

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

**Age:**..... 6-12 years  
**Instructor:**..... American Music Institute  
**Min/Max:** ..... 3/6 per agency  
**Location:** ..... Recreation Center  
**Fees:** ..... \$108/R, \$140/NR, \$119/NN  
**Day:**..... Tuesday

CODE	DATES	TIME	DAY
352017-01	9/22-11/10	4:30P-5:30P	Tuesday



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# DANCE

## Park District of La Grange School of Dance (TC)

Innovation Arts Connection is proud to announce our first hybrid season of in person and virtual dance classes! Now you can access our amazing community-based program at your local community center or from the comfort of your home! Our progressive curriculum focuses on dance concepts and core techniques. We stress the importance of respect, positive attitude and hard work. In our classes students will develop grace, rhythm, coordination, creativity, and confidence in a fun, safe and structured environment. Additional resources such as weekly non-screen dance activities, coloring pages, Spotify playlists and more will be provided to all Seasonal Dancers. During a global pandemic the IAC in person and virtual studio offers stability, a sense of community, socialization and structure. We look forward to seeing you in class!

Innovation Arts Connection, LLC collaborates with local Chicagoland park districts. For more information about the IAC program including class expectations, dress code, pandemic procedures and more please visit [www.innovationartsconnection.com](http://www.innovationartsconnection.com) or find us on Instagram or Facebook @innovationartsconnection. Reach out to us directly at [lora@innovationartsconnection.com](mailto:lora@innovationartsconnection.com).

**Save the date: Fall Dance Open House**  
Thursday, September 3, 5:30-7:30pm in the lobby of the Recreation Center

**In Person Seasonal Classes**  
The in person seasonal classes invite participants to engage in condensed sessions as a way to experiment, explore or jump-start their involvement in the park dance program. All classes concluded with a Family Observation Day.

**Live Virtual Seasonal Classes**  
The virtual seasonal classes invite participants to engage in condensed sessions as a way to experiment, explore, continue or jump-start their involvement in the park dance program. All participants will receive a private Zoom invitation to their class and will participate in the comfort of their home at a specific time with their dance teacher. Dancers will be able to interact with other dancers and dance teachers live. All classes conclude with a Family Observation Day where extended family members will be welcome to join our Zoom classroom to watch the dancers perform.



**Ballet (TC)**  
Learn to leap and turn like your favorite ballerina! Ballet introduces dancers to the fundamentals of ballet technique while exploring the concepts of dance. Classes include stretches, barre work, class etiquette, games and learning choreography in both ballet.

**Age:**..... 3-6 (Ballet A & Ballet A VIRTUAL LIVE)  
& 6-9 years (Ballet I & Ballet I VIRTUAL LIVE)  
**Instructor:**..... Innovation Arts Connection  
**Min/Max:** ..... 4/8  
**Location:** ..... Recreation Center  
**Fees:** ..... \$61/R, \$79/NR, \$67/NN-Ballet A & VIRTUAL LIVE  
\$81/R, \$105/NR, \$89/NN-Ballet I & VIRTUAL LIVE  
**Day:**..... Monday, Tuesday or Thursday

CODE	DATES	TIME	DAY	CLASS
351526-01	9/15-10/27	10:15A-11:00A	Tuesday	Ballet A
351526-02	11/3-12/15	10:15A-11:00A	Tuesday	Ballet A
351526-03	9/15-10/27	4:30P-5:15P	Tuesday	Ballet A VIRTUAL LIVE
351526-04	11/3-12/15	4:30P-5:15P	Tuesday	Ballet A VIRTUAL LIVE
351526-05	9/17-10/29	5:45P-6:45P	Thursday	Ballet I
351526-06	11/5-12/17	5:45P-6:45P	Thursday	Ballet I
351526-07	9/15-10/27	5:30P-6:30P	Tuesday	Ballet I VIRTUAL LIVE
351526-08	11/3-12/15	5:30P-6:30P	Tuesday	Ballet I VIRTUAL LIVE

*Class Will Not Meet On: 11/24 & 11/26*

# DANCE



## Ballet/Jazz Combo (TC)

Ballet/Jazz Combo class is ideal for dancers looking to learn the flow and grace of Ballet while also learning the countering face-paced movement of jazz. Classes include stretches, barre work, class etiquette, basic technique of each style, games and learning choreography. As the foundation of all dance, Ballet emphasizes precision, balance and strong technique. Jazz dance, a truly American style of movement, matches the upbeat and exciting rhythms of jazz, rock and now pop music. Please wear leotard, tights, (boys-comfortable clothing), ballet & jazz shoes.

**Age:**..... 3-6 years  
**Instructor:**..... Innovation Arts Connection  
**Min/Max:** ..... 4/8  
**Location:** ..... Recreation Center  
**Fees:** ..... \$81/R, \$105/NR, \$89/NN  
**Day:**..... Thursday

CODE	DATES	TIME
351529-01	9/17-10/29	4:30P-5:30P
351529-02	11/5-12/17	4:30P-5:30P

*Class Will Not Meet On: 11/26*

## Hip Hop/Jazz Combo (TC)

Jazz music and dance evolved over the years into the popular style of Hip Hop! Dancers will learn basic jazz and hip hop technique along with popping, locking, and many other cool tricks and moves to energetic pop music. Please wear leotard, tights, (boys-comfortable clothing), jazz shoes.

**Age:**..... 3-6 years (A & A VIRTUAL LIVE)  
 ..... 6-9 years (I & I VIRTUAL LIVE)  
**Instructor:**..... Innovation Arts Connection  
**Min/Max:** ..... 4/8  
**Location:** ..... Recreation Center  
**Fees:** \$61/R, \$79/NR, \$67/NN A & A VIRTUAL LIVE  
 \$81/R, \$105/NR, \$89/NN I & I VIRTUAL LIVE  
**Day:**..... Tuesday, Thursday or Friday

CODE	DATES	TIME	DAY
351527-01	9/15-10/27	11:15A-12:00P	A Tuesday
351527-02	11/3-12/15	11:15A-12:00P	A Tuesday
351527-03	9/18-10/30	9:15A-10:00A	A Friday VIRTUAL LIVE
351527-04	11/6-12/18	9:15A-10:00A	A Friday VIRTUAL LIVE
351527-05	9/17-10/29	7:00P-8:00P	I Thursday
351527-06	11/5-12/17	7:00P-8:00P	I Thursday
351527-07	9/15-10/27	6:45P-7:45P	I Tuesday VIRTUAL LIVE
351527-08	11/3-12/15	6:45P-7:45P	I Tuesday VIRTUAL LIVE

*Class Will Not Meet On: 11/24, 11/26 & 11/27*

### Pre-Recorded Virtual Seasonal Classes

The pre-recorded virtual seasonal classes invite participants to engage in a full session of dance from their homes and on their own schedule. All participants will receive a weekly email with a link to a pre-recorded class video, obstacle course suggestions, and coloring sheet. Dancers can access all pre-recorded lessons in their home at any time until December 20, 2020.

## Discover Dance Families (TC)

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

**Age:**..... 3-6 years & Walking – 6 years with parent participation (VIRTUAL)  
**Instructor:**..... Innovation Arts Connection  
**Min/Max:** ..... 6/20  
**Location:** ..... VIRTUAL-Pre-recorded  
**Fees:** ..... \$81/R, \$105/NR, \$89/NN  
**Day:**..... Tuesday or Friday

CODE	DATES	TIME	DAY
351524-01	9/18-10/30	10:15A-11:00A	Friday VIRTUAL
351524-02	11/6-12/18	10:15A-11:00A	Friday VIRTUAL
351524-03	9/15-10/27	9:15A-10:00A	Tuesday
351524-04	11/3-12/15	9:15A-10:00A	Tuesday

*Class Will Not Meet On: 11/24 & 11/27*

## Tweens Dance Parties (TC)

**Sleeping Beauty Ballet Dance Party**-Ballet technique, movement games, and choreography all to the classic music of the Sleeping Beauty ballet. Feel free to come dressed in your favorite ballet attire.

**Hip Hop Halloween Dance Party**-Hip Hop technique, movement games, and choreography to Halloween music. Feel free to come dressed in your Halloween costume.

**Pom Pom Dance Party**-Dance team jazz technique, movement games, and choreography. Feel free to bring your own pom poms

**Nutcracker Ballet Dance Party**-Ballet technique, movement games, and choreography all to the classic music of the Nutcracker. Feel free to come dressed in your favorite holiday attire.

**Age:**..... 8-13 years  
**Instructor:**..... Innovation Arts Connection  
**Min/Max:** ..... 6/50  
**Location:** ..... VIRTUAL LIVE  
**Fees:** ..... \$14/R, \$18/NR, \$15/NN  
**Day:**..... Saturday

CODE	DATES	TIME
352573-01	9/26	11:00A-12:00P Sleeping Beauty Ballet
352573-02	10/24	11:00A-12:00P Hip Hop Halloween
352573-03	11/21	11:00A-12:00P Pom Pom
352573-04	12/19	11:00A-12:00P Nutcracker Ballet



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## Live Virtual Dance Parties (TC) <sup>NEW</sup>

Live Virtual Dance Parties include an hour of dance technique, movement games, a mini-performance and much more! Participants of all levels are encouraged to get involved through this camp-style class that is designed to help participants fill their week with fun, educational, and movement oriented programming. All participants will receive a private Zoom invitation to the Dance Party and will participate in the comfort of their home at a specific time with their dance teacher. Dancers will be able to interact with other dancers and dance teachers live.

### MINIS DANCE PARTIES

**Royal Dance Party**-Ballet technique, movement games, and choreography all to your favorite princess music. Feel free to come dressed in your favorite princess outfit.

**Hip Hop Halloween Dance Party**-Hip Hop technique, movement games, and choreography to Halloween music. Feel free to come dressed in your Halloween costume.

**Heroes & Villains Dance Party**-Jazz technique, movement games, and choreography to your favorite Descendants. Feel free to come dressed as your favorite character.

**Nutcracker Ballet Dance Party**-Ballet technique, movement games, and choreography all to the classic music of the Nutcracker. Feel free to come dressed in your favorite holiday attire.

*Age:*..... 3-9 years

*Instructor:*..... Innovation Arts Connection

*Min/Max:* ..... 6/50

*Location:* ..... VIRTUAL LIVE

*Fees:* ..... \$14/R, \$18/NR, \$15/NN

*Day:*..... Saturday

CODE	DATES	TIME	
351574-01	9/26	9:30A-10:30A	Royal Dance
351574-02	10/24	9:30A-10:30A	Hip Hop Halloween
351574-03	11/21	9:30A-10:30A	Heroes & Villains
351574-04	12/19	9:30A-10:30A	Nutcracker Ballet

# YOUTH ATHLETICS

## Youth Developmental League (KJ)

The YDL offers instruction as well as intra-team scrimmages that will allow players the opportunity to grow and learn the game even during this unprecedented time. We will group kids in 1st/2nd grade; 3rd/4th grade; 5th/6th grade and 7th/8th grade together based on the school they are currently attending. This Fall season the league will be co-ed throughout each grade level. Teams will consist of 16 players and practice at the same time being spread out amongst a full court. Forming teams with players from the same school aims to limit contact with other players. Teams will practice one day a week, on Monday for 5th-6th Grade, Tuesday for 3rd-4th Grade, Wednesday for 1st-2nd Grade and Thursday for 7th-8th Graders and practice times will either be 4:00-5:00pm or 5:30-6:30pm depending on coach/team assignment. There will be no player evaluations this Fall season. Practices are scheduled to begin the week of October 12, with intra-team scrimmages on Saturday's, beginning November 7 and running through Saturday, December 12. There will be no practices or intra-team scrimmages the week of Thanksgiving (November 23-28). Volunteer parent coaches are needed for the success of the YDL. If you are interested in coaching please contact Kyle Madeja, Recreation Supervisor at [kylemadeja@pdlg.org](mailto:kylemadeja@pdlg.org) or at (708) 352-1762. You can also find additional information at our website at [www.pdlg.org](http://www.pdlg.org)

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

*Instructor:*..... Volunteer Coaches

*Location:* ..... Recreation Center

*Fees:* ..... \$85/R, \$102/NR, \$94/NN (1st-4th Grade)  
\$99/R, \$119/NR, \$109/NN (5th-8th Grade)

*Day:*..... Monday, Tuesday, Wednesday or Thursday  
(see below for specific assignments)  
Saturday – Intra-team scrimmages

CODE	DATES	LEVEL	PRACTICE DAY	MIN/MAX
312539-01	10/14-12/12	1st-2nd Grade	Wednesday	32/96
312539-02	10/13-12/12	3rd-4th Grade	Tuesday	32/96
312539-03	10/12-12/12	5th-6th Grade	Monday	16/64
312539-04	10/15-12/12	7th-8th Grade	Thursday	16/32

*Class Will Not Meet On: 10/22, 11/23, 11/24, 11/25, 11/26 and 11/28*

## WHY ARE THERE INITIALS NEXT TO PROGRAMS

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

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

### OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class

# YOUTH ATHLETICS



## Floor Hockey (KJ)

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

*Age:*..... 5-8 years  
*Instructor:*..... All Star Sports Instruction  
*Min/Max:* ..... 6/15  
*Location:* ..... Recreation Center  
*Fees:* ..... \$78/R, \$98/NR, \$86/NN  
*Day:*..... Monday

CODE	DATES	TIME	AGE
312642-01	10/26-12/14	4:00P-5:00P	5-6
312642-02	10/26-12/14	5:00P-6:00P	7-8

## Kids First Speed Training (KJ) NEW

Speed, quickness and agility are the focus of this program, armed with body balance techniques that will produce a quicker, safer more powerful performer. Track and Field events will make this fun and entertaining.

*Age:*..... 6-13 years  
*Instructor:*..... Kids First  
*Min/Max:* ..... 6/15  
*Location:* ..... Gordon Park  
*Fees:* ..... \$76/R, \$95/NR, \$84/NN  
*Day:*..... Thursday

CODE	DATES	TIME
312751-01	9/10-10/8	5:30P-6:30P

## Flag Football (KJ)

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

*Age:*..... 5-8 years  
*Instructor:*..... All Star Sports Instruction  
*Min/Max:* ..... 6/15  
*Location:* ..... Recreation Center  
*Fees:* ..... \$69/R, \$89/NR, \$76/NN  
*Day:*..... Monday

CODE	DATES	TIME	AGE
312647-01	8/31-10/19	4:00P-5:00P	5-6
312647-02	8/31-10/19	5:00P-6:00P	7-8

*Class Will Not Meet On:* 9/7

## Kids First Multi Sports (KJ) NEW

Speed, quickness and agility are the focus of this program, armed with body balance techniques that will produce a quicker, safer more powerful performer. Track and Field events will make this fun and entertaining.

*Age:*..... 6-14 years  
*Instructor:*..... Kids First  
*Min/Max:* ..... 6/15  
*Location:* ..... Gordon Park  
*Fees:* ..... \$98/R, \$117/NR, \$108/NN  
*Day:*..... Saturday

CODE	DATES	TIME
312671-01	9/12-10/17	3:30P-5:00P

### LOOK FOR NEIGHBORHOOD NETWORK FEES

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



### Youth Lacrosse (KJ)

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

**Age:**..... 7-10 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 5/15  
**Location:** ..... Sedgwick Park  
**Fees:** ..... \$42/R, \$53/NR, \$46/NN  
**Day:**..... Wednesday

CODE	DATES	TIME
312698-01	9/9-10/14	5:45P-6:30P

### Junior Volleyball Skills & Drills (KJ)

Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving and spiking. You will learn to overhand serve and develop skill to play games. The lesson plan directs the use of self-mastery training and group drills that help each student reach a new level. Instructors organize games at the end of each class.

**Age:**..... 9-14 years  
**Instructor:**..... EVP Volleyball  
**Min/Max:** ..... 8/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$99/R, \$126/NR, \$108/NN  
**Day:**..... Thursday

CODE	DATES	TIME
312530-01	9/3-10/15	5:00P-6:00P
312530-02	10/29-12/17	5:00P-6:00P

*Class Will Not Meet On: 11/26*

### Bullseye Archery (KJ)

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

**Age:**..... 7-18 years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 4/5 per agency  
**Location:** ..... Denning Park  
**Fees:** ..... \$62/R, \$80/NR, \$68/NN  
**Day:**..... Monday

CODE	DATES	TIME	AGE
312611-01	8/31-10/12	4:00P-4:45P	7-10
312611-02	8/31-10/12	4:45P-5:30P	11-18

*Class Will Not Meet On: 9/7*

### Junior Hoops Level II (KJ)

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

**Age:**..... 6-9 years  
**Instructor:**..... All Star Sports Instruction  
**Min/Max:** ..... 6/15  
**Location:** ..... Recreation Center  
**Fees:** ..... \$69/R, \$89/NR, \$76/NN  
**Day:**..... Thursday

CODE	DATES	TIME
312645-01	9/3-10/15	4:45P-5:45P
312645-02	10/29-12/17	4:45P-5:45P

*Class Will Not Meet On: 11/26*

### Kids First Track & Field (KJ)

Coaches will focus on teaching sprints, hurdles, jumps, distance running, and throws in a safe and fundamental way. The camp consists of body balance techniques; speed, quickness and agility drills, which will help, produce a quicker, safer, more powerful performer. A wide variety of timed events will take each day, concluding with an event Championship Series on the final day.

**Age:**..... 5-14 years  
**Instructor:**..... Kids First Sports  
**Min/Max:** ..... 6/15  
**Location:** ..... Gordon Park  
**Fees:** ..... \$86/R, \$108/NR, \$95/NN  
**Day:**..... Saturday

CODE	DATES	TIME
312569-01	9/12-10/17	1:30P-2:30P

### Kids First Badminton (KJ)

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

**Age:**..... 7-14 years  
**Instructor:**..... Kids First  
**Min/Max:** ..... 6/12  
**Location:** ..... Community Center, 200 S. Washington  
**Fees:** ..... \$76/R, \$95/NR, \$84/NN  
**Day:**..... Saturday

CODE	DATES	TIME
372013-01	10/24-11/14	2:00P-3:00P



# WHITE SOX

YOUTH BASEBALL & FASTPITCH

FALL PROGRAMMING 536 East Ave, LaGrange, IL

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Visit our website [whitesox.com/play](http://whitesox.com/play)  
or call 630.324.8221







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# TWEEN PROGRAMS



## Holiday Tree Lighting (TC)

Tuesday, December 8

Join the Park District of La Grange as we kick off the holiday season with an old-fashioned Tree Lighting in Waiola Park on Tuesday, December 8th from 6:00-7:00 p.m. This event will feature holiday entertainment and special visitors from the North Pole. Warm up with some cookies and hot cocoa as you and your family enjoy the wonderful tree decorations. Get your family, friends, or a group together and purchase a holiday tree to decorate. Stop by the Recreation Center to register and pick up the tree decorating guidelines. The tree cost is \$65 and the deadline to purchase a tree is Monday, November 16<sup>th</sup>. Each tree includes lights and you can decorate your tree any time after Thursday, December 3<sup>rd</sup>.

CODE 344516-01

## Manners Matter Etiquette for Teens (TC) NEW

Looking to help your teenager gain the poise and confidence of social etiquette? Act and Dress for Success!! Teens will learn how to make a great first impression, give a proper introduction, properly use telephone and email etiquette, write thank-you letters, make small talk, use technology and social media (netiquette) responsibly, and dress for the occasion. We will also review table manners and provide a dining tutorial. This class offers the "other voice" to convey the common

Age:..... 12-15 years

Instructor:..... Lisa Geneser

Min/Max: ..... 2/3 per agency

Location: ..... Western Springs Rec Center

Fees: ..... \$65/R, \$81/NR, \$72/NN

Day:..... Tuesday

CODE	DATES	TIME
332112-01	10/20-11/3	5:45P-6:45P

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



Due to the COVID-19 Pandemic, please visit our website for the most up to date information.

# 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 Lagrange Fitness 9000 sq. ft fitness center and walking track
- 50 pieces of state of the art Precor cardio equipment
- 30 pieces of Precor strength training equipment
- Queenax Functional Fitness Equipment
- Complimentary fitness equipment orientation
- Complimentary Kick-start consultation with Personal Trainer
- 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 with fitness member rate

## MEMBERSHIP DEFINITIONS

*Individual:* 18 years or older

*Couple:* 2 members of the same household

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

*Senior:* 55 years & better

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

*Student:* Individuals age 16-24 with current student ID

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

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

*Resident:* Individuals residing in La Grange and Countryside

*Neighborhood Network:* Individuals residing in communities which border the Village of La Grange

*Non-Resident:* Individuals residing outside the Village of LaGrange

## LOCATION

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

## PHONE: 708-588-2260

## FITNESS HOURS OF OPERATION

Monday-Thursday 5:00am to 8:00pm  
 Friday 5:00am to 5:00pm  
 Saturday 6:00am to 3:00pm  
 Sunday 7:00am to 12:00pm

## SHORTENED HOURS

Labor Day 7:00am to 11:00 am  
 Christmas Eve 7:00am to 11:00 am  
 New Year's Eve 7:00am to 11:00 am  
 Memorial Day 7:00am to 11:00 am  
 4th of July 7:00am to 11:00 am

## CLOSED

Thanksgiving  
 Christmas Day  
 New Year's Day  
 Easter Sunday

## REGISTRATION

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

## DAILY DROP IN IS CURRENTLY UNAVAILABLE

Fitness Center will accomodate fitness members only. We are accepting new members.

## INDIVIDUAL PERSONAL TRAINING FEES

### MEMBER/NON-MEMBER RATES

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

## ADDITIONAL FEES

Initiation Fee: \$25 per membership  
 Private Locker: \$200 per year

## GROUP PERSONAL TRAINING FEES

### 2 or More Participants: MEMBER/NON-MEMBER RATES

(Fee Per Person, Members must form group):

1 session: \$38/\$56  
 3 sessions: \$108/\$162  
 5 sessions: \$169/\$254  
 10 sessions: \$323/\$484

\*ALL FEES ARE SUBJECT TO CHANGE

## MEMBERSHIP RATES:

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

Due to the COVID-19 Pandemic, please visit our website for the most up to date information.

# 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.

## DAVID SMITH

Personal Trainer

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

**Availability: Monday, Wednesday, Friday 5 AM to 5 PM; Tuesday & Thursday 9am to 5pm; Saturday 7am to 12pm**



## HOLLY KALLAL

Personal Trainer

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

**Availability: Weekdays mid-morning to early afternoon and evenings; Saturday 9am to 12pm**

## RUDY LUNA

Personal Trainer

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

**Availability: Weekdays morning, afternoon and evenings; Weekends scheduled as available**



## LISE GORAJSKI

Personal Trainer

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

**Availability: Monday and Thursday evenings; Weekends scheduled as available**

# FITNESS PROGRAMS



## Specialty Class Workshops & More!

We're excited to offer additional specialty classes and workshops throughout the week during the summer session. These classes will include one-day workshops and short term class series which will allow us to provide you with unique formats and the latest trends in fitness. Please note, senior discounts and La Grange Fitness member discounts do not apply to workshops.

## ONE DAY WORKSHOPS

### Restorative Yoga (KM)

Restorative yoga might best be described as a supported, conscious mind/body relaxation practice. When supported with props, the poses can be held longer and without muscular effort to decrease tensions. This class is open to all fitness levels.

**Age:**..... 14 years & older  
**Instructor:**..... Freya Smith  
**Min/Max:** ..... 4/12  
**Location:** ..... Virtual  
**Fees:** ..... \$18 per participant  
**Day:**..... Thursday

CODE	DATES	TIME	TYPE
323652-01	9/10	6:45P-8:00P	Virtual
323652-02	10/1	6:45P-8:00P	Virtual
323652-03	11/5	6:45P-8:00P	Virtual
323652-04	12/3	6:45P-8:00P	Virtual

### Posture Fix for a Pain-Free Life (KM)

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

**Age:**..... 16 years & older  
**Instructor:**..... Loni Alwin  
**Min/Max:** ..... 4/12  
**Location:** ..... Recreation Center  
**Fees:** ..... \$18 per participant  
**Day:**..... Thursday or Friday

CODE	DATES	TIME	DAY
323655-01	10/9	10:00A-11:15A	Fri
323655-02	12/3	6:30P-7:45P	Thurs

## SPECIALTY FITNESS CLASS MAKE UP POLICY

Missed specialty fitness classes may be made up during the same session in which you are registered. All you need to do when you want to make up the class is sign in with the instructor at the classroom - write the DATE and NAME of the class you missed on the Make-up Attendance Sheet each instructor will have.

### Please note:

- Classes can only be made up *after* the missed classed date
- Classes can only be made up during the current session. There are NO carry overs to the next session.
- Contact the front desk at 708-352-1762 to check if the class you want to attend is running.
- Space and equipment is limited. Registered participants have priority over make up class participants.
- Missed classes are verified by the Program Supervisor on a weekly basis.
- Does not include La Grange Fitness classes.

### Plantar Fasciitis Relief (KM)

Do you have sharp burning pain in your heels and feet when you walk? Nagging foot pain when you run? Learn tips and advice on what you need to do to get back to pain-free feet and heels. Learn a highly effective program of movements to strengthen and stretch your feet and say goodbye to plantar fasciitis for good!

**Age:**..... 16 years & older  
**Instructor:**..... Loni Alwin  
**Min/Max:** ..... 4/12  
**Location:** ..... Recreation Center  
**Fees:** ..... \$15 per participant  
**Day:**..... Thursday or Saturday

CODE	DATES	TIME	DAY
323673-01	10/15	7:00P-8:00P	Thurs
323673-02	12/5	11:00A-12:00P	Sat



### Activate Your Swing (KM)

Activate Your Swing is designed to enhance the body's ability to perform on the golf course. Loni will look at how you address the ball, the rotation of the body as you swing the club and your stability. With those assessments, you will learn how to activate your body and remove defense patterns. You will meet one-on-one with Loni for one hour.

**Age:**..... 16 years & older  
**Instructor:**..... Loni Alwin  
**Min/Max:** ..... 4/12  
**Location:** ..... Recreation Center  
**Fees:** ..... \$63 per participant

To Schedule an Appointment,  
 contact Loni Alwin at [bodydynwellness@ameritech.net](mailto:bodydynwellness@ameritech.net).

## YOGA CLASSES

### Gentle Yoga (KM)

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

**Age:**.....16 years & older  
**Instructor:**.....Marianne Mohrhuse (01-02 & 05-06);  
 Sue Chilton (03 & 04);  
**Min/Max:** .....6/10  
**Location:** .....Recreation Center & Virtual  
**Fitness Member Fee:** .....\$55  
**Non Fitness Member Fees:**.....\$69/R, \$89/NR, \$76/NN  
**Day:**.....Tuesday or Friday

CODE	DATES	TIME	DAY	TYPE
323506-01	9/15-10/27	9:45A-10:45A	Tue	Hybrid
323506-02	11/3-12/15	9:45A-10:45A	Tue	Hybrid
323506-03	9/18-10/30	9:45A-10:45A	Fri	Virtual
323506-04	11/6-12/18	9:45A-10:45A	Fri	Virtual

### Yoga (KM)

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

**Age:**.....16 years & older  
**Instructor:**.....Marianne Mohrhuse (01-02 & 05-06);  
 Sue Chilton (03 & 04);  
 Theresa Mikuls (05 & 06)  
**Min/Max:** .....6/10  
**Location:** .....Recreation Center & Virtual  
**Fitness Member Fee:** .....\$55  
**Non Fitness Member Fees:**.....\$69/R, \$89/NR, \$76/NN  
**Day:**.....Tuesday or Saturday

CODE	DATES	TIME	DAY	TYPE
323520-01	9/14-10/26	10:30A-11:30A	Mon	Virtual
323520-02	11/2-12/14	10:30A-11:30A	Mon	Virtual
323520-03	9/15-10/27	6:30P-7:30P	Tue	Hybrid
323520-04	11/3-12/15	6:30P-7:30P	Tue	Hybrid
323520-05	9/19-10/31	8:30A-9:30A	Sat	Hybrid
323520-06	11/7-12/19	8:30A-9:30A	Sat	Hybrid


### Chair Yoga for Everyone (KM)

This class is designed to provide traditional yoga to those with less mobility. Seated and standing poses will help you improve breathing, balance, posture, strength, range of motion and mindfulness. We will use chairs and the wall in this class for support and stability. Please bring a yoga mat and water bottle.

**Age:**.....16 years & older  
**Instructor:**.....Theresa Mikuls  
**Min/Max:** .....6/10  
**Location:** .....Recreation Center & Virtual  
**Fitness Member Fee:** .....\$53  
**Non Fitness Member Fees:**.....\$66/R, \$86/NR, \$73/NN  
**Day:**.....Wednesday

CODE	DATES	TIME	TYPE
323653-01	9/16-10/28	11:00A-12:00P	Hybrid
323653-02	11/4-12/16	11:00A-12:00P	Hybrid

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# FITNESS PROGRAMS



## Tai Chi (KM)

Tai Chi involves a low impact, weight bearing, aerobic exercise. This martial art requires learning and memorizing new skills and movement patterns through slow, focused movements. This encourages better balance, attention, memory, planning, as well as delays the aging process by reducing stress.

*Age:*.....16 years & older  
*Instructor:*.....Tom Wilkens  
*Min/Max:* .....6/10  
*Location:* .....Virtual  
*Fitness Member Fee:* .....\$64  
*Non Fitness Member Fees:*.....\$80/R, \$104/NR, \$88/NN  
*Day:*.....Wednesday

CODE	DATES	TIME	DAY	TYPE
323612-01	9/16-10/28	6:00P-7:15P	Wed	Virtual
323612-02	11/4-12/16	6:00P-7:15P	Wed	Virtual

## CYCLE CLASSES

### Cycle, Sculpt & Yoga (KM)

Achieve your best overall fitness results with the perfect balance of cardio, strength and flexibility in one class! In this studio format class, we'll combine high energy spin intervals and full body strength conditioning with lengthening and releasing yoga postures. Please bring a yoga mat and water bottle. For participants attending virtually on Zoom, the instructor will cue you through a variety of cardio exercises during the cycle portion of the in-person class.

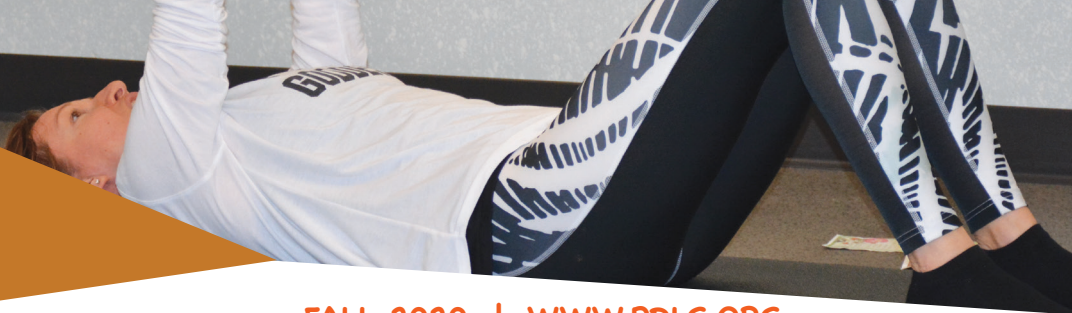
*Age:*.....16 years & older  
*Instructor:*.....Freya Smith  
*Min/Max:* .....7/12  
*Location:* .....Recreation Center & Virtual  
*Fitness Member Fee:* .....\$59  
*Non Fitness Member Fees:*.....\$73/R, \$95/NR, \$80/NN  
*Day:*.....Tuesday

CODE	DATES	TIME	TYPE
323642-01	9/15-10/27	9:15A-10:30A	Hybrid
323642-02	11/3-12/15	9:15A-10:30A	Hybrid



### LOOK FOR NEIGHBORHOOD NETWORK FEES

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



FALL 2020 | WWW.PDLG.ORG

## STRENGTH & CONDITIONING CLASSES

### Sculpt & Core Conditioning (KM) NEW

This class consists of a variety of exercises that will target overall strength, cardio, balance, flexibility and core conditioning. Raise your heart rate with low impact cardio at the start of class while toning and strengthening your muscles. We will finish with core training and stretching for a complete workout! Bring your water bottle and a towel. All fitness levels welcome!

*Age:*.....16 years & older  
*Instructor:*.....Kim Vanbiesbrouck  
*Min/Max:*.....6/10  
*Location:*.....Recreation Center & Virtual  
*Fitness Member Fee:*.....\$49  
*Non Fitness Member Fees:*.....\$61/R, \$79/NR, \$67/NN  
*Day:*.....Monday

CODE	DATES	TIME	TYPE
323685-01	9/14-10/26	6:30P-7:30P	Hybrid
323685-02	11/2-12/14	6:30P-7:30P	Hybrid

### Golden Barre Above (KM)

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

*Age:*.....50 years & older  
*Instructor:*.....Linda Guggenheim  
*Min/Max:*.....6/10  
*Location:*.....Virtual  
*Fitness Member Fee:*.....\$49  
*Non Fitness Member Fees:*.....\$61/R, \$79/NR, \$67/NN  
*Day:*.....Thursday

CODE	DATES	TIME	TYPE
323629-01	9/17-10/29	8:30A-9:30A	Virtual
323629-02	11/5-12/3	8:30A-9:30A	Virtual

### Barre Above (KM)

Barre Above blends the latest exercise science with specific methods to deliver a fusion of ballet, Pilates, yoga and strength training in each workout. You will improve your posture, flexibility, strength and balance. Designed for a wide range of fitness levels.

*Age:*.....16 years & older  
*Instructor:*.....Jill Kuehn (01-02);  
 Laura Mungai (03-04)  
*Min/Max:*.....6/10  
*Location:*.....Recreation Center & Virtual  
*Fitness Member Fee:*.....\$49  
*Non Fitness Member Fees:*.....\$61/R, \$79/NR, \$67/NN  
*Day:*.....Monday or Wednesday

CODE	DATES	TIME	DAY	TYPE
323651-01	9/14-10/26	9:15A-10:15A	Mon	Hybrid
323651-02	11/2-12/14	9:15A-10:15A	Mon	Hybrid
323651-03	9/16-10/28	6:00P-7:00P	Wed	Hybrid
323651-04	11/4-12/16	6:00P-7:00P	Wed	Hybrid

### Women's Strength (KM)

Open to ladies of all ages. We use resistance balls, weights, tubing and bands and our own body weight. If you are interested in working on bone density, balance, body composition and overall toning, this is the class for you. A mat and water bottle are all you need.

*Age:*.....16 years & older  
*Instructor:*.....Nancy Knop  
*Min/Max:*.....6/10  
*Location:*.....Virtual  
*Fitness Member Fee:*.....\$49 (01-03); \$43 (04)  
*Non Fitness Member Fees:*.....\$61/R, \$79/NR, \$67/NN (01-03)  
 \$53/R, \$69/NR, \$58/NN (04)  
*Day:*.....Tuesday or Thursday

CODE	DATES	TIME	DAY	TYPE
323615-01	9/15-10/27	8:30A-9:30A	Tue	Virtual
323615-02	11/3-12/15	8:30A-9:30A	Tue	Virtual
323615-03	9/17-10/29	8:30A-9:30A	Thurs	Virtual
323615-04	11/5-12/17	8:30A-9:30A	Thurs	Virtual

*Class Will Not Meet On: 11/26*

## CARDIO CLASSES



### Zumba Gold (KM)

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

*Age:*..... 16 years & older  
*Instructor:*..... Marianne Mohrhussen  
*Min/Max:* ..... 7/20  
*Location:* ..... Recreation Center  
*Fitness Member Fee:* ..... \$52  
*Non Fitness Member Fees:*..... \$65/R, \$84/NR, \$71/NN  
*Day:*..... Wednesday

CODE	DATES	TIME	TYPE
323577-01	9/16-10/28	9:30A-10:20A	Hybrid
323577-02	11/4-12/16	9:30A-10:20A	Hybrid

## SENIOR ACTIVITIES

### Simply Medicare (KJ)

Are you intimidated by Medicare? Would you like to understand the basics, to make it easier to understand your choices? Darien resident, Maribeth FencI is a licensed insurance broker certified by Medicare. She partners with multiple carriers like BCBS, Humana, AARP, Equitable, Heartland and Combined Insurance. Medicare education provides knowledge and peace of mind in choosing the right Medicare health plan. Learn how to navigate Medicare by understanding Original Medicare A & B as well as the difference between Medicare Advantage programs versus Medicare Supplements. Explore how Medicare Part D plans work. Pre-registration is required.

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

CODE	DATES	TIME	LOCATION
333665-01	10/15	7:00P-8:30P	Recreation Center
333665-02	10/22	7:00P-8:30P	Via Zoom

### The Great Debate: Medicare Options (KJ)

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

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

CODE	DATES	TIME	LOCATION
333668-01	11/5	7:00P-8:30P	Recreation Center
333668-02	11/12	7:00P-8:30P	Via Zoom



### WHY ARE THERE INITIALS NEXT TO PROGRAMS

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

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

### OTHER SYMBOLS:

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

## Choosing a Medicare Supplement (KJ)

This educational program will review the gaps in coverage in Medicare A & B, as well as the benefits of Medicare Supplement plans (also called Medigap plans). We will identify the “gaps” in coverage representing what the patient must pay after Medicare pays. Additionally, we will talk about how you can save money by understanding the difference in benefits between plans A to N in choosing the right Medicare Supplement plan for you and your spouse. This is your opportunity to ask questions that you may have regarding Medicare. Pre-registration is required.

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

CODE	DATES	TIME
333678-01	11/19	7:00P-8:30P

## Lower Cost Choices in Health Insurance (KJ)

Learn how health insurance works by understanding enrollment periods and subsidies. Explore low cost alternatives to individual and group health insurance. Pre-registration is required.

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

CODE	DATES	TIME	LOCATION
333679-01	9/17	7:00P-8:30P	Via Zoom
333679-02	9/24	7:00P-8:30P	Recreation Center



## Walk for Health (KJ)

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

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

DATES	TIME
9/16, 10/21, 11/18, 12/16	10:30A-12:00P

# SENIOR ATHLETICS



## Beginner Pickleball for Seniors (KJ)

This class is for those who have never played pickleball before or who have very limited experience with the sport. It will focus on pickleball basics such as forehand and backhand shots, serving and court positioning. Players will also learn scoring and the rules of the game through drills and playing time. The slower pace of this class will give players the opportunity to develop the skills needed to play this fun and energetic game. All equipment will be provided.

**Age:**..... 55+ years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 4/8  
**Location:** ..... Recreation Center  
**Fees:** ..... \$50/R, \$64/NR, \$55/NN  
**Day:**..... Monday

CODE	DATES	TIME
313537-01	8/31-10/19	9:45A-10:45A
313537-02	10/26-12/14	9:45A-10:45A

*Class Will Not Meet On: 9/7 and 11/23*

## Archery for Seniors (KJ)

Archery can be practiced by virtually anyone regardless of age, gender, skill, ability or experience. In this class for mature adults, instructors will teach the correct way to shoot a bow and arrow as well as emphasize safety and the technique of archery through practice shooting and exciting games. Archery helps to challenge the mind, build upper body strength, enhance hand-eye coordination and get exercise through walking. All equipment will be provided; however, you may use your own equipment with instructor approval.

**Age:**..... 55+ years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 4/8  
**Location:** ..... Denning Park  
**Fees:** ..... \$50/R, \$64/NR, \$55/NN  
**Day:**..... Monday

CODE	DATES	TIME
313536-01	8/31-10/12	3:00P-4:00P

## Advanced Pickleball for Seniors (KJ)

This class is for advancing beginners who have some experience and want to move at a faster pace to improve and perfect their 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. All equipment will be provided.

**Age:**..... 55+ years  
**Instructor:**..... Sports Kids Inc.  
**Min/Max:** ..... 4/8  
**Location:** ..... Recreation Center  
**Fees:** ..... \$50/R, \$64/NR, \$55/NN  
**Day:**..... Monday

CODE	DATES	TIME
313528-01	8/31-10/19	10:45A-11:45A
313528-02	10/26-12/14	10:45A-11:45A

*Class Will Not Meet On: 9/7 and 11/23*

## Restorative Gentle Jujitsu (KJ)

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

**Age:**..... 55+ years  
**Instructor:**..... Filiberto Gutierrez  
**Min/Max:** ..... 5/20  
**Location:** ..... Recreation Center  
**Fees:** ..... \$45/R, \$57/NR, \$49/NN (One Day)  
 ..... \$60/R, \$77/NR, \$66/NN (Two Day)  
**Day:**..... Tuesday and/or Thursday

CODE	DATES	TIME	DAY
333641-01	9/8-12/15	9:30A-11:00A	Tuesday
333641-02	9/3-12/17	9:30A-11:00A	Thursday
333641-03	9/3-12/17	9:30A-11:00A	Two Days

*Class Will Not Meet On: 10/13, 10/15, 11/24, & 11/26*

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# FALL



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

Look for our Fall 2020 Program Guide later this season.



SEASPAR's fall 2020 program guide will be packed with activities specially designed for individual with disabilities. Be the first to read this season's issue. Visit [SEASPAR.org](http://SEASPAR.org) to learn more.



Don't miss another moment. Follow SEASPAR on your favorite social media app for news, photos, videos, and the latest stories and happenings.



Learn more about SEASPAR's new multi-sensory room coming to Western Springs. Visit [SEASPAR.org](http://SEASPAR.org) for details.

SEASPAR • 4500 Belmont Road, Downers Grove, IL 60515 • 630.960.7600 • 630.960.7605 TDD

[SEASPAR.org](http://SEASPAR.org)

# VOLUNTEERS INFORMATION



## *Volunteers Wanted!!*

### Interested in volunteering?

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

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

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

Miller, Superintendent of Recreation, 536 East Ave., LaGrange, IL 60525.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_



# GENERAL INFORMATION

## LATE PICK-UP POLICY

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

1-15 minutes late = \$5.00

Every additional minute = \$1.00

## Important Information

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

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

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

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

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

## Park Usage Rules

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

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

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

## Program Code of Conduct

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


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

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

## Program Financial Assistance

The Financial Assistance Policy of the Park District of La Grange is established to provide a fair and equitable system through which District residents may take part in recreation programs when they are unable to pay the required fees. Partial program fee waivers may be granted for Park District of La Grange residents for certain programs. Any family who would like to see if they are eligible for a scholarship may obtain an application from the Park District of La Grange Administration Office at 536 East Avenue, La Grange, IL 60525.

## CO-OP Programming

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

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

## Americans with Disabilities

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

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

# PROGRAM LISTING

## Inclusive Recreation Programs

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

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

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

## Photographs

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

## Give the Gift of Fun!

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

## Employment Opportunities

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

## Park and Facility Rental Permits

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

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

## Be Our Eyes COMMUNITY PARK WATCH



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

### See something.

#### Suspicious activity to watch for and report

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

### Say something.

#### Information needed when you call

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

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

#### Description of People and Vehicles

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

##### People

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

##### Vehicles

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

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.*



# Park District of La Grange Registration Form

536 East Avenue, La Grange, IL 60525 • Phone 708-352-1762 • Fax 708-352-8591 • www.pdkg.org **Fall 2020**

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.

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

**Date**  
\_\_\_\_\_

Checks payable to: **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

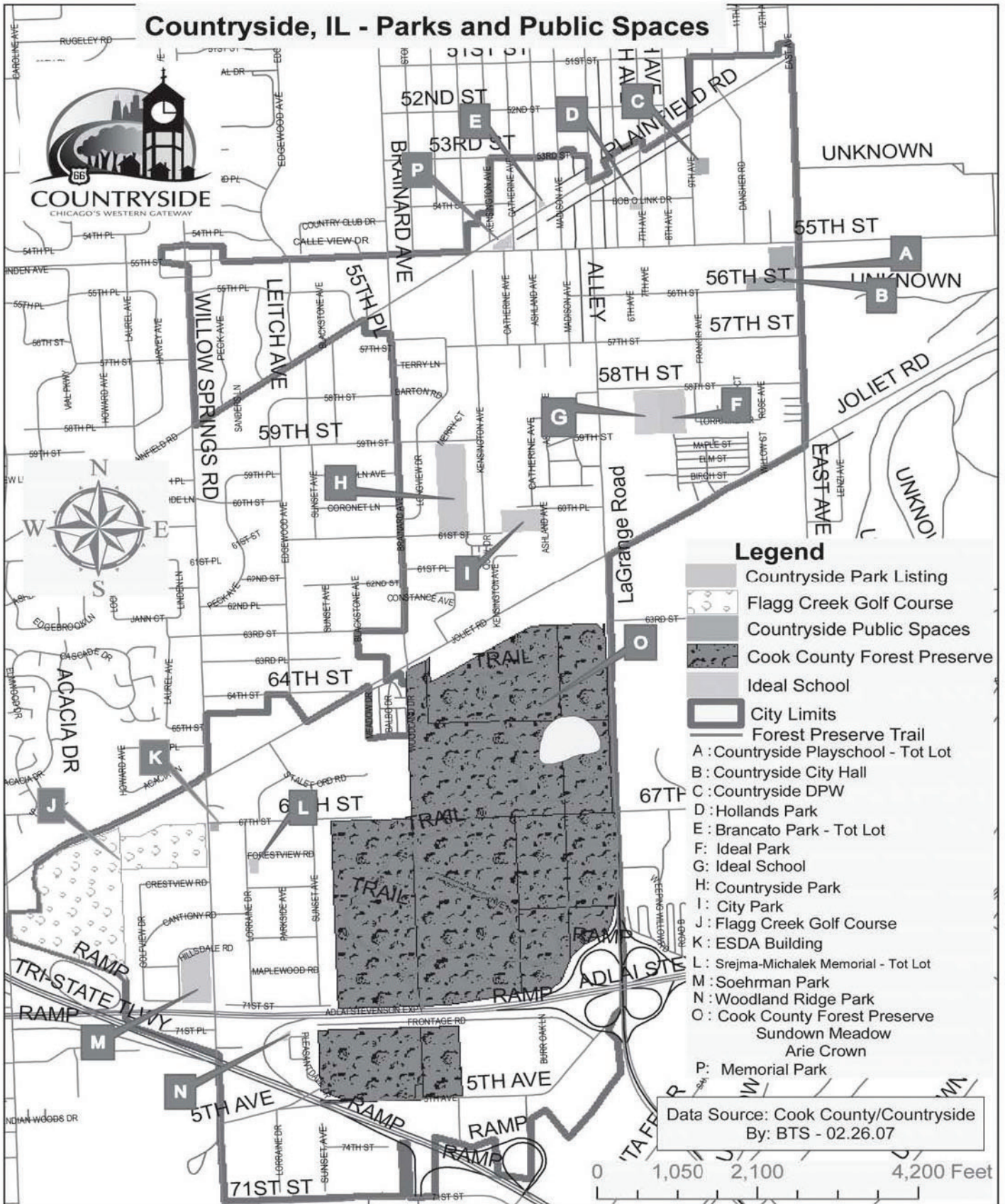
Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

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:



# PDLG FACILITY & PARK INFORMATION

## FACILITIES

	Map ref.	Acres	Track/Path Miles	Amenities
<b>Recreation Center</b> 536 East Ave.	A	—	0.125	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
<b>Community Center 200</b> S. Washington Ave.	B	1		Activity Building, Playground, 2 Basketball Courts*

## PARKS

<b>Denning Park</b> 4903 S. Gilbert Ave.	1	10	0.25	Activity Building, Playground, Picnic Shelter, Walking/Jogging Path, 1 Soccer Field, Parking Lot, Basketball Court, Community Garden
<b>Elm Park</b> Elm & Stone Ave.	2	2		Playground, Half-Court Basketball Court
<b>Gilbert Park</b> 41st St. & Gilbert Ave.	3	6	0.25	Preschool Building, Playground, Half-Court Basketball Court, 2 T-Ball Fields, 4 Tennis Courts*, Walking/Jogging Path
<b>Gordon Park</b> Ogdon & Locust Ave.	4	17	0.3	Picnic Shelter, Playground, 2 Softball Fields*, 1 T-Ball Field, 3 Handball Courts*, 2 Soccer Fields, Splash Pad, Walking/Jogging Path, Fitness Stations, Butterfly Garden, Skate Spot, Parking Lot
<b>Sedgwick Park</b> 10th Ave. & 48th St.	5	25	0.6	Activity Building, Playground, 2 Basketball Courts, 4 Baseball Fields, 4 Tennis Courts*, Walking/Jogging Path, 2 Sand/Volleyball Courts*, 3 Soccer Fields, Parking Lot
<b>Stone Park</b> Bell & Stone Ave.	6	0.5		Playground, Half-Court Basketball Courts
<b>Rotary Centennial Park</b> 116 Sawyer Ave.	7	0.3		Playground, Picnic Shelter
<b>Spring Park</b> 53rd St. & Spring Ave.	8	0.9		Playground, Picnic Shelter
<b>Waiola Park</b> 47th St. & Waiola Ave.	9	3.5	0.25	Playground, Basketball Court, 1 T-Ball Field, Walking/Jogging Path, 1 Soccer Field
<b>Spring/Gurrie Schools</b> 1001 S. Spring Ave.	10	8		2 Softball Fields, 3 Tennis Courts
<b>Meadowbrook Manor Park</b> 339 9th Ave.	11	0.3		Playground

TRACK/PATH ESTIMATED DISTANCE PER LAP  
\* FIELD AND/OR COURTS ARE LIGHTED

# PDLG FACILITY & PARK MAP



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

