Resident registration begins: Wednesday, 8/9

Non-resident registration begins: Wednesday, 8/16

La Grange & Countryside residents get resident rates!
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 - 8 pm ..........Mon. - Thurs.
8 am - 5 pm ..........Friday
8 am - 6 pm ..........Sat.
8 am - 4 pm ..........Sun.

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

RECREATIONAL & COMMUNITY SERVICE ORGANIZATIONS
Aging Care Connections 708/354-1323
American Youth Soccer Org. (AYSO) www.ayso300.org
Chicago White Sox 312/674-1000
Chicago White Sox Academy-La Grange 708/588-2275
Boy Scouts of America 312/421-8800
City of Countryside 708/354-7270
Community Diversity Group 708/579-5114
Community Park Dist. of La Grange Park 708/354-4580
Cook County Forest Preserve 800/870-3666
DuPage County Forest Preserve 630/933-7200
Flagg Creek Golf Course 708/246-3336
Girl Scouts of Greater Chicago 630/912-6313
Interfaith Community Partners 708-354-9326
La Grange Area Newcomers
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
La Grange Garden Club www.lagrangegardenclub.org
La Grange Public Library 708/352-0576
La Grange Historical Society 708/482-4246
Leader Shop 708/579-5898
NAACP 708/352-4877
Pleasant Dale Park District 630/662-6220
SEASPAR 630/960-7600
Southwest Suburban Sr. Center 708/354-1323
Village of La Grange 708/579-2300
Village of La Grange Public Works 708/579-2328
Western Springs Rec. Dept. 708/246-9070
West Suburban Chamber 708/352-0494

TABLE OF CONTENTS
Adult Athletics 52
Be Our Eyes Park Watch Initiative 7
Chicago White Sox Academy 51
Commemorative Tree Program 16
Early Childhood Activities 23
Early Childhood Athletics 42
Fitness 55
Gymnastics 36
La Grange Fitness 61
Late Pick-up Policy 6
Learning Ladders Preschool 19
Map & Facility/Park Info 14
Martial Arts 39
Open Gym 10
Open Pickleball 10
Performing Arts 30
Recreation Center Fee 11
Registration Form 12
Registration Info 4
Rentals 8
SEASPAR 63
Senior Activities 54
Special Events 21
Volunteers 64
Youth Activities 23
Youth Athletics 42

RESIDENT REGISTRATION
La Grange and Countryside Residents
Wednesday, August 9th - 8:00 am - 7:00 pm
Recreation Center, 536 East Avenue
Walk-in registration runs simultaneously to online registration; neither procedure has priority over the other.
Residents may only register their own family.

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

The deadline to set up an online account for registration on 8/9 is 8/8. If you already have an online account, it is not necessary to do it again. Your username and password is still valid.

WELCOME - See pages 20-21 for a detailed program list

2 Park District of La Grange Your Fun & Fitness Destination!
PARK BOARD MEETINGS

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

PARK BOARD OF COMMISSIONERS

President, Brian Opyd  
brianopyd@pdlg.org
Vice President, Robert Vear  
robertvear@pdlg.org
2nd Vice President, Lynn Lacey  
lynnclacey@pdlg.org
Commissioner, Stephanie Posey  
stephanieposey@pdlg.org
Commissioner, Michael Chvatal  
michaelchvatal@pdlg.org

BOARD APPOINTMENTS

Executive Director, Jenny Bechtold, CPRP  
jennybechtold@pdlg.org
Board Treasurer, Cassandra Todd, MBA  
cassandratodd@pdlg.org

IMPORTANT E-MAIL ADDRESSES

General  
pdlginfo@pdlg.org
FOIA Requests  
foiaofficer@pdlg.org

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

PARK DISTRICT STAFF

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

FINANCE STAFF

Director of Finance & HR, Cassandra Todd, MBA  
cassandratodd@pdlg.org
Administrative Coordinator, Linda Muth, HR  
lindamuth@pdlg.org
Finance & Personnel Assistant, Terri Kuzel  
terrikuzel@pdlg.org

RECREATION/FACILITY STAFF

Director of Recreation, Kevin Miller, CPRP  
kevinmiller@pdlg.org
B.A.S.E. & Camp Manager, Leanna Hartung  
leannahartung@pdlg.org
B.A.S.E. & Camp Supervisor, Melissa Seaberg  
melissaseaberg@pdlg.org
Athletic Supervisor, Zach Price, CPRP  
zachprice@pdlg.org
Fitness Supervisor, Dom Adjoumani  
domadjoumani@pdlg.org
Recreation Supervisor, Brandon Diaz  
brandondiaz@pdlg.org
Marketing & Sponsorship Coordinator, Christine Banks  
christinebanks@pdlg.org
Facility & Operations Manager, Dan Schaffer  
danschaffer@pdlg.org
Facility & Rental Supervisor, Madonna Giampietro  
madonnagiampietro@pdlg.org
Building Maintenance Custodians, Vince Gonzalez, Josh Wienczek

PARKS DEPARTMENT STAFF

Director of Parks, Planning & Maintenance, Blake Ertmanis  
blakeertmanis@pdlg.org
Park Operation Manager, Claudia Galli  
claudiagalli@pdlg.org
Parks & Maintenance Laborers, Ricky Cox, Jose Farias.

CPRP - Certified Park & Recreation Professional
REGISTRATION INFORMATION

1. RESIDENT REGISTRATION ONLY
   Walk-in resident registration for La Grange and Countryside residents will take place on Wednesday, August 9th from 8:00am-7:00pm at the Recreation Center, 536 East Avenue, and continues thereafter during regular office hours. Residents may only register their own family during resident registration on 8/9.

2. NON-RESIDENT REGISTRATION
   Individuals residing outside of the Park District boundaries may register starting at 8:00am Wednesday, 8/16. This includes Neighborhood Network residents.

3. ONLINE REGISTRATION
   The Park District of La Grange offers convenient online registration. Online registration runs simultaneously to walk-in registration; neither procedure has priority over the other. Online registration is available 24/7 once registration begins for the season but closes on a program’s start date in most cases. Late registration is accepted at the Recreation Center. Please be sure to view/print your receipt to verify that your online transaction processed correctly.

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

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

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

7. REFUNDS AND CANCELLATION
   Refunds will not be issued after a program’s first class date and must be requested no less than 5 days before the first class meeting. A prorated refund will be issued in cases when the Park District receives a written certificate from a physician that a medical condition exists that prohibits participation. The medical note must be received no later than 14 days after the session end date.

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

9. FEE CODE
   The fee code used in this brochure is as follows:
   - (R) Residents of La Grange & Countryside
   - (FA) Seniors age 55+
   - (NR) Non-Resident
   - (NN) Neighborhood Network

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

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

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

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

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

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

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

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

18. FEES SUBJECT TO CHANGE
    Fees are subject to change to correct a brochure misprint or program change.

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

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

OTHER SYMBOLS:
- Parent/Child Program
- Cooperative Program
- New Class

4 Park District of La Grange Your Fun & Fitness Destination!
CONNECT WITH US

www.pdlg.org

/ParkDistrictofLaGrange
/LaGrangeFit

@pdlgparks
@lagrangefitness

SUBSCRIBE TO OUR NEWSLETTER
GENERAL INFORMATION

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

1-15 minutes late = $5.00
Every additional minute = $1.00

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

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

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

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

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

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

1. All dogs in the parks must be leashed.
2. No alcoholic beverages are allowed in any park areas.
3. No driving or parking of cars, motorcycles or snowmobiles are allowed in any grass area or sportsfield.
4. No weapons of any type may be carried by anyone in the park except by the police. This includes slingshots, pellet guns or guns which are in a case.
5. No smoking within any Park District buildings.
6. No golfing in the parks. Youth golf program participants are exempt from this rule during scheduled golf lessons.
7. Parks are open from sunrise to sunset unless otherwise posted. Exceptions apply to lighted areas (i.e. courts, fields, etc.)

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

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

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

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

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

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

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

To arrange for auxiliary aids or accommodations enabling individuals with disabilities to participate in Park District public meetings, or to request publications in a special format (such as audio cassette or large print), contact the Director of Recreation by calling (708) 352-1762 or mail to 536 East Avenue, La Grange, IL 60525.
INCLUSIVE RECREATION PROGRAMS
In a continuing effort to meet the needs of residents with special needs, SEASPAR and the Park District of La Grange provide inclusive recreation services. This means that individuals with disabilities participate in programs offered by the Park District. This inclusive recreation environment provides residents with disabilities greater choices for their leisure time and allows all residents to learn about one another as they participate together.
Let the Park District and SEASPAR know of your special needs interests so that we can provide the support necessary for successful inclusion. By communicating your needs, the Park District and SEASPAR can be prepared to provide you with appropriate services. Please contact the Director of Recreation to convey your needs.

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

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

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

PARK AND FACILITY RENTAL PERMITS
Need a convenient site to hold an organization or business meeting? Want an indoor space to hold a child’s birthday party? Would an outdoor playing field, court or pavilion be the perfect spot for a family reunion? Now is the time to start planning for these events, and the Park District of La Grange can help with your indoor and outdoor facility rental space!
The Park District has both indoor and outdoor facilities that can be rented by the hour for family functions, club and school activities, civic group meetings or athletic events. Facilities, such as the Community Center, Recreation Center, ball fields, tennis courts, picnic shelters and soccer fields can be reserved. Please keep in mind that all facilities may not be available as Park District programs have the first priority for all facilities.

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.
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.

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

- **PARTY ROOM 105/PARTY ROOM 106**
  - (fee per room)
  - Res. $55/hr
  - Non-Res. $75/hr
  - ROOM 105 & 106 TOGETHER
  - Res. $100/hr
  - Non-Res. $135/hr
  - Each room holds a max of 25 people.
  - Can be opened to one large room for 50 people.

- **ROOM 108/ROOM 109**
  - (fee per room)
  - Res. $55/hr
  - Non-Res. $75/hr
  - Room 108 & 109 together
  - Res. $100/hr
  - Non-Res. $135/hr
  - Each room holds a max of 50 people.
  - Can be opened to one large room for 100 people.

- **ROOM 112** (Room holds maximum of 45 people)
  - Res. $55/hr
  - Non-Res. $75/hr

- **CONFERENCE ROOM 102**
  - (fee per room)
  - Res. $35/hr
  - Non-Res. $50/hr
  - Room 102 holds a max of 20 people

- **AFTER HOURS RENTALS**
  - $20/hr
  - Weeknights after 9pm, Saturday after 6pm, Sunday after 5pm.

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

**DeSITTER ROOM RENTAL RATES**

<table>
<thead>
<tr>
<th>Max 175 people</th>
<th><strong>MON-FRI (2 HR. MIN)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
<td>$130 per hour</td>
</tr>
<tr>
<td>Non-Resident</td>
<td>$175 per hour</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SAT-SUN (3 HR. MIN)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
</tr>
<tr>
<td>Non-Resident</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HOLIDAY WEEKENDS (3 HR. MIN)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
</tr>
<tr>
<td>Non-Resident</td>
</tr>
</tbody>
</table>

**Alcohol Permit**

- $205 (1-100 guests)
- $215 (101-175 guests)

(beer, wine products only - renter supplies own alcohol)

**AFTER HOURS RENTALS**

- $20 per hour extra

**RENTAL POLICY**

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

**INDOOR PLAYGROUND**

<table>
<thead>
<tr>
<th>Res. $50/hr</th>
<th>Non-Res. $65/hr</th>
</tr>
</thead>
<tbody>
<tr>
<td>During room Rental Time only.</td>
<td>2 hour minimum rental time</td>
</tr>
</tbody>
</table>

**AFTER HOURS RENTALS**

<table>
<thead>
<tr>
<th>$20/hr</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weeknights after 9pm, Saturday after 6pm, Sunday after 5pm</td>
</tr>
</tbody>
</table>
The Perfect Room to Celebrate all Occasions!

- Weddings
- Birthdays
- Graduations
- Anniversaries
- Corporate Events

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

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

<table>
<thead>
<tr>
<th>Half-Court Rental</th>
<th>Full Court Rental</th>
<th>Volleyball Court Rental</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
<td>$40/hour</td>
<td>Resident</td>
</tr>
<tr>
<td>Non-Resident</td>
<td>$50/hour</td>
<td>Non-Resident</td>
</tr>
</tbody>
</table>

OPEN GYM POLICIES

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

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

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

Patrons must bring their own balls for basketball & volleyball

PARK DISTRICT ID

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

How can I get a FREE Park District ID?

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

CLOTHING/LOSS OF PERSONAL PROPERTY

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

FOOD/SPITTING/ALCOHOL, DRUGS, & TOBACCO

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

SPORTSMANSHIP/BEHAVIOR/MUSIC/HEADPHONES

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

TRACK

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

OPEN PICKLEBALL

(please bring your own paddles & balls)

Open games to be played. Nets will be provided by the Park District.

Schedule: Monday/Wednesday/Friday 9am-12pm and Friday 3pm-5pm

Drop-In Fee: $5 RES, $8 NR
10-Punch Pass: $40 RES, $64 NN, $72 NR

OPEN GYM DAILY & PUNCH PASS FEES - Basketball / Volleyball

For your convenience the Park District offers a 10-punch pass for open gym play. Pay up front and just bring your pass ID card to open gym. The 10 visits are valid for one year from date of issue and are non-transferable. Volleyball is subject to availability with a minimum of 8 players – please call ahead.

Check our monthly calendar for specified open gym times. Participants may also pay a daily drop-in fee for open gym – NO REFUNDS.

<table>
<thead>
<tr>
<th>Daily Visit</th>
<th>Neighborhood Network</th>
<th>Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5-13 yrs.</td>
<td>$4</td>
<td>5-13 yrs.</td>
</tr>
<tr>
<td>14 yrs. &amp; up</td>
<td>$7</td>
<td>14 yrs. &amp; up</td>
</tr>
<tr>
<td>Non-Resident</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5-13 yrs.</td>
<td>$32</td>
<td>5-13 yrs.</td>
</tr>
<tr>
<td>14 yrs. &amp; up</td>
<td>$56</td>
<td>14 yrs. &amp; up</td>
</tr>
</tbody>
</table>

10-Punch Pass: $32 5-13 yrs. $56 14 yrs. & up $76
Non-Resident: $63 14 yrs. & up $85

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

Fees rates subject to change.

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

**MEMBERSHIP DEFINITIONS**

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

**RESIDENCY**

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

**INDOOR TRACK**

- No strollers are allowed on the track/Please walk at your own risk
- Track users must be 5 years & older
- Monday - Thursday 8am - 7:30pm
- Friday 8am - 4:30pm
- Saturday 9am - 3:30pm
- Sunday 9am - 3:30pm
- For your safety, track hours may be restricted during Park District activities in the gym
- Track may close occasionally for certain programs
- Closed Closed 11/23, 12/25, 1/1

**INDOOR PLAYGROUND**

- All children must be accompanied by an adult, no supervision provided
- **Hours subject to availability-check monthly calendar for updates**
- Monday - Thursday 9am - 6:30pm
- Friday 9am - 4:30pm
- Saturday 9am - 5:30pm
- Sunday 9am - 12:30pm
- Closed 11/23, 12/25, 1/1

*All hours and fees subject to change without notice*
# Park District of La Grange Registration Form

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

## Fall 2023

**Family Last Name_________________________________________________________ Email___________________________________________**

**Address_________________________________________________________**

**City___________________________________________ Zip______________________**

**Phone/Home________________________ Cell___________________________ Work________________  ____   Alt. Emergency________________________**

<table>
<thead>
<tr>
<th>Participant (First &amp; Last Name)</th>
<th>Sex</th>
<th>Birth Date</th>
<th>Program Name</th>
<th>Start Date</th>
<th>Program Code</th>
<th>Office Use Only</th>
<th>Fee</th>
</tr>
</thead>
</table>

**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 exists. 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 newsletters, web pages, brochures, 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.

**Checks payable to:**

**Mail In Registration:** Provide full credit card number and exp. date & sign authorization below

**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?  

**Details:**

---

<table>
<thead>
<tr>
<th>Checks payable to:</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>$</td>
<td></td>
</tr>
</tbody>
</table>

**Mail In Registration**

**Credit Card #**

**Exp. Date**

**Signature**

**Refunds must be requested no less than 5 days prior to the first class date**
<table>
<thead>
<tr>
<th>Facilities</th>
<th>Map Ref.</th>
<th>Acres</th>
<th>Amenities</th>
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<tbody>
<tr>
<td>Recreation Center</td>
<td>A</td>
<td>-</td>
<td>Administrative Offices, La Grange Fitness, Indoor Playground,</td>
</tr>
<tr>
<td>536 East Ave.</td>
<td></td>
<td></td>
<td>Walking Track, 3 Full Size Basketball Courts, Dance/Aerobic Studio,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Banquet Room, Rental Rooms, Chicago White Sox Satellite Training Facility</td>
</tr>
<tr>
<td>Community Center</td>
<td>B</td>
<td>1</td>
<td>Activity Building, Playground, 2 Basketball Courts*</td>
</tr>
<tr>
<td>200 S. Washington Ave.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Parks</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Denning Park</td>
<td>1</td>
<td>10</td>
<td>Activity Building, Playground, Picnic Shelter, Walking/Jogging Path,</td>
</tr>
<tr>
<td>4903 S. Willow Springs Rd.</td>
<td></td>
<td></td>
<td>1 Soccer Field, Parking Lot, Basketball Court, Community Garden</td>
</tr>
<tr>
<td>Elm Park</td>
<td>2</td>
<td>2</td>
<td>Playground, Half-Court Basketball Court</td>
</tr>
<tr>
<td>Elm &amp; Stone Ave.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gilbert Park</td>
<td>3</td>
<td>6</td>
<td>Preschool Building, Playground, Half-Court Basketball Court, 2 T-Ball</td>
</tr>
<tr>
<td>41st St. &amp; Gilbert Ave.</td>
<td></td>
<td></td>
<td>Fields, 4 Tennis Courts*, Walking/Jogging Path</td>
</tr>
<tr>
<td>Gordon Park</td>
<td>4</td>
<td>13</td>
<td>Picnic Shelter, Playground, 2 Softball Fields*, 3 Handball Courts*, 2</td>
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<tr>
<td>Ogden &amp; Locust Ave.</td>
<td></td>
<td></td>
<td>Soccer Fields, Splash Pad, Walking/Jogging Path, Fitness Stations, Skate</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Spot, Parking Lot</td>
</tr>
<tr>
<td>Sedgwick Park</td>
<td>5</td>
<td>23</td>
<td>Activity Building, Playground, 2 Basketball Courts, 4 Baseball Fields,</td>
</tr>
<tr>
<td>10th Ave. &amp; 48th St.</td>
<td></td>
<td></td>
<td>4 Tennis Courts*, Walking/Jogging Path, 2 Sand/Volleyball Courts*, 3</td>
</tr>
<tr>
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<td></td>
<td></td>
<td>Soccer Fields, Parking Lot</td>
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<tr>
<td>Stone Park</td>
<td>6</td>
<td>.5</td>
<td>Playground, Half-Court Basketball Courts</td>
</tr>
<tr>
<td>Bell &amp; Stone Ave.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rotary Centennial Park</td>
<td>7</td>
<td>.3</td>
<td>Playground, Picnic Shelter</td>
</tr>
<tr>
<td>116 Sawyer Ave.</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Spring Park</td>
<td>8</td>
<td>.85</td>
<td>Playground, Picnic Shelter</td>
</tr>
<tr>
<td>1108 S. Spring Ave.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Waiola Park</td>
<td>9</td>
<td>3.5</td>
<td>Playground, Basketball Court, 2 T-Ball Fields, Walking/Jogging Path,</td>
</tr>
<tr>
<td>500 S. Waiola Ave.</td>
<td></td>
<td></td>
<td>1 Soccer Field</td>
</tr>
<tr>
<td>Meadowbrook Manor Park</td>
<td>10</td>
<td>.25</td>
<td>Playground</td>
</tr>
<tr>
<td>339 9th Ave.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

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

## ADULT ATHLETICS & SPECIAL INTEREST

- **Advanced Beginner Pickleball** .......................................................... 52
- **Beginner Guitar** .................................................................................. 53
- **Beginner Pickleball** ............................................................................ 52
- **Dog Obedience – Beginner** ................................................................. 53
- **Dog Obedience – Intermediate** ............................................................. 53

## ADULT SPECIALTY FITNESS

- **Fitness Make-Up Policy** ......................................................................... 55
- **Drop-In Class Pass** .............................................................................. 55
- **Virtual Class Pass** ................................................................................ 55
- **Ballet Fitness for All** ............................................................................ 60
- **Barre Sculpt & Core** ............................................................................ 59
- **Chair Yoga, Strength & Stretch** ............................................................ 57
- **Commit Dance Fitness** .......................................................................... 60
- **Core 360 Workout** ................................................................................ 59
- **Cycle, Sculpt & Yoga** ............................................................................ 58
- **Flow Yoga** ........................................................................................... 57
- **Gentle Yoga** ........................................................................................ 57
- **Golden Barre Above** ............................................................................ 59
- **Pilates, Strength & Stretch** ................................................................. 58
- **Restorative Yoga Workshop** ................................................................. 56
- **Sound Journey & Gong Wash Meditation** ............................................ 56
- **STEP Aerobics for All** ......................................................................... 60
- **Yoga** ................................................................................................ 57
- **Yoga Fundamentals** .............................................................................. 58
- **Yoga Nidra** .......................................................................................... 56
- **Zumba Gold** ........................................................................................ 60
- **Zumba Toning & Abs** .......................................................................... 59

## ATHLETIC CLASSES & CAMPS

- **3-on-3 Recreational Basketball** ............................................................ 45
- **Basketball Skills** .................................................................................. 49
- **Chicago White Sox Baseball Camps** ................................................... 50
- **Dad & Me Fun w/ Football** ................................................................... 44
- **Family Archery** .................................................................................... 45
- **Junior Golf Camp** ................................................................................ 53
- **Junior Hoops** ....................................................................................... 49
- **Junior Soccer** ....................................................................................... 49
- **Junior T-Ball** ........................................................................................ 49
- **Junior Tennis** ....................................................................................... 45
- **Kids First Basketball** ............................................................................ 47
- **Kids First Flag Football** ....................................................................... 47
- **Kids First Multi Sports** ........................................................................ 47
- **Kids First Soccer** .................................................................................. 47
- **Kids First Track & Field** ....................................................................... 47
- **Parent & Child Golf** ............................................................................. 44
- **Parent & Tot Sports** ............................................................................ 49
- **Pee Wee Tennis** .................................................................................... 44
- **Preschool Sports** .................................................................................. 44
- **Smart Start Golf** ................................................................................... 44
- **Soccer Made in America Camp** ............................................................. 64
- **Tiny Tot Tennis** .................................................................................... 62
- **Tot Track, Field & Fitness** ................................................................... 44
- **Volleykidz Outdoors** ........................................................................... 50
- **Youth Archery** ..................................................................................... 45
- **Youth Pickleball** .................................................................................. 45
- **Youth Tennis** ....................................................................................... 45

## ATHLETIC LEAGUES - YOUTH

- **Youth Developmental Basketball League** ........................................... 42
- **7th-8th Grade Basketball – Games Only** ............................................ 42
- **Lions Jrs./1st Alliance Volleyball** ......................................................... 42

## DANCE

- **Ballet/Hip Hop** .................................................................................... 35
- **Ballet/Tap Combo** ............................................................................... 34
- **Dance Parties** ..................................................................................... 35
- **Discover Dance Kids** .......................................................................... 33
- **Discover Dance Tots** ........................................................................... 33
- **Discover Dance w/ Me** ........................................................................ 33

## EARLY CHILDHOOD & YOUTH ACTIVITIES

- **Adorable Christmas Puppies** ............................................................... 26
- **Artists Dream** ..................................................................................... 26
- **By-Gym-Mini** ..................................................................................... 27
- **Chess** ................................................................................................ 28
- **Dinosaur Dig** ..................................................................................... 23
- **Double the Fun Drawing** ................................................................... 29
- **Fall Fest Sweets & Treats** ................................................................... 25
- **GNO Get Pampered Spa Divas** ............................................................. 25
- **Halloween Hunt** .................................................................................. 23
- **Holiday Etiquette** ............................................................................... 29
- **Holiday Reindeer** ............................................................................... 26
- **Holiday Time w/ your American Girl** ............................................... 25
- **I Speak Spanish** ................................................................................... 27
- **Kiddie Kollege** .................................................................................... 27
- **Lego Engineering** ................................................................................ 28
- **Magic Class** ........................................................................................ 28
- **Parent/Child Holiday Gift Boutique** .................................................... 25
**PROGRAM LISTING**

<table>
<thead>
<tr>
<th>Parent &amp; Tot Pumpkin Carving</th>
<th>24</th>
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</thead>
<tbody>
<tr>
<td>Santa’s Little Helper</td>
<td>24</td>
</tr>
<tr>
<td>Slime Time</td>
<td>24</td>
</tr>
<tr>
<td>Smart Start Art</td>
<td>29</td>
</tr>
<tr>
<td>Toddler Playtime</td>
<td>27</td>
</tr>
<tr>
<td>Up, Up, &amp; Away – Building Flying Models</td>
<td>28</td>
</tr>
</tbody>
</table>

**GMYNASTICS**

| Boys Beginner Gymnastics      | 37 |
| Girls Beginner Gymnastics     | 38 |
| Gymnastics 101                | 36 |
| Gymnastics 102                | 37 |
| Kidnastics                   | 36 |
| Parent & Tot Gymnastics       | 36 |
| Tumbling for Beginners        | 38 |
| Tumbling for Cheerleading     | 38 |
| Tumbling On                   | 37 |

**PERFORMING ARTS**

| Jingle Bell Time w/ Tiny Toes Music | 31 |
| Kid Rock III                      | 30 |
| Little Actors Club                | 31 |
| Music Together w/ Tiny Toes Music | 30 |
| Tot Rock                          | 30 |
| Young Actors Club                 | 31 |

**SEASPAR**

| 63 |

**SENIOR ACTIVITIES**

| Holiday Social                  | 54 |
| Mahjong                         | 54 |
| Pinochle Tuesdays               | 54 |

**SPECIAL EVENTS**

| Donuts with Santa               | 22 |
| Holiday Train                   | 22 |
| Parent & Child Dance            | 22 |
| Santa Paws                      | 22 |
| Trunk or Treat                  | 21 |
| Zombie Candy Hunt               | 22 |

**LA GRANGE FITNESS**

| .61-52 |

**LEARNING LADDERS**

| .19-20 |

**MARTIAL ARTS**

| Adult/Teen Jujitsu              | 40 |
| Jujitsu Mighty Mites            | 39 |
| Jujitsu Juniors                 | 39 |
| Jujitsu Juniors Advanced        | 39 |
| Kids Karate Club                | 41 |
| Restorative Gentle Jujitsu      | 41 |
| Tae Kwon Do                     | 41 |

**PERFORMING ARTS**

| Jingle Bell Time w/ Tiny Toes Music | 31 |
| Kid Rock III                      | 30 |
| Little Actors Club                | 31 |
| Music Together w/ Tiny Toes Music | 30 |
| Tot Rock                          | 30 |
| Young Actors Club                 | 31 |

**SEASPAR**

| 63 |

**SENIOR ACTIVITIES**

| Holiday Social                  | 54 |
| Mahjong                         | 54 |
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| Donuts with Santa               | 22 |
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| Santa Paws                      | 22 |
| Trunk or Treat                  | 21 |
| Zombie Candy Hunt               | 22 |
PRESCHOOL

Learning Ladders
Preschool 2023 - 2024

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

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

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

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

Registration

Where: Recreation Center, 536 East Avenue, La Grange

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

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

Program Philosophy

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

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

Goals and Objectives

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

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

We have a variety of play areas and materials to help us accomplish these objectives. A child’s first social experience should be positive and enjoyable. Our Learning Ladders Preschool is a happy and safe place for these first experiences to begin. If you have any questions or concerns regarding the program at any time, please contact Brandon Diaz, Recreation Supervisor at (708) 352-1762.
**Black Bears: 2 ½ to 3 years**

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

**Little Lions: Ages 2 ½ to 3 years**

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

**Leaping Lizards: Ages 3 to 4 years**

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

**Eager Eagles: Ages 4 to 5 years**

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

**Playful Penguins: Ages 3 to 4 years**

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

Trunk or Treat
Join us for a spook-tacular good time at an eerie-sistible Trunk or Treat. Come "trick or treat" from decorated trunks in the Sedgwick parking lot and then join us for more Halloween fun with games, prizes and more!

Age:.............. All Ages
Location:....... Sedgwick Park
Fees:.............. FREE
Day:.............. Saturday, October 14
Time:.............. 10:30A-12:00P

Holiday Tree Lighting
Tuesday, December 5th, 6:00PM-7:00PM at Waiola Park
Join the Park District of La Grange as we kick off the holiday season with an old-fashioned Tree Lighting at Waiola Park on Tuesday, December 5th from 6:00pm-7:00pm. This event will feature holiday entertainment and special visitors from the North Pole. Enjoy hot cocoa and cookies as you and your family enjoy the wonderful tree decorations. Gather your family, friends or a group and purchase a holiday tree to decorate. Register at the Recreation Center and pick-up the tree decorating guidelines. The tree cost is $75, with the deadline to purchase a tree being Monday, November 13th. Each tree includes lights and you can decorate your tree any time after Thursday, November 30th.

<table>
<thead>
<tr>
<th>CODE</th>
<th>DATES</th>
<th>TIME</th>
</tr>
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Zombie Candy Hunt
Join us as we hunt for candy and sweet prizes! It’s a twist on an old tradition – wear a costume, bring your own flashlight and a container for all your goodies. Must be accompanied by a parent. Early bird registration fee of $5 ends on Friday, October 6th. Co-op WS

Age:............. 6-14 years
Instructor:....... Staff
Min/Max:......... 10/25 per agency
Location:....... Sedgwick Park
Fees:............ Early Bird Rate $5 per participant
            Saturday, October 7th: $7 per participant
Day:......... Friday

Donuts with Santa
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. Registration deadline is November 29th.

Age:............. Believers of all ages!
Instructor:....... Staff
Min/Max:....... 10/50
Location:...... Recreation Center
Fees:............. $15 per child
                $8 per adult
Day:............. Sunday

Santa Paws
Dress up your pooch for a holiday photo shoot with Santa! His elves will take a picture of him with your pup. Don’t forget your camera to take a few pictures of your own. Pre-registration is required. You will receive your photo shoot time slot the week before the event. Fee includes refreshments for you, a treat for your dog and a photo. These photos will be emailed to you after the event. Dogs MUST be on a leash. Registration deadline is Wednesday, November 22nd.

Min/Max:........ 10/20
Location: Sedgwick Park (in case of inclement weather we will move inside for pictures)
Fees:............ $12
Day:............... Sunday

Holiday Train
All Aboard!! Take the Holiday Express to go see Santa at the North Pole. Each child will receive a small gift from Santa. A drink and a treat will be served at the Naperville Train Station. (The train will depart from the La Grange Rd. train station at 9:06 am and go to Naperville). Please dress for the weather. Children 12 months & younger are free. Please note senior discount does not apply to this event. Registrations are non-transferable. Each family must register under their own address on a separate registration form.

Age:............ Believers of All Ages
Min/Max:....... 20/120
Location:...... La Grange Rd. Train Station
Fees:............. $25/R, $33/NR, $28/NN per person
Day:............... Saturday

Parent/Child Dance
Come to the Recreation Center and enjoy a fantastic night out with your little one! Dance to your favorite tunes, enjoy refreshments, and leave at the end of the evening with a keepsake photo. Each additional child is $25. Registration deadline is October 27th.

Age:............ 3-10 years
Instructor:..... Staff
Min/Max:....... 20/50 couples
Location:..... Recreation Center
Fees:............ $45R, $59/NR, $50/NN (Additional Child $25)
Day:............... Friday
EARLY CHILDHOOD

Dinosaur Dig
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 & LGP

Age:.............. 3-5 years
Instructor:....... Staff
Min/Max:....... 2/4 per agency
Location:....... Recreation Center
Fees: ............ $29/R, $37/NR, $32/NN
Day:.............. Saturday

Halloween Hunt
During the Halloween Hunt we will use spooky clues to find Halloween treasures! Participants are encouraged to wear their Halloween costumes and each participant will go home with the discovered treasures!

Age:.............. 4-6 years
Instructor:..... Staff
Min/Max:....... 5/10
Location:....... Recreation Center
Fees: ............ $20/R, $25/NR, $22/NN
Day:............. Tuesday

EARLY CHILDHOOD PROGRAM REQUIREMENTS

• Children must be the correct age by the first day the program meets, unless otherwise specified. In order to provide your child with the best possible recreational and/or learning experience, all of our programs are planned according to the ages listed in our brochure.

• Classes are for child attending only, except for classes with an accompanying adult. Parents should not remain in the classroom or gymnasium after dropping off their child. This is in the child’s best interest, as continual interruptions tend to affect participant’s attention span and inhibit the establishment of peer relationships.

• Please do not bring food to any class, unless previously arranged.

• For your children’s safety, all children enrolled in preschool age programs must be picked up from the specific classroom or program site by their parents or designated guardian. No child will be released from the classroom to anyone other than these individuals.

• A mandatory sign in and sign out procedure for all participants is required for all Park District programs.

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

EARLY CHILDHOOD & YOUTH ONE DAY EVENTS
### Parent & Tot Pumpkin Carving 🎃
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 & LGP

**Age:** 2-6 years with parent  
**Instructor:** Staff  
**Min/Max:** 3/5 per agency  
**Location:** Recreation Center  
**Fees:** $18/R, $23/NR, $20/NN  
**Day:** Wednesday

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### Slime Time! 🧪
Let’s create some SLIME together! Each participant will go home with a bag of slime. Co-op WS

**Age:** 5-7 years  
**Instructor:** Staff  
**Min/Max:** 3/5 per agency  
**Location:** Recreation Center  
**Fees:** $22/R, $28/NR, $24/NN  
**Day:** Thursday

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### Santa’s Little Helper 🎄
This holiday class is sure to help your child feel the Christmas spirit! During Santa’s Little Helper we will read holiday stories, 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

**Age:** 3-5 years  
**Instructor:** Staff  
**Min/Max:** 3/5 per agency  
**Location:** Recreation Center  
**Fees:** $20/R, $25/NR, $22/NN  
**Day:** Tuesday

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**EARLY CHILDHOOD & YOUTH ONE DAY EVENTS**

**Holiday Time with your American Girl 🎁**

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

*Age:* 3-10 years (3-5 yrs must be accompanied by a parent)
*Instructor:* Ultimate Classes & Parties
*Min/Max:* 3/6 per agency
*Location:* Western Springs Rec Center
*Fees:* $36/R, $47/NR, $40/NN
*Day:* Monday

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**GNO: Get Pampered Spa Divas 🛌**

Each participant is welcome to come in their PJs! Our staff will be pampering them with hairdo fun braids and sparkle. We will teach a mini pedicure and mani section along with polishing nails and toes with glitter, neon and pastel polishes. A foot nail brush, cuticle stick and buffer will be take home goodies along with a mini polish and jewelry glam bag. Our night ends with some music and fun dancing to some disco lights and props for pictures! Co-op WS

*Age:* 5-11 years
*Instructor:* Glitzy Girls
*Min/Max:* 3/6 per agency
*Location:* Western Springs Rec Center
*Fees:* $34/R, $44/NR, $37/NN
*Day:* Wednesday

---

**Parent/Child Annual Holiday Gift Boutique 🎁**

Come for a memorable night with your sons/daughters and celebrate the Spirit of the Season making gifts! Staff will assist in this unique class with each couple designing/decorating and wrapping surprises. Each couple makes and takes home 3 adorable gifts of wood, ceramic and beading/jewelry with paints, embellishments, stickers and more. Perfect for any recipient this holiday. A station for making tags, wrapping paper and decorating gift bags is available to conceal gifts. This class will be a treasured memory of the 2023 holiday season! Co-op WS

*Age:* 3-10 years
*Instructor:* Glitzy Girls
*Min/Max:* 3/6 per agency
*Location:* Western Springs Rec Center
*Fees:* $34/R, $44/NR, $37/NN
*Day:* Tuesday

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**Fall Fest Sweets & Treats 🍪**

What better way to celebrate the fall, but with a class full of goodies!! Each child will receive a Fall-Fest tray that will be filled with cookies and brownies. We will use frosting and toppings to design a baker’s masterpiece to show off to our family and friends. This special class would not be complete without designing awesome trick-or-treat bags. The perfect class for all ages! Co-op WS

*Age:* 5-10
*Instructor:* Ultimate Classes & Parties
*Min/Max:* 3/6 per agency
*Location:* Western Springs Rec Center
*Fees:* $36/R, $47/NR, $40/NN
*Day:* Monday
Adorable Christmas Puppies

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

**Age:** 3-10 years (3-5 yrs must be accompanied by a parent)
**Instructor:** Ultimate Classes & Parties
**Min/Max:** 3/6 per agency
**Location:** Western Springs Rec Center
**Fees:** $36/R, $47/NR, $40/NN
**Day:** Monday

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Artists Dream

Do you dream about becoming an artist? In this class participants will design two 16x20 art pieces. Canvas, paints, brushes, chalks, colored sand, and glitter to design your own masterpieces will be provided. If time permits, an additional surprise art craft will be included! Don’t miss out on this one! Bring your imagination and dress for a mess. Co-op WS

**Age:** 7-13 years
**Instructor:** Ultimate Classes & Parties
**Min/Max:** 3/6 per agency
**Location:** Western Springs Rec Center
**Fees:** $37/R, $48/NR, $41/NN
**Day:** Monday

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

Toddler Playtime Gym
Looking for a place for your toddler to play, explore, and socialize? If so, then we have the perfect activity for you! During Toddler Playtime Gym one court is set up with scooters, tunnels, and other games to help your toddler develop their gross motor skills. *This activity is unsupervised, no instructor will be provided and a parent must accompany his or her child. Toddler Playtime Gym is a pay as you participate program, which means you’re not required to attend every week. Prices listed below are for each time you participate. This activity is included as part of the family yearly pass. Enjoy Toddler Playtime Gym and the indoor playground for one low fee! Pay for the playground and add Toddler Gym for only $2 more.

Age: 1-5 years
Location: Recreation Center
Fees: $4/R, $5/NR, $5/NN
FeesPlayground Combo Fees*: $4/R, $5/NR, $5/NN (1-2 Years) $6/R, $8/NR, $8/NN (3-5 Years)

Day: Tuesday, Thursday & Friday

By-Gym-Mini
BIG FUN FOR YOU AND YOUR TODDLER!! Moms, Dads or Caregivers can join in for the morning’s activities. A low-key structure play allows plenty of free time for exploration and adventure on the various equipment. A short circle time includes songs, finger play, games and parachute play etc. This is an excellent class for improving large motor skills and developing social and group interaction skills. Co-op WS

Age: 18 months – 3 years
Instructor: Abby McEntee
Min/Max: 3/5 per agency
Location: Grand Avenue Community Center

Day: Wednesday

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

Age: 2-3 years
Instructor: Staff
Min/Max: 5/10
Location: Recreation Center
Fees: $68/R, $87/NR, $74/NN
Day: Tuesday & Thursday

I Speak Spanish!
Did you know that young children learn language naturally and much more easily than older children and adults? Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. New material is covered in each session! Co-op WS

Age: 3-6 years
Instructor: Language in Action, Inc.
Min/Max: 2/4 per agency
Location: Grand Ave Community Center – WSCCA Rm
Fees: $70/R, $91/NR, $77/NN
Day: Wednesday
Lego Engineering
Do your kids like to play with Legos? Design, build and experiment, then test to see how well they work! We’ll explore programming and we’ll be building moving assemblies, bridges and robots! This class is a fun way to explore an introduction to engineering!

Age:................. 5-12 years
Instructor:....... The Whole Child
Min/Max:......... 6/12
Location:....... Recreation Center
Fees:............... $210/R, $273/NR, $231/NN
Day:............... Monday

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Up, Up, And Away – Building Flying Models 🎈
Learn to make a new rubber band powered flying model from balsa wood. Have fun building, flying, and learning how to fix the models if they break. Each week a new model will be assembled. All models will be tested and then taken home. Co-op WS

Age:................. 8-12 years
Instructor:....... R. Magin
Min/Max:......... 1/2 per agency
Location:....... Western Springs Rec Center
Fees:............... $47/R, $61/NR, $52/NN
Day:............... Wednesdays

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Chess 🏛️
This class has an interactive, discovery-based curriculum inspiring children to think ahead, visualize their goals, treat others with respect and to learn from mistakes. Classes are geared to suit children of all skill levels; from casting to checkmate artist, participants will build upon their knowledge through lessons, tournaments, variation games and more! Co-op WS

Age:............... 6-12 years
Instructor:....... Chess Wizards
Min/Max:......... 5/7 per agency
Location:....... Western Springs Rec Center
Fees:............... $139/R, $181/NR, $153/NN
Day:............... Monday

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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:......... 3/12 per agency
Location:....... Western Springs Rec Center
Fees:............... $23/R, $30/NR, $25/NN
Day:............... Thursday or Monday

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EARLY CHILDHOOD & YOUTH ACTIVITIES

Smart Start Art 😊
“Every child is an artist” - Pablo Picasso. Explore your artistic side in this class. 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:....... 3/5 per agency
Location:...... Western Springs Rec Center
Fees:........... $107/R, $139/NR, $118/NN
Day:............ Thursday

Double the Fun Drawing with Young Rembrandts 😊
Awaken your inner Artist! Participants will explore all the basics of visual arts, in a fun and confident setting that ensures success for every child. Basic drawing, portraits, action, and cartooning. Participants will complete several different projects and learn to draw whimsical characters, Animals, everyday objects, and action scenes. Young Artists will gain so much confidence in their creative spirit and art skills. Each month lessons will be different so no repeats. Don’t miss out, sign up today! Co-op WS

Age:........... 5-12 years
Instructor:..... Young Rembrandt
Min/Max:....... 3/5 per agency
Location:...... Western Springs Rec Center
Fees:........... $113/R, $147/NR, $124/NN (01)
................ $88/R, $114/NR, $97/NN (02, 03, & 04)
Day:............. Saturday

Holiday Etiquette 101 😊
Have your child ready to enjoy the holidays with ease and confidence! By learning basic etiquette skills, your child will navigate in various social situations with ease and certainty. My focus is on teaching manners as a demonstration of kindness, consideration, and respect toward others. This class offers the “other voice” to convey the common courtesies that parents try to teach at home. A snack will be served to practice their new etiquette skills. Dress code: young ladies - dress/skirt and blouse, and young men - khakis and collared shirt (sport coat optional). Co-op WS

Age:........... 9-14 years
Instructor:..... Lisa Genser
Min/Max:....... 4/8 per agency
Location:...... Western Springs Rec Center
Fees:........... $60/R, $78/NR, $66/NN
Day:............. Sunday

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332115-02  10/14-10/28  10:00A-12:00P
332115-03  11/4-11/18  10:00A-12:00P
332115-04  12/2-12/16  10:00A-12:00P

CODE  DATES  TIME
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ROCK ‘N’ KIDS PROGRAMS

This interactive class has everyone on their feet! We all learn together while engaging in active, creative, music-based activities, while using rhythm instruments and movement props. All class procedures are designed to keep staff and students safe. Activities are age appropriate by class and include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening and following directions skills. Sing, dance, play, learn and imagine with us! [www.rockitkids.com](http://www.rockitkids.com), Co-op WS

Tot Rock

**Age:** 1-2 years with parent  
**Instructor:** Rock ‘n’ Kids  
**Min/Max:** 2/6 per agency  
**Location:** Recreation Center  
**Fees:** $68/R, $87/NR, $74/NN  
**Day:** Tuesday

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Kid Rock III

**Age:** 2-5 years with parent  
**Instructor:** Rock ‘n’ Kids  
**Min/Max:** 2/6 per agency  
**Location:** Recreation Center  
**Fees:** $68/R, $87/NR, $74/NN  
**Day:** Tuesday

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Music Together with Tiny Toes Music

Each week we will gather for 45 minutes of fun-filled family music time with Tiny Toes Music. Your teacher will lead you and the other families in music activities ranging from lullabies to full-on jam sessions (with child-friendly instruments, of course!). In Music Together’s mixed age classes, everyone participates at their own levels: babies vocalize, listen and observe; toddlers play and experiment; and preschoolers build confidences as they emerge as classroom leaders. You’ll take home the award-winning music used in class, along with an illustrated songbook and other resources. Infant siblings under 9 months attend for free and any caregiver (parent, nanny, or grandparent) can participate in this family music experience.

For more information, visit [www.TinyToesMusic.com](http://www.TinyToesMusic.com), Co-op WS

**Age:** Newborn - 6 years with parent or caregiver  
**Instructor:** Tiny Toes Music  
**Min/Max:** 3/7 per agency  
**Location:** Recreation Center  
**Fees:** $234/R, $304/NR, $257/NN

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**Class Will Not Meet On:** 10/26
PERFORMING ARTS

Jingle Bell Time with Tiny Toes Music

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

For more information, visit www.TinyToesMusic.com.

Age: Newborn - 6 years with parent or caregiver
Instructor: Tiny Toes Music
Min/Max: 6/15
Location: Recreation Center
Fees: $81/R, $105/NR, $89/NN

Little Actors Club

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, and games. 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 and sign up for both sessions! Co-op WS

Age: 3-5 years
Instructor: Shining Star Productions
Min/Max: 4/7 per agency
Location: Recreation Center
Fees: $67/R, $87/NR, $74/NN
Day: Friday

Young Actors Club

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

Age: 6-8 years
Instructor: Shining Star Productions
Min/Max: 7/15
Location: Recreation Center
Fees: $67/R, $87/NR, $74/NN
Day: Friday
Inclusion Services

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

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

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

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

**The Park District of La Grange staff is NOT responsible for diaper changing or toileting participants.**
Connecting communities to creative arts--that is what we do at Innovation Arts Connection! Our progressive curriculum focuses on dance concepts and core techniques as well as teaching the importance of respect, positive attitude and hard work. In our classes students will develop grace, rhythm, coordination, creativity, and confidence in a fun, safe and structured environment. IAC’s dance classes offer stability, a sense of community, socialization and structure. We look forward to seeing you in class!

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

**Seasonal Classes**

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

**Discover Dance with Me**

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

**Age:** Walking-3 years with guardian

**Instructor:** Innovation Arts Connection

**Min/Max:** 4/8

**Location:** Recreation Center

**Fees:** $79/R, $103/NR, $87/NN

**Day:** Tuesday or Friday

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<td>9/22-12/15</td>
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**Discover Dance Tots**

Watch your child’s independence and confidence soar, as our dancers explore and discover the benefits of a more structured dance class. Following directions, waiting for our turn, and collectively problem-solving will encourage emotional and social development. Live singing, musical play, and sensory props will have these little ones moving and grooving with their friends and eager to return to class each week! Please wear comfortable, form-fitted clothing and bare feet. **2 yr olds are Strongly Encouraged to have previous experience in Discover Dance with me prior to joining DDT.

**Age:** 2-3 years old

**Instructor:** Innovation Arts Connection

**Min/Max:** 4/6

**Location:** Recreation Center

**Fees:** $79/R, $103/NR, $87/NN

**Day:** Friday

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**Discover Dance Kids**

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

**Age:** 3-6 years

**Instructor:** Innovation Arts Connection

**Min/Max:** 4/8

**Location:** Recreation Center

**Fees:** $119/R, $155/NR, $131/NN

**Day:** Friday

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**Class Will Not Meet On:** 11/24
**Park Studio Classes**

The Park Studio program track is a studio program designed around the Park District community culture. This track is for dancers of all ages and experience levels who are looking for a progressive session and higher commitment level with a final holiday choreography to be performed for guardians at an in-class performance. Within this program, participants can engage in core studio-level dance classes. All classes are held at Park District of La Grange’s Recreation Center. In the event of inclement weather, classes will be held virtual on Zoom.

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**Ballet/Tap Combo**

Ballet/Tap Combo is the most popular combo for dancers. Classes include stretches, barre work, class etiquette, basic technique of each style, games and learning choreography in both ballet and tap. Please wear leotard, tights, or comfortable form fitted clothing, ballet & tap shoes.

**Age:................ 3-12 years**

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

**Min/Max:....... 4/10(01), 4/8(02) & 4/12(03)**

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

**Fees:............... $109/R, $142/NR, $120/NN (01) $144/R, $187/NR, $159/NN (02) $180/R, $234/NR, $198/NN (03)**

**Day:............... Thursday**

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**Hip Hop/Jazz Combo**

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

**Age:............... 3-12 years**

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

**Min/Max:...... 4/10(01), 4/8(02) & 4/12(03)**

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

**Fees:.............. $144/R, $187/NR, $159/NN (01 & 03) $109/R, $142/NR, $120/NN (02)**

**Day:............. Tuesday**

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Class Will Not Meet On: 11/23
Ballet/Hip Hop
This class is designed for beginner ballerinas who also love to move & groove. Class will include stretches, class etiquette, basic technique of each style, games and learning choreography. Please wear leotard, tights, or comfortable form fitted clothing, ballet shoes & jazz shoes.

Age: 3-6 years
Instructor: Innovation Arts Connection
Min/Max: 4/8
Location: Recreation Center
Fees: $109/R, $142/NR, $120/NN

Fun Fridays Dance Parties
Dance Parties are a condensed 1 day session of dance technique, movement games, crafts, a mini-performance and much more! Participants of all levels are encouraged to get involved through these camp-style classes that are designed to help participants fill their evening with fun, educational, and movement oriented programming. Wear comfortable form-fitted clothing, dance shoes or bare feet. Feel free to dress to match the theme too! Please bring a water bottle.

Monster Mash
Hip Hop dance technique, movement games, and choreography to your favorite Halloween music.

Sugar Plum Tea Party
Dress up in your best ballet attire and join Ms. Lora for an evening of Nutcracker fun. Our day will start with a fun craft and reading the story of the Nutcracker followed by a dance class full of ballet technique, movement games, and choreography to the music of the Nutcracker. At the end of our event we will enjoy delicious treats and tea!

Age: 4-8 years old
Instructor: Innovation Arts Connection
Min/Max: 5/12
Location: Recreation Center
Fees: $27/R, $35/NR, $30/NN (01)
$60/R, $78/NR, $66/NN (02)
Day: Friday

For all the latest PDLG news, updates and photos, “like” us on Facebook or “follow” @PDLG on Twitter!
Parent & Tot Gymnastics
Parents are an integral part of helping their tots participate in basic sports movement through gymnastics. Join 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. Please bring a labeled water bottle.

Age: ................. 2-3 years with parent
Instructor: ....... SportsKids Inc.
Min/Max: .............. 6/16
Location: .............. Recreation Center
Fees: .............. $55/R, $72/NR, $60/NN
Day: .............. Wednesday or Saturday

Class Will Not Meet On: 11/22

Kidnastics
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. Bring a labeled water bottle.

Age: ................. 3-5 years
Instructor: ....... SportsKids Inc.
Min/Max: .............. 6/20
Location: .............. Recreation Center
Fees: .............. $75/R, $98/NR, $83/NN (02, 04, 06) $55/R, $72/NR, $60/NN (01, 03, 05)
Day: .............. Wednesday or Saturday

Class Will Not Meet On: 11/22

Gymnastics 101
Four events will be covered in this introductory class. Age-appropriate tricks for bar, vault, floor and rings will be introduced. Students can learn the basic movements for each event in a well-supervised and safe environment. Please bring a labeled water bottle. Co-Op LP & WS

Age: ................. 4-6 years
Instructor: ....... SportsKids Inc.
Min/Max: .............. 2/8 per agency
Location: .............. L.T. South Campus Building
Day: .............. Monday or Thursday

Class Will Not Meet On: 10/9, 11/20 & 11/23

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

**Gymnastics 102**
This class is an advancement from Gymnastics 101 with more technique. Prerequisite for this class is to perform a successful cartwheel, swing and supports on the bars, and squat on the vault. Please bring a labeled water bottle. Co-Op LP & WS

**Age:** 5-7 years  
**Instructor:** SportsKids Inc.  
**Min/Max:** 2/8 per agency  
**Location:** L.T. South Campus Building  
**Day:** Monday or Thursday

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Class Will Not Meet On: 10/9, 11/20 & 11/23

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

**Age:** 7-10 years  
**Instructor:** SportsKids Inc.  
**Min/Max:** 2/8 per agency  
**Location:** L.T. South Campus Building  
**Day:** Monday

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Class Will Not Meet On: 10/9 & 11/20

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

**Age:** 9-13 years  
**Instructor:** SportsKids Inc.  
**Min/Max:** 2/8 per agency  
**Location:** L.T. South Campus Building  
**Day:** Monday

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<td>$100/R, $130/NR, $110/NN</td>
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Class Will Not Meet On: 10/9 & 11/20

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**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.
GYMNASTICS CLASSES

Tumbling for Cheerleading
The focus for this group will be on tumbling skills, specifically for cheerleading including round-offs, walkovers, flip-flops, standing back tucks, and running tumbling. Students must have basic tumbling skills before entering this class: bridges, cartwheels and handstands. Students will work according to their level. Please bring a labeled water bottle.
Co-Op LP

Age:............ 9-13 years
Instructor:....... SportsKids Inc.
Min/Max:....... 2/8 per agency
Location:....... L.T. South Campus Building
Day:............. Thursday

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Class Will Not Meet On: 11/23

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

Age:............ 7-10 years
Instructor:....... SportsKids Inc.
Min/Max:....... 2/8 per agency
Location:....... L.T. South Campus Building
Day:............. Thursday

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Class Will Not Meet On: 11/23

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

Age:............ 7-12 years
Instructor:....... SportsKids Inc.
Min/Max:....... 6/20
Location:....... L.T. South Campus Building
Day:............. Thursday

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Class Will Not Meet On: 11/23
YOUTH & ADULT MARTIAL ARTS CLASSES

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

Age: 4-7 years
Instructor: Filiberto Gutierrez
Min/Max: 5/20
Location: Recreation Center

Day: Tuesday, Thursday and/or Saturday

Jujitsu Juniors
Danzan Ryu Jujitsu is a character development program; students are taught how to be a leader and role model in their classes. Danzan Ryu is dedicated to the development of our children. Our youth program lays the groundwork and instills the values necessary for your child to succeed as a teenager and as an adult. Promoting the time-honored principles of respect, discipline, perseverance, self-control and integrity our martial arts program is the template in which your child will develop themselves into a successful adult, armed with the tools to handle life’s challenges. Additional fees include uniform (optional to purchase) and insurance fee (6 months/$20 or 1 year/$30) paid to the instructor.

Age: 8-12 years
Instructor: Filiberto Gutierrez
Min/Max: 5/20
Location: Recreation Center

Day: Tuesday, Thursday and/or Saturday

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

Age: 8-12 years
Instructor: Filiberto Gutierrez
Min/Max: 5/20
Location: Recreation Center
Fees: $187/R, $243/NR, $205/NN (Two Day)

Day: Friday-Advanced; Tue/Thu/Sat-Regular

Class Will Not Meet On: 10/19, 10/21, 11/23
Teen Jujitsu

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

Age:............ 13-17 years
Instructor:...... Filiberto Gutierrez
Min/Max:....... 5/15
Location:....... Recreation Center
Fees:............... $145/R, $190/NR, $160/NN (One Day)
$187/R, $243/NR, $205/NN (Two Day)
$230/R, $300/NR, $253/NN (Three Day)

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

Class Will Not Meet On: 10/19, 10/21, 11/23

Adult Jujitsu

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

Age:............... 18+ years
Instructor:...... Filiberto Gutierrez
Min/Max:....... 5/15
Location:....... Recreation Center
Fees:............... $160/R, $208/NR, $176/NN (One Day)
$200/R, $260/NR, $220/NN (Two Day)
$250/R, $325/NR, $275/NN (Three Day)

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

Class Will Not Meet On: 10/19, 10/21, 11/23
YOUTH & ADULT MARTIAL ARTS CLASSES

Restorative Gentle Jujitsu

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

Age:.............. 55+ years
Instructor:...... Filiberto Gutierrez
Min/Max:....... 5/20
Location:....... Recreation Center
Fees:............. $51/R, $66/NR, $56/NN (One Day)
                $71/R, $92/NR, $78/NN (Two Day)
Day:............... Tuesday and/or Thursday

Class Will Not Meet On: 10/19, 10/21, 11/23

Kids Karate Club

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

This program comes with the “Never Miss a Class Guarantee.” If a student misses a class (i.e. schedule conflict, sick, etc) or the center closes for any reason, the missed classes will be available with pre-recorded, instructor led classes by belt level. Kids Karate Club uniforms are required and are available at www.KidsKarate.com or from the instructor at class (needed by the second week of class). Parents may participate with their children at no cost other than purchasing a parent helper karate club uniform. For more info visit: www.KidsKarate.com
Please bring a water bottle to class. Co-Op LP

Age:............. 4-14 years
Instructor:...... Sensei Eric & Sensei Marie
Min/Max:....... 1/8 per agency
Location:....... Community Park District
               1501 Barnsdale Rd, La Grange Park
Fees:............. $76/R, $99/NR, $84/NN
Day:............. Saturday

Class Will Not Meet On: 10/14 & 12/16

Taekwondo

Students will learn basic fundamentals of a Korean style art of Self-Defense including punches, blocks, kicks, and single combination defensive and offensive moves. Sweatpants and a T-shirt should be worn to class. Taekwondo apparel may be purchased from the instructor. Returning students may qualify for the next belt/rank. Co-Op WS.

Age:.............. 3-18 years
Instructor:...... Bill De Jesus
Min/Max:....... 6/15
Location:....... Recreation Center
Fees:............. $86/R, $112/NR, $95/NN
Day:............. Friday

Class Will Not Meet On: 11/24
Youth Developmental League

The Youth Developmental Basketball League offers instruction as well as a competitive basketball league that allows the players the opportunity to grow and learn the game in a fun and exciting environment. Basic individual basketball skills and team concepts will be taught. Games will be officiated by IHSA Referees. Teams will practice one day a week either on Monday, Tuesday, Wednesday or Thursday. Practices are an hour long, chosen by coaches, and typically fall between 4:30-6:30pm. Teams will be formed after the evaluation process has been completed. Games will be played on Saturdays starting November 4th between 8:30am and 4:00pm, depending on number of total teams in the league. There will be no practice the week of November 20th and there will be no games on November 25th. Volunteer Parent Coaches are needed for the success of the league. If you are interested in coaching please contact Zach Price, Athletic Supervisor - ZachPrice@pdlg.org

Age: ............... 1st-6th Grade
Instructor: .... Volunteer Coaches
Min/Max: ...... Varies per grade level
Location: ...... Recreation Center
Fees: ........... $135/R, $175/NR, $149/NN
Day: ............ Monday, Tuesday, Wednesday or Thursday - Practice Day Varies Saturday - Games

7th-8th Grade Basketball - Games Only

This program offers athletes a chance to progress their skills in a game-environment. Games will be officiated by IHSA Referees. Teams will not practice. Teams will be formed on a weekly basis - changing every week. Games will be played on Friday nights starting November 5th between 7:00pm and 9:00pm, depending on number of total teams in the league. There will be no games on November 24th. Volunteer Parent Coaches are needed for the success of the league. If you are interested in coaching please contact Zach Price, Athletic Supervisor - ZachPrice@pdlg.org

Age: ............... 7th-8th Grade
Instructor: .... Volunteer Coaches
Min/Max: ...... 20/60
Location: ...... Recreation Center
Fees: ........... $75/R, $98/NR, $83/NN
Day: ............ Friday

Lions Jrs./1st Alliance Volleyball

2023 Fall Volleyball League

When: Wednesdays (6-9pm) 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18

6-7pm 3/4th grade, 7-8pm 5/6th grade, 8-9pm 7/8th grade

Register at: 1st AllianceVBC.net

For all the latest PDLG news, updates and photos, “like” us on Facebook or “follow” @PDLG on Twitter!
SportsKids Inc. will be offering classes to introduce your child to a variety of sports ranging from Track & Field, Golf, Lacrosse, Pickleball, Archery and more! Parent child classes are also being offered. Please send your child with a labeled water bottle to all classes. Full program descriptions can be viewed online at www.pdlg.org.
### Tot Track, Field & Fitness

**Age:** 4-6 years  
**Instructor:** SportsKids Inc.  
**Min/Max:** 6/20  
**Location:** Denning Park  
**Fees:** $60/R, $78/NR, $66/NN  
**Day:** Monday

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### Start Smart Golf

**Age:** 5-7 years  
**Instructor:** SportsKids Inc.  
**Min/Max:** 6/20  
**Location:** Denning Park  
**Fees:** $60/R, $78/NR, $66/NN  
**Day:** Thursday

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### Dad & Me Fun With Football

**Age:** 3-5 years with parent  
**Instructor:** SportsKids Inc.  
**Min/Max:** 6/16  
**Location:** Denning Park  
**Fees:** $60/R, $78/NR, $66/NN  
**Day:** Thursday

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### Parent & Child Golf

**Age:** 3-4 years with parent  
**Instructor:** SportsKids Inc.  
**Min/Max:** 6/16  
**Location:** Denning Park  
**Fees:** $60/R, $78/NR, $66/NN  
**Day:** Thursday

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### Preschool Sports

**Age:** 4-6  
**Instructor:** SportsKids Inc.  
**Min/Max:** 6/20  
**Location:** Recreation Center  
**Fees:** $70/R, $91/NR, $77/NN  
**Day:** Wednesday

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**Class Will Not Meet On:** 11/22

### Pee Wee Tennis

**Age:** 4-6 years  
**Instructor:** SportsKids Inc.  
**Min/Max:** 6/12  
**Location:** Sedgwick Park  
**Fees:** $60/R, $78/NR, $66/NN  
**Day:** Tuesday

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Stay in the loop with everything happening at the Park District! Log onto [www.pdlg.org](http://www.pdlg.org) and join the PDLG email list to receive our weekly e-newsletter!
SPRINGS KIDS
ATHLETIC CLASSES

Youth Archery

Age: 7-12 years
Instructor: SportsKids Inc.
Min/Max: 4/8 per agency
Location: Denning Park
Fees: $65/R, $85/NR, $72/NN
Day: Monday

Family Archery

Age: 6 years & older with adult
Instructor: SportsKids Inc.
Min/Max: 4/8 per agency
Location: Denning Park
Fees: $50/R, $65/NR, $55/NN per participant
Day: Monday

3-on-3 Recreational Basketball

Age: 7-10
Instructor: SportsKids Inc.
Min/Max: 6/20
Location: Recreation Center
Fees: $60/R, $78/NR, $66/NN
Day: Wednesday

Junior Tennis

Age: 7-9 years
Instructor: SportsKids Inc.
Min/Max: 6/12
Location: Sedgwick Park
Fees: $75/R, $98/NR, $83/NN
Day: Tuesday

Youth Tennis

Age: 10-12 years
Instructor: SportsKids Inc.
Min/Max: 6/12
Location: Sedgwick Park
Fees: $75/R, $98/NR, $83/NN
Day: Tuesday

Youth Pickleball

Age: 8-13
Instructor: SportsKids Inc.
Min/Max: 6/10
Location: Recreation Center
Fees: $65/R, $85/NR, $72/NN
Day: Wednesday

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.
Kids First Sports will be hosting a variety of classes on Sundays which include Soccer, Basketball, Flag Football and more! Please send your child with a labeled water bottle each class.

Visit www.pdlg.org for full program descriptions.
**Kids First Multi Sports**

Age: 5-13 years  
Instructor: Kids First  
Min/Max: 6/20  
Location: Recreation Center  
Fees: $140/R, $182/NR, $154/NN  
Day: Sunday

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Class on 10/8 & 10/15 will be at Denning Park

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**Kids First Basketball**

Age: 5-13 years  
Instructor: Kids First  
Min/Max: 6/20  
Location: Recreation Center  
Fees: $125/R, $163/NR, $138/NN  
Day: Sunday

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Class on 10/8 & 0/15 will be at Denning Park

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**Kids First Flag Football**

Age: 6-13 years  
Instructor: Kids First  
Min/Max: 6/20  
Location: Recreation Center  
Fees: $125/R, $163/NR, $138/NN  
Day: Sunday

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Class on 10/8 & 10/15 will be at Denning Park

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**Kids First Soccer**

Age: 5-13 years  
Instructor: Kids First  
Min/Max: 6/20  
Location: Recreation Center  
Fees: $115/R, $150/NR, $127/NN  
Day: Sunday

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Class on 10/8 & 0/15 will be at Denning Park

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**Kids First Track & Field**

Age: 5-13 years  
Instructor: Kids First  
Min/Max: 6/20  
Location: Recreation Center  
Fees: $115/R, $150/NR, $127/NN  
Day: Sunday

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Class on 10/8 & 10/15 will be at Denning Park
All Star Sports is proud to continue offering quality athletic programs for your children this fall with the Park District of La Grange. Program staples such as Junior Hoops, Junior Soccer and Junior-Ball will be offered again, amongst other classes. Please send your child with a labeled water bottle and appropriate equipment for each class. Visit www.pdlg.org for full program descriptions.
ALL STAR SPORTS

Parent & Tot Sports

Age:........2-3 years with parent
Instructor:......All Star Sports Instruction
Min/Max:.......6/15 or 6/10
Location:......Recreation Center or Community Center
Fees:..............$85/R, $111/NR, $94/NN
Day:..............Saturday

Junior Soccer

Age:........3-5 years
Instructor:......All Star Sports Instruction
Min/Max:.......6/16 or 6/10
Location:......Recreation Center or Community Center
Fees:..............$85/R, $111/NR, $94/NN
Day:..............Saturday

Junior T-Ball

Age:........3-5 years
Instructor:......All Star Sports Instruction
Min/Max:.......6/16 or 6/10
Location:......Recreation Center or Community Center
Fees:..............$85/R, $111/NR, $94/NN
Day:..............Saturday

Junior Hoops

Age:........3-5 years
Instructor:......All Star Sports Instruction
Min/Max:.......6/15 or 6/10
Location:......Recreation Center or Community Center
Fees:..............$100/R, $130/NR, $110/NN (01)
......................$85/R, $111/NR, $94/NN (02-04)
Day:..............Tuesday or Saturday

Junior Basketball Skills

Age:.........5-7 years
Instructor:......All Star Sports Instruction
Min/Max:.......6/16
Location:......Recreation Center or Community Center
Fees:..............$100/R, $130/NR, $110/NN (01)
......................$85/R, $111/NR, $94/NN (02)
Day:..............Thursday

Class Will Not Meet On: 11/23
Classes on 8/24 & 8/31 will be held outside at Denning Park
Class on 10/14 will be held at the Community Center

Basketball Skills

Class Will Not Meet On: 11/23
Classes on 8/24 & 8/31 will be held outside at Denning Park
Class on 10/14 will be held at the Community Center
Volleykidz Outdoors
Improve your volleyball skills with 6 hours of drills in setting, passing, overhand serving and spiking. You will learn to overhand serve and develop skills to play games. The lesson plan directs the use of self-mastery training and groups that help each student reach a new level. EVP Academy Instructors will organize games at the end of each clinic.

Age: ............. 7-14 years
Instructor: ...... EVP Volleyball
Min/Max: ......... 8/24
Location: ....... Sedgwick Park
Fees: ........... $100/R, $130/NR, $110/NN
Day: ............ Thursday

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

Session 1
Monday, October 9th, 2023
9:00AM-12:00PM
5-8 years old
$65 per participant

Session 2
Monday, October 9th, 2023
1:00PM-4:00PM
9-12 years old
$65 per participant

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

Session 1
Friday, November 24th-Saturday, November 25th, 2023
9:00AM-12:00PM
5-8 years old
$120 per participant

Session 2
Friday, November 24th-Saturday, November 25th, 2023
1:00PM-4:00PM
9-12 years old
$120 participant
WHITE SOX YOUTH BASEBALL PROGRAMMING AVAILABLE IN LA GRANGE

CAMPS
PRIVATE LESSONS
TEAM TRAINING
ELITE TRAVEL TEAMS

VISIT whitesox.com/play FOR MORE INFORMATION
ADULT ATHLETICS

Adult Beginner Pickleball

Age: .............. 18 years & older
Instructor: ...... SportsKids Inc.
Min/Max: ...... 6/10
Location: ...... Sedgwick Park & Rec Center
Fees: ............ $86/R, $112/NR, $95/NN (01)
.............. $100/R, $130/NR, $110/NN (02-04)
Day: .............. Monday, Wednesday or Saturday

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Class Will Not Meet On: 11/20 & 11/22

Adult Advanced Beginner Pickleball

Age: .............. 18 years & older
Instructor: ...... SportsKids Inc.
Min/Max: ...... 6/10
Location: ...... Sedgwick Park & Rec Center
Fees: ............ $86/R, $112/NR, $95/NN (01-02)
.............. $100/R, $130/NR, $110/NN (03-04)
Day: .............. Monday, Tuesday or Wednesday

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Class Will Not Meet On: 11/20 & 11/22

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

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

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

InterfaithCommunityPartners.org | 708-354-9328
ADULTS

Dog Obedience Beginner Class 😊
Is your dog becoming a monster and driving you crazy? If you are tired of being kept up all night from constant barking, if your home furnishings and personal belongings are being chewed up, or just want basic commands mastered, sign up for this class. For beginners only, the first class will be a two-hour orientation from 7:00 – 9:00 pm, without your dog. *You must attend this informative meeting* Co-op LP

Age:.............. 18+ years and dogs must be at least 4 months old
Instructor:...... B. Clish
Min/Max:....... 3/6 per agency
Location:...... La Grange Park Recreation Center,
1501 Barnsdale Road, LP
Fees:.......... $125/R, $163/NR, $138/NN
Day:.......... Thursday

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Dog Obedience Intermediate Class 😊
To qualify for the intermediate course, you must have completed the beginner course with our trainers Barb Clish/Mary Keeffe or elsewhere. Your dog will need to hold a solid sit stay, down stay and come on recall. Our trainers have the right to evaluate your dog, to ensure they are placed in the proper training class. Co-op LP

Age:.............. 18+ years and dogs must be at least 4 months old
Instructor:...... B. Clish
Min/Max:....... 3/6 per agency
Location:...... La Grange Park Recreation Center,
1501 Barnsdale Road, LP
Fees:.......... $125/R, $163/NR, $138/NN
Day:.......... Thursday

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Beginning Adult Guitar
Learn to play exciting music across various genres like rock, pop, blues, and folk. AMI’s experienced instructor will guide you through engaging lessons focused on building a strong foundation in guitar technique. From mastering chords and strumming patterns to exploring different playing styles, this fun and supportive group class will have you playing your favorite songs in no time. This class is perfect for adults looking to embark on a musical journey with fellow guitar enthusiasts.

Age:.............. 18 years & older
Location:....... American Music Institute
Min/Max:....... 5/8
Location:....... Recreation Center
Fees:.......... $105/R, $137/NR, $116/NN
Day:.......... Tuesday

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Class Will Not Meet On: 10/31
**Holiday Social**

Happy holidays from the Park District of La Grange! Come on down to the Holiday Social to celebrate the joy only the holiday season can bring! You will spend the afternoon socializing, complete with music, games and refreshments! This is a free event, but please register so we can get enough refreshments for everyone. Registration deadline is Monday, December 4th.

*Age:* 55 years & older  
*Instructor:* Staff  
*Min/Max:* 30/50  
*Location:* Recreation Center  
*Fees:* FREE  
*Day:* Wednesday

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<td>333000-01</td>
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<td>11:30A-1:30P</td>
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**Pinochle Tuesdays**

This is a friendly and intermediate pinochle mix. Bring a friend or meet new people. Participant check-in is from 11:15am-11:30am and games begin promptly at 11:30am

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

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**Mahjong**

Bring your friends or meet new ones and play hours of Mahjong! Participant check-in is from 12:15-12:30pm with games beginning promptly at 12:30pm. Mahjong sets are not provided and we recommend you bring your own.

*Age:* 55 years & older  
*Min/Max:* 20/50  
*Location:* Recreation Center  
*Fees:* $12 Annual Membership  
*Day:* Every 2nd and 4th Wednesday of the month

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

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

SPECIALTY FITNESS CLASS MAKE UP POLICY

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

Please Note:

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

VIRTUAL CLASS PASS

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

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<tr>
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<tr>
<td>5 Class Pass</td>
<td>$65 per participant</td>
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</tr>
<tr>
<td>10 Class Pass</td>
<td>$120 per participant</td>
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Please Note:

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

DROP-IN CLASS PASS

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

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

• Hybrid classes offer the flexibility of virtual participation or in-person attendance.
Restorative Yoga Workshop

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

Age: ............... 14 years & older
Instructor: ........ Freya Smith
Min/Max: ....... 4/20
Location: ........ Recreation Center
Fees: ............ $25 per person
Day: ............. Thursday

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<td>6:30P-7:45P</td>
<td>Restorative Yoga for Happy Hips</td>
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<td>12/7</td>
<td>6:30P-7:45P</td>
<td>Restorative Yoga: Balance for the Holidays</td>
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Sound Journey & Gong Wash Meditation

Join Lotus Vibrations Healing for a meditative experience where participants are fully immersed in a cosmic soundscape of singing bowls, drums, rattles, didgeridoo, flute, gong, and handpan. These vibrational instruments assist in washing away tension and provides an energetic cleanse that resonates at a cellular level. Through brainwave entrainment, we assist in shifting your state of consciousness which invites harmony into the mind, body, and spirit. Participants will be asked to lay down, connect with their breath, and relax during this restoring experience. Please bring a yoga mat, pillow, blanket, and eye mask. Chairs will also be available.

Age: ............... 14 years & older
Instructor: ....... Francesca Gervasio & Lotus Vibrations Healing
Min/Max: ........ 6/30
Location: ........ Recreation Center
Fees: ............ $35 per person
Day: ............. Sunday

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Yoga Nidra

Yoga Nidra is a guided relaxation practice done in a supported, comfortable position. It is referred to as “yogic sleep” because of the benefits of rest and replenishment it delivers. The practice will start with a gentle 15-minute yoga practice involving postures in either a seated or lying down position. The remaining 45 minutes will consist of the traditional “Yoga Nidra” practice that incorporates awareness of the physical body, breath awareness followed by a guided visualization. No yoga experience necessary. Please bring two small blankets, a hand towel and a washcloth/eye pillow.

Age: ............... 14 years & older
Instructor: ....... Jim Dietz
Min/Max: ....... 4/20
Location: ........ Recreation Center
Fees: ............ $20 per person
Day: ............. Sunday

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<td>11/12</td>
<td>3:00P-4:00P</td>
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FITNESS PROGRAMS

YOGA CLASSES

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

Age: 14 years & older
Instructor: Marianne Mohrhusen
Min/Max: 6/20
Location: Recreation Center & Virtual
Fitness Member Fee: $87
Non Fitness Member Fees: $92
Day: Tuesday or Friday

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

Age: 14 years & older
Instructor: Marie Kittler
Min/Max: 6/20
Location: Recreation Center & Virtual
Fitness Member Fee: $87
Non Fitness Member Fees: $92
Day: Sunday

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

Age: 14 years & older
Instructor: Theresa Mikuls
Min/Max: 6/16
Location: Recreation Center & Virtual
Fitness Member Fee: $76 (01); $87 (02-04)
Non Fitness Member Fees: $81 (01); $92 (02-04)
Day: Monday or Wednesday

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Class Will Not Meet On: 9/4

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

Age: 14 years & older
Instructor: Marianne Mohrhusen (01-02); Freya Smith (03-06)
Min/Max: 6/30
Location: Recreation Center & Virtual
Fitness Member Fee: $76 (01); $87 (02-06)
Non Fitness Member Fees: $81 (01); $92 (02-06)
Day: Monday, Tuesday or Saturday

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Class Will Not Meet On: 9/4

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Class Will Not Meet On: 9/4

www.pdlg.org 57
Yoga FUNdamentals for New and Continuing Students

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

**Age:** ...........................................14 years & older  
**Instructor:** ..................................Freya Smith  
**Min/Max:** ......................................6/20  
**Location:** ......................................Recreation Center & Virtual  
**Fitness Member Fee:** ....................$76 (02); $87 (01)  
**Non Fitness Member Fees:** ..........$81 (02); $92 (01)  
**Day:** ...........................................Thursday

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Class Will Not Meet On: 11/23

Cycle, Sculpt & Yoga

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

**Age:** ...........................................14 years & older  
**Instructor:** ..................................Freya Smith  
**Min/Max:** ......................................6/10  
**Location:** ......................................Recreation Center  
**Fitness Member Fee:** ....................$93  
**Non Fitness Member Fees:** ..........$98  
**Day:** ...........................................Tuesday

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Class Will Not Meet On: 9/4

Pilates, Strength & Stretch

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

**Age:** ...........................................14 years & older  
**Instructor:** ..................................Nancy Hite  
**Min/Max:** ......................................4/16  
**Location:** ......................................Recreation Center  
**Fitness Member Fee:** ....................$69 (01); $79 (02)  
**Non Fitness Member Fees:** ..........$74 (01); $84 (02)  
**Day:** ...........................................Monday

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Class Will Not Meet On: 9/4
FITNESS PROGRAMS

Barre Sculpt & Core
Barre blends the latest exercise science with specific methods to deliver a fusion of ballet, Pilates, yoga, and strength training in each workout. We work with light weights to sculpt, improve balance, and work your core while improving your posture. Barre is an amazing workout that anyone can do, and no prior experience is necessary.

Age: 14 years & older
Instructor: Laura Mungai
Min/Max: 6/16
Location: Recreation Center & Virtual
Fitness Member Fee: $79
Non Fitness Member Fees: $84
Day: Wednesday

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Core 360 Workout
Exercise Your Core ... Get your deep ab muscles to fire properly to support the pelvic floor. We will start with the basics, and work from the inside out. You will improve your posture and feel better while we focus on getting those core muscles tightened. Let’s strengthen our core 360 degrees! All ages welcome, no experience needed.

Age: 14 years & older
Instructor: Laura Mungai
Min/Max: 4/16
Location: Recreation Center & Virtual
Fitness Member Fee: $69 (01); $79 (02)
Non Fitness Member Fees: $74 (01); $84 (02)
Day: Monday

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

Age: 14 years & older
Instructor: Kenya Madison-Gabler
Min/Max: 6/16
Location: Recreation Center & Virtual
Fitness Member Fee: $69 (02); $79 (01)
Non Fitness Member Fees: $74 (02); $84 (01)
Day: Thursday

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

Age: 50 years & older
Instructor: Linda Guggenheim
Min/Max: 6/16
Location: Recreation Center & Virtual
Fitness Member Fee: $69 (02); $79 (01)
Non Fitness Member Fees: $74 (02); $84 (01)
Day: Monday

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Class Will Not Meet On: 11/23
### Zumba Gold
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:** 14 years & older  
**Instructor:** Marianne Mohrhusen  
**Min/Max:** 6/16  
**Location:** Recreation Center & Virtual  
**Fitness Member Fee:** $79  
**Non Fitness Member Fees:** $84  
**Day:** Wednesday

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<td>8/30-10/18</td>
<td>9:30A-10:20A</td>
<td>Hybrid</td>
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<tr>
<td>323577-02</td>
<td>10/25-12/13</td>
<td>9:30A-10:20A</td>
<td>Hybrid</td>
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</table>

### Ballet Fitness for All
Develop long, lean lines and explore your body’s expressive nature practicing this class art form. While learning the basics of ballet, you’ll gain strength, stamina, flexibility and great posture. It’s a great workout, fun and easy to follow. No dance experience necessary.

**Age:** 14 years & older  
**Instructor:** Linda Wilinski  
**Min/Max:** 6/16  
**Location:** Recreation Center & Virtual  
**Fitness Member Fee:** $69 (02); $79 (01)  
**Non Fitness Member Fees:** $74 (02); $84 (01)  
**Day:** Thursday

<table>
<thead>
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<td>323709-01</td>
<td>8/31-10/19</td>
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<td>323709-02</td>
<td>10/26-12/14</td>
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*Class Will Not Meet On: 11/23*

### STEP AEROBICS for All!
Step Aerobics is a great cardio workout! The step routines are designed in structured movements and put all together by the end of the class. There will be a variety of options/modifications for all fitness levels. Student’s choice to use a mat, step, or step with risers. This step class will not only work your heart and body but also your mind.

**Age:** 14 years & older  
**Instructor:** Janine Owano  
**Min/Max:** 6/16  
**Location:** Recreation Center & Virtual  
**Fitness Member Fee:** $79  
**Non Fitness Member Fees:** $84  
**Day:** Saturday

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<td>10/28-12/16</td>
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</table>

### COMMIT DANCE FITNESS
COMMIT DANCE FITNESS is a dynamic, fun filled HIIT influenced (High intensity interval training) dance workout designed for students at any fitness level. COMMIT classes introduce a variety of dance styles and each routine focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving and get fit. Each class offers you a total body workout that encourages you to find your level, dial up the intensity and push your limits.

**Age:** 14 years & older  
**Instructor:** Kenya Madison-Gabler  
**Min/Max:** 6/16  
**Location:** Recreation Center & Virtual  
**Fitness Member Fee:** $79  
**Non Fitness Member Fees:** $84  
**Day:** Sunday

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<td>10/29-12/12</td>
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<td>In-Person</td>
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</table>
**Fall 2023**

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

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

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

**SHORTENED HOURS**

- 4th of July: 7:00am to 12:00 pm
- Labor Day: 7:00am to 12:00 pm
- Memorial Day: 7:00am to 12:00 pm
- Christmas Eve: 7:00am to 12:00 pm
- Christmas: CLOSED
- New Year’s Day: CLOSED
- Thanksgiving: CLOSED
- Easter Sunday: CLOSED

**REGISTRATION**

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

**GUEST VISITS (ID REQUIRED)**

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

$10 per day

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

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

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

**ADDITIONAL FEES**

- **Initiation Fee:** $25 per membership

**INDIVIDUAL PERSONAL TRAINING FEES**

**MEMBER/NON-MEMBER RATES**

<table>
<thead>
<tr>
<th>1 session</th>
<th>$55/$80</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 sessions</td>
<td>$150/$225</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$235/$350</td>
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<tr>
<td>10 sessions</td>
<td>$450/$670</td>
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**GROUP PERSONAL TRAINING FEES**

| 2 or More Participants: MEMBER/NON-MEMBER RATES |
| Fee Per Person, Members must form group: |
| 1 session | $40/$58 |
| 3 sessions | $115/$170 |
| 5 sessions | $180/$260 |
| 10 sessions | $340/$500 |

**MEMBERSHIP DEFINITIONS**

- **Individual:** 18 years or older
- **Couple:** 2 members of the same household
- **Additional Member:** For members who have more than 2 members in the household
- **Senior:** 55 years & better
- **Senior Couple:** 2 members of the same household ages 55 years & better (both members must be 55 years & better)
- **Student:** Individuals age 16-24 with current student ID
- **Youth Memberships:** 14 & 15-year old’s, must be on membership with a parent or guardian.
- **Corporate Memberships:** Corporate Memberships are available to companies and corporations in La Grange and the surrounding areas of La Grange Fitness. Employees will receive the rate in which their employer’s address falls. Paperwork from employer and employee required.
- **Resident:** Individuals residing in La Grange and Countryside
- **Neighborhood Network:** All communities that border La Grange which include, La Grange Highlands, Western Springs, La Grange Park, Brookfield & McCook
- **Non-Resident:** Individuals residing outside of the village of La Grange and neighborhood network.

**Pricing Subject to Change**

**MEMBERSHIP RATES**

<table>
<thead>
<tr>
<th>Membership</th>
<th>Monthly Resident</th>
<th>Monthly Non-Resident</th>
<th>Monthly Neighborhood Network</th>
<th>Year Resident</th>
<th>Year Non-Resident</th>
<th>Year Neighborhood Network</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$33</td>
<td>$48</td>
<td>$40</td>
<td>$372</td>
<td>$471</td>
<td>$408</td>
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<tr>
<td>Couple</td>
<td>$56</td>
<td>$71</td>
<td>$63</td>
<td>$647</td>
<td>$822</td>
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<tr>
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<td>$33</td>
<td>$28</td>
<td>$252</td>
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<tr>
<td>Student</td>
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<td>$38</td>
<td>$33</td>
<td>$306</td>
<td>$386</td>
<td>$336</td>
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<tr>
<td>Senior</td>
<td>$28</td>
<td>$38</td>
<td>$31</td>
<td>$306</td>
<td>$386</td>
<td>$333</td>
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<tr>
<td>Senior Couple</td>
<td>$46</td>
<td>$61</td>
<td>$53</td>
<td>$472</td>
<td>$592</td>
<td>$512</td>
</tr>
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</table>

*PRICING SUBJECT TO CHANGE*
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.

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**LISE GORAJSKI**

**Personal Trainer**

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

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

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**CINDY MCAULIFFE**

**Personal Trainer**

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

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

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**KEN JONES**

**Personal Trainer**

Ken is a certified personal trainer through the American Council of Exercise (ACE), a functional training specialist, and has a Precision Nutrition Level 1 Certification in exercise nutrition. Ken has been an avid fitness enthusiast for over 9 years, which led him to pursue personal training, believing movement is medicine. His approach includes functional strength training and habit change. Whether it’s losing weight, building muscle, or improving mobility, Ken will help you achieve your goals.

**Availability:** Monday thru Saturday mornings and early afternoons; scheduled as available

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**IVAN HALL**

**Personal Trainer**

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

**Availability:** Mon, Tues, Thurs, Fri 7:00AM to 7:00PM | Wed 7:00AM to 4:00PM | Sat 7:00am to 10:00AM

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**EVAN GONZALEZ**

**Personal Trainer**

Evan is a certified personal trainer through the American Council of Exercise (ACE), a fitness advocate that wants to help you reach your goals. Evan’s fitness journey began before he can remember. Growing up, he was always active, playing sports such as football, basketball, and running track. Once that chapter closed, Evan’s love for weightlifting and muscular fitness began. Evan’s practices include functional movement, strength & endurance training, and an overall guide to help you reach your fitness goals. Through consistency, discipline, and hard work, Evan believes that fitness is a key component in becoming the greatest version of yourself.

**Availability:** Tuesday and Thursday mornings 9:00AM-1:00PM. Weekends schedule as available.
SEASPAR (the South East Association for Special Parks And Recreation) enriches lives through recreation by providing programs and services for individuals with disabilities served by the Park District of La Grange and eleven other communities.

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

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

SEASPAR SERVES THE RESIDENTS OF:

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

Have you heard?

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

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

Ben M.
SEASPAR Participant
Volunteers Wanted!

Interested in volunteering?

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

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

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

Name: ____________________________
Address: ____________________________
_____________________________________
Phone: ____________________________ Email: ____________________________