

La Grange & Countryside residents get resident rates!

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

Recreation Center

536 East Avenue, La Grange, III Telephone: (708) 352-1762 ● F Administrative Office Hours:	ax: (708) 352-8591
Front Desk/Phone Hours:	Recreation Center Hours of Operation:
8 am - 8 pmMon Thurs.	5 am - 10 pmMon Thurs.
8 am - 5 pmFriday	5 am - 10 pmFriday
8 am - 6 pmSat.	6 am - 10 pmSat.
8 am - 4 pmSun.	7 am - 10 pmSun.
· · · · · · · · · · · · · · · · · · ·	Closed11/23, 12/25, 1/1, 3/31, (8am-12pm 12/24 & 12/31;)
Hours subject to change	SEE PAGE 66 FOR FITNESS CENTER HOURS

Important Telephone Numbers

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

Recreational & Community Service Organizations

Arian Care Connections	700/054 1000
Aging Care Connections	708/354-1323
American Youth Soccer Org. (AYSO)	<u>www.ayso300.org</u>
Chicago White Sox	312/674-1000
Chicago White Sox Academy-La Grange	708/588-2275
Boy Scouts of America	312/421-8800
City of Countryside	708/354-7270
Community Diversity Group	708/579-5114
Community Park Dist. of La Grange Park	708/354-4580
Cook County Forest Preserve	800/870-3666
DuPage County Forest Preserve	630/933-7200
Flagg Creek Golf Course	708/246-3336
Girl Scouts of Greater Chicago	630/912-6313
Interfaith Community Partners	708-354-9328
La Grange Area Newcomers	www.lgnewcomers.com
La Grange Art League	708/352-3101
La Grange Babe Ruth League	708/354-8730
La Grange Business Association	708/352-0494
La Grange Little League	www.lagrangelittleleague.com
La Grange Garden Club	www.lagrangegardenclub.org
La Grange Public Library	708/352-0576
La Grange Historical Society	708/482-4248
Leader Shop	708/579-5898
NAACP	708/352-4897
Pleasant Dale Park District	630/662-6220
SEASPAR	630/960-7600
Southwest Suburban Sr. Center	708/354-1323
Village of La Grange	708/579-2300
Village of La Grange Public Works	708/579-2328
Western Springs Rec. Dept.	708/246-9070
West Suburban Chamber	708/352-0494

Table of Contents

Adult Activities	62
Adult Athletics	61
BASE Program	22
Be Our Eyes Park Watch Initiative	7
Chicago White Sox Academy	59
Commemorative Tree Program	18
Early Childhood Activities	36
Early Childhood Athletics	55
Fitness	68
Gymnastics	48
La Grange Fitness	66
Financial Report	16
Late Pick-up Policy	6
La Grange U Preschool	23
Map & Facility/Park Info	13
Martial Arts	51
Open Gym	10
Open Pickleball	10
Performing Arts	46
Recreation Center Fees	11
Registration Form	12
Registration Info	4
Rentals	8
SEASPAR	75
Senior Activities	65
Special Events	32
Summer Day Camps	26
Volunteers	76
Youth Activities	36
Youth Athletics	55

Pesident Pegistration

La Grange and Countryside Residents

Wednesday, December 6th - 8:00 am - 8:00 pm
Recreation Center, 536 East Avenue
Walk-in registration runs simultaneously to online registration;
neither procedure has priority over the other.
Residents may only register their own family.

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

The deadline to set up an online account for registration on 12/6 is 12/5. If you already have an online account, it is not necessary to do it again. Your username and password is still valid.

PDLG BOARD & STAFF

Park Board Meetings

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

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

Park Board of Con	imissioners
President, Brian Opyd	<u>brianopyd@pdlg.or</u>
Vice President, Robert Vear	<u>robertvear@pdlg.or</u>
2nd Vice President, Lynn Lacey	lynnclacey@pdlg.or
Commissioner, Stephanie Posey	stephanieposey@pdlg.or
Commissioner, Michael Chvatal	michaelchvatal@pdlg.or
Board Appointments	
Executive Director, Jenny Bechtold, CPRP	jennybechtold@pdlg.or
Board Treasurer,	
Important E-mail Addre	esses
General	pdlginfo@pdlg.or
FOIA Requests	foiaofficer@pdlg.or
FOIA requests are required to be submitted in	writing or by email.
Park District Staff	
Executive Director, Jenny Bechtold, CPRP	jennybechtold@pdlg.or
Finance Staff	
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Director of Finance & HR,	n <u>lindamuth@pdlg.or</u>
Director of Finance & HR, HR & Administrative Coordinator, Linda Muth	
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Director of Finance & HR, HR & Administrative Coordinator, Linda Muth Recreation/Facility Sta Director of Recreation, Kevin Miller, CPRP B.A.S.E. & Camp Manager, Leanna Hartung	ff <u>kevinmiller@pdlg.or</u> <u>leannahartung@pdlg.or</u>
Director of Finance & HR, HR & Administrative Coordinator, Linda Muth Recreation/Facility Sta Director of Recreation, Kevin Miller, CPRP B.A.S.E. & Camp Manager, Leanna Hartung B.A.S.E. & Camp Supervisor, Melissa Seaberg	kevinmiller@pdlg.or leannahartung@pdlg.or melissaseaberg@pdlg.or
Director of Finance & HR, HR & Administrative Coordinator, Linda Muth Recreation/Facility Sta Director of Recreation, Kevin Miller, CPRP B.A.S.E. & Camp Manager, Leanna Hartung B.A.S.E. & Camp Supervisor, Melissa Seaberg Athletic Supervisor, Zach Price, CPRP	kevinmiller@pdlg.or leannahartung@pdlg.or g melissaseaberg@pdlg.or zachprice@pdlg.or
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REGISTRATION INFORMATION

1. RESIDENT REGISTRATION ONLY

Walk-in resident registration for La Grange and Countryside residents will take place on Wednesday, December 6th from 8:00am-8:00pm at the Recreation Center, 536 East Avenue, and continues thereafter during regular office hours. Residents may only register their own family during resident registration on 12/6.

2. NON-RESIDENT REGISTRATION

Individuals residing outside of the Park District boundaries may register starting at 8:00am Wednesday, 12/13. This includes Neighborhood Network residents.

3. ONLINE REGISTRATION

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

4. FIRST COME FIRST SERVED

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

5. PROGRAM WAITING LISTS

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

6. FALSE INFORMATION/RESIDENT PRIORITY

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

7. REFUNDS AND CANCELLATION

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

8. INSUFFICIENT FUNDS FEE:

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

9. FEE CODE

The fee code used in this brochure is as follows:

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

10. PROOF OF RESIDENCY

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

11. NEIGHBORHOOD NETWORK (NN)

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

12. CO-OP PROGRAMMING

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

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

13. SENIOR DISCOUNT

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

14. PROOF OF AGE

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

15. PAYMENT/ENROLLMENT VERIFICATION

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

16. PAYMENT METHODS

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

17. REGISTER EARLY!

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

18. FEES SUBJECT TO CHANGE

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

19. ADA ACCOMODATIONS

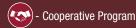
A request for ADA accommodations or assistance at a program is required at the time of registration. This includes, but is not limited to, inclusion aides, sign language interpreters, adaptive equipment, and accessible transportation. Early registration, along with a request for accommodation, is strongly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

Emeregency Closing Information

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

Other Symbols:













@pdlgparks@lagrangefitness



/ParkDistrictofLaGrange /LaGrangeFit

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 Disabilites

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

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

GENERAL INFORMATION

Inclusive Recreation Programs

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

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

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

Photographs

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

Give the Gift of Fun!

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

Employment Opportunities

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

Park and Facility Pental Permits

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

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

Be Our Eyes COMMUNITY PARK WATCH



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

See Something.

Suspicious activity to watch for and report

- Screaming, yelling or fighting
- Someone looking into parked cars
- People in the park after hours
- Substance abuse

- Solicitors
- Sound of breaking glass
- People exhibiting unusual behavior
- Fire or fireworks

Say Something.

Information needed when you call

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

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

Description of People and Vehicles

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

People

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

Vehicles

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

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

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

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

RENTAL INFORMATION







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

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

ROOM RENTALS

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

All room fees effective starting December 1, 2022.

PARTY ROOM 105/PARTY ROOM 106

(fee per room)

Res. \$55/hr Non-Res. \$75/hr
ROOM 105 & 106 TOGETHER

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

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

ROOM 108/ROOM 109

(fee per room)

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

Room 108 & 109 together

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

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

ROOM 112 (Room holds maximum of 45 people)

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

CONFERENCE ROOM 102

(fee per room)

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

Room 102 holds a max of 20 people

AFTER HOURS RENTALS

\$20/hr

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

DeSITTER ROOM RENTAL RATES

Max 175 people	
MON-FRI (2 HR. MIN)	
Resident	
Non-Resident	
SAT-SUN (3 HR. MIN)	
Resident	
Non-Resident	
HOLIDAY WEEKENDS (3 HR. MIN)	
Resident	
Non-Resident	
Alcohol Permit \$ 205 (1-100 guests) \$ 215 (101-175 guests)	
(Beer, Wine Products only - Renter supplies own alcohol) After Hours \$ 20 per hour extra	

RENTAL POLICY

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

INDOOR PLAYGROUND

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

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

AFTER HOURS RENTALS

\$20/hr

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





- 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

GYMNASIUM RENTAL/OPEN GYM

GYM RENTAL

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

Half-Court Renta	ıl —	Full Court Renta		Volleyball Court	Rental
Resident	\$40/hour	Resident	\$70/hour	Resident	\$60/hour_
Non-Resident	\$50/hour	Non-Resident	\$88/hour	Non-Resident	\$75/hour

Open Gym Policies

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

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

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

Patrons must bring their own balls for basketball & volleyball

Park District ID

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

How can I get a FREE Park District ID?

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

Court Dividers

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

Clothing/Loss of Personal Property

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

Food/Spitting/Alcohol, Drugs, & Tobacco

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

Sportsmanship/Behavior/Music/Headphones

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

Track

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

Open Pickleball

(please bring your own paddles & balls)

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

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

Open Gym Daily & Punch Pass Fees - Basketball / Volleyball

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

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

RECREATION CENTER USE/TRACK & PLAYGROUND

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

Fees rates subject to change.

Year	ly Meml	bership &	3 Daily Vis	sit Pates		
Daily Visit/Yearly Membership	Resident		Neighborhood N	letwork	Non-Resid	dent
Indoor Track / Daily	\$4 per perso	n	\$6 per person		\$6 per per	son
Indoor Playground / Daily	\$4	3-12 yrs.	\$6	3-12 yrs.	\$6	3-12 yrs.
(Infants under 12 months & adults - Free)	Free	1 & 2 yrs.	\$3	1 & 2 yrs.	\$3	1 & 2 yrs.
Toddler Playtime Gym / Daily	\$4	1-5 yrs.	\$5	1-5 yrs.	\$5	1-5 yrs.
(Infants under 12 months & adults - Free)						
Toddler Playtime & Indoor	\$6	3-5 yrs.	\$8	3-5 yrs.	\$8	3-5 yrs.
Playground Combo / Daily	\$4	1-2 yrs.	\$5	1-2 yrs.	\$5	1-2 yrs.
Individual Track / Year	\$31/year		\$34/year		\$46/year	
Student Track / Year	\$26/year		\$30/year		\$41/year	
Senior Track / Year	\$26/year		\$30/year		\$41/year	
Couple Track / Year	\$44/year		\$49/year		\$57/year	
Family / Year parent(s) & kids 18 & under	\$55/year		\$61/year		\$83/year	
(Track/Playground/Toddler Gym)						

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 - 5:30pm

 Sunday
 9am - 3:30pm

- For your safety, track hours may be restricted during Park District activities in the gym
- Track may close occasionally for certain programs
- Closed Closed 11/23, 12/25, 1/1, 3/31

INDOOR PLAYGROUND

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

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

 Monday - Thursday
 9am - 7:30pm

 Friday
 9am - 4:30pm

 Saturday
 9am - 5:30pm

 Sunday
 9am - 3:30pm

Closed 11/23, 12/25, 1/1, 3/331

*All hours and fees subject to change without notice

Winter/Spring 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



							Y	COCrawo	
Family Last Name			Email			Your email will r	- not be sold∹	Your email will not be sold-for PDLG use only	
Address			City			Zip			
Phone/Home		Cell	Work		Alt. Emergency_	rgency			
Participant (First & Last Name)	Sex	Birth Date	Program Name	Start Date	Program Code	Office Use Only	July	Fee	

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 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, 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 is still a risk of serious injury when participating in any recreational program. carelessness, horseplay, unsportsmanlike conduct, premises defect, inadequate 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 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 claims for injuries, damages or loss which you or your minor child/ward might employees (hereinafter collectively referred to as "Park District of LaGrange"). the Park District of LaGrange, including its officials,

risks of physical injury to patrons of aquatic facilities, and I voluntarily agree to Aquatics: I specifically recognize and acknowledge that there are certain inherent 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.

l 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

Total

Park District of La Grange Checks payable to:

> Release: I do hereby fully release and forever discharge the Park District of LaGrange have or which may accrue to me or my minor child/ward and arising out of, connected from any and all claims for injuries, damages or loss that my minor child/ward or I may 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 Iwitter, and other social media sites operated by the District), and the District's for promotional purposes in District publications, advertising, marketing materials, website without additional prior notice or permission and without any compensation YouTube, Facebook, to you. All photos and videos are property of the District. event flyers, social media (including

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

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

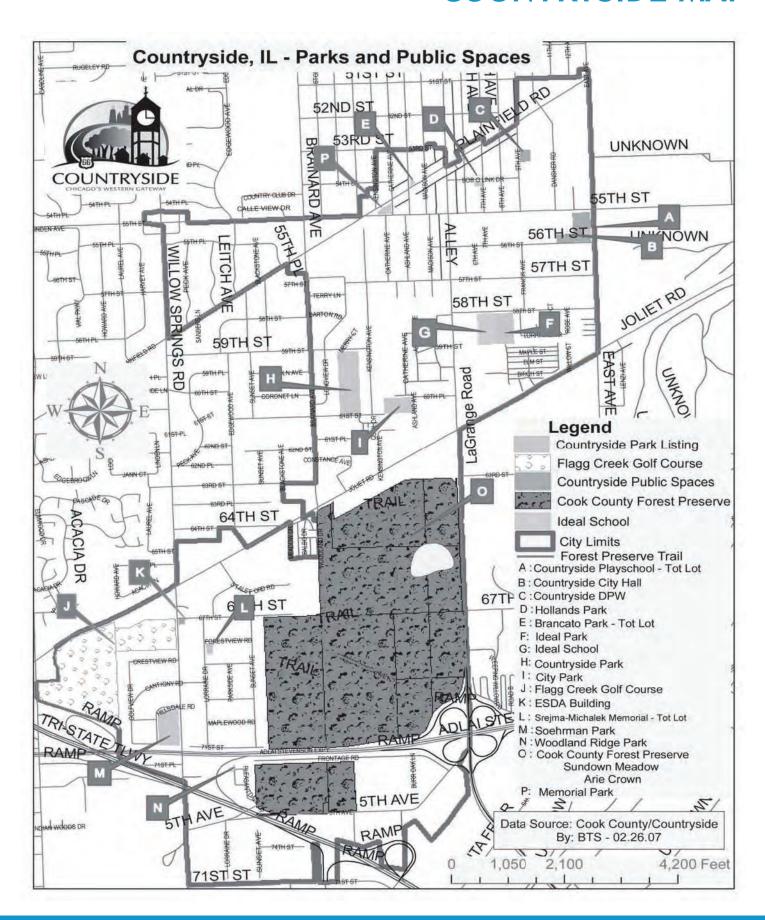
Date

t Card – Last 4 digits	# }	
☐ Credit Card – Last 4 digits_ Mail In Registration: Provide full credit card number and exp. date & sign authorization below Credit Card # Exp. Date	☐ Cash ☐ Check #	
Mail In Registration: Provide full credit card number and exp. date & sign authorization below Credit Card # Exp. Date	☐ Credit Card – Last 4 digits	
	Mail In Registration: Provide full credit card numbe	erand
	exp. date & sign authorization below	
		te
Signature	Signature	
Refunds must be requested no less than 5 days	Refunds must be requested no less than 5	days

prior to the first class date

°N □	
☐ Yes	
the above program?	Details:
	□ Yes

COUNTRYSIDE MAP





Facility & Park Information

111

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



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

*adopted parks



FINANCIAL REPORT

Our Fiscal Year: May 1, 2022 - April 30, 2023

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

The Park District has several different revenue sources from taxes and fees to grants and bonds. Charges for Services include program activity fees, fitness center memberships and rental fees for the use of the Park District facilities. This year, the Park District's charges for services increased by over \$500,000 due to excellent programming efforts from our Recreation Department. Since FY21-22 (post the Covid 19 pandemic), evidence of patrons returning for fitness center activities is demonstrated via an overall 25% increase, especially in monthly membership participation.

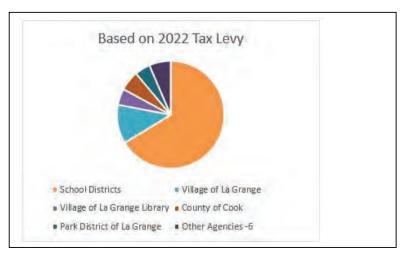
Combined Statement of Revenues, Expenditures, and Changes in Fund Balance For the Fiscal Year Ended April 30, 2023

Revenues			
Taxes	\$	3,334,219	52.1%
Charges for Services		2,605,317	40.7%
Grants & Donations		272,701	4.3%
Interest		182,004	2.8%
Miscellaneous		8,743	0.1%
		6,402,984	100.0%
Expenditures			
General Government		1,132,092	17.7%
Program Expenses		3,054,936	47.7%
Capital Outlay		793,140	12.4%
Debt Service		1,119,810	17.5%
	_	6,099,978	95.3%
Revenue over Expenditures		303,006	4.7%
Other Financing Sources			
Debt Issuance		362,700	
Disposal of Capital Assets		7,413	
CONTRACTOR MANUE TO COM	_	370,113	
Net Change in Fund Balance	S	673,119	

Park District Fund Balance

The Park District has a fund balance policy to maintain 3 to 4 months of operating expenditures depending on the particular fund. Any excess is generally allocated for capital improvements. As of fiscal year end, each of the individual funds have met the minimum requirement. The capital fund maintained a fund balance of \$2.5 million which has been budgeted for specific projects.

Often, residents are not aware that the Park District is a separate taxing body from the Village of La Grange. The Park District is governed by a five-member Board of Commissioners that is elected by the residents. As a separate governmental entity, the Park District can levy and collect taxes on all taxable property within the District. Based on a typical 2022 tax bill approximately 4.5 cents of every tax dollar are for the Park District of La Grange.



The Cook County Assessor's Office calculates the Equalized Assessed Value (EAV) on business and personal properties annually to help determine the amount of property taxes to be paid per business or household. Based on the results of these assessed values, the Park District uses its current tax rate to draw revenue from each property's EAV to support and provide its public service. In 2022, the tax rate for the Park District of La Grange was 37.2 cents.

As of the date of this report, the Cook County Assessor's office has not completed the calculation of the EAV for 2022. Tax rates will not be available until this step is completed. We anticipate receiving the final Agency Tax Rate Report between November or December 2023.

Investing in Capital Projects

Each year, the District prepares a capital budget for repairs and/or replacement of equipment or amenities. The capital projects are financed with a combination of non-referendum bond money, grants, and surplus from the operating funds. The District's total investment in capital assets for its governmental activities as of 4/30/23 was \$19,759,168 (net of accumulated depreciation). This investment in capital assets includes land, construction in progress, buildings & improvements, and machinery & equipment. Capital asset additions during the fiscal year totaled \$798,762. \$390,613 of this amount is attributed to the construction in progress for the parking lot project. This year the District continued efforts regarding the lot that was purchased adjacent to the Recreation Center at 610 East Avenue. This project began as of April 2023.

Debt Administration

General Obligation Park Bonds series 2022 was issued during the year for a total of \$362,700. This is the normal annual rollover that the Park District issues each year to pay the debt service on the alternate revenue bonds series with any remaining balance allocated to capital projects. Overall, there was a net decrease in general obligation park bonds outstanding of \$690,944.

Excellence in Reporting

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

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





PROGRAM

PARK DISTRICT OF LA GRANGE



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

COMMEMORATIVE TREES

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



Christopher & Nancy Fey



for \$330.



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

www.pdlg.org Park District of La Grange

may be purchased separately



Community GARDEN PLOTS



\$75 DENNING PARK /PLOT 4903 \$ WILLOW \$PRING\$ RD

Working your garden plot is an opportunity to grow organic, reduce food expenses and relax in nature. Ready to plant 4'x8' plots are available for La Grange and Countryside residents only. \$75 fee includes \$25 deposit which will be refunded at the end of season after gardeners have cleared their plots.

Register in-person early, starting December 6, 2023 at the Recreation Center, 536 East Ave.

Plots are first-come-first-served until all 30 plots are filled.

ACTIVITY CODES: 490000-01 HANDICAP ACCESSIBLE 490000-02

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

PROGRAM LISTING

ADULT ATHLETICS & SPECIAL INTEREST	STEP Aerobics for All	EARLY CHILDHOOD & YOUTH ACTIVITIES
Advanced Beginner Pickleball 61	Yoga Fundamentals 72	ALS Mom/Dad & Me
ASL Learn to Sign 62	Yoga Nidra 69	ALS Learn to Sign – Kids
Beginner Pickleball 61	Yoga Sculpt	By-Gym-Mini
Dungeons & Dragons Club 63	Zumba Gold	Chess
Ending the Silence – Mental Health 64	Zumba Toning & Abs 73	Dinosaur Dig
I Speak French 62	ATHLETIC CLASSES	Double the Fun Drawing 44
Men's Indoor Wiffle Ball League 61		Electricity & Magnetmania 45
Spanish Language Classes 62	Basketball Skills	Harry Potter Potions 41
Youth Mental Health First Aid 64	Beginner Horseback Riding 58	I Speak French 42
Zoom Spanish for Adults – Live 62	Chicago White Sox Baseball Camps 60	l Speak Spanish
	Junior Basketball	Kiddie Kollege
ADULT STATES	Junior Soccer	Lego City Building 40
SPECIALTY FITNESS	Junior T-Ball	Lego Engineering 41
Fitness Make-Up Policy 68	Kids First Basketball 57	Let's Code It – Creative Coding 44
Drop-In Class Pass 68	Kids First Flag Football 57	Lion King Workshop
Virtual Class Pass 68	Kids First Multi Sports 57	Lucky Leprechauns
Ballet Fitness for All	Kids First Soccer	Magic Class
Barre Sculpt & Core	Kids First Track & Field 57	Minecraft Adventures
Chair Yoga, Strength & Stretch 71	Lions Jrs. Volleyball Camp 60	Model Ship Building
Commit Dance Fitness	Little Lyons Soccer Camp 58	Peace, Love & Glam Dance Party 44
Core 360 Workout	Parent & Tot Triple Play Sports 55	RE/CO Robot
Cycle Mountain Climb Challenge! 70	Preschool Sports	Roblox
Cycle Race Day Challenge! 70	Tot Track, Field & Fitness 55	Smart Start Art
Cycle, Sculpt & Yoga 72	Youth Pickleball	Story Builders
Flow Yoga	ATIN 5716	Super Gooey Chemistry
Focus on Low Back, Hips & Psoas Release 70	ATHLETIC LEAGUES - YOUTH	
Gentle Yoga 71	Youth Developmental Basketball League . 54	Toddler Playtime Gym
Golden Barre Above	Lions Jrs./1st Alliance Volleyball 54	Valentine's Day with your Special Doll 43
Restorative Yoga Workshop 69	LIUTO JIO./ TOLAITIATIUE VUITEYJÄTT	Vamanos Youth Spanish
Sound Journey & Gong Wash Meditation . 69	BASE	Vet Science
		willia Lallasy Ellias Diall . 44

PROGRAM LISTING

GYMNASTICS	SEASPAR
Boys Beginner Gymnastics 49	
Girls Beginner Gymnastics 49	SENIOR ACTIVITIES
Gymnastics 101 48	St. Patrick's Day Social 65
Gymnastics 102 49	Mahjong
Kidnastics	Pinochle Tuesdays 65
Parent & Tot Gymnastics 48	CHAMED DAY CAMPS as at
Spirit Kids 50	SUMMER DAY CAMPS 26-31
Tumbling for Beginners 49	SPECIAL EVENTS
Tumbling for Cheerleading 50	Breakfast with the Easter Bunny 33
Tumbling On 50	Doggie Egg Hunt
	Easter Egg Crawl
LA GRANGE FITNESS 66-67	Easter Egg Hunt
LA GRANGE	Family Bingo
U PRESCHOOL 23-25	Garage Sale
	Indoor Drive-In Movie 32
MARTIAL ARTS	Nerf Wars
Adult/Teen Jujitsu 53	Parent Child Dance 32
Jujitsu Mighty Mites 51	Tween Flashlight Egg Hunt
Jujitsu Juniors 51	
Jujitsu Juniors Advanced 51	
Kids Karate Club 52	
Restorative Gentle Jujitsu 53	
Tae Kwon Do	
PERFORMING ARTS	
Family Kid Rock 46	
Kid Rock	
Little Actors Club 47	
Music Together w/ Tiny Toes Music 47	
Tot Rock	
Young Actors Club 47	

PARK DISTRICT OF LA GRANGE BEFORE & AFTER SCHOOL RECREATIONAL EXPERIENCE

Registration is open in April to School District 102 and St. Francis Xavier School

A non-refundable \$75.00 registration fee is charged per child each school year. Before and After School registration is offered in the spring for each school.

SCHOOL DISTRICT 102

Hours of Operation

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

Barnsdale Road School
Cossitt
Congress Park
Forest Road
Ogden Ave.

St. Francis Xavier School

Hours of Operation

6:45am-8:15am Monday-Friday 3:15pm-6:00pm M, T, TH, F 2:00pm-6:00pm Wednesdays

For more information, please contact **Leanna Hartung, BASE and Camp Manager** 708-588-2233 **leannahartung@pdlg.org**



La Grange U Preschool

La Grange U Preschool 2024 - 2025

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

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

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

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

Registration

Where: Recreation Center, 536 East Avenue, La Grange

When: Resident registration begins Thursday, February 14, 2024 at 8 a.m.

Non-resident registration begins Thursday, February 21, 2024 at 8 a.m.

A non-refundable \$150 deposit is required at registration. Registration continues until a class has reached its maximum enrollment. If a class has not reached the minimum enrollment by Friday, July 5, 2024, it will be canceled.

Program Philosophy

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

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



Goals and Objectives

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

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

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

La Grange U Open House

WHEN:

Thursday, February 8, 2024 from 6:00-7:00 p.m.

or

Saturday, February 10, 2024 from 10:00-11:00 a.m.

WHERE:

Gilbert Park Building

Located at 41st Street & Gilbert Avenue Lil' Badgers (2.5-year-olds) Lil' Mustangs (4/5-year-olds)

Sedgwick Park Building

Located at 10th Avenue & 48th Street Lil' Cyclones (4/5-year-olds) Lil' Pandas (2.5-year-olds)

Recreation Center

536 East Avenue
Lil' Broncos (3-year-olds)
Lil' Gators (3-year-olds)

WHY:

The open house is a great opportunity to meet the teachers, view the facility, and see what we have to offer your child! If you are considering enrolling your child in the program for the 2024-2025 school year, this is your chance to see what we are all about! Future students and siblings are welcome to attend with parents!



CLASSES:

Gilbert Park Building



Lil' Badgers

Age: 2.5-year-olds

Days:..... Monday, Wednesday, & Friday

Time: 9-11am *Min/Max:* 6/12

Monthly Fee:... \$185/R, \$265NR, \$205/NN

Code:......481203-01

Sedgwick Park Building



Lil' Cyclones

Age:4/5-year-olds

Days:Monday-Friday

Time:8:30am-11:30am

Min/Max:.....8/16

Monthly Fee:... \$565/R, \$798/NR, \$623/NN

Code:......481203-03

Lil' Pandas

Age:2.5-year-olds

Days:Tuesday and Thursday

Time: 1pm-3pm *Min/Max:* 6/12

Monthly Fee:... \$126/R, \$183/NR, \$140/NN

Code:......481203-04



Pecreation Center Building



Lil' Broncos

 Age:
 3-year-olds

 Days:
 Monday-Friday

 Time:
 8:45-11:45am

Min/Max: 8/16

Monthly Fee:... \$482/R, \$682/NR, \$532/NN

Code:..... 481203-05

Lil' Gators

Age: 3-year-olds

Days:..... Monday, Wednesday & Friday

Time: 12:45-3:45pm

Min/Max: 8/16

Monthly Fee:... \$285/R, \$405/NR, \$315/NN

Code:......481203-06





RESIDENT REGISTRATION BEGINS MARCH 4th, NON-RESIDENT REGISTRATIONS BEGINS MARCH 11th!

Registration & Refunds — A \$50.00 non-refundable enrollment fee per child is required when registering for the summer day camp. A \$25 deposit for each week can be paid to hold your spot. Parent/guardian must provide a credit/debit card at the time of registration, allowing PDLG to auto-debit their card for each week's balance on the Monday two weeks prior to each week of camp. The second child, in one family household, enrolled in Camp Mighty Munchkins, Camp Little Explorers, Camp Trailblazers, Camp Quest & Camp Apollo for the same session will receive a 10% discount. The same applies for the third child, etc. There are absolutely no prorates or refunds for missed days. Registration deadline is the Thursday BEFORE each camp session begins. There will be a \$10 late fee for registrations received after Thursday. Refund requests will be processed at 100% of the regular session fee if requested prior to June 1st for any sessions of camp. Refunds requested after June 1st for Camp Sessions 1-3 will be refunded at 50% of the regular session fee. Refund requests for camp session 4 through 8 will be refunded at 100% of the regular session fee prior to July 1st. Any refund requests made after July 1st will be refunded at 50% of the regular session fee.

Mighty Munchkins: 4-year-olds & campers going into Kindergarten

This camp is for kids who like ADVENTURE and FUN! We have a variety of activities planned for each themed week of camp. Some of the activities include: crafts, games, music, story time, nature, drama, and special "in house" field trips! Each child is asked to bring a morning snack, lunch, afternoon snack and reusable water bottle with their name on it every day of camp. Before and/or after care is also available at this camp location. Please note, registration for before and after care is separate. All campers will receive a t-shirt! We encourage campers to wear their camp shirts. Children must be 4 by the start of camp. Camp is a nut-free zone.

Fees: \$185/R, \$241/NR, \$204/NN

\$111/R, \$144/NR, \$122/NN (*Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
471002-01	6/10-6/14	9:00A-3:00P	
471002-02	6/17-6/21	9:00A-3:00P	
471002-03	6/24-6/28	9:00A-3:00P	
471002-04	7/1-7/3*	9:00A-3:00P	
471002-05	7/8-7/12	9:00A-3:00P	
471002-06	7/15-7/19	9:00A-3:00P	
471002-07	7/22-7/26	9:00A-3:00P	
471002-08	7/29-8/2	9:00A-3:00P	

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

Camp Mighty Munchkins Before Care

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

Age:............4-5 years
Instructor:......Staff
Min/Max:......8/16
Location:.....Gilbert Park

Fees: \$25/R, \$33/NR, \$28/NN

\$15/R, \$20/NR, \$17/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
471003-01	6/10-6/14	7:30A-9:00A	
471003-02	6/17-6/21	7:30A-9:00A	
471003-03	6/24-6/28	7:30A-9:00A	
471003-04	7/1-7/3*	7:30A-9:00A	
471003-05	7/8-7/12	7:30A-9:00A	
471003-06	7/15-7/19	7:30A-9:00A	
471003-07	7/22-7/26	7:30A-9:00A	
471003-08	7/29-8/2	7:30A-9:00A	

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

LOOK FOR NEIGHBORHOOD NETWORK FEES

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



Camp Mighty Munchkins After Care

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

 Age:
 4-5 years

 Instructor:
 Staff

 Min/Max:
 8/16

Location: Gilbert Park

Fees: \$45/R, \$59/NR, \$50/NN

\$27/R, \$35/NR, \$30/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
471004-01	6/10-6/14	3:00P-5:30P	
471004-02	6/17-6/21	3:00P-5:30P	
471004-03	6/24-6/28	3:00P-5:30P	
471004-04	7/1-7/3*	3:00P-5:30P	
471004-05	7/8-7/12	3:00P-5:30P	
471004-06	7/15-7/19	3:00P-5:30P	
471004-07	7/22-7/26	3:00P-5:30P	
471004-08	7/29-8/2	3:00P-5:30P	

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

Camp Little Explorers Before Care

Before care is available between the hours of 7:30 am-9:00 am for any participant enrolled in Camp Little Explorers.

Age:......4-5 years Instructor:..... Staff Min/Max:.....8/16

Location: Barnsdale Road School Fees: \$25/R, \$33/NR, \$28/NN

\$15/R, \$20/NR, \$17/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
471006-01	6/10-6/14	7:30A-9:00A	
471006-02	6/17-6/21	7:30A-9:00A	
471006-03	6/24-6/28	7:30A-9:00A	
471006-04	7/1-7/3*	7:30A-9:00A	
471006-05	7/8-7/12	7:30A-9:00A	
471006-06	7/15-7/19	7:30A-9:00A	
471006-07	7/22-7/26	7:30A-9:00A	
471006-08	7/29-8/2	7:30A-9:00A	

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

Camp Little Explorers: 4-year-old & campers going into Kindergarten

This camp is for kids who like ADVENTURE and FUN! We have a variety of activities planned for each themed week of camp. Some of the activities include crafts, games, music, Storytime, nature, drama, cooking, and special "in-house" field trips! Each child is asked to bring a morning snack, lunch, afternoon snack, and reusable water bottle with their name on it every day of camp. All campers will receive a t-shirt! We encourage campers to wear their camp shirts. Before and/or after care is also available at this camp location. Please note, registration for before and after care is separate. Children must be 4 by the start of camp. Camp is a nut-free zone.

Location: Barnsdale Road School Fees: \$185/R, \$241/NR, \$204/NN

\$111/R, \$144/NR, \$122/NN (*Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
471005-01	6/10-6/14	9:00A-3:00P	
471005-02	6/17-6/21	9:00A-3:00P	
471005-03	6/24-6/28	9:00A-3:00P	
471005-04	7/1-7/3*	9:00A-3:00P	
471005-05	7/8-7/12	9:00A-3:00P	
471005-06	7/15-7/19	9:00A-3:00P	
471005-07	7/22-7/26	9:00A-3:00P	-
471005-08	7/29-8/2	9:00A-3:00P	

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





Camp Little Explorers After Care

After care is available between the hours of 3:00 pm-5:30 pm for any participant enrolled in Camp Little Explorers.

Location: Barnsdale Road School Fees: \$45/R, \$59/NR, \$50/NN

\$27/R, \$35/NR, \$30/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
471007-01	6/10-6/14	3:00P-5:30P	
471007-02	6/17-6/21	3:00P-5:30P	
471007-03	6/24-6/28	3:00P-5:30P	
471007-04	7/1-7/3*	3:00P-5:30P	
471007-05	7/8-7/12	3:00P-5:300P	
471007-06	7/15-7/19	3:00P-5:30P	
471007-07	7/22-7/26	3:00P-5:30P	
471007-08	7/29-8/2	3:00P-5:30P	

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

Camp Trailblazers Before Care

Before care is available between the hours of 7:30 am-9:00 am for any participant enrolled in Camp Trailblazer.

Location: Forest Road School Fees:\$25/R, \$33/NR, \$28/NN

\$15/R, \$20/NR, \$17/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
472015-01	6/10-6/14	7:30A-9:00A	
472015-02	6/17-6/21	7:30A-9:00A	
472015-03	6/24-6/28	7:30A-9:00A	
472015-04	7/1-7/3*	7:30A-9:00A	
472015-05	7/8-7/12	7:30A-9:00A	
472015-06	7/15-7/19	7:30A-9:00A	
472015-07	7/22-7/26	7:30A-9:00A	
472015-08	7/29-8/2	7:30A-9:00A	

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



Camp Trailblazers After Care

Aftercare is available between the hours of 3:00 pm-5:30 pm for any participant enrolled in Camp Trailblazer.

Age:......6-7 years *Instructor:*.....Staff *Min/Max:*.....8/14

Location: Forest Road School Fees:\$45/R, \$59/NR, \$50/NN

\$27/R, \$35/NR, \$30/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME
472016-01	6/10-6/14	3:00P-5:30P
472016-02	6/17-6/21	3:00P-5:30P
472016-03	6/24-6/28	3:00P-5:30P
472016-04	7/1-7/3*	3:00P-5:30P
472016-05	7/8-7/12	3:00P-5:30P
472016-06	7/15-7/19	3:00P-5:30P
472016-07	7/22-7/26	3:00P-5:30P
472016-08	7/29-8/2	3:00P-5:30P

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



Camp Trailblazers: Campers entering 1st & 2nd grade

At Camp Trailblazers we foster an atmosphere that is encouraging for every camper. Daily activities include group activities, literacy time, crafts, sports, water games and more! Each week we will go on fun field trips, take a dip in the Forest Park Pool and do it all with a fun weekly theme. Each registered camper will receive a t-shirt to wear on field trip days. Trailblazers should bring lunch, morning and afternoon snacks, water bottles with their name on them, tennis shoes, and sunscreen to camp each day. Please note, before and after care is a separate registration. Camp Trailblazers is a nut-free zone.

Location: Forest Road School

Fees: \$185/R, \$241/NR, \$204/NN

\$111/R, \$144/NR, \$122/NN (*Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
472014-01	6/10-6/14	9:00A-3:00P	
472014-02	6/17-6/21	9:00A-3:00P	
472014-03	6/24-6/28	9:00A-3:00P	
472014-04	7/1-7/3*	9:00A-3:00P	
472014-05	7/8-7/12	9:00A-3:00P	
472014-06	7/15-7/19	9:00A-3:00P	
472014-07	7/22-7/26	9:00A-3:00P	
472014-08	7/29-8/2	9:00A-3:00P	

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

Camp Quest Campers entering 3rd & 4th grade

This camp is an outdoor based camp with a focus on group games, arts and crafts, and individual and team sports. Each week will have a different theme, and each day will have a routine schedule of activities. Field trips and swimming are all included in the fee and the fun. The children will go on field trips or have in-house entertainment once a week. Each child will receive a t-shirt to be worn on field trip days. Campers are to bring a sack lunch, labeled reusable water bottle, and an afternoon snack. Camp Quest is a nut free zone.

Location: Sedgwick Park

Fees: \$185/R, \$241/NR, \$204/NN

\$111/R, \$144/NR, \$122/NN (*Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
472003-01	6/10-6/14	9:00A-3:00P	
472003-02	6/17-6/21	9:00A-3:00P	
472003-03	6/24-6/28	9:00A-3:00P	
472003-04	7/1-7/3*	9:00A-3:00P	
472003-05	7/8-7/12	9:00A-3:00P	
472039-06	7/15-7/19	9:00A-3:00P	
472003-07	7/22-7/26	9:00A-3:00P	
472003-08	7/29-8/2	9:00A-3:00P	

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

Camp Quest Before Care

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

Age:......8-9 years
Instructor:.....Staff
Min/Max:....8/14
Location:Sedgwick Park

Fees: \$25/R, \$33/NR, \$28/NN

\$15/R, \$20/NR, \$17/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
472004-01	6/10-6/14	7:30A-9:00A	
472004-02	6/17-6/21	7:30A-9:00A	
472004-03	6/24-6/28	7:30A-9:00A	
472004-04	7/1-7/3*	7:30A-9:00A	
472004-05	7/8-7/12	7:30A-9:00A	
472004-06	7/15-7/19	7:30A-9:00A	
472004-07	7/22-7/26	7:30A-9:00A	
472004-08	7/29-8/2	7:30A-9:00A	
Class Will Not Me	eet On: 7/4 & 7/5		

29

Winter/Spring 2024 www.pdlg.org





Camp Quest After Care

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

 Age:
 8-9 years

 Instructor:
 Staff

 Min/Max:
 8/21

Location: Sedgwick Park

Fees: \$45/R, \$59/NR, \$50/NN

\$27/R, \$35/NR, \$30/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
472005-01	6/10-6/14	3:00P-5:30P	
472005-02	6/17-6/21	3:00P-5:30P	
472005-03	6/24-6/28	3:00P-5:30P	
472005-04	7/1-7/3*	3:00P-5:30P	
472005-05	7/8-7/12	3:00P-5:30P	
472005-06	7/15-7/19	3:00P-5:30P	
472005-07	7/22-7/26	3:00P-5:30P	
472005-08	7/29-8/2	3:00P-5:30P	

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

Camp Apollo Campers entering 5th & 6th grade

Camp Apollo is designed for our youth to grow, increase self-confidence, self-esteem, take risks, broaden their horizons and discover new strengths, all while developing values, respect and forming new friendships along the way! Summer camp is offered for campers to have a safe, fun and memorable summer. Our summer plans include weekly themes, daily activities to coordinate with those themes, creative arts and crafts, games, camp songs, sports, healthy kids' activities (yoga, dance, aerobics) and water games. The children will go on field trips or have in-house entertainment. Each child will receive a t-shirt to be worn on field trip days. Campers are to bring a sack lunch, labeled reusable water bottle, and afternoon snack each day. Camp Apollo is a nut free zone.

Age:.....10-12 years

Instructor:..... Staff
Min/Max:..... 12/24

Location: Cossitt School

Fees: \$185/R, \$241/NR, \$204/NN

\$111/R, \$144/NR, \$122/NN (*Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
472009-01	6/10-6/14	9:00A-3:00P	
472009-02	6/17-6/21	9:00A-3:00P	
472009-03	6/24-6/28	9:00A-3:00P	
472009-04	7/1-7/3*	9:00A-3:00P	
472009-05	7/8-7/12	9:00A-3:00P	
472009-06	7/15-7/19	9:00A-3:00P	
472009-07	7/22-7/26	9:00A-3:00P	
472009-08	7/29-8/2	9:00A-3:00P	

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

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!





Day Camps



OTHER SYMBOLS:





- Parent/Child Program | Rew Class



Camp Apollo Before Care

Before care is available between the hours of 7:30 am-9:00 am for any participant enrolled in Camp Apollo.

Age:.....10-12 years

Instructor: Staff Min/Max: 8/16

Location: Cossitt School

Fees: \$25/R, \$33/NR, \$28/NN

\$15/R, \$20/NR, \$17/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME
472011-01	6/10-6/14	7:30A-9:00A
472011-02	6/17-6/21	7:30A-9:00A
472011-03	6/24-6/28	7:30A-9:00A
472011-04	7/1-7/3*	7:30A-9:00A
472011-05	7/8-7/12	7:30A-9:00A
472011-06	7/15-7/19	7:30A-9:00A
472011-07	7/22-7/26	7:30A-9:00A
472011-08	7/29-8/2	7:30A-9:00A
Class Will Not Meet	On: 7/4 & 7/5	





Camp Apollo After Care

After care is available between the hours of 3:00 pm-5:30 pm for any participant enrolled in Camp Apollo.

Age:.....10-12 years

Instructor:..... Staff Min/Max: 8/16

Location: Cossitt School

Fees: \$45/R, \$59/NR, \$50/NN

\$27/R, \$35/NR, \$30/NN* (Section 04)

Day:..... Monday-Friday

CODE	DATES	TIME	
472012-01	6/10-6/14	3:00P-5:30P	
472012-02	6/17-6/21	3:00P-5:30P	
472012-03	6/24-6/28	3:00P-5:30P	
472012-04	7/1-7/3*	3:00P-5:30P	
472012-05	7/8-7/12	3:00P-5:30P	
472012-06	7/15-7/19	3:00P-5:30P	
472012-07	7/22-7/26	3:00P-5:30P	
472012-08	7/29-8/2	3:00P-5:30P	
Class Will Not Me	eet On: 7/4 & 7/5		

31

Winter/Spring 2024 www.pdlg.org



Indoor Drive-In Movie

Come to the Recreation Center and have a great night with your family. We supply the cardboard box and materials for you to design your amazing car for our indoor drive-in movie. Car designing will begin at 4:00pm and the movie will start around 5:00pm. All children must be accompanied by an adult for the entire event. Parents are more than welcome to bring a blanket to sit on. Popcorn and a drink will be provided. Outside food will not be allowed to be brought into the event. **Registration Deadline for the event is February 19**th.

Location: Recreation Center Fees:\$25/R, \$33/NR, \$28/NN

Day:.....Friday

CODE	DATE	TIME
144013-01	2/23	4:00P-7:00P

Family Bingo

Get out of the house and enjoy an affordable, fun, family night of bingo! Children must be accompanied by an adult. Price listed per person. **Pre-registration is required.**

Age:......3+ *Instructor:*.....Staff *Min/Max:*.....20/50

Location: Recreation Center Fees:\$8 per person

Dav:.....Fridav

CODE	DATES	TIME
144515-01	2/9	6:00P-7:00P
144515-02	4/12	6:00P-7:00P

Nerf Wars

Come out and engage in some friendly competition during our Nerf Wars Event! This event will consist of various team building games and a period of free play. Participants must bring their own Nerf gun with their name on it. Nerf guns must use regular size bullets, NOT Mega bullets. Safety glasses are required.

Registration Deadline for the event is February 9th.

Instructors: Staff Min/Max: 10/20

Location: Recreation Center Fees: \$10/R, \$13/NR, \$11/NN

Day:.....Friday

CODE	DATES	TIME	GRADE
132059-01	2/16	5:30P-6:30P	K-2nd
132059-02	2/16	5:30P-6:30P	3rd-5th
132059-03	2/16	5:30P-6:30P	6th-8th

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 February 23**rd.

Location: Recreation Center

Fees:\$45/R, \$59/NR, \$50/NN per couple

(Additional child \$25)

Day:.....Friday

CODE	DATE	TIME	
144518-01	3/1	6:00P-8:00P	





Breakfast with the Easter Bunny

Breakfast will begin at 9:00am and consists of donuts, yogurt, fruit, coffee, milk, or juice. Each child will have an opportunity to have their picture taken with the Easter Bunny. Infants are free with paying sibling. Don't forget your camera! **Registration deadline is March 3**rd.

Age:.....2+ *Instructors:* Staff *Min/Max:*20/50

Location: Recreation Center

Fees:\$15/R, \$20/NR, \$17/NN (01 & 03)

\$10/R, \$13/NR, \$11/NN (02)

Day:.....Sunday

144025-01 3/17 9:00A-10:00A 2-17 144025-02 3/17 9:00A-10:00A 18+ 144025-03 3/17 9:00A-10:00A 1-2	CODE	DATES	TIME	AGE	
	144025-01	3/17	9:00A-10:00A	2-17	
144025-03 3/17 9:00A-10:00A 1-2	144025-02	3/17	9:00A-10:00A	18+	
	144025-03	3/17	9:00A-10:00A	1-2	

Tween Flashlight Egg Hunt

It's that time of year, so paint those eggs, keep an eye out for the bunny and... grab a flashlight?! That's right! Get ready for a great night looking for candy and sweet prizes. Each participant must be accompanied by a parent. Registration deadline is March 8th. Event will be moved indoors to Recreation Center if there is inclement weather.

Age:......8-14 **Instructor:**.....Staff **Min/Max:**.....10/75

Day:.....Friday

CODE	DATE	TIME	
132624-01	3/22	7:30P-8:00P	

Easter Egg Hunt

Easter eggs will be spread all over and a golden ticket will be hidden amongst them! Each age group will have a designated area. Come early for your pictures with the Easter Bunny! Please bring your own camera for photos. Easter Bunny will take pictures from 9:30am-11am. Event will be moved indoors to Recreation Center if there is inclement weather.

 Age:
 2-8 years

 Instructor:
 Staff

 Min/Max:
 20/50

Location: Sedgwick Park

Fees: Free Day: Saturday

CODE	DATES	AGE	
3/23	10:00A	3 and under	
3/23	10:10A	4-5	
3/23	10:20A	6-8	

33

Winter/Spring 2024 www.pdlg.org



Easter Egg Crawl

On your mark — get set — CRAWL! Calling all crawlers ages 14 months & under for our 3rd Easter Egg Crawl! This fun-filled event will take place after the older kids' egg hunt. Each crawler must be accompanied by an adult. Join in the fun as we find out who has the fastest baby around. Registration deadline is March 16th. Event will be moved indoors to Recreation Center if there is inclement weather.

Age:..... Newborn-14 months (crawling)

Instructor: Staff Min/Max: 5/15

Location: Sedgwick Park

Fees: Free Day: Saturday

ΔI ⊢ ΙΙΝ	ME
23 10	:30A

Doggie Egg Hunt

Leash up your pup and have fun at our event where your canine searches for dog-friendly treat-filled eggs. Dogs must be leashed at all times; retractable leashes will be allowed. Please note that treats will be placed inside plastic eggs — supervision is a supervision is a supervision are available. Registration deadline March supervision is a supervision in supervision and supervision is a supervision deadline March supervision in supervision is supervision and supervision in supervision is supervision in supervis

Instructors: Staff Min/Max: 10/25

Location: Sedgwick Park Fees: \$5/R, \$7/NR, \$6/NN

Day:.....Saturday

CODE	DATE	TIME
144535-01	3/23	11:00A

Garage Sale NEW

Clean out your house for Spring and make some extra money too!
Bring your old clothes, movies, toys, and more to be sold at our event.
Each participant will receive one table for display. Each table must be supervised by individuals 18 years and older. Participants are responsible for removing unsold items and disposing of them at home. Participants are prohibited from throwing away unsold items in the park district's dumpsters or leaving items at your table after the event. Tables will be set up in the Recreation Center parking lot. Early bird registration fee of \$20 ends on Friday, February 16th. Registration deadline is Tuesday April 2nd. If there is inclement weather the event will be rescheduled to Sunday April 29th.

Age:......All Ages Instructors: Staff Min/Max: 15/30

Location: Recreation Center Parking Lot Fees: Early Bird Rate \$20 per participant

Saturday, February 17th: \$25 per participant

Day:.....Saturday

CODE	DATE	TIME	
144012-01	4/28	10:00A-2:00P	





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 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.

EARLY CHILDHOOD/YOUTH ACTIVITIES

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.





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:	\$5/R, \$7/NR, \$7/NN
Playground Combo Fees:	\$5/R, \$7/NR, \$7/NN (1-2
	\$7/R, \$9/NR, \$9/NN (3-5
Day:	Tuesday, Thursday & Frida

DATES	TIME	
1/2-4/30	10:00A-12:00P	

Years) Years)

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 different climbers, slides, tunnels, and bikes. A short circle time includes songs, finger play, games and parachute play etc. An excellent class for improving large motor skills and developing social and group interaction skills. Co-op WS

Age:	. 18 months – 3 years with adult
Ü	. Abby McEntee
Min/Max:	. 3/5 per agency
Location:	. Grand Avenue Community Cente
Fees:	. \$57/R, \$74/NR, \$63/NN

CODE	DATES	TIME	AGE
131501-01	1/10-2/21	9:00A-10:00A	18-24 months
131501-02	2/28-4/17	9:00A-10:00A	18-24 months
131501-03	4/24-5/29	9:00A-10:00A	18-24 months
131501-04	1/10-2/21	10:00A-11:00A	2-3 years
131501-05	2/28-4/17	10:00A-11:00A	2-3 years
131501-06	4/24-5/29	10:00A-11:00A	2-3 years

Class Will Not Meet On: 3/27

Day:..... Wednesday

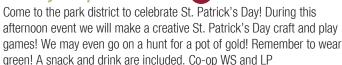
Dinosaur Dig

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

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

CODE	DATES	TIME	
131110-01	3/2	9:30A-10:30A	
131110-02	3/2	11:00A-12:00P	

Lucky Leprechauns 🐼



Age:	.4-7 years
Instructor:	. Staff
Min/Max:	. 3/6
Location:	. Recreation Center
Fees:	.\$30/R, \$39/NR, \$33/NN
Day:	. Thursday

CODE	DATES	TIME	
131102-01	3/14	3:45P-5:00P	

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





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.

KIDDIE KOTTECE

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 more than welcome to sit in the social area during class time.

Location: Recreation Center

Fees:\$80/R, \$104/NR, \$88/NN Day:......Tuesday & Thursday

CODE	DATES	TIME
131021-01	1/23-2/15	9:00A-10:15A
131021-02	2/20-3/14	9:00A-10:15A
131021-03	4/2-4/25	9:00A-10:15A
131021-04	1/23-2/15	10:30A-11:45A
131021-05	2/20-3/14	10:30A-11:45A
131021-06	4/2-4/25	10:30A-11:45A







I Speak Spanish!

Expand your child's world! 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 and exciting material each session!

Age:......3-5 years

Instructor: Language in Action, Inc.

Min/Max: 6/12

Location: Recreation Center

Fees: \$89/R. \$116/NR. \$98/NN

Day:.....Thursday

CODE	DATES	TIME	
131536-01	1/18-2/22	5:00P-5:45P	
131536-02	2/29-4/11	5:00P-5:45P	
131536-03	4/18-5/23	5:00P-5:45P	

Class Will Not Meet On: 3/28

ASL Mom/Dad and me! NEW

Interested in learning the basics of American Sign Language or communicating with your young child through signing? Join us from the the comfort and convenience of your living room as you learn to sign in a fun, interactive and lively environment. Each session covers new material. Taught live on the Zoom platform by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

3 years-6 years with adult (Session 04-06)

Instructor: Language in Action, Inc.

Min/Max: 3/8

Location: Virtual on Zoom

Fees: \$89/R, \$116/NR, \$98/NN

Day:.....Tuesday

CODE	DATES	TIME	
131539-01	1/16-2/20	5:00P-5:45P	
131539-02	2/27-4/2	5:00P-5:45P	
131539-03	4/9-5/14	5:00P-5:45P	
131599-04	1/16-2/20	5:45P-6:25P	
131599-05	2/27-4/2	5:45P-6:25P	
131599-06	4/9-5/14	5:45P-6:25P	

Minecraft Adventures NEW





Come join us as we bring Minecraft® to life using LEGO® bricks. Create your own world, including animals, creepers, and your very own Minecraft® character. Develop presentations involving relevant facts and descriptive details like a Minecraft obstacle course, or TNT blocks to make a way to get to your destination. Come enjoy the world of Minecraft and share in the Adventure! Co-op LP

Age:.....5-14 years *Instructor:* Snapology

Min/Max: 6/8

Location: Recreation Center

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

CODE	DATES	TIME
132789-01	2/17-3/16	11:15A-12:15P

Lion King Workshop NEW



Students will explore the African Savanna through the eyes and experiences of their favorite Lion King characters! They will create 3-D LEGO® version of their favorite characters, place those characters in scenes from the pride lands, explore the value of constellations as historical markers, dig for bugs, meditate on some of Rafiki's most profound ideas.

Age:.....5-12 years Instructor: Snapology Min/Max:.....8/12

Location: Recreation Center

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

Day:.....Tuesday

CODE	DATES	TIME	
132809-01	1/2-1/30	5:00P-6:00P	

Story Builders NEW CO





Students will explore the primary elements of storytelling as they immerse themselves into the world of superheroes, Minecraft, Pokémon, fairy tales, and create your own! Using creativity, imagination, knowledge of the topic of the day, and toys they have at home, students will develop and share their own unique stories. Co-op LP

Age:.....5-14 years Instructor: Snapology Min/Max: 6/8

Location: Recreation Center

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

Day:.....Tuesday

CODE	DATES	TIME
132810-01	2/13-3/12	5:00P-6:00P

Roblox NEW CO





In this Snapology workshop, students will explore their favorite Roblox adventures by using LEGO® bricks and creating games! From designing an Obby to building a 3-D character skin, students will be fully immersed in the gameplay and game design world of Roblox! Co-op LP

Age:.....5-14 years Instructor: Snapology Min/Max: 6/8

Location: Recreation Center

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

Day:.....Saturday

CODE	DATES	TIME	
132811-01	2/17-3/16	10:00A-11:00A	

Lego City Building NEW





In this workshop, students will take their architectural skills to new heights as they practice their planning, engineering, teamwork, communication, and patience. Their challenge is to individually, and in teams, create different buildings, vehicles, and a functioning skyscraper in a race against time! Co-op LP

Age:.....5-12 years Instructor: Snapology Min/Max:.....6/8

Location: Recreation Center

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

Day:.....Saturday

CODE	DATES	TIME	
132812-01	1/6-2/3	10:00A-11:00A	

Super Goooey Chemistry 🐼



Become a mad scientist as you brew up some crazy concoctions! Have a blast with "kitchen safe chemistry" and explore science in a fun, creative way! Each week we'll be performing experiments, making explosions, and creating slime too! Co-op WS

Age:.....5-12 years Instructor:..... The Whole Child

Min/Max: 4/8

Location: Recreation Center

Fees: \$235/R, \$305/NR, \$259/NN

Day:..... Wednesday

CODE	DATES	TIME	
132721-01	1/24-3/13	4:00P-5:00P	

OTHER SYMBOLS:





Parent/Child Program | Cooperative Program | New Class



Lego Engineering 🐼

Do you love playing with Legos? Design and build castles, monsters, bridges volcanoes and more! We'll have so much fun building projects that actually move, and we'll test them to see how they work! This class capture's kid's imaginations with engaging hands-on, building projects! Co-op LGP

Age:.....5-12 years Instructor: Snapology Min/Max: 4/8

Location: Recreation Center

Fees: \$206/R, \$268/NR, \$227/NN

Day:..... Monday

CODE	DATES	TIME	
132733-01	4/8-5/20	4:00P-5:00P	

Harry Potter Potions



Come to Hogwart's school of witchcraft and wizardry! Join the wizarding class and learn how to cast spells and mix potions that actually work. Discover magical creatures! A Bowtruckle or Niffler anyone? Co-op WS &

Age:.....5-12 years Instructor: The Whole Child

Min/Max: 4/6

Location: Recreation Center

Fees: \$235/R, \$305/NR, \$259/NN

Day:..... Monday

CODE	DATES	TIME	
132718-01	1/22-3/18	4:00P-5:00P	

Class Will Not Meet On: 2/19

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!



Vet Science

Do you love animals? Come to vet school and learn all about animals! Learn how to perform pet exams, first aid treatments, and mock surgeries. We'll have live pet encounters too! No class on 2/19. Co-op WS and LGP

Age:.....5-12 years Instructor: The Whole Child

Min/Max: 4/6

Location: Recreation Center

Fees: \$206/R, \$268/NR, \$227/NN

Day:..... Wednesday

CODE	DATES	TIME
132726-01	4/10-5/22	4:00P-5:00P



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: 3/13 per agency

Location: Western Springs Recreation Center

CODE	DATES	TIME	DAY
152508-01	1/31	5:00P-5:55P	Wednesday
152508-02	3/11	6:40P-7:40P	Monday



Vámanos Youth Spanish

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

Age:.....6-10 years

Instructor: Language In Action, Inc.

Min/Max: 6/12

Location: Recreation Center

Fees: \$89/R, \$116/NR, \$98/NN

Day:.....Thursday

CODE	DATES	TIME	
132536-01	1/18-2/22	10:00A-12:00P	
132536-02	2/29-4/11	10:00A-12:00P	
132536-03	4/18-5/23	10:00A-12:00P	

Class Will Not Meet On: 3/28

I Speak French NEW

Join us right from your living room as we explore new cultures and learn the French language via the interactive Zoom platform! Each session covers new material. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

Age:.....7-11 years

Instructor: Language In Action, Inc.

Min/Max: 3/8

Location: Virtual on Zoom

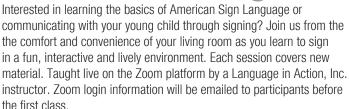
Fees: \$89/R, \$116/NR, \$98/NN

Day:..... Monday

CODE	DATES	TIME	
132807-01	1/22-3/4	5:00P-5:45P	
132807-02	3/11-4/15	5:00P-5:45P	

Class Will Not Meet On: 2/19

ASL Learn to Sign - Youth NEW



Age:.....7-11 years

Instructor: Language In Action, Inc.

Min/Max: 3/8

Location: Virtual on Zoom

Fees: \$89/R. \$116/NR. \$98/NN

Day:...... Wednesday

CODE	DATES	TIME	
132808-01	1/17-2/21	5:00P-5:45P	
132808-02	2/28-4/3	5:00P-5:45P	
132808-03	4/10-5/15	5:00P-5:45P	

Valentine's Day with Your Special Doll 🐼

Come to this unique Valentine's class and bring your American Girl Doll or any other similar sized doll. Enjoy decorating a special two-piece holiday outfit, adorable pink, red and white jewelry. Then take a trip to the beauty shop where we will add colorful clips and ribbons to your doll's hair just in time for Valentine's Day. Your favorite doll will look simply adorable! Co-op WS

Age:.....3-10 years (3-5 year olds must be accompanied by adult)

Instructor: Ultimate Classes & Parties

Min/Max: 3/6 per agency

Location: Western Springs Rec Center Fees: \$37/R, \$48/NR, \$41/NN

Day:.....Saturday

CODE	DATE	TIME	
132110-01	2/3	1:00P-2:00P	

Model Ship Building 🐼



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

Age:.....8-12 years Instructor: R. Magin Min/Max: 2/3 per agency

Location: Western Springs Rec Center Fees: \$41/R, \$53/NR, \$46/NN

Day:..... Wednesday

CODE	DATES	TIME	
132026-01	3/13-4/17	4:00P-5:00P	

Class Will Not Meet On: 3/27

Smart Start Art - Under The Sea 🐼



43

Every child is an artist" - Pablo Picasso. Explore your artistic side with this class! Participants will learn how to draw an array of underwater creatures, from fish to dolphins to farm animals to deep sea divers! 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. 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

CODE	DATES	TIME	
132072-01	1/11-2/15	4:30P-5:30P	

Let's Code It - Creative Coding



Participants will have a blast in this exciting new STEM program. Our innovative approach to coding is sure to spark your child's interest in computer science, using a simple, relatable, block-based programming system called Scratch, developed by the MIT Media Lab. The fun filled curriculum stresses critical thinking, creativity, confidence, teamwork, and problem-solving skills to prepare them for the 21st century and beyond. Class topics include video game design, loops, control structure, conditional expressions, control statements, object-oriented design concepts, data structures and variables, and mathematical expressions. Co-op WS

Age:.....7-13 years

Instructor: After School Enrichment Solutions

Min/Max: 3/5 per agency

Location: Western Springs Rec Center Fees: \$108/R, \$135/NR, \$119/NN

Day:.....Thursday

CODE	DATES	TIME
132814-01	1/11-2/15	5:30P-6:30P

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's lessons will be different so no repeats. Don't miss out, sign up today! Co-op WS

Age:.....5-12 years Instructor: Young Rembrandts Min/Max: 3/5 per agency

Location: Western Springs Rec Center

Fees:\$89/R, \$111/NR, \$98/NN (Session 01 & 02)

\$101/R, \$126/NR, \$111/NN (Session 03 & 04)

Day:.....Saturday

CODE	DATES	TIME	
132115-01	1/13-1/27	10:00A-12:00P	
132115-02	2/3-2/24	10:00A-12:00P	
132115-03	3/2-3/23	10:00A-12:00P	
132115-04	4/6-4/27	10:00A-12:00P	

Class Will Not Meet On: 2/17

Winter Fantasy Princess Glam



Come beat the Winter slump for a night of glam with a unicorn rainbow fantasy theme. Our staff will give a pretty make-over complete with hairdo, make-up sparkle and nail polish application. Decorate a unique craft with paints, stickers, embellishments, and personalization. Design a beautiful beaded bracelet with a fantasy charm assortment. Staff will play music and we will have props and a backdrop to take photos before class ends for parents. A glam goodie bag goes home with each participant. Co-op WS

Age:.....4-10 years Instructor: Glitzy Girlz Min/Max: 4/6 per agency

Location: Western Springs Rec Center Fees: \$35/R, \$46/NR, \$39/NN

Day:..... Wednesday

CODE	DATE	TIME	
132817-01	2/7	6:00P-7:15P	

Peace, Love, and Glam Dance Party



Come join us for a night of spreading LOVE & HAPPINESS! We will give each participant a pampering of GLAM with a hairdo, make-up sparkle and nail polish application. Each person decorates a unique craft with peace, hearts and rainbow accents along with paints and personalization. They will design a cool beaded bracelet with peace- love charm. Our night ends with retro lights dance party to popular songs! A "peace offering" goes home with each guest! Co-op WS

Age:..... 4-10 years Instructor:..... Glitzy Girlz Min/Max: 4/6 per agency

Location: Western Springs Rec Center Fees: \$35/R, \$46/NR, \$39/NN

Day:..... Wednesday

CODE	DATE	TIME	
132816-01	4/10	6:00P-7:15P	

Chess 🐼

This class has an interactive, discovery-based curriculum inspiring child 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 castling 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: 4/5 per agency

Location: Western Springs Rec Center

Fees: \$190/R, \$238/NR, \$209/NN (Session 01)

\$168/R, \$210/NR, \$185/NN (Session 02)

Day:..... Monday

CODE	DATES	TIME	REGISTRATION DEADLINE
132528-01	1/22-3/18	4:30P-5:30P	1/20
132528-02	4/8-5/20	4:30P-5:30P	4/6

Class Will Not Meet On: 2/19

RE/CO Robot

Participants can build and take home their very own RE/CO Robot! RE/ CO robot is a mechanical off-roading adventure! It comes equipped with an infrared sensor and artificial intelligence. Its ability to be controlled wirelessly, and its tank-like tracks, make it perfect for rugged conditions! With the wireless remote control added, RE/CO Robot can access new play modes like storytelling, singing, dancing, and even programming. Participants will enjoy guiding it over all sorts of terrain or allow the friendly robot to lead the way, using its infrared sensor to find a clear path in patrol mode. Co-op WS

Age:.....8-12 years Instructor: Minds in Motion Min/Max: 3/4 per agency

Location: Western Springs Rec Center Fees: \$122/R, \$159/NR, \$134/NN

Day:.....Thursday

CODE	DATES	TIME	REGISTRATION DEADLINE
132815-01	2/22-4/4	4:30P-5:30P	2/20

Class Will Not Meet On: 3/28



Electricity & Magnetmania



45

Learn all about electronics, magnetism, and more in this fun and educational hands-on workshop! Take part in our Minds in Motion electronic lab and take home your very own circuit kit. With the aid of your instructor, simply follow the colorful pictures in your manual to build up to 100 exciting projects such as a flying saucer, alarm, and doorbell! All parts are mounted on plastic modules and snap together with ease. You will also take part and witness many cool magnetic experiments including making and taking home the World's Simplest Motor! Watch electricity being produced by a handheld generator, take part in a cool activity involving a very powerful magnet and behold a special magnetic top levitating! Co-op WS

Age:.....8-12 years *Instructor:* Minds in Motion Min/Max: 3/4 per agency

Location: Western Springs Rec Center Fees: \$122/R, \$159/NR, \$134/NN

Day:.....Thursday

CODE	DATES	TIME	
132818-01	2/22-4/4	5:30P-6:30P	

Class Will Not Meet On: 3/28

Winter/Spring 2024 www.pdlg.org



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.

Tot Rock 🐼 🔠





Age:.....12 months-30 months years with parent

Instructor: Rock 'n' Kids Min/Max: 4/12 Co-op WS Location: Recreation Center

Fees: \$74/R, \$96/NR, \$85/NN (5 weeks: Session 01 & 02)

\$104/R, \$135/NR, \$114/NN (7 weeks: Session 03)

Day:.....Tuesday

DATES CODE TIME 151510-01 9:00A-9:45A 1/9-2/6 151510-02 2/20-3/19 9:00A-9:45A 151510-03 4/9-5/21 9:00A-9:45A

Family Kid Rock

Age:.....1-5 years with parent

Instructor: Rock 'n' Kids

Min/Max:.....4/12

Location: Recreation Center

Fees: \$74/R, \$96/NR, \$85/NN (5 weeks: Session 01 & 02)

\$104/R, \$135/NR, \$114/NN (7 weeks: Session 03)

Day:.....Tuesday

CODE	DATES	TIME	
131600-01	1/9-2/6	10:30A-11:10A	
131600-02	2/20-3/19	10:30A-11:10A	
131600-03	4/9-5/21	10:30A-11:10A	

Kid Rock 🐼 🔼



Age:.....2-3 years with parent

Instructor:..... Rock 'n' Kids Min/Max: 4/12 Co-op WS Location: Recreation Center

Fees: \$74/R, \$96/NR, \$85/NN (5 weeks: Session 01 & 02)

\$104/R, \$135/NR, \$114/NN (7 weeks: Session 03)

Day:.....Tuesday

CODE	DATES	TIME	
151511-01	1/9-2/6	9:45A-10:25A	
151511-02	2/20-3/19	9:45A-10:25A	
151511-03	4/9-5/21	9:45A-10:25A	



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.



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, costumes or props, and games. Participants learn theater terms, a short song, and a new joke every week, enhance spontaneity, build self-esteem, and have plenty of fun in this delightful class. Every session is different, and most themes are not repeated for two years so "act" now! Co-op WS

Age:.....3-5 years

Instructor:..... Shining Star Productions

Min/Max: 6/12

Location: Recreation Center

Fees: \$89/R, \$116/NR, \$98/NN

Day:.....Friday

CODE	DATES	TIME	
151500-01	2/9-3/22	3:45P-4:30P	
151500-02	4/5-5/17	3:45P-4:30P	

Young Actors Club

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

Age:.....6-8 years

Instructor: Shining Star Productions

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

Location: Recreation Center

Fees: \$89/R, \$116/NR, \$98/NN

Day:.....Friday

CODE	DATES	TIME	
152517-01	2/9-3/22	4:45P-5:30P	
152517-02	4/5-5/17	4:45P-5:30P	

Music Together with Tiny Toes Music &

Babies, toddlers, preschoolers, and the grownups who love them get together for 45 minutes of fun-filled family music and movement activities ranging from lullabies to full-on dance parties and jam sessions with child-friendly instruments. Everyone participates as babies vocalize, listen, and observe, toddlers play and experiment, and preschoolers build confidence as they emerge as classroom leaders. Grownups are happy because everyone can come to class together. You'll take home the award-winning music used in class, along with an illustrated songbook and other resources to support your child's music-learning and overall development all week long. Have fun discovering new ways to play with music together! Infant siblings under 9 months attend for free. For more information, visit www.TinyToesMusic.com. Co-op WS

Age:..... Newborn-6 years with parent or caregiver

Instructor: Tiny Toes Music

Min/Max: 5/11

Location: Recreation Center

Fees:\$249/R, \$324/NR, \$274/NN *Day:* Tuesday or Wednesday

CODE	DATES	TIME	DAY
151584-01	1/23-3/12	4:30P-5:15P	Tuesday
151584-02	1/23-3/12	5:30P-6:15P	Tuesday
151584-03	4/2-5/21	4:30P-5:15P	Tuesday
151584-04	4/2-5/21	5:30P-6:15P	Tuesday
151584-05	1/24-3/13	9:30A-10:15A	Wednesday
151584-06	1/24-3/13	10:30A-11:15A	Wednesday
151584-07	1/24-3/13	11:30A-12:15P	Wednesday
151584-08	1/24-3/13	1:00P-1:45P	Wednesday
151584-09	4/3-5/22	9:30A-10:15A	Wednesday
151584-10	4/3-5/22	10:30A-11:15A	Wednesday
151584-11	4/3-5/22	11:30A-12:15P	Wednesday
151584-12	4/3-5/22	1:00P-1:45P	Wednesday

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





Winter/Spring 2024



Parent & Tot Gymnastics

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

Age:.....2-3 years with parent *Instructor:*.....Sports Kids Inc.

Min/Max:.....6/16

Location: Recreation Center Fees: \$40/R, \$52/NR, \$44/NN Day: Thursday or Saturday

CODE	DATES	TIME	DAY	
114610-01	1/11-2/8	9:30A-10:00A	Th	
114610-02	2/15-3/14	9:30A-10:00A	Th	
114610-03	3/21-4/25	9:30A-10:00A	Th	
114610-04	3/23-4/27	9:00A-9:30A	Sat	

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



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.

Age: 3-5 years Instructor: Sports Kids Inc.

Min/Max: 6/20

Location: Recreation Center Fees: \$40/R, \$52/NR, \$44/NN

\$60/R, \$78/NR, \$66/NN (02, 04, 06, 08)

Day: Thursday or Saturday

CODE	DATES	TIME	AGE	DAY
111609-01	1/11-2/8	10:00A-10:30A	3	Th
111609-02	1/11-2/8	10:30A-11:15A	4-5	Th
111609-03	2/15-3/14	10:00A-10:30A	3	Th
111609-04	2/15-3/14	10:30A-11:15A	4-5	Th
111609-05	3/21-4/25	10:00A-10:30A	3	Th
111609-06	3/21-4/25	10:30A-11:15A	4-5	Th
111609-07	3/23-4/27	9:30A-10:00A	3	Sat
111609-08	3/23-4/27	10:00A-10:45A	4-5	Sat

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

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. Co-op LP & WS

Age:......4-6 years
Instructor:.....Sports Kids Inc.
Min/Max:.....2/8 per agency

Location:L.T. South Campus Building Fees:\$83/R, \$108/NR, \$91/NN Day:Monday or Thursday

CODE	DATES	TIME	DAY
112612-01	1/8-2/5	6:30P-7:30P	Mon
112612-02	1/11-2/8	6:30P-7:30P	Thu
112612-03	2/12-3/11	6:30P-7:30P	Mon
112612-04	2/15-3/14	6:30P-7:30P	Thu
112612-05	3/18-4/22	6:30P-7:30P	Mon
112612-06	3/21-4/25	6:30P-7:30P	Thu

Class Will Not Meet On: 3/25, 3/28



Gymnastics 102



This class is an advancement from Gymnastics 101 with more technique. Pre-requisite for this class is to perform a successful cartwheel, swing and supports on the bars, and squat on the vault. Co-op LP & WS

Age:.....5-7 years Instructor: Sports Kids Inc. Min/Max: 2/8 per agency

Location: L.T. South Campus Building Fees: \$83/R, \$108/NR, \$91/NN Day:..... Monday or Thursday

CODE	DATES	TIME	DAY	
112613-01	1/8-2/5	6:30P-7:30P	Mon	
112613-02	1/11-2/8	6:30P-7:30P	Thu	
112613-03	2/12-3/11	6:30P-7:30P	Mon	
112613-04	2/15-3/14	6:30P-7:30P	Thu	
112613-05	3/18-4/22	6:30P-7:30P	Mon	
112613-06	3/21-4/25	6:30P-7:30P	Thu	

Class Will Not Meet On: 3/25, 3/28

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. Co-op LP

Age:.....7-10 years Instructor: Sports Kids Inc. Min/Max: 2/8 per agency

Location: L.T. South Campus Building Fees: \$83/R, \$108/NR, \$91/NN

Day:..... Monday

CODE	DATES	TIME	
112614-01	1/8-2/5	7:30P-8:30P	
112614-02	2/12-3/11	7:30P-8:30P	
112614-03	3/18-4/22	7:30P-8:30P	

Class Will Not Meet On: 3/25

Girls Beginner Gymnastics 🐯



Basic skills on the vault, bars, floor, low beam and more. Many leadup progressions will be taught to help a gymnast have a good core knowledge of the sport. Co-op LP

Age:.....7-10 years Instructor: Sports Kids Inc. Min/Max: 2/8 per agency

Location: L.T. South Campus Building Fees: \$83/R, \$108/NR, \$91/NN

Dav:.....Thursdav

CODE	DATES	TIME	
112648-01	1/11-2/8	7:30P-8:30P	
112648-02	2/15-3/14	7:30P-8:30P	
112648-03	3/21-4/25	7:30P-8:30P	

Class Will Not Meet On: 3/28

Tumbling for Beginners (**)



Start out learning the proper way to perform rolls, handstands, and cartwheels. A great way to have an introduction to tumbling and to open the door to gymnastics possibilities. Co-op LP

Age:.....7-12 years Instructor: Sports Kids Inc. Min/Max: 2/8 per agency

Location: L.T. South Campus Building Fees: \$83/R, \$108/NR, \$91/NN

Day:.....Thursday

CODE	DATES	TIME	
112617-01	1/11-2/8	6:30P-7:30P	
112617-02	2/15-3/14	6:30P-7:30P	
112617-03	3/21-4/25	6:30P-7:30P	

Class Will Not Meet On: 3/28



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. Co-Op LP

Age:......9-13 years
Instructor:.....Sports Kids Inc.
Min/Max:.....2/8 per agency

Location: L.T. South Campus Building Fees: \$83/R, \$108/NR, \$91/NN

Day:..... Monday

CODE	DATES	TIME
112618-01	1/8-2/5	7:30P-8:30P
112618-02	2/12-3/11	7:30P-8:30P
112618-02	3/18-4/22	7:30P-8:30P

Class Will Not Meet On: 3/25

Tumbling for Cheerleading

The focus for this group will be on tumbling skills, specifically for cheerleading. 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.

Age:......9-13 years *Instructor:*.....Sports Kids Inc.

Min/Max: 6/20

Location:L.T. South Campus Building Fees:\$83/R, \$108/NR, \$91/NN

Day:.....Thursday

CODE	DATES	TIME	DAY
112619-01	1/11-2/8	7:30P-8:30P	Thu
112619-02	2/15-3/14	7:30P-8:30P	Thu
112619-03	3/21-4/25	7:30P-8:30P	Thu

Class Will Not Meet On: 3/28



Spirit Kids 📀

Get in the spirit of cheerleading and pom pons by learning a variety of basic jumps, kicks, mounts, chants, cheers, and 'pom' routines. Each class will also include stretches, warm-ups, exercises encouraging strength, balance, and endurance, and the practice of simple tumbling skills. Through trusting others, your child will experience the fun and importance of being part of a team. Loose clothing and gym shoes recommended. Co-Op LP.

Location: Recreation Center, 1501 Barnsdale Road, LP

Fees:\$56/R, \$73/NR, \$62/NN (01) \$43/R, \$56/NR, \$47/NN (02)

Day:.....Friday

CODE	DATES	TIME	
112807-01	1/12-3/1	6:00P-6:45P	
112807-02	4/5-5/10	6:00P-6:45P	

Class Will Not Meet On: 2/9



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

Age:.....4-7 years

Instructor:..... Filiberto Gutierrez

Min/Max: 5/20

Location: Recreation Center

\$190/R, \$247/NR, \$209/NN - Two Day \$230/R, \$299/NR, \$286/NN - Three Day

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

CODE	DATES	TIME	DAY
112600-01	1/2-2/20	5:00P-6:00P	Tue
112600-02	1/4-2/22	5:00P-6:00P	Thu
112600-03	1/6-2/24	10:00A-11:00A	Sat
112600-04	1/2-2/24	Times Vary	Two Days
112600-05	1/2-2/24	Times Vary	Three Days
112600-06	3/5-4/30	5:00P-6:00P	Tue
112600-07	3/7-5/2	6:00P-7:00P	Thu
112600-08	3/9-5/4	10:00A-11:00A	Sat
112600-09	3/5-5/4	Times Vary	Two Days
112600-10	3/5-5/4	Times Vary	Three Days

Class Will Not Meet On: 2/27, 2/29, 3/2, 3/26, 3/28 & 3/30

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 (six months \$20, 1 year \$30) paid to the instructor.

Location: Recreation Center

\$190/R, \$247/NR, \$209/NN - Two Day \$230/R, \$299/NR, \$286/NN - Three Day

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

CODE	DATES	TIME	DAY
112550-01	1/2-2/20	6:00P-7:00P	Tue
112550-02	1/4-2/22	6:00P-7:00P	Thu
112550-03	1/6-2/24	11:00A-12:00P	Sat
112550-04	1/2-2/24	Times Vary	Two Days
112550-05	1/2-2/24	Times Vary	hree Days
112550-06	3/5-4/30	6:00P-7:00P	Tue
112550-07	3/7-5/2	6:00P-7:00P	Thu
112550-08	3/9-5/4	11:00A-12:00P	Sat
112550-09	3/5-5/4	Times Vary	Two Days
112550-10	3/5-5/4	Times Vary	Three Days

Class Will Not Meet On: 2/27, 2/29, 3/2, 3/26, 3/28 & 3/30

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

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

CODE	DATES	TIME	DAY
112557-01	1/5-2/23	6:00P-7:00P	Friday (Advanced - Blue Belt and Up)
112557-02	1/5-2/23	7:00P-8:00P	Friday (Advanced - Brown Belt and Up)
112557-03	3/8-5/3	6:00P-7:00P	Friday (Advanced - Blue Belt and Up)
112557-04	3/8-5/3	7:00P-8:00P	Friday (Advanced - Brown Belt and Up)

Class Will Not Meet On: 3/1 & 3/29

Winter/Spring 2024



Youth & Adult Martial Art Classes



Kids Karate Club



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

Age:.....4-14

Instructor: Sensei Eric & Sensei Marie

Min/Max:.....2/12

Location: Recreation Center, 1501 Barnsdale Road, LP

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

Day:.....Saturday

CODE	DATES	TIME	LEVEL
112806-01	1/13-2/17	9:00A-9:45A	Beginner
112806-02	1/13-2/17	9:50A-10:35A	Advanced
112806-03	4/6-5/11	9:00A-9:45A	Beginner
112806-04	4/6-5/11	9:50A-10:35A	Advanced

Testing Dates: 2/17 & 5/11





Tae Kwon Do



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

Age:.....3-18 years Instructor: Bill De Jesus Min/Max: 4/12 per agency Location: Recreation Center

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

Day:.....Friday

CODE	DATES	TIME	AGE
112562-01	1/12-3/1	4:00P-5:00P	3-7
112562-02	1/12-3/1	5:05P-6:05P	5-18
112562-03	3/8-4/26	4:00P-5:00P	3-7
112562-04	3/8-4/26	5:05P-6:05P	5-18

OTHER SYMBOLS:



Parent/Child Program |



- Cooperative Program | NEW



- New Class



Teen/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 these techniques, a person may either control an attacker with minimum pain (neutralization), or use a technique designed to produce a great deal of pain. Additional fees include uniform (optional to purchase) and insurance fee (six months \$20, 1 year \$30) paid to the instructor.

Age:.....13 years & older Instructor:.....Fil Guiterez
Min/Max:.....5/15

Location: Recreation Center

Fees: Adult: \$155/R, \$202/NR, \$170/NN – One Day

\$200/R, \$220/NR, \$260/NN – Two Day \$240/R, \$312/NR, \$264/NN – Three Day **Teen**: \$145/R, \$189/NR, \$160/NN – One Day \$190/R, \$247/NR, \$209/NN – Two Day \$230/R, \$299/NR, \$286/NN – Three Day

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

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CODE	DATES	TIME	DAY	AGE
112007-01	1/2-2/20	7:00P-8:00P	Tue	Teen
112007-02	1/2-2/20	7:00P-8:30P	Tue	Adult
112007-03	1/4-2/22	7:00P-8:00P	Thur	Teen
112007-04	1/4-2/22	7:00P-8:30P	Thur	Adult
112007-05	1/6-2/24	12:00P-1:00P	Sat	Teen
112007-06	1/6-2/24	12:00P-1:30P	Sat	Adult
112007-07	1/2-2/24	Time Vary	Two Days	Teen
112007-08	1/2-2/24	Times Vary	Two Days	Adult
112007-09	1/2-2/24	Times Vary	Three Days	Teen
112007-10	1/2-2/24	Times Vary	Three Days	Adult
112007-11	3/5-4/30	7:00P-8:00P	Tue	Teen
112007-12	3/5-4/30	7:00P-8:30	Tue	Adult
112007-13	3/7-5/2	7:00P-8:00P	Thur	Teen
112007-14	3/7-5/2	7:00P-8:30P	Thur	Adult
112007-15	3/9-5/4	12:00P-1:00P	Sat	Teen
112007-16	3/9-5/4	12:00P-1:30P	Sat	Adult
112007-17	3/5-5/4	Time Vary	Two Days	Teen
112007-18	3/5-5/4	Times Vary	Two Days	Adult
112007-19	3/5-5/4	Times Vary	Three Days	Teen
112007-20	3/5-5/4	Times Vary	Three Days	Adult

Class Will Not Meet On: 2/27, 2/29, 3/2, 3/26, 3/28 & 3/30

Restorative Gentle Jujitsu

Why martial arts for seniors? 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. Please note: All participants will need to purchase additional insurance for \$35 for 6 months or \$60 for 1 year on the first day of class.

Age:.....55 years & older *Instructor:*.....Filiberto Gutierrez

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

Location: Recreation Center

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

\$70/R, \$91/NR, \$77/NN (Two Day)

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

CODE	DATES	TIME	DAY
133641-01	1/2-2/20	9:30A-11:00A	Tue
133641-02	1/4-2/22	9:30A-11:00A	Thur
133641-03	1/2-2/22	9:30A-11:00A	Tue/Thur
133641-04	3/5-4/30	9:30A-11:00A	Tue
133641-05	3/7-5/2	9:30A-11:00A	Thur
133641-06	3/5-5/2	9:30A-11:00A	Tue/Thur

Class Will Not Meet On: 2/27, 2/29, 3/26 & 3/28

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







Youth Athletic Leagues

Youth Developmental League

The Youth Developmental Basketball League offers instruction as well as a competitive basketball league that allows the players the opportunity to grow and learn the game in a fun and exciting environment. Basic individual basketball skills and team concepts will be taught. Games will be officiated by IHSA Referees. Practices will either be on Monday, Tuesday, Wednesday or Thursday evenings depending on court availability and coaches' availability. Practices will begin in early February. Games will be played on Saturdays starting February 10th between 8:30am and 4:00pm, depending on number of total teams in the league. Volunteer Parent Coaches are needed for the success of the league. If you are interested in coaching please contact Zach Price, Athletic Supervisor. Please note, only one successful buddy request will be accommodated per player. Multiple requests will not be honored.

	OUDL	DAILU	IIIVIL	LLAUUL	ITIAUTIUL
	112539-01	2/10-3/16	Varies	1st-2nd Grade Boys	Varies
	112539-02	2/10-3/16	Varies	3rd-4th Grade Boys	Varies
	112539-03	2/10-3/16	Varies	5th-6th Grade Co-Ed	Varies
	112539-04	2/10-3/16	Varies	1st-2nd Grade Girls	Varies
S	112539-05	2/10-3/16	Varies	3rd-4th Grade Girls	Varies
					•

Lions Voleyball League

Saturday - Games

The Lions Jrs. Volleyball League is a no-cut, in-house volleyball league for boys and girls 1st-8th grade. Teams are coached by 1st Alliance Volleyball Coaches, affiliated club players, and experienced parent-coaches with practices run by Lions Jrs. Staff. Each week teams will have practice immediately followed by a game.

DAY	DATES	TIME	
Tuesdays	5/14-6/18	6:30P-9:30P	

Register at 1stAlliancevbc.net







Sports Kids Athletic Classes





Tot Track, Field & Fitness

Age:......4-6 years Instructor:.....Sports Kids Inc. Min/Max:.....6/20

Location: Recreation Center Fees:\$50/R, \$65/NR, \$55/NN

Day:......Wednesday

CODE	DATES	TIME	
112686-01	3/20-4/24	4:15P-5:00P	

Class Will Not Meet On: 3/27

Parent & Tot Triple Play Sports

Age:.....2-3 years with parent *Instructor:*.....Sports Kids Inc.

Min/Max: 6/16

Location: Recreation Center Fees: \$36/R, \$47/NR, \$40/NN

Day:..... Wednesday

CODE	DATES	TIME	
112746-01	3/20-4/24	5:00P-5:30P	

Class Will Not Meet On: 3/27

Preschool Sports

Age:......4-5 years
Instructor:.....Sports Kids Inc.
Min/Max:.....6/20

Day:.....Thursday

CODE	DATES	TIME	
112752-01	1/11-2/8	11:30A-12:15P	
112752-02	2/15-3/14	11:30A-12:15P	
112752-03	3/21-4/25	11:30A-12:15P	

Class Will Not Meet On: 3/28

Youth Pickleball

Age:.....8-12 years Instructor:....Sports Kids Inc.

Min/Max: 6/10

Location: Recreation Center Fees: \$65/R, \$85/NR, \$72/NN

Day:.....Tuesday

CODE	DATES	TIME	
112804-01	3/19-4/23	4:30P-5:15P	

Class Will Not Meet On: 3/26





ALL STAR SPORTS ATHLETIC CLASSES

Junior T-Ball

Age:......3-5 years

Instructor: All Star Sports Instruction Min/Max: 6/16 - Section 02

6/10 - Section 01

Location: Recreation Center or Community Center

Fees: \$70/R, \$91/NR, \$77/NN (01)

\$90/R, \$117/NR, \$99/NN (02)

Dav:.....Saturdav

CODE	DATES	TIME	LOCATION
112637-01	2/17-3/16	11:00A-11:45A	Community Center
112637-02	4/6-5/18	11:00A-11:45A	Rec Center

Junior Soccer

Instructor: All Star Sports Instruction Min/Max: 6/16 - Section 02

6/10 - Section 01

Location: Recreation Center or Community Center

Fees: \$70/R, \$91/NR, \$77/NN (01)

\$90/R, \$117/NR, \$99/NN (02)

Day:.....Saturday

CODE	DATES	TIME	LOCATION
112636-01	2/17-3/16	10:00A-10:45A	Community Center
112636-02	4/6-5/18	10:00A-10:45A	Rec Center





Junior Basketball

Age:.....3-5 years

Instructor:..... All Star Sports Instruction Min/Max: 6/16 - Section 01, 03-04

6/10 - Section 02

Location: Recreation Center or Community Center

Fees: \$70/R, \$91/NR, \$77/NN (01-02)

\$90/R, \$117/NR, \$99/NN (03-04)

Day:..... Thursday or Saturday

CODE	DATES	TIME	AGE	DAY	LOCATION
112645-01	2/22-3/21	4:00P-4:45P	3-4	Thu	Rec Center
112645-02	2/17-3/16	12:00P-12:45P	3-5	Sat	Comm Center
112645-03	4/4-5/16	4:00P-4:45P	3-4	Thu	Rec Center
112645-04	4/6-5/18	12:00P-12:45P	3-5	Sat	Rec Center

Basketball Skills

Age:.....5-7 years

Instructor: All Star Sports Instruction

Min/Max: 6/16

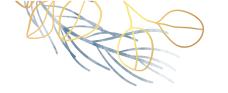
Location: Recreation Center

Fees: \$70/R, \$91/NR, \$77/NN (01)

\$90/R, \$117/NR, \$99/NN (02)

Day:.....Thursday

CODE	DATES	TIME	
112742-01	2/22-3/21	4:45P-5:45P	
112742-02	4/4-5/16	4:45P-5:45P	



KIDS FIRST ATHLETIC CLASSES



Kids First Multi Sports

Kids First certified coaches plan a combination of sports and games ranging from competitive to non-competitive and leisure. Sports include: baseball, softball, soccer, track & field events, dodgeball, badminton, flag football, basketball, volleyball, kickball, and more. Participants should bring a water bottle and face covering.

Age:.....5-13 years Instructor:.....Kids First Min/Max:.....6/20

Location: Recreation Center

Fees: \$135/R, \$176/NR, \$149/NN

Day:.....Sunday

CODE	DATES	TIME	
112671-01	1/7-1/28	3:30P-5:00P	
112671-02	2/4-2/25	3:30P-5:00P	
112671-03	3/3-3/24	3:30P-5:00P	
112671-04	4/7-4/28	3:30P-5:00P	

Kids First Flag Football

This class combines flag football fundamental preparation with flag football games. Coaches will teach football player techniques with body balance safety positioning giving a player confidence to enjoy the game of football. The first two weeks are dedicated to understanding the game through team competitive drills of how to play various positions. Flag football games will be played once the coach feels everyone is ready.

Location: Recreation Center

Fees: \$100/R, \$130/NR, \$110/NN

Day:.....Sunday

CODE	DATES	TIME	AGE
112722-01	1/7-1/28	8:30A-9:45A	5-7
112722-02	1/7-1/28	9:45A-11:00A	8-13
112722-03	2/4-2/25	8:30A-9:45A	5-7
112722-04	2/4-2/25	9:45A-11:00A	8-13
112722-05	3/3-3/24	8:30A-9:45A	5-7
112722-06	3/3-3/24	9:45A-11:00A	8-13
112722-07	4/7-4/28	8:30A-9:45A	5-7
112722-08	4/7-4/28	9:45A-11:00A	8-13

Kids First Track & Field

Coaches will focus on teaching sprints, hurdles, jumps, distance running and throws in a safe and fundamental way. The program consists of body balance techniques including speed, quickness, and agility drills, which will help produce a quicker, safer, more powerful performer. A wide variety of timed events will take place each day.

Age:........... 5-13 years Instructor:...... Kids First Min/Max:...... 6/20

Location: Recreation Center

Fees: \$95/R, \$124/NR, \$105/NN

Day:.....Sunday

CODE	DATES	TIME	
112569-01	1/7-1/28	11:00A-12:00P	
112569-02	2/4-2/25	11:00A-12:00P	
112569-03	3/3-3/24	11:00A-12:00P	
112569-04	4/7-4/28	11:00A-12:00P	

Kids First Basketball

This basketball program focuses on fundamentals! Players will be taught new basketball skills and safety techniques to make them game ready. Skills contests and a championship basketball game will be offered. Plus techniques on shooting, dribbling, passing, floor spacing, basketball awareness and sportsmanship.

Age:......5-13 years *Instructor:*.....Kids First *Min/Max:*.....6/20

Location: Recreation Center

Fees: \$100/R, \$130/NR, \$110/NN

Day:.....Sunday

CODE	DATES	TIME	AGE
112780-01	1/7-1/28	12:00P-1:15P	5-7
112780-02	1/7-1/28	1:15P-2:30P	8-13
112780-03	2/4-2/25	12:00P-1:15P	5-7
112780-04	2/4-2/25	1:15P-2:30P	8-13
112780-05	3/3-3/24	12:00P-1:15P	5-7
112780-06	3/3-3/24	1:15P-2:30P	8-13
112780-07	4/7-4/28	12:00P-1:15P	5-7
112780-08	4/7-4/28	1:15P-2:30P	8-13





YOUTH ATHLETIC CLASSES

Kids First Soccer

This class combines flag football fundamental preparation with flag football games. Coaches will teach football player techniques with body balance safety positioning giving a player confidence to enjoy the game of football. The first two weeks are dedicated to understanding the game through team competitive drills of how to play various positions. Flag football games will be played once the coach feels everyone is ready.

Age:.....5-12 years Instructor: Kids First Min/Max: 6/20

Location: Recreation Center

Fees: \$95/R, \$124/NR, \$105/NN

Dav:.....Sundav

CODE	DATES	TIME	
112781-01	1/7-1/28	2:30P-3:30P	
112781-02	2/4-2/25	2:30P-3:30P	
112781-03	3/3-3/24	2:30P-3:30P	
112781-04	4/7-4/28	2:30P-3:30P	

Beginner Horseback Riding NEW Co





You will learn to master the walk, sitting and posting trot, steering basic maneuvers such as circles and reverses, standing up in the stirrups at the walk, walk without the stirrup irons, halt, reverse both on the wall and through the center of the ring, mount and dismount correctly, switch whip correctly, basic, grooming skills and attend a youth group meeting. Co-on LP.

Age:.....7+ *Instructor:* M. New Traditions Riding Academy Min/Max: 2/6 Location: New Traditions Riding Academy 101000 S Kean Ave. Palos Hills Fees: \$250/R, \$325/NR, \$275/NN Day:..... Monday, Wednesday or Saturday

CODE	DATES	DAY	TIME
112808-01	1/8-2/5	Mon	4:30P-5:30P
112808-02	1/3-1/31	Wed	4:30P-5:30P
112808-03	1/6-2/3	Sat	2:30P-3:30P
112808-03	4/22-5/20	Mon	4:30P-5:30P
112808-04	4/24-5/22	Wed	4:30P-5:30P
112808-05	4/27-5/25	Sat	2:30P-3:30P

Little Lyons Soccer Camp NEW





Little Lyons is a fun, recreational, soccer experience for boys and girls ages 3-8 years old. Little Lyons takes aim at developing each child's cognitive, motor, and social abilities through dynamic, fun, and engaging soccer activities. Participants will learn proper technical skills from our team of enthusiastic coaches. Each child will feel encouraged and comfortable during every session as they experience new activities week to week. Each player must bring a soccer ball and a water bottle to class. Co-op LP

Aae:.....3-8

Instructor:..... Little Lyons Soccer Club

Min/Max: 2/6

Location: Park Jr. High School & Grass Fields

1501 Barnsdale Rd, La Grange Park

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

Day:..... Friday or Saturday

CODE	DATES	AGE	DAY	TIME	LOCATION
112542-01	1/13-2/17	3-5	Sat	12:00P-12:45P	Park Jr. High
112542-02	1/13-2/17	6-8	Sat	1:00P-2:00P	Park Jr. High
112542-03	4/5-5/10	3-5	Fri	4:00P-4:45P	Grass Fields
112542-04	4/5-5/10	6-8	Fri	5:00P-6:00P	Grass Fields

Class Will Not Meet On: 2/4





* WHITE SOX YOUTH BASEBALL * PROGRAMMING AVAILABLE IN LA GRANGE



VISIT whitesox.com/play FOR MORE INFORMATION

Winter/Spring 2024 www.pdlg.org 59



CHICAGO WHITE SOX

Chicago White Sox Holiday Camp

Session One:

Wednesday-Friday, December 27th, 28th, 29th 2023 9:00AM-12:00PM 5-8 years old

Session Two:

Wednesday-Friday, December 27th, 28th, 29th 2023 1:00PM-4:00PM 9-12 years old

Register at whitesox.com/play

\$175

Chicago White Sox President's Day Camp

Session One:

Monday, February 19th, 2024 9:00AM-12:00PM 5-8 years old

Session Two:

Monday, February 19th, 2024 1:00PM-4:00PM 9-12 years old

Register at whitesox.com/play

\$65

Chicago White Sox MLK Camp

Session One:

Monday, January 15th, 2024 9:00AM-12:00PM 5-8 years old

Session Two:

Monday, January 15th, 2024 1:00PM-4:00PM 9-12 years old

Register at whitesox.com/play

\$65

Chicago White Sox Spring Break Camp

Session One:

Monday thru Wednesday, March 25th, 26th, 27th, 2024 9:00AM-12:00PM 5-8 years old

Session Two:

Monday thru Wednesday, March 25th, 26th, 27th, 2024 1:00PM-4:00PM 9-12 years old

Register at whitesox.com/play

\$175

Lions Jrs. Volleyball Camp

Camp/Clinic

The all-skill clinic will cover all aspects of the game of volleyball including, but not limited to, attacking, passing, serving, setting and game play. We emphasize proper technique and development of the skills for all players. Regardless of experience, we will help your child get to the next level.

Register at 1stAllianceVBC.net

December 27-30

1st-4th Grade 5 p.m. to 6 p.m - \$54

5th-6th Grade 6 p.m. to 7 p.m. - \$54

7th-8th Grade 7 p.m. to 8:15 p.m. - \$68

May 27-30

1st-4th Grade 5 p.m. to 6 p.m - \$54

5th-6th Grade 6 p.m. to 7 p.m. - \$54

7th-8th Grade 7 p.m. to 8:15 p.m. - \$68



Adult Beginner Pickleball

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

Age:.....18 years & older *Instructor:*.....Sports Kids Inc.

Min/Max: 6/10

Location: Recreation Center

CODE	DATES	TIME	DAY
113537-01	1/8-2/5	9:30A-10:30A	Monday
113537-02	1/11-2/8	1:15P-2:15P	Thursday
113537-03	2/12-3/11	9:30A-10:30A	Monday
113537-04	2/15-3/14	1:15P-2:15P	Thursday
113537-05	3/18-4/22	9:30A-10:30A	Monday
113537-06	3/19-4/23	5:15P-6:15P	Tuesday
113537-07	3/21-4/25	1:15P-2:15P	Thursday
113537-08	3/23-4/27	11:00A-12:00P	Saturday

Class Will Not Meet On: 3/25, 3/26, 3/28 & 3/30

Men's Indoor Wiffleball League



Get the guys together and leave the mitts at home. This league will consist of 4 players per team on the field at a time. Season will consist of 8 regular season games. Wiffleball is played with a live ball, with specific landmarks for homeruns, etc. Games played to six innings or time limit. Registration Fee is per team of 8. Cash prizes are awarded to 1st and 2nd place finishers for the season. Games are self-officiated with a scorekeeper onsite. Co-op LP

Age:......18 years & older

Instructor:..... Community Park District Staff

Min/Max: 1/2 Teams

Location: Park Jr. High School

Fees: \$170/R, \$221/NR, \$187/NN

Day:..... Wednesday

CODE	DATES	TIME	
113009-01	1/18	6:30P	

Adult Advanced Pickleball

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

Age:......18 years & older Instructor:..... Sports Kids Inc.

Min/Max:......6/10

Location: Recreation Center

Fees: \$80/R, \$104/NR, \$88/NN

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

CODE	DATES	TIME	DAY
113528-01	1/8-2/5	10:30A-11:30A	Monday
113528-02	1/11-2/8	2:15P-3:15P	Thursday
113528-03	2/12-3/11	10:30A-11:30A	Monday
113528-04	2/15-3/14	2:15P-3:15P	Thursday
113528-05	3/18-4/22	10:30A-11:30A	Monday
113528-06	3/19-4/23	6:15P-7:15P	Tuesday
113528-07	3/20-4/24	5:45P-6:45P	Wednesday
113528-08	3/21-4/25	2:15P-3:15P	Thursday

Class Will Not Meet On: 3/25, 3/26, 3/27 & 3/28

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





61

LOOK FOR NEIGHBORHOOD NETWORK FEES

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

Winter/Spring 2024 www.pdlg.org



Spanish Language Classes for Adults

Have you always wanted to learn a foreign language, but never had the opportunity? Now is the perfect time! In this relaxed, small-class environment you will learn Spanish conversation, grammar, and phonetics which you can immediately begin using. This class will be tailored to fit the needs of the students enrolled.

Age:.....18+ years

Instructor: Language In Action, Inc.

Min/Max:.....6/15

Location: Recreation Center

Fees: \$89/R, \$116/NR, \$98/NN

Day:.....Thursday

CODE	DATES	TIME	
133634-01	1/18-2/22	7:00-8:00P	
133634-02	2/29-4/11	7:00-8:00P	
133634-03	4/18-5/23	7:00-8:00P	

I Speak French for Adults NEW



Join us right from your living room as we explore new cultures and learn the French language via the interactive Zoom platform! Each session covers new material. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

Age:.....18+ years

Instructor: Language In Action, Inc.

Min/Max:.....3/8

Location: Virtual on Zoom

Fees: \$89/R, \$116/NR, \$98/NN

Day:..... Monday

CODE	DATES	TIME	
133688-01	1/22-3/4	6:00P-7:00P	
133688-02	3/11-4/15	6:00P-7:00P	

Class Will Not Meet On: 2/9

Zoom Spanish for Adults - Live NEW



Have you ever wanted to learn a foreign language, but never had the opportunity? Now is the time! Stay connected and learn Spanish from the safety and comfort of your own home via the interactive Zoom platform! In this class you will learn conversational Spanish that you can immediately begin using. The class will be tailored to the needs of the students enrolled. Zoom login information will be emailed to participants before the first class.

Age:.....18+ years

Instructor: Language In Action, Inc.

Min/Max:.....3/8

Location: Virtual on Zoom

Fees: \$89/R. \$116/NR. \$98/NN Day:.....Tuesday or Wednesday

CODE	DATES	TIME	DAY
133687-01	1/16-2/20	10:00A-11:00A	Tuesday
133687-02	2/27-4/2	10:00A-11:00A	Tuesday
133687-03	4/9-5/14	10:00A-11:00A	Tuesday
133687-04	1/17-2/21	6:00P-7:00P	Wednesday
133687-05	2/28-4/3	6:00P-7:00P	Wednesday
133687-06	4/10-5/15	6:00P-7:00P	Wednesday

ASL Learn to Sign - Adults NEW



Interested in learning the basics of American Sign Language or communicating with your young child through signing? Join us from the comfort and convenience of your living room as you learn to sign in a fun, interactive and lively environment. Each session covers new material. Taught live on the Zoom platform by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

Age:.....18+ years

Instructor: Language In Action, Inc.

Min/Max:.....3/8

Location: Virtual on Zoom

Fees: \$89/R. \$116/NR. \$98/NN

Day:...... Wednesday

CODE	DATES	TIME	
133689-01	1/17-2/21	7:00P-8:00P	
133689-02	2/28-4/3	7:00P-8:00P	
133689-03	4/10-5/15	7:00P-8:00P	

Dungeons and Dragons Club

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

Age:.....18+ *Min/Max:*.....6/12

Day:.....Monday

CODE	DATES	TIME	
133041-01	1/8-4/29	5:30P-8:00P	
Class Will Not Meet On: 4/1			









MENTAL HEALTH PROGRAMS



Youth Mental Health First Aid NEW



This class takes the fear and hesitation out of starting conversations surrounding mental illness. Adults who work or live with teenaged vouth will learn tools to deescalate mental health challenges and crisis. such as recognizing signs & symptoms, or supporting when someone is experiencing a panic attack. After this class, you will feel confident and capable to take action to help a young person who is struggling. Participants will receive instructional materials and (6.5) credit hours of professional development. Participants should bring a lunch.

Pre-registration is required. Co-op WS

Age:.....18+

Instructor:......NAMI Metro Suburban

Min/Max:.....10/30

Location: Grand Avenue Community Center

Fees: FREE *Day:*.....Saturday

CODE	DATES	TIME	REGISTRATION
132819-01	2/3	9:00A-4:00P	1/25
132819-02	4/13	9:00A-4:00P	4/3

Ending The Silence NEW





This class takes the fear and hesitation out of starting conversations surrounding mental illness. Adults who work or live with teenaged youth will learn tools to deescalate mental health challenges and crisis, such as recognizing signs & symptoms, or supporting when someone is experiencing a panic attack. After this class, you will feel confident and capable to take action to help a young person who is struggling. Participants will receive instructional materials and (6.5) credit hours of professional development. Participants should bring a lunch. Preregistration is required. Registration deadline is Monday February 5th. Co-op WS

Age:.....18+

Instructor: NAMI Family Support Specialists

Min/Max:.....10/30

Location: Grand Avenue Community Center

Fees: FREE *Day:*.....Thursday

CODE	DATES	TIME	
132820-01	2/15	7:00P-8:00P	





OTHER SYMBOLS:







St. Patrick's Day Social

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

Registration deadline is March 1st.

Age:.....55 years & older

Instructor:..... Staff Min/Max: 25/50

Location: Recreation Center

Fees: FREE

Day:..... Wednesday

CODE	DATES	TIME
133000-01	3/13	12:00P-2:00P

Pinochle Tuesdays

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

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

Day:.....Tuesday

DATES	TIME	
1/2-4/30	11:30A-3:00P	



Mahjong

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

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

Day:..... Every second and fourth Wednesday of the month

DATES	TIME	
1/10-4/24	12:30P-3:00P	

65

Winter/Spring 2024 www.pdlg.org

LA GRANGE FITNESS

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

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

MEMBERSHIP DEFINITIONS

Individual: 18 years or older

Couple: 2 members of the same household

Additional Member: For members who have more than 2 members

in the household

Senior: 55 years & better

Senior Couple: 2 members of the same household ages 55 years & better

(both members must be 55 years & better)

Student: Individuals age 16-24 with current student ID

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

parent or guardian.

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

Resident: Individuals residing in La Grange and Countryside

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

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

LOCATION

PHONE: 708-588-2260

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

FITNESS HOURS OF OPERATION

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

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

SHORTENED H	OURS	CLOSED
4th of July	7:00am to 12:00 pm	Christmas Day
Labor Day	7:00am to 12:00 pm	New Year's Day
Memorial Day	7:00am to 12:00 pm	Thanksgiving
Christmas Eve	7:00am to 12:00 pm	Easter Sunday
Now Voore Eve	7,000m to 10,000 nm	

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 quest with birthdate.

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

ADDITIONAL FEES

Initiation Fee: \$25 per membeship

INDIVIDUAL PERSONAL TRAINING FEES

MEMBER/NON-MEMBER RATES

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

GROUP PERSONAL TRAINING FEES

2 or More Participants: MEMBER/NON-MEMBER RATES

(Fee Per Person, Members must form group):

 1 session: \$40/\$58
 3 sessions: \$115/\$170

 5 sessions: \$180/\$260
 10 sessions: \$340/\$500

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

PERSONAL TRAINING

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

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

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

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



LISE GORAJSKI

Personal Trainer

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

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



CINDY MCAULIFFE

Personal Trainer

Cindy has been a fitness enthusiast for 30 plus years. 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

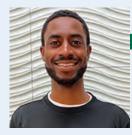


KEN JONES

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.



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



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.

Winter/Spring 2024



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
- 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.

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.

PASS TYPE	FEES	REGISTRATION CODE
1 Class Pass	\$15 per participant	123699-01

Please Note

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

VIRTUAL CLASS PASS

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

PASS TYPE	FEES	REGISTRATION CODE
1 Class Pass	\$15 per participant	123692-01
5 Class Pass	\$65 per participant	123692-02
10 Class Pass	\$120 per participant	123692-03

Please Note:

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

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

Fitness Programs

WORKSHOPS

Restorative Yoga

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 is necessary. Please bring a yoga mat and two small blankets.

Age:......14 years & older Instructor:..... Freya Smith Min/Max:......4/20

CODE	DATES	TIME	WORKSHOP
123652-01	1/18	6:30-7:45P	Relieve Stress and
			Restore Balance
123652-02	2/8	6:30-7:45P	Happy Shoulders,
			Upper Back & Neck
123652-03	3/7	6:30-7:45P	Happy Legs and Feet
123652-04	4/11	6:30-7:45P	Yin Restorative Yoga
			for the Low Back



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

CODE	DATES	TIME	
123706-01	1/28	3:00P-5:00P	
123706-02	4/28	3:00P-5:00P	

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 is 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:\$25 per person Day: Sunday

CODE	DATES	TIME	
123716-01	2/18	3:00P-4:15P	
123716-02	3/24	3:00P-4:15P	





Cycle Mountain Climb Challenge!

Climb your way through the 5 mountains on this 1.5-hour class that mimics an actual Tour de France ride. This is a great way to test your strength and endurance. Fun facts included. Bring at least 2 water bottles, a towel, and a heart rate monitor, if you have one. It's not necessary to be an expert, just to be willing to challenge yourself!

Age:.....14 years & older Instructor: Cathy Kollesar *Min/Max:* 6/15

Location: Recreation Center *Fees:* \$15 per person Day:.....Sunday

CODE	DATES	TIME	
123719-01	2/25	11:00A-12:30P	

Focus on the Low Back, Hips and Psoas Releases www



This special workshop will teach you proper body mechanics and specific techniques and poses to release the psoas and free tension and restrictions in the low back and hips. We will use traditional voga props as well as the ballet barre for added traction and deeper releases. The psoas is a large muscle that attaches directly from the lumbar spine to the inner femur bone, wrapping through the pelvis. When kept limber, the psoas muscle supports an upright posture and a flexible lower spine and hips. When the psoas is strained or contracted, it can lead to limitations in free range of motion and an increase of lower back and hip pain. Extended periods of sitting and certain physical activities can contribute to tightness in the psoas muscle. In this workshop, we'll focus on methods to keep the psoas muscle strong and limber through core strengtheners, stabilization, and mobilization techniques. We'll also practice specific poses to generate fluidity in the hips and create flexibility in the lower back. This class includes valuable information for both yoga students and teachers. Open to all level students. Please bring a yoga mat.

Age:.....14 years & older Instructor: Freya Smith Min/Max:......4/20 Location: Recreation Center

Fees: \$35 per person

Dav:.....Fridav

CODE	DATES	IIME
123717-01	2/23	1:30P-3:30P

Cycle Race Day Challenge!



Come enjoy this fast paced 1.5-hour Stage ride class that is based on a real time trial of the Tour de France. Challenge yourself and see if you have what it takes to be the best and wear the yellow jersey! Bring at least 2 water bottles, a towel, and a heart rate monitor, if you have one. Fun facts included.

Age:.....14 years & older Instructor: Cathy Kollesar Min/Max:.....6/15

Location: Recreation Center *Fees:* \$15 per person *Day:*.....Sunday

CODE	DATES	TIME	
123720-01	4/14	11:00A-12:30P	

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!





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:	16 years & older
Instructor:	Marianne Mohrhusen
Min/Max:	6/20
Location:	Recreation Center & Virtual
Fitness Member Fee:	\$90
Non Fitness Member Fees:	\$95
Day:	Tuesday or Friday

CODE	DATES	TIME	DAY	TYPE
123506-01	1/9-2/27	9:45A-10:45A	Tue	In-Person
123506-02	3/5-4/23	9:45A-10:45A	Tue	In-Person
123506-03	1/12-3/1	9:45A-10:45A	Fri	Hybrid
123506-04	3/8-4/26	9:45A-10:45A	Fri	Hybrid

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:Instructor:	-
1115ti UCtor	Freya Smith (03-06)
Min/Max:	6/30
Location:	Recreation Center & Virtual
Fitness Member Fee:	\$90
Non Fitness Member Fees:	\$95
Day:	Monday, Tuesday or Saturday

CODE	DATES	TIME	DAY	TYPE
123520-01	1/8-2/26	10:30A-11:30A	Mon	Hybrid
123520-02	3/4-4/22	10:30A-11:30A	Mon	Hybrid
123520-03	1/9-2/27	6:30P-7:30P	Tue	Hybrid
123520-04	3/5-4/23	6:30P-7:30P	Tue	Hybrid
123520-05	1/13-3/2	9:30A-10:30A	Sat	Hybrid
123520-06	3/9-4/27	9:30A-10:30A	Sat	Hybrid

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:	16 years & older
Instructor:	Marie Kittler
Min/Max:	6/20
Location:	Recreation Center & Virtual
Fitness Member Fee:	\$90
Non Fitness Member Fees:	\$95
<i>Day:</i>	Sunday

CODE	DATES	TIME	TYPE	
123539-01	1/14-3/3	10:30A-11:30A	Hybrid	
123539-02	3/10-4/28	10:30A-11:30A	Hybrid	

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:	16 years & older
Instructor:	Theresa Mikuls
Min/Max:	6/16
Location:	Recreation Center & Virtual
Fitness Member Fee:	\$90
Non Fitness Member Fees:	\$95
Day:	Monday or Wednesday

CODE	DATES	TIME	DAY	TYPE
123653-01	1/8-2/26	11:00A-12:00P	Mon	Hybrid
123653-02	3/4-4/22	11:00A-12:00P	Mon	Hybrid
123653-03	1/10-2/28	11:00A-12:00P	Wed	Hybrid
123653-04	3/6-4/24	11:00A-12:00P	Wed	Hybrid



FITNESS PROGRAMS

YOGA CLASSES

Yoga FUNdamentals & Deep Study for New & Continuing Students!

This class is designed for students who wish to strengthen the fundamentals, develop new skills and techniques, and deepen their knowledge of their practice. It's suitable for both new and experienced students as well as those who are returning to their practice or recovering from an injury.

<i>Age:</i>	16 years & older
Instructor:	Freya Smith
Min/Max:	6/15
Location:	Recreation Center
Fitness Member Fee:	\$90
Non Fitness Member Fees:	\$95
Day:	Thursday

CODE	DATES	TIME	TYPE	
123711-01	1/11-2/29	12:00P-1:00P	Hybrid	
123711-02	3/7-4/25	12:00P-1:00P	Hybrid	

Yoga Sculpt - New! NEW

Yoga Sculpt is a unique class with a combination of power yoga and strength training designed to create a full-body workout. It combines traditional yoga poses with strength training using hand weights. This high-intensity workout will leave you feeling stronger, refreshed, and uplifted. All fitness levels are welcome as modifications are offered and no prior yoga experience is necessary. Please bring a yoga mat and a water bottle.

<i>Age:</i>	16 years & older
Instructor:	Sandy Vioski
Min/Max:	6/20
Location:	Recreation Center & Virtual
Fitness Member Fee:	\$90
Non Fitness Member Fees:	\$95
Day:	Monday

123718-01 1/8-2/26 6:30P-7:30P	
	In Person
123718-02 3/4-4/22 6:30P-7:30P	In Person

CYCLE CLASSES

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:	16 years & older
Instructor:	Freya Smith
Min/Max:	6/15
Location:	Recreation Center
Fitness Member Fee:	\$96
Non Fitness Member Fees:	\$101
Day:	Tuesday

CODE	DATES	TIME	TYPE	
123642-01	1/9-2/27	9:15A-10:30A	Hybrid	
123642-02	3/5-4/23	9:15A-10:30A	Hybrid	





STRENGTH & CONDITIONING CLASSES

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:	16 years & older
Instructor:	Laura Mungai
Min/Max:	6/16
Location:	Recreation Center & Virtua
Fitness Member Fee:	\$82
Non Fitness Member Fees:	\$87
Day:	Monday or Wednesday

CODE	DATES	TIME	TYPE	
123651-01	1/10-2/28	6:00P-7:00P	Hybrid	
123651-02	3/6-4/24	6:00P-7:00P	Hybrid	

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.

<i>Age:</i>	16 years & older
Instructor:	Laura Mungai
Min/Max:	6/16
Location:	Recreation Center & Virtual
Fitness Member Fee:	\$82
Non Fitness Member Fees:	\$87
<i>Day:</i>	Monday

CODE	DATES	TIME	TYPE	
123680-01	1/8-2/26	9:00A-10:00A	Hybrid	
123680-02	3/4-4/22	9:00A-10:00A	Hybrid	

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.

<i>Age:</i>	16 years & older
Instructor:	Kenya Madison-Gabler
Min/Max:	6/16
Location:	Recreation Center
Fitness Member Fee:	\$82
Non Fitness Member Fees:	\$87
<i>Day:</i>	Thursday

CODE	DATES	TIME	TYPE	
123705-01	1/11-2/29	6:00P-7:00P	In-Person	
123705-02	3/7-4/25	6:00P-7:00P	In-Person	

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
Fitness Member Fee:	\$82
Non Fitness Member Fees:	\$87
<i>Day:</i>	Thursday

CODE	DATES	TIME	TYPE	
123629-01	1/11-2/29	8:30A-9:30A	In-Person	
123629-02	3/7-4/25	8:30A-9:30A	In-Person	

73



STRENGTH & CONDITIONING CLASSES

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!

<i>Age:</i>	16 years & older
Instructor:	Marianne Mohrhusen
Min/Max:	6/16
Location:	Recreation Center & Virtual
Fitness Member Fee:	\$82
Non Fitness Member Fees:	\$87
Day:	Wednesday

CODE	DATES	TIME	TYPE	
123577-01	1/10-2/28	9:30A-10:20A	Hybrid	
123577-02	3/6-4/24	9:30A-10:20A	Hybrid	

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:	16 years & older
Instructor:	Dot Kane
Min/Max:	6/16
Location:	Recreation Center
Fitness Member Fee:	\$82
Non Fitness Member Fees:	\$87
<i>Day:</i>	Thursday

CODE	DATES	TIME	TYPE	
123709-01	1/11-2/29	1:00P-2:00P	In-Person	
123709-02	3/7-4/25	1:00P-2:00P	In-Person	

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.

Stockent is choice to a separate, step or step with risers. This step class will not only work your heart and body but also your mind. COMMIT DANCE FITNESS is a dynamic, fun filled HIIT influenced (High integsity interval training) dance workey designed for students at any fitness level. COMMIT classes introducing a variety of dance styles, and each workey focuses on essential fitness elements created to a variety of the focuses on essential fitness elements created to a variety of the production of the workey will have reversible that will have reversible for the encourage sound find your level, died up the intensity and push your lines.

Saturday

Ag€ODE DATES	16Mears & older	TYPE
<i>Instructor:</i> ₀₁ _{1/13-3/2}		
Min/2NJ2X 0-023/9-4/27	6 %: 16 A-9:15A	In-Person
Location:	Recreation Center	
Fitness Member Fee:	\$82	
Non Fitness Member Fees:	\$87	
Day:	Sunday	

CODE	DATES	TIME	TYPE	
123751-01	1/14-3/3	11:45A-12:35A	In-Person	
123751-02	3/10-4/28	11:45A-12:35A	In-Person	

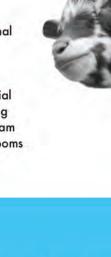


SEASPAR (the South East Association for Special Parks And Recreation) enriches lives through recreation by providing programs and services for individuals with disabilities served by the **Park District of La Grange** and eleven other communities.

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

SEASPAR • 4500 Belmont Road, Downers Grove, IL 60515 • 630.960.7600 • SEASPAR.org

VOLUNTEER INFORMATION



Volunteers Wanted!

Interested in volunteering?

We are looking for people who are interested in getting involved with the Park District of La Grange by volunteering. There are many opportunites 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:	
	E T
Phone:	Email:

