



SUMMER 2024

Resident registration begins:
Wednesday, 4/3

Non-resident registration begins:
Wednesday, 4/10

La Grange & Countryside residents get resident rates!

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

Recreation Center

536 East Avenue, La Grange, Illinois 60525
 Telephone: (708) 352-1762 • Fax: (708) 352-8591
Administrative Office Hours: 9 am - 5pm Mon. - Fri.
Front Desk/Phone Hours:
 8 am - 7 pm Mon. - Thurs.
 8 am - 5 pm Friday
 9 am - 4 pm Sat.
 8 am - 1 pm Sun. **Closed..... 5/12, 5/27, 6/16, 7/4**

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

Important Telephone Numbers

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

Recreational & Community Service Organizations

Aging Care Connections	708/354-1323
American Youth Soccer Org. (AYSO)	www.ayso300.org
Chicago White Sox	312/674-1000
Chicago White Sox Academy-La Grange	708/588-2275
Boy Scouts of America	312/421-8800
City of Countryside	708/354-7270
Community Diversity Group	708/579-5114
Community Park Dist. of La Grange Park	708/354-4580
Cook County Forest Preserve	800/870-3666
DuPage County Forest Preserve	630/933-7200
Flagg Creek Golf Course	708/246-3336
Girl Scouts of Greater Chicago	630/912-6313
Interfaith Community Partners	708-354-9328
La Grange Area Newcomers	www.lgrangelittleleague.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.lgrangelittleleague.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

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Resident Registration

La Grange and Countryside Residents

Wednesday, April 3rd • 8:00 am - 7:00 pm

Recreation Center, 536 East Avenue

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

Residents may only register their own family.

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

The deadline to set up an online account for registration on 4/3 is 4/2. If you already have an online account, it is not necessary to do it again. Your username and password is still valid.

PDLG BOARD & STAFF

Park Board Meetings

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

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

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

REGISTRATION INFORMATION

1. RESIDENT REGISTRATION ONLY

Walk-in resident registration for La Grange and Countryside residents will take place on Wednesday, April 3rd 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 4/3.

2. NON-RESIDENT REGISTRATION

Individuals residing outside of the Park District boundaries may register starting at 8:00am Wednesday, 4/10. 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.

Emergency Closing Information

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

Other Symbols:



- Parent/Child Program



- Cooperative Program



- New Class



LA GRANGE FITNESS



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www.pdlg.org



@pdlgparks
@lagrangefitness



/ParkDistrictofLaGrange
/LaGrangeFit

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NEWSLETTER**



GENERAL INFORMATION

Late Pick-Up Policy

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

1-15 minutes late = \$5.00

Every additional minute = \$1.00

Important Information

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

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

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

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

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

Park Usage Rules

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

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

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

Program Code of Conduct

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


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

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

Program Financial Assistance

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

CO-OP Programming

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

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

Americans with Disabilities

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

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

GENERAL INFORMATION

Inclusive Recreation Programs

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

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

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

Photographs

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

Give the Gift of Fun!

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

Employment Opportunities

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

Park and Facility Rental Permits

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

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

Be Our Eyes COMMUNITY PARK WATCH



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

See Something.

Suspicious activity to watch for and report

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

Say Something.

Information needed when you call

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

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

Description of People and Vehicles

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

People

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

Vehicles

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

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

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

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

RENTAL INFORMATION



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

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

ROOM RENTALS

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

All room fees effective starting May 1, 2024.

PARTY ROOM 105/PARTY ROOM 106

(fee per room)

Res. \$55/hr

Non-Res. \$75/hr

ROOM 105 & 106 TOGETHER

Res. \$105/hr

Non-Res. \$150/hr

Each room holds a max of 25 people.

Can be opened to one large room for 50 people.

ROOM 108/ROOM 109

(fee per room)

Res. \$55/hr

Non-Res. \$75/hr

Room 108 & 109 together

Res. \$105/hr

Non-Res. \$150/hr

Each room holds a max of 50 people.

can be opened to one large room for 100 people.

ROOM 112 (Room holds maximum of 45 people)

Res. \$55/hr

Non-Res. \$75/hr

CONFERENCE ROOM 102

(fee per room)

Res. \$35/hr

Non-Res. \$50/hr

Room 102 holds a max of 20 people

AFTER HOURS RENTALS

\$20/hr

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

DeSITTER ROOM RENTAL RATES

Max 150 people

MON-FRI (2 HR. MIN)

Resident \$ 140 per hour

Non-Resident \$ 180 per hour

SAT-SUN (3 HR. MIN)

Resident \$ 175 per hour

Non-Resident \$ 225 per hour

HOLIDAY WEEKENDS (3 HR. MIN)

Resident \$ 200 per hour

Non-Resident \$ 260 per hour

Alcohol Permit

\$ 205 (1-100 guests)

\$ 215 (101-175 guests)

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

After Hours \$ 20 per hour extra

RENTAL POLICY

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

INDOOR PLAYGROUND

Res. \$50/hr

Non-Res. \$65/hr

During room Rental Time only. 2 hour rental time)

AFTER HOURS RENTALS

\$20/hr

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

The Perfect Room to Celebrate all Occasions!



- Weddings
- Birthdays
- Graduations
- Anniversaries
- Corporate Events



the *De Sitter*
ROOM



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

GYMNASIUM RENTAL/OPEN GYM

GYM RENTAL

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

Half-Court Rental		Full Court Rental		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. 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. Non-marking gym shoes are required. Dark soled gym shoes (black, red, gray) damage the gym floor. PDLG reserves the right to refuse any participant whose shoes may damage the gym floor. Not permitted: sandals, cleats/spikes, boots, dress shoes or others deemed inappropriate for athletic activity. Wearing jewelry of any kind is strongly discouraged. Wristbands will be provided at check-in and must be worn on wrists during open gym activities. The Park District is not responsible for the loss of participants' clothing, equipment or valuables. Small lockers are available for use in the gymnasium lobby for a 25¢ fee.

Food/Spitting/Alcohol, Drugs, & Tobacco

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

Sportsmanship/Behavior/Music/Headphones

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

Track

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

Open Pickleball

(please bring your own paddles & balls)

Open games to be played. Nets will be provided by the Park District.
 Schedule: Monday/Wednesday/Friday 9am-12pm and Friday 3pm-5pm
 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 Network	Non-Resident
Daily Visit	\$7 per person	\$10 per person	\$10 per person
10-Punch Pass	\$56per person	\$76per person	\$85 per person

RECREATION CENTER USE/TRACK & PLAYGROUND

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

Fees rates subject to change.

Yearly Membership & Daily Visit Rates

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

MEMBERSHIP DEFINITIONS

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

RESIDENCY

- Resident:** La Grange & 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 - 6:30pm
Friday	8am - 4:30pm
Saturday	9am - 3:30pm
Sunday	9am - 12:30pm

- For your safety, track hours may be restricted during Park District activities in the gym
- Track may close occasionally for certain programs
- Closed 5/27, 07/04, 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 - 6:30pm
Friday	9am - 4:30pm
Saturday	9am - 3:30pm
Sunday	9am - 12:30pm

- Closed 5/12, 5/27, 6/16, 7/04

**All hours and fees subject to change without notice*



Park District of La Grange Registration Form

536 East Avenue, La Grange, IL 60525 • Phone 708-352-1762 • Fax 708-352-8591 • www.pdlig.org Summer 2024

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

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

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

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

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

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

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

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

By registering for this activity I have read and fully understand the above, warning of risk, assumption of risk, waiver and release of all claims, photo/video policy and warning, and behavior code of conduct. If registered online, my online signature will be substituted for and have the same legal effect as an original hard copy signature.

PARTICIPATION WILL BE DENIED if the signature of adult participant or parent/guardian and date are not included.

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

Cash Check # _____ Clerk _____
 Credit Card – Last 4 digits _____

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

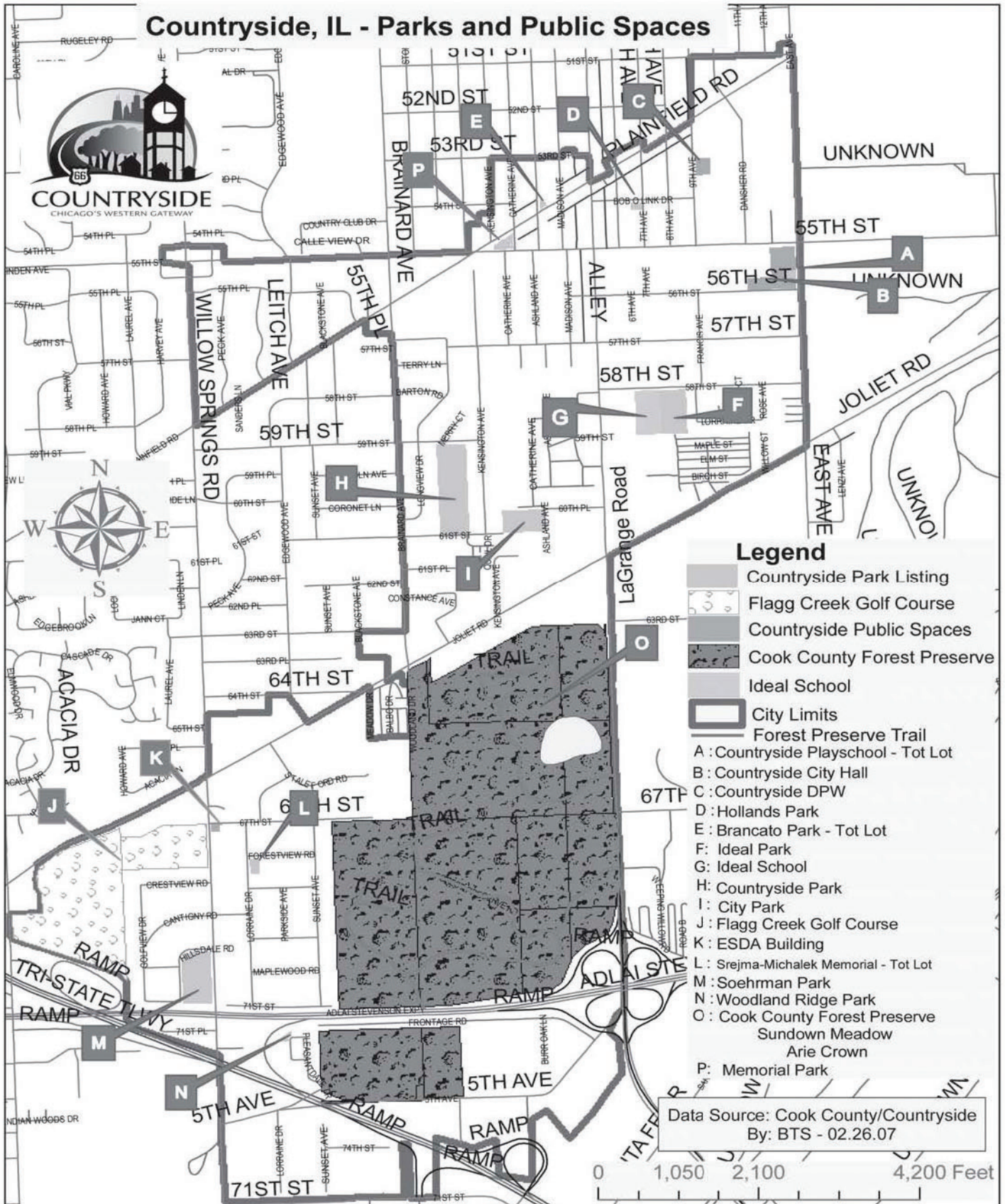
Credit Card # _____ Exp. Date _____
Signature _____

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

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

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

COUNTRYSIDE MAP





Facility & Park Information

Facilities

Map Ref.
Acres

Amenities

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

*field and/or courts are lighted



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

*adopted parks

PARK DISTRICT OF LA GRANGE

Facilities

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

Parks

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

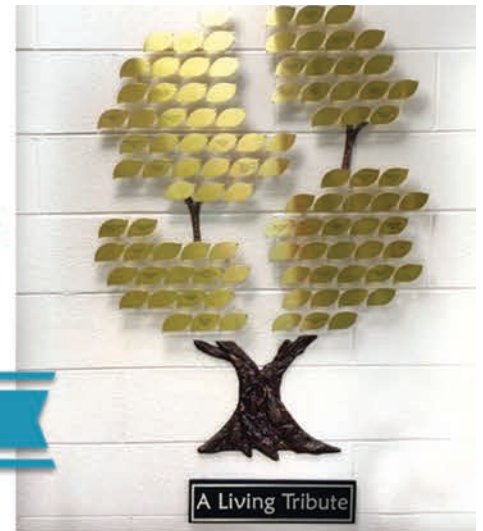




commemorative tree

PROGRAM

PARK DISTRICT OF LA GRANGE



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

COMMEMORATIVE TREES

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



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

www.pdla.org Park District of La Grange



Community GARDEN PLOTS 2024

REGISTRATION OPENS DEC 7



\$75 DENNING PARK /PLOT 4903 S WILLOW SPRINGS 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**

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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

Registration is open to all full-time and part-time families when registration begins.
Registration Fee: \$75.00 per child (non-refundable)

BASE 2024-2025

Monthly FEE

5-days AM & PM (full-time)	\$296.00
5-days PM only	\$221.00
5-days AM only	\$112.00

Multi Child Discount Full-Time Only

Monthly FEE

Child 1	\$296.00
Child 2	\$267.00
Child 3	\$254.00
Child 4	\$241.00

NEW! Two days per week and three days per week options

Three Days per Week

Monthly FEE

Monday, Wednesday, Friday AM & PM	\$240.00
Monday, Wednesday, Friday PM only	\$170.00
Monday, Wednesday, Friday AM only	\$84.00

Two Days per Week

Monthly FEE

Tuesday & Thursday AM & PM	\$170.00
Tuesday & Thursday PM only	\$125.00
Tuesday & Thursday AM only	\$65.00

LA GRANGE U PRESCHOOL

La Grange U Preschool 2024-2025

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

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

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

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

Registration

Where: Recreation Center, 536 East Avenue, La Grange

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.

CLASSES:

Gilbert Park Building




Lil' Badgers
Age: 2.5-year-olds
Days: Monday, Wednesday, & Friday
Time: 9-11am
Min/Max: 8/12
Monthly Fee:... \$185/R, \$265NR, \$205/NN
Code: 481203-01




Lil' Mustangs
Age: 4/5-year-olds
Days: Monday-Friday
Time: 12pm-3:00pm
Min/Max: 8/16
Monthly Fee:... \$565/R, \$798/NR, \$623/NN
Code: 481203-02

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: 8/12
Monthly Fee:... \$126/R, \$183/NR, \$140/NN
Code: 481203-04

Recreation 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

DAY CAMPS

REGISTRATION NOW OPEN – SIGN UP TODAY!

Registration & Refunds – A \$50.00 registration fee per child is required when registering for the summer day camp. A \$25 service fee will be deducted per participant for each week cancelled. For full-day campers a \$25 deposit for each week can be paid to hold your spot. The deadline for refund requests is the Wednesday prior to each week of camp. 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.

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.

Age:..... 4-5 years
Instructor:..... Staff
Min/Max: 12/24
Location: Gilbert Park
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.

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



DAY CAMPS

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: TBD
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.

Age:..... 4-5 years
Instructor:..... Staff
Min/Max: 12/24
Location: TBD
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

DAY CAMPS

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.

Age:..... 4-5 years

Instructor:..... Staff

Min/Max: 8/16

Location: TBD

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-5:30P
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.

Age:..... 6-7 years

Instructor:..... Staff

Min/Max: 8/14

Location: TBD

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: TBD

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

DAY CAMPS

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.

Age:..... 6-7 years
Instructor:..... Staff
Min/Max: 14/28
Location: TBD
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.

Age:..... 8-9 years
Instructor:..... Staff
Min/Max: 14/35
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
472003-06	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 Meet On: 7/4 & 7/5



DAY CAMPS



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

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

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 |



- Cooperative Program |



- New 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 Meet On: 7/4 & 7/5



SPECIAL EVENTS



Touch a Truck

Children of all ages have the opportunity to explore vehicles close up! Come see a fire truck, school bus, police car, park district trucks, and more! **Parent supervision is required. Sensory friendly time is from 10-10:30am so please no sirens or honking.**

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

DATE	TIME
5/11	10:00A-12:00P (10:00A-10:30A IS SENSORY FRIENDLY)

Senior Bingo & Pizza NEW

Get out of the house and enjoy a fun afternoon of bingo and pizza! Come have the opportunity to win some cool prizes. **Pre-registration is required. Registration deadline for the event is Monday May 6th.**

Age:..... 55+ years
Instructor:..... Staff
Min/Max: 15/30
Location: Recreation Center
Fees: FREE
Day:..... Friday

CODE	DATE	TIME
233043-01	5/10	12:00P-1:30P



SPECIAL EVENTS

Unplug Illinois Tiny Tot Triathlon

On Saturday, July 13, 2024, we encourage people to ditch their electronic devices and “unplug” in our annual Tiny Tot Triathlon. Participants will bike, run, and get wet as they make their way to the finish line where they will receive a finisher’s medal! Little athletes will bike on their own self-pushed riding item, run down a length of a path, walk through the Splash Pad and end with a dash to the finish line. All participants will receive a shirt and race bag with snacks and goodies! A family member or friend over the age of 12 must assist (run/walk next to) their registered participant through the course. Participants need to bring their own bike and wear a helmet, as well as athletic shoes and comfortable clothes that can get wet.

Registration deadline is Friday June 21st.

Age:..... 3-5
Instructor:..... Staff
Min/Max: 10/30 per age group
Location: Gordon Park
Fees: \$20/R, \$26/NR, \$22/NN
Day:..... Saturday

CODE	DATES	TIME	AGE
242011-01	7/13	9:00A-9:20A	3-year-olds
242011-02	7/13	9:25A-9:45A	4-5-year-olds

Unplug Illinois Fun Run NEW

On Saturday, July 13, 2024, we encourage people to ditch their electronic devices and “unplug” and join us for our first ever Unplug Illinois Fun Run! Each participant will walk or run one mile. All participants will receive a shirt and swag bag which includes a summer themed item along with other goodies! Park District of La Grange Fitness Members will receive a \$5 discount! **Registration deadline is Friday June 21st.**

Age:..... 6+ years
Instructor:..... Staff
Min/Max: 20/50
Location: Gordon Park
Fees: \$30 (Park District of La Grange Fitness Members \$25)
Day:..... Saturday

CODE	DATE	TIME
244538-01	7/13	8:00A-9:00A

Unplug Illinois Senior Pickleball Tournament NEW

On Saturday, July 13, 2024, we encourage people to ditch their electronic devices and “unplug” and join us for our first ever Unplug Illinois Senior Pickleball Tournament. There will be two brackets: non-competitive and competitive. Brackets will be arranged based on the number of teams registered and prizes will be awarded to the winning team of each bracket. Teams are comprised of two players and the team captain should register the team. Tournament rules and brackets will be posted on the Park District of La Grange website prior to the event.

Registration deadline is Friday June 21st.

Age:..... 55+
Instructor:..... Staff
Min/Max: 4/8
Location: Sedgwick Park Tennis Courts
Fees: \$20/R, \$26/NR, \$22/NN
Day:..... Saturday

CODE	DATE	TIME
243536-01	7/13	12:00P-2:00P

Unplug Illinois Adult Bags Tournament NEW

On Saturday, July 13, 2024, we encourage people to ditch their electronic devices and “unplug” and join us for our first ever Unplug Illinois Adult Bags Tournament in the Recreation Center parking lot. Teams will consist of two players who will compete in round robin pool play and a single elimination bracket play. The top two teams will be awarded prizes. One person will register as the team captain. The rules will be emailed to the team captain prior to the event.

Registration deadline is Friday June 21st.

Age:..... 18+
Instructor:..... Staff
Min/Max: 4/8
Location: Recreation Center
Fees: \$30/R, \$39/NR, \$33/NN
Day:..... Saturday

CODE	DATE	TIME
243537-01	7/13	1:00P-3:00P

UNPLUG ILLINOIS CELEBRATION

On Saturday, July 13, 2024, we encourage people to ditch their electronic devices and “unplug” to enjoy a celebration at Denning Park. Come out to “Chalk the Park”, play on the playground, bounce houses, or bring a ball to play catch or a soccer ball to kick around with friends. Food trucks will be on site with food available for purchase.

See you there and leave your electronics at home!

Age: ALL

Time: 5:00-8:00pm

Location: Denning Park

Fees: FREE

Day: Saturday

Date: 7/13



SPECIAL EVENTS

Family Campfire & S'mores

Enjoy an evening next to the campfire with your family and neighbors at Denning Park as we celebrate Parks & Recreation Month. All supplies needed to make s'mores will be provided. Please bring your own lawn chairs, bug spray and non-alcoholic beverages. This is a free event, however, we ask that you sign-up here.

Instructor:..... Staff
Min/Max: 10/25
Location: Denning Park
Fees: FREE
Day:..... Tuesday

CODE	DATE	TIME
244540-01	7/16	6:00P-7:30P

Garage Sale

Clean out your house for Fall 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 Saturday, June 1st. Registration deadline is Saturday July 6th. If there is inclement weather the event will be rescheduled to Sunday July 28th.**

Age..... All Ages
Instructor:..... Staff
Min/Max: 15/30
Location: Recreation Center
Fees: Early Bird Rate \$20 per participant
Sunday, June 2nd: \$25 per participant
Day:..... Saturday

CODE	DATE	TIME
242012-01	7/27	10:00A-2:00P



Senior Tex-Mex Summer Fiesta Social

Looking for a fun time with friends? Come to our Tex-Mex Summer Fiesta Social. You will spend the afternoon complete with music, refreshments, Bingo, and a chance to win fun prizes! Registration is required. **Registration deadline is Monday, August 12th.**

Age..... 55+
Instructor:..... Staff
Min/Max: 15/30
Location: Recreation Center
Fees: FREE
Day:..... Wednesday

CODE	DATE	TIME
233000-01	8/21	12:00P-2:00P



FREE ADMITTANCE!

Get ready to stomp your boots and sing along at La Grange Country Jam! Experience a day filled with toe-tapping tunes, food trucks, local beer vendors, and a lively atmosphere. Join us for an unforgettable celebration of all things country!

Date: Saturday, August 10th

Time: 2:00-8:00pm

Location: Gordon Park

INCLUSION SERVICES

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

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

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



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

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

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.*



EARLY CHILDHOOD/YOUTH ACTIVITIES

Toddler Playtime Gym

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

Age:.....1-5 years
Location:Recreation Center
Fees:\$5/R, \$7/NR, \$7/NN
Playground Combo Fees:\$6/R, \$8/NR, \$8/NN
Day:.....Tuesday, Thursday & Friday

DATES	TIME
5/2-8/30	10:00A-12:00P

Dinosaur Dig

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

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

CODE	DATES	TIME
231106-01	5/11	9:30A-10:30A
231106-02	5/11	11:00A-12:00P

Little Mess Maker's Art Camp

Your little mess maker will have a blast in this hands-on camp! They will enjoy many artistic, mess-making moments as they create marvelously messy masterpieces. We plan to paint, sculpt, scribble, and giggle our way to discovering mess-making at its very best. These are not projects to tackle at home. Leave the mess with us! Come ready to get messy while you play right along with your child. **Please pack a nut free snack and drink for your child each day.** Co-op WS

Age:.....3-6 years
Instructor:.....Kidscreate Studio
Min/Max:3/4
Location:Western Springs Recreation Center
Fees:\$150/R, \$195/NR, \$165/NN
Day:.....Tuesday – Thursday

CODE	DATES	TIME
232832-01	8/6-8/8	9:00A-12:00P

Vet Science

Do you love animals? Come to Vet School and learn all about animals. Give pet exams, first aid treatments, and perform mock surgeries. We'll learn about caring for pets and have live pet encounters. Co-op WS and LP

Age:.....5-12
Instructor:.....The Whole Child
Min/Max:3/6
Location:Recreation Center
Fees:\$330/R, \$429/NR, \$363/NN
Day:.....Monday – Friday

CODE	DATES	TIME
232725-01	6/17-6/21	9:00A-12:00P

LOOK FOR NEIGHBORHOOD NETWORK FEES

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

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



KIDDIE KOLLEGE

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

Age:..... 2-3 years
Instructor:..... Staff
Min/Max: 5/10
Location: Recreation Center
Fees: \$125/R, \$163/NR, \$138/NN (Section 03 & 11)
 \$113/R, \$147/NR, \$124/NN (Section 05 & 13)
 \$100/R, \$130/NR, \$110/NN
 (Section 01,02,04,06,07,08,09,10,12,14,15,16)
Day:..... Monday & Wednesday or Tuesday & Thursday

CODE	DATES	TIME
231021-01	5/1-5/29	9:00A-10:30A
231021-02	6/3-6/26	9:00A-10:30A
231021-03	7/1-7/31	9:00A-10:30A
231021-04	8/5-8/28	9:00A-10:30A
231021-05	5/2-5/30	9:00A-10:30A
231021-06	6/4-6/27	9:00A-10:30A
231021-07	7/2-7/30	9:00A-10:30A
231021-08	8/1-8/29	9:00A-10:30A
231021-09	5/1-5/29	10:45A-12:15P
231021-10	6/3-6/26	10:45A-12:15P
231021-11	7/1-7/31	10:45A-12:15P
231021-12	8/5-8/28	10:45A-12:15P
231021-13	5/2-5/30	10:45A-12:15P
231021-14	6/4-6/27	10:45A-12:15P
231021-15	7/2-7/30	10:45A-12:15P
231021-16	8/1-8/29	10:45A-12:15P

Class Will Not Meet On: 5/27 & 7/4



EARLY CHILDHOOD/YOUTH ACTIVITIES

OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class

Minecraft

Discover Minecraft and play with your friends! Are you advanced or just a beginner? Watch out for the Creeper! Play games, make crafts and explore science-related activities! Co-op LP

Age:..... 5-12

Instructor:..... The Whole Child

Min/Max: 3/6

Location: Recreation Center

Fees: \$330/R, \$429/NR, \$363/NN

Day:..... Monday – Friday

CODE	DATES	TIME
232799-01	6/17-6/21	1:00P-4:00P

Super Slime and Goopy Chemistry

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

Age:..... 5-12

Instructor:..... The Whole Child

Min/Max: 3/6

Location: Recreation Center

Fees: \$330/R, \$429/NR, \$363/NN

Day:..... Monday – Friday

CODE	DATES	TIME
232721-01	6/24-6/28	9:00A-12:00P

Fantasy Camp

Do you dream of fighting dragons and rescuing princesses? We're calling all knights, princesses and unicorns! We'll have so much fun doing crafts and performing science experiments! Learn all about dragons, wizards and other fantastical creatures! Co-op LP

Age:..... 5-12

Instructor:..... The Whole Child

Min/Max: 3/6

Location: Recreation Center

Fees: \$330/R, \$429/NR, \$363/NN

Day:..... Monday – Friday

CODE	DATES	TIME
232821-01	7/8-7/12	1:00P-4:00P

Magic Camp

Ever dream of becoming a magician? Explore the world of magic and deception, while learning the secrets to some of the most famous tricks ever preformed. We'll be practicing and performing stage, parlor and close-up magic, along with grand illusions! Co-op LP

Age:..... 7-12

Instructor:..... The Whole Child

Min/Max: 3/6

Location: Recreation Center

Fees: \$330/R, \$429/NR, \$363/NN

Day:..... Monday – Friday

CODE	DATES	TIME
232822-01	7/15-7/19	9:00A-12:00P

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



EARLY CHILDHOOD/YOUTH ACTIVITIES

Lego Engineering

Do you love Legos? Design moving assemblies, build bridges and robots too! Then test them to see how well they work. Explore programming with WeDo Robotics. This is an opportunity to learn about the science behind what you are building! Co-op LP

Age:..... 5-10
Instructor:..... The Whole Child
Min/Max: 3/6
Location: Recreation Center
Fees: \$330/R, \$429/NR, \$363/NN
Day:..... Monday – Friday

CODE	DATES	TIME
232719-01	7/29-8/2	9:00A-12:00P

Harry Potter Science

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 unique creatures. A bowtruckle, or a niffler anyone? Co-op WS and LP

Age:..... 5-12
Instructor:..... The Whole Child
Min/Max: 2/4
Location: Recreation Center
Fees: \$330/R, \$429/NR, \$363/NN
Day:..... Monday – Friday

CODE	DATES	TIME
232718-01	8/5-8/9	9:00A-12:00P

Crazy Messy Art

Do you love to get messy? Have a blast in our art studio and express your creativity! We'll explore many different mediums, including clay, paint, drawing, paper mache and so much more! These are not projects you want to do at home; make sure not to wear your finest clothes.

Age:..... 5-12
Instructor:..... The Whole Child
Min/Max: 6/12
Location: Recreation Center
Fees: \$330/R, \$429/NR, \$363/NN
Day:..... Monday – Friday

CODE	DATES	TIME
232798-01	8/5-8/9	1:00P-4:00P

Pokemania

Come join Snapology for Pokemania. Students will build and explore the world of Pokémon as they create their own gyms, battles, and even their very own generation of Pokémon. Children will also learn about real world science as they learn about the habitats of the Pokémon. Your child will have a blast becoming the best Pokémon trainer ever. Co-op WS and LP

Age:..... 5-12
Instructor:..... Snapology
Min/Max: 2/4
Location: Recreation Center
Fees: \$89/R, \$116/NR, \$98/NN
Day:..... Tuesday

CODE	DATES	TIME
232792-01	6/4-6/25	6:00P-7:00P



EARLY CHILDHOOD/YOUTH ACTIVITIES

Escape Snapology

The active learning approach of an Escape Room allows children to utilize the skills they have learned in the classroom while also using their problem-solving abilities and critical thinking skills to complete puzzles and tasks based around a fun, interactive theme. Co-op WS and LP

Age:..... 5-10
Instructor:..... Snapology
Min/Max: 2/4
Location: Recreation Center
Fees: \$89/R, \$116/NR, \$98/NN
Day:..... Saturday

CODE	DATES	TIME
232796-01	6/8-6/29	10:00A-11:00A

Snapology Minecraft

Travel to the Nether with Snapology but watch out for those creepers! 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. Engage in topic centered group conversation. Develop appropriate, on task questions, elaborate on stated facts. Co-op LP

Age:..... 5-12
Instructor:..... Snapology
Min/Max: 3/6
Location: Recreation Center
Fees: \$340/R, \$442/NR, \$374/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232824-01	7/8-7/12	9:00A-12:00P

Snapology Scientists

Allow your child to cultivate their love of science and experience different domains of science & nature. Students will engage in concepts from astronomy, earth science, biology, chemistry and physics using LEGO® bricks and other interactive learning tools. Earth & space science, biology, chemistry, physics. Develop appropriate strategies for logical problem solving, perform experiments. Co-op LP

Age:..... 7-14
Instructor:..... Snapology
Min/Max: 3/6
Location: Recreation Center
Fees: \$340/R, \$442/NR, \$374/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232823-01	7/15-7/19	9:00A-12:00P

Pet Shop

Every kid dreams of owning a hamster or a dog or maybe a kitty! In this critter-filled camp, their dream will come true . . . sort of! The kids will create pets galore! At this camp we will work with clay, paint and draw too! No trips to the pet store are required! **Please pack a nut free snack and drink for your child each day.** Co-op WS

Age:..... 5-12
Instructor:..... Kidscreate Studio
Min/Max: 3/6
Location: Western Springs Recreation Center
Fees: \$150/R, \$195/NR, \$165/NN
Day:..... Tuesday – Thursday

CODE	DATES	TIME
232833-01	7/9-7/11	1:00P-4:00P

EARLY CHILDHOOD/YOUTH ACTIVITIES

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
Instructor:..... Gary Kantor
Min/Max: 3/13
Location: Western Springs Recreation Center
Fees: \$23/R, \$30/NR, \$25/NN
Day:..... Tuesday, Wednesday or Thursday

CODE	DATES	TIME
252508-01	5/22	5:00P-5:55P
252508-02	6/27	5:00P-5:55P
252508-03	8/20	5:00P-5:55P

Sweets & Treats for Mother's Day

Bake up some treats Mom will enjoy! Each child will use their creative skills to create an entire tray of special cookies and cupcakes. The class will include a baker's hat for your child to decorate, a variety of frosting colors, and a wide array of sprinkles and toppings to add to the fun. We will then add a candy border for a special masterpiece. Each child will go home with desserts for Mother's Day. Sign up for this yummy class today! Co-op WS

Age:..... 5-10
Instructor:..... Ultimate Classes & Parties
Min/Max: 3/6
Location: Western Springs Recreation Center
Fees: \$35/R, \$46/NR, \$39/NN
Day:..... Saturday

CODE	DATES	TIME
232098-01	5/11	1:00P-2:00P

Teddy and Me w/Parent

Make the cutest, most cuddly bear you have ever seen! Couples will first stuff their new friend, wish upon a star and think of a unique name for his/her birth certificate. After the new bear comes to life, we will be designing a special T-shirt and soft blanket to carry your best friend home in. A simply adorable class! Co-op WS

Age:..... 2-8 w/parent
Instructor:..... Ultimate Classes & Parties
Min/Max: 3/6
Location: Western Springs Recreation Center
Fees: \$37/R, \$48/NR, \$41/NN
Day:..... Friday

CODE	DATES	TIME
231601-01	5/17	6:30P-7:30P

Mom/Daughter Fun Up Do's and Braids

Moms, bring your daughters to this amazing class and learn the skills to create a variety of simple up do's and braids. Forget going to the beauty shop every time she needs her hair done for dance, cheer, gymnastics, the school play or other activities. A variety of styles will be taught to accommodate different age groups. Each girl will choose from a colorful collection of clips and hairbands to polish off their new look. Goodie bags are included. Co-op WS

Age:..... 4-12 w/parent
Instructor:..... Ultimate Classes & Parties
Min/Max: 3/6
Location: Western Springs Recreation Center
Fees: \$40/R, \$52/NR, \$44/NN
Day:..... Thursday

CODE	DATES	TIME
232825-01	5/2	6:30P-7:30P

EARLY CHILDHOOD/YOUTH ACTIVITIES

Summertime Fun with your Special Girl

Don't miss this fun summertime class! Bring your Special 18inch doll (or similar sized) and get her ready for the beach! We will be decorating a cute swimsuit and cover up for your doll, along with a decorative beach bag. For the final touch, participants will design some summertime jewelry to match. **Children 3-5 yrs must be accompanied by an adult.** Co-op WS

Age:..... 3-10 (3-5 year olds w/parent)

Instructor:..... Ultimate Classes & Parties

Min/Max: 3/7

Location: Western Springs Recreation Center

Fees: \$38/R, \$49/NR, \$42/NN

Day:..... Thursday

CODE	DATES	TIME
232826-01	6/20	6:30P-7:30P

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

Instructor:..... Young Rembrandts

Min/Max: 3/5

Location: Western Springs Recreation Center

Fees: \$89/R, \$111/NR, \$98/NN

Day:..... Saturday

CODE	DATES	TIME
232115-01	5/4-5/18	10:00A-12:00P

Double the Fun Drawing with Young Rembrandts - Core & Anime Camp

Unlock your inner Artist!! Participants will explore the basics of visual art, in a fun and confident setting that ensures success for every child. Our instructors will show Core Drawing skills, including a peek at the world of Anime, Kawaii & Squishmallows. A very vibrant & colorful style of storytelling sweeping the art & media world. Participants complete several different projects from whimsical characters, animals, and everyday objects as well as draw characters, facial expressions & object shapes - illustrate action & movement - create scenes around heroes, sidekicks & villains. This collection of drawings will double your artist's creativity, confidence & drawing skill. Add this artistic class to your child's schedule today! Co-op WS

Age:..... 5-12

Instructor:..... Young Rembrandts

Min/Max: 3/5

Location: Grand Avenue Community Center

Fees: \$62/R, \$81/NR, \$68/NN

Day:..... Tuesday and Thursday

CODE	DATES	TIME
232827-01	6/11 & 6/13	9:00A-11:00A
232827-02	6/18 & 6/20	9:00A-11:00A
232827-03	6/25 & 6/27	9:00A-11:00A
232827-04	7/9 & 7/11	9:00A-11:00A
232827-05	7/16 & 7/18	9:00A-11:00A
232827-06	7/23 & 7/25	9:00A-11:00A

Up, Up and Away Model Airplanes

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

Age:..... 8-12

Instructor:..... R. Magin

Min/Max: 1/2

Location: Western Springs Recreation Center

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

Day:..... Wednesday

CODE	DATES	TIME
232026-01	7/24-8/14	4:30P-5:30P

EARLY CHILDHOOD/YOUTH ACTIVITIES

Parent/Child Making Memories for Mom

Come on this special night and make some memories for MOM! Whether it's an adult coming with a child to make gifts for Mother's Day or Mom spending an evening with that special child. It's a mom's celebration! Each couple will make (3) surprises: Ceramic, Wooden & a Beaded Item with Mom accents and charms. A special gift wrapping/bags station will conceal any surprises to take home and save for Mother's Day. Always a cherished time every May for this class! Co-op WS

Age:..... 3-10 w/parent

Instructor:..... Glitzy Girlz

Min/Max: 3/6

Location: Western Springs Recreation Center

Fees: \$35/R, \$46/NR, \$39/NN

Day:..... Wednesday

CODE	DATES	TIME
231602-01	5/8	6:00P-7:00P

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:..... 3-6

Instructor:..... Language in Action, Inc

Min/Max: 6/12

Location: Recreation Center

Fees: \$140/R, \$182/NR, \$154/NN

Day:..... Thursday

CODE	DATES	TIME
231536-01	6/20-8/8	5:00P-5:45P

Class Will Not Meet On: 7/4

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

Instructor:..... Language in Action, Inc

Min/Max: 6/12

Location: Recreation Center

Fees: \$140/R, \$182/NR, \$154/NN

Day:..... Thursday

CODE	DATES	TIME
232536-01	6/20-8/8	6:00P-6:45P

Class Will Not Meet On: 7/4

Fiesta Time Minicamp - Make Your Own Mini Piñata!

Looking for something fun AND educational for your child to do this summer? In this one-day camp children will decorate their very own mini piñata while singing songs in Spanish, learning Spanish words, and discovering the Mexican culture. All material is included.

Age:..... 4-10

Instructor:..... Language in Action, Inc

Min/Max: 6/12

Location: Recreation Center

Fees: \$30/R, \$39/NR, \$33/NN

Day:..... Thursday

CODE	DATES	TIME
231592-01	6/13	5:00P-6:30P

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EARLY CHILDHOOD/YOUTH ACTIVITIES

I Speak Italian Youth - Live

Join us right from your living room as we explore new cultures and learn the Italian language via the interactive Zoom platform! Each session covers new material. Zoom login information will be emailed to participants before the first class.

Age:..... 7-11
Instructor:..... Language in Action, Inc
Min/Max: 6/12
Location: Virtual on Zoom
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Wednesday

CODE	DATES	TIME
232828-01	5/22-6/12	6:00P-6:45P
232828-02	6/19-7/10	6:00P-6:45P
232828-03	7/17-8/7	6:00P-6:45P
232828-04	8/14-9/4	6:00P-6:45P

Game On! Master Builders Engineering Camp!

For kids today, it's all about the world of online video games and apps! In this interactive summer camp, campers will use LEGO® Bricks to create and build different characters from their favorite video games. Themes such as Super Mario Bros, Roblox, Beyblades, Fortnite & Pokémon come to life through the use of our robots, mosaics, and 3D art, all made out of LEGO® Bricks. Don't forget classic Nintendo and SEGA themes such as Zelda, Duck Hunt, Pacman, and Sonic the Hedgehog! Each day will be a new adventure as the virtual and LEGO® worlds combine! Our creative camps feature LEGO® mosaics, 3D LEGO® color kit Builds, motorized technic LEGO® projects, daily take home arts & crafts, creative free play and more! Co-op LP

Age:..... 6-9
Instructor:..... Bricks 4 Kidz
Min/Max: 4/8
Location: Recreation Center
Fees: \$215/R, \$280/NR, \$237/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232830-01	6/24-6/28	1:00P-4:00P

JEDI Engineering: Mission to Space Summer Camp

Join us on an adventurous journey through space! Build a world where rebels and the dark side start epic battles. Using our proprietary LEGO® project kits and model plans, the students will use their engineering skills to build different moving models each day. We'll build motorized models that represent spacecraft from Star Wars and models related to the NASA space program. Our one-of-a-kind models incorporate beams, gears, axles, motors & battery packs! Are you a budding astronaut? An adventurer who loves space exploration? Then you'll love our space theme projects. We'll provide the bricks; all you need to bring for this adventure is your imagination! Our creative camps feature LEGO® mosaics, 3D LEGO® color kit Builds, motorized technic LEGO® projects, daily take home arts & crafts, creative free play and more! Co-op LP

Age:..... 6-9
Instructor:..... Bricks 4 Kidz
Min/Max: 4/8
Location: Recreation Center
Fees: \$215/R, \$280/NR, \$237/NN
Day:..... Monday-Friday

CODE	DATES	TIME
232831-01	8/12-8/16	9:00A-12:00P

Let's Get Creative! Creative Writing for Kids on Zoom!

Let the creative juices flow! In this fun and interactive class, kids will use their own natural talent of creativity and imagination to learn how to effectively develop and write their own stories. Each session covers different activities and topics. Zoom login information will be emailed to participants before each session.

Age:..... 7-11
Instructor:..... Language in Action, Inc
Min/Max: 6/12
Location: Virtual on Zoom
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Wednesday

CODE	DATES	TIME
232829-01	6/19-7/10	10:30A-11:30A
232829-02	7/17-8/7	10:30A-11:30A

PERFORMING ARTS

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
Location: Recreation Center
Fees: \$60/R, \$78/NR, \$66/NN
Day:..... Tuesday

CODE	DATES	TIME
251510-01	6/4-6/25	9:00A-9:40A
251510-02	7/9-7/30	9:00A-9:40A

Kid Rock

Age:..... 2-3 years with parent
Instructor:..... Rock 'n' Kids
Min/Max: 4/12
Location: Recreation Center
Fees: \$60/R, \$78/NR, \$66/NN
Day:..... Tuesday

CODE	DATES	TIME
251511-01	6/4-6/25	9:45A-10:25A
251511-02	7/9-7/30	9:45A-10:25A

Family Kid Rock

Age:..... 1-5 years with parent
Instructor:..... Rock 'n' Kids
Min/Max: 4/12
Location: Recreation Center
Fees: \$60/R, \$78/NR, \$66/NN
Day:..... Tuesday

CODE	DATES	TIME
231600-01	6/4-6/25	10:30A-11:10A
231600-02	7/9-7/25	10:30A-11:10A

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! WS Co-op

Age:..... 5-8
Instructor:..... Shining Star Production
Min/Max: 3/6
Location: Recreation Center
Fees: \$51/R, \$66/NR, \$56/NN
Day:..... Friday

CODE	DATES	TIME
252517-01	6/14-7/12	2:30P-3:15P
252517-02	7/26-8/16	2:30P-3:15P

Class Will Not Meet On: 7/4

Fun In The Sun with Tiny Toes Music

Cool off this summer and sing and dance with us during our three-week sessions of Fun in the Sun! Get ready for chants and fingerplays, instrument activities with balls, sticks, eggs, and drums, and movement activities with scarves, parachutes, and dancing! And of course, lots of laughter and fun with other families in a mixed-age class to foster natural, family-style learning. Infants and toddlers enjoy watching and imitating older children, preschoolers learn by leading younger ones, and adults are happy because the children in the family can go to class together! Each child participates at his or her own developmental level in singing, moving, chanting, listening, observing, exploring, and playing musical instruments. Infant siblings under 9 months may attend for free and any caregiver (parent, nanny, or grandparent) can participate in this family music experience. For more information, visit www.TinyToesMusic.com. WS Co-op

Age:..... 0-6
Instructor:..... Tiny Toes Music
Min/Max: 3/7
Location: Recreation Center
Fees: \$91/R, \$118/NR, \$100/NN
Day:..... Tuesday

CODE	DATES	TIME
252587-01	6/11-6/25	4:30P-5:15P
252587-02	6/11-6/25	5:30P-6:15P
252587-03	7/30-8/13	4:30P-5:15P
252587-04	7/30-8/13	5:30P-6:15P

YOUTH & ADULT MARTIAL ARTS CLASSES

JUJITSU

Danzan Ryu Jujitsu

Danzan Ryu Jujitsu is a character development program; students are taught how to be a leader and role model in their classes. 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 will help develop your child 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.

Jujitsu Mighty Mites

Age:..... 4-7 years
Instructor:..... Filiberto Gutierrez
Min/Max: 5/20
Location: Recreation Center
Fees: \$145/R, \$189/NR, \$160/NN – One Day
 \$190/R, \$247/NR, \$209/NN – Two Day
 \$230/R, \$299/NR, \$253/NN – Three Day
Day:..... Tuesday, Thursday or Saturday

CODE	DATES	TIME	DAY
211600-01	5/7-6/18	5:00P-6:00P	Tue
211600-02	5/9-6/20	5:00P-6:00P	Thu
211600-03	5/11-6/22	10:00A-11:00A	Sat
211600-04	5/7-6/22	Times Vary	Two Days
211600-05	5/7-6/22	Times Vary	Three Days
211600-06	7/9-8/20	5:00P-6:00P	Tue
211600-07	7/11-8/22	5:00P-6:00P	Thu
211600-08	7/13-8/24	10:00A-11:00A	Sat
211600-09	7/9-8/24	Times Vary	Two Days
211600-10	7/9-8/24	Times Vary	Three Days

Jujitsu Juniors

Age:..... 8-12 years
Instructor:..... Filiberto Gutierrez
Min/Max: 5/15
Location: Recreation Center
Fees: \$145/R, \$189/NR, \$160/NN – One Day
 \$190/R, \$247/NR, \$209/NN – Two Day
 \$230/R, \$299/NR, \$253/NN – Three Day
Day:..... Tuesday, Thursday or Saturday

CODE	DATES	TIME	DAY
212550-01	5/7-6/18	6:00P-7:00P	Tue
212550-02	5/9-6/20	6:00P-7:00P	Thu
212550-03	5/11-6/22	11:00A-12:00P	Sat
212550-04	5/7-6/22	Times Vary	Two Days
212550-05	5/7-6/22	Times Vary	Three Days
212550-06	7/9-8/20	6:00P-7:00P	Tue
212550-07	7/11-8/22	6:00P-7:00P	Thu
212550-08	7/13-8/24	11:00A-12:00P	Sat
212550-09	7/9-8/24	Times Vary	Two Days
212550-10	7/9-8/24	Times Vary	Three Days

Jujitsu Juniors ADVANCED

Age:..... 8-12 years
Instructor:..... Filiberto Gutierrez
Min/Max: 5/10
Location: Recreation Center
Fees: \$190/R, \$247/NR, \$209/NN
Day:..... Friday (and regular class of your choosing)

CODE	DATES	TIME	LEVEL
212557-01	5/10-6/21	6:00P-7:00P	Blue Belt & Up
212557-02	5/10-6/21	7:00P-8:00P	Brown Belt & Up
212557-03	7/12-8/23	6:00P-7:00P	Blue Belt & Up
212557-04	7/12-8/23	7:00P-8:00P	Brown Belt & Up

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.

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



YOUTH & ADULT MARTIAL ARTS CLASSES



Teen & Adult Jujitsu

The gentleness of the art of Jujitsu 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.



Adult Jujitsu

Age:..... 18+ years
Instructor:..... Filiberto Gutierrez
Min/Max: 5/15
Location: Recreation Center
Fees: \$155/R, \$202/NR, \$170/NN – One Day
 \$200/R, \$260/NR, \$220/NN – Two Day
 \$240/R, \$312/NR, \$264/NN – Three Day
Day:..... Tuesday, Thursday or Saturday

CODE	DATES	TIME	DAY
212007-11	5/7-6/18	7:00P-8:30P	Tue
212007-12	5/9-6/20	7:00P-8:30P	Thu
212007-13	5/11-6/22	12:00P-1:30P	Sat
212007-14	5/7-6/22	Times Vary	Two Days
212007-15	5/7-6/22	Times Vary	Three Days
212007-16	7/9-8/20	7:00P-8:30P	Tue
212007-17	7/11-8/22	7:00P-8:30P	Thu
212007-18	7/13-8/24	12:00P-1:30P	Sat
212007-19	7/9-8/24	Times Vary	Two Days
212007-20	7/9-8/24	Times Vary	Three Days

Teen Jujitsu

Age:..... 13-17 years
Instructor:..... Filiberto Gutierrez
Min/Max: 5/15
Location: Recreation Center
Fees: \$145/R, \$189/NR, \$160/NN – One Day
 \$190/R, \$247/NR, \$209/NN – Two Day
 \$230/R, \$299/NR, \$253/NN – Three Day
Day:..... Tuesday, Thursday or Saturday

CODE	DATES	TIME	DAY
212007-01	5/7-6/18	7:00P-8:00P	Tue
212007-02	5/9-6/20	7:00P-8:00P	Thu
212007-03	5/11-6/22	12:00P-1:00P	Sat
212007-04	5/7-6/22	Times Vary	Two Days
212007-05	5/7-6/22	Times Vary	Three Days
212007-06	7/9-8/20	7:00P-8:00P	Tue
212007-07	7/11-8/22	7:00P-8:00P	Thu
212007-08	7/13-8/24	12:00P-1:00P	Sat
212007-09	7/9-8/24	Times Vary	Two Days
212007-10	7/9-8/24	Times Vary	Three Days



YOUTH & ADULT MARTIAL ARTS CLASSES



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. 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

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
233641-01	5/7-6/18	9:30A-11:00A	Tue
233641-02	5/9-6/20	9:30A-11:00A	Thu
233641-03	5/7-6/20	9:30A-11:00A	Tue/Thu
233641-04	7/9-8/20	9:30A-11:00A	Tue
233641-05	7/11-8/22	9:30A-11:00A	Thu
233641-06	7/9-8/22	9:30A-11:00A	Tue/Thu



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 self-defense and offense. A physical fitness class which also develops a 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: 6/15

Location: Recreation Center

Fees: \$115/R, \$150/NR, \$127/NN

Day:..... Friday

CODE	DATES	TIME	AGE
212562-01	5/3-6/21	4:00P-5:00P	3-7
212562-02	5/3-6/21	5:05P-6:05P	5-18
212562-03	6/28-8/23	4:00P-5:00P	3-7
212562-04	6/28-8/23	5:05P-6:05P	5-18

Class Will Not Meet On: 7/5

Kids Karate Club

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

Age:..... 4-14 years

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

Min/Max: 2/12 per agency

Location: 1501 Barnsdale Road, LP

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

Day:..... Saturday

CODE	DATES	TIME	LEVEL
212806-01	5/18-7/20	9:00A-9:45A	Beginner
212806-02	5/18-7/20	9:50A-10:35A	Advanced

Class Will Not Meet On: 6/29 & 7/6

YOUTH ATHLETIC CAMPS

OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class

East Ave Lacrosse Camp

Our summer camp is open to players of all experience levels and a great opportunity to bring your friend to try the fastest game on two feet! Learn the game of lacrosse with the East Ave Coaching staff! Grades are based on the 2022 - 2023 school year. To request equipment rental please contact jerry@eastavelacrosse.com, all gear must be requested two weeks in advance of your camp. All campers will receive a camp shirt!

Age:..... 4-14 years

Instructor:..... East Ave Lacrosse

Min/Max: 6/20

Location: Sedgwick Park

Fees: \$150/R, \$195/NR, \$165/NN (01 & 03)
 \$185/R, \$240/NR, \$204/NN (02 & 04)

Day:..... Monday-Thursday

CODE	DATES	TIME	AGE
212800-01	7/22-7/25	8:30A-9:30A	Pre-K - 2nd Grade Girls
212800-02	7/22-7/25	8:30A-10:00A	3rd - 8th Grade Girls
212800-03	7/22-7/25	8:30A-9:30A	Pre-K - 2nd Grade Boys
212800-04	7/22-7/25	8:30A-10:00A	3rd - 8th Grade Boys



Soccer Made in America Camp

The Aleks Mihailovic Soccer Made in America Training Camp offers a fully integrated program of soccer techniques and tactics. The camp is designed to develop players' skills of all levels and is open to player's ages 4 through 14. World-class professional clinicians will provide soccer instruction. Players are divided into groups of ten or less according to ability first, age second. Beginning players will be introduced to the fundamental techniques and apply them in games. Intermediate players who have mastered basic techniques will be challenged and advance to a higher level. Participants are required to bring their own well marked soccer ball. Shin guards are highly recommended.

Age:..... 4-14 years

Instructor:..... Soccer Made in America

Min/Max: 6/24

Location: Sedgwick Park

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

Day:..... Monday-Thursday

CODE	DATES	TIME
272006-01	6/24-6/27	2:00P-5:00P



YOUTH ATHLETIC CAMPS



Chicago White Sox Summer Baseball Camp

Learn from the pro's this summer at a White Sox Summer Camp presented by Wintrust Bank! Professional coaches from the White Sox organization have helped build programs designed for kids ages 5-12 at every ability level. All campers will work on throwing, hitting, fielding, and base-running, but more importantly, they will be taught how to love the game of baseball. Instructors will supervise campers based off age and experience, and cater each experience to meet your child's needs. On top of the four days of camp, each camper will receive a White Sox t-shirt, hat and other various White Sox goodies (subject to change). Registration only available at whitesox.com/play.

Age:..... 5-12 years
Instructor:..... Chicago White Sox
Min/Max: 10/24
Location: Sedgwick Park Little League Field A & B
 Rain Location - Recreation Center
Fees: \$165 per participant
Day:..... Monday-Thursday

DATES	TIME	AGE	LOCATION
6/24-6/27	8:30A-11:30A	5-12	Sedgwick Park
7/8-7/11	1:00P-4:00P	5-12	Sedgwick Park
7/29-8/1	8:30A-11:30A	5-12	Sedgwick Park

Challenger International Soccer Camp

Challenger International Soccer Camps offer programs for all ages. Our iconic half day camps, presented by our international coaching staff, truly bring a global training experience to our campers. The curriculum is filled with sessions from the world's top soccer countries and will focus on developing the technical, tactical and physical aspects of each player in a fun and educational way

Age:..... 5-12 years
Instructor:..... Challenger Soccer
Min/Max: 10/20
Location: Gordon Park Softball Fields
Fees: \$130/R, \$169/NR, \$143/NN – Tiny Tykes (01)
 \$215/R, \$280/NR, \$237/NN – Half-Day (02)
Day:..... Monday-Friday

CODE	DATES	TIME	AGE
212797-01	6/24-6/28	8:00A-8:45A	3-5
212797-02	6/24-6/28	9:00A-12:00P	6-16



SPORTS KIDS ATHLETIC CLASSES

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

Kidnastics

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

Age:..... 3-5 years
Instructor:..... SportsKids Inc.
Min/Max: 6/20
Location: Recreation Center
Fees: \$50/R, \$65/NR, \$55/NN (01-02)
 \$100/R, \$130/NR, \$110/NN (03-04)
Day:..... Thursday or Saturday

CODE	DATES	TIME	DAY
211609-01	5/2-5/23	10:00A-10:45A	Thursday
211609-02	5/4-5/25	9:45A-10:30A	Saturday
211609-03	6/13-8/8	10:00A-10:45A	Thursday
211609-04	6/8-8/3	9:45A-10:30A	Saturday

Class Will Not Meet On: 7/4 & 7/6

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 (01)
 \$90/R, \$117/NR, \$99/NN (02)
Day:..... Wednesday

CODE	DATES	TIME
212687-01	5/1-5/22	4:30P-5:15P
212687-02	6/12-8/7	4:30P-5:15P

Class Will Not Meet On: 7/3

Junior Lacrosse

Age:..... 5-8
Instructor:..... Sports Kids Inc.
Min/Max: 6/20
Location: Denning Park
Fees: \$50/R, \$65/NR, \$55/NN
 \$90/R, \$117/NR, \$99/NN
Day:..... Thursday

CODE	DATES	TIME
212805-01	5/2-5/23	4:45P-5:30P
212805-02	6/13-8/8	4:45P-5:30P

Class Will Not Meet On: 7/4

Dad & Me Fun With Football

Age:..... 3-5 years with parent
Instructor:..... Sports Kids Inc.
Min/Max: 6/16
Location: Denning Park
Fees: \$50/R, \$65/NR, \$55/NN
 \$90/R, \$117/NR, \$99/NN
Day:..... Thursday

CODE	DATES	TIME
212736-01	5/2-5/23	5:30P-6:15P
212736-02	6/13-8/8	5:30P-6:15P

Class Will Not Meet On: 7/4

Parent & Tot Triple Play Sports

Age:..... 2-3 years with a parent
Instructor:..... Sports Kids Inc.
Min/Max: 6/16
Location: Denning Park
Fees: \$30/R, \$39/NR, \$33/NN (01)
 \$60/R, \$80/NR, \$66/NN (02)
Day:..... Wednesday

CODE	DATES	TIME
212718-01	5/1-5/22	5:15P-5:45P
212718-02	6/12-8/7	5:15P-5:45P

Class Will Not Meet On: 7/3

SPORTS KIDS ATHLETIC CLASSES

Start Smart Golf

Age:..... 5-7 years
Instructor:..... Sports Kids Inc.
Min/Max: 6/20
Location: Denning Park
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Monday

CODE	DATES	TIME
212590-01	6/10-8/5	4:00P-4:45P

Class Will Not Meet On: 7/1

Parent & Child Golf

Age:..... 3-4 years with parent
Instructor:..... Sports Kids Inc.
Min/Max: 6/16
Location: Denning Park
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Monday

CODE	DATES	TIME
212784-01	6/10-8/5	5:15P-6:00P

Class Will Not Meet On: 7/1

3-on-3 Recreational Basketball

Age:..... 7-10
Instructor:..... Sports Kids Inc.
Min/Max: 6/20
Location: Denning Park
Fees: \$50/R, \$65/NR, \$55/NN
 \$90/R, \$117/NR, \$99/NN
Day:..... Thursday

CODE	DATES	TIME
212602-01	5/2-5/23	4:00P-4:45P
212602-02	6/13-8/8	4:00P-4:45P

Class Will Not Meet On: 7/4

Family Archery

Age:..... 6 years & older with adult
Instructor:..... Sports Kids Inc.
Min/Max: 6/16
Location: Denning Park
Fees: \$50/R, \$65/NR, \$55/NN per participant
Day:..... Monday

CODE	DATES	TIME
212742-01	6/10-8/5	6:15P-7:00P

Class Will Not Meet On: 7/1

Bullseye Archery Camp

Age:..... 7 years & older
Instructor:..... Sports Kids Inc.
Min/Max: 6/20
Location: Denning Park
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Monday-Thursday

CODE	DATES	TIME	AGE
212611-01	6/17-6/20	3:00P-4:30P	7-10
212611-02	6/17-6/20	4:30P-6:00P	11 & Older
212611-03	7/15-7/18	3:00P-4:30P	7-10
212611-04	7/15-7/18	4:30P-6:00P	11 & Older

Beginners Lacrosse Camp

Age:..... 5-12 years
Instructor:..... Sports Kids Inc.
Min/Max: 6/20
Location: Denning Park
Fees: \$80/R, \$104/NR, \$88/NN
Day:..... Monday-Thursday

CODE	DATES	TIME	AGE
212662-01	7/29-8/1	3:00P-4:30P	5-8
212662-02	7/29-8/1	4:30P-6:00P	9-12

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



SPORTS KIDS ATHLETIC CLASSES

Youth Pickleball

Age:..... 8-12 years
Instructor:..... Sports Kids Inc.
Min/Max: 6/10
Location: Recreation Center
Fees: \$50/R, \$65/NR, \$55/NN (01)
 \$100/R, \$130/NR, \$110/NN (02)
Day:..... Tuesday

CODE	DATES	TIME
212804-01	4/30-5/21	5:00P-5:45P
212804-02	6/11-8/6	5:00P-5:45P

Class Will Not Meet On: 7/2

Pee Wee Tennis

This is an introductory class for beginning students. Focus will be on hand-eye coordination and fun. Low compression balls will be used. Players should bring their own racquets (21-inch racquets are recommended).

Age:..... 4-6 years
Instructor:..... Sports Kids Inc.
Min/Max: 4/8
Location: Sedgwick Park
Fees: \$55/R, \$72/NR, \$60/NN (01)
 \$77/R, \$100/NR, \$85/NN (02-04)
Day:..... Monday or Tuesday & Thursday

CODE	DATES	TIME	DAY
212712-01	4/29-5/20	4:00P-4:45P	Mon
212712-02	6/11-6/27	9:15A-10:00A	Tue/Th
212712-03	7/9-7/25	9:15A-10:00A	Tue/Th
212712-04	7/30-8/15	9:15A-10:00A	Tue/Th



Junior Tennis

Participants will begin to learn the difference between forehands, backhands and volleys. Low compression balls are used in this class, which are 50% slower than regular tennis balls. These tennis balls bounce lower and are easier to hit, allowing kids to learn faster and have more fun.

Age:..... 7-9 years
Instructor:..... Sports Kids Inc.
Min/Max: 4/8
Location: Sedgwick Park
Fees: \$70/R, \$91/NR, \$77/NN (01)
 \$100/R, \$130/NR, \$110/NN (02-04)
Day:..... Monday or Tuesday & Thursday

CODE	DATES	TIME	DAY
212713-01	4/29-5/20	4:45P-5:45P	Mon
212713-02	6/11-6/27	10:00A-11:00A	Tue/Th
212713-03	7/9-7/25	10:00A-11:00A	Tue/Th
212713-04	7/30-8/15	10:00A-11:00A	Tue/Th

Youth Tennis

Players at this level have knowledge of the basic tennis shots and will work on rallies inside the service box, leading to development of full court rallies. Green tennis balls will be used, which are 25% slower than regular yellow tennis balls. These tennis balls are more forgiving than yellow tennis balls which will allow for continued development of technique, movement and strategy.

Age:..... 9-12 years
Instructor:..... Sports Kids Inc.
Min/Max: 4/8
Location: Sedgwick Park
Fees: \$70/R, \$91/NR, \$77/NN (01)
 \$100/R, \$130/NR, \$110/NN (02-04)
Day:..... Monday or Tuesday & Thursday

CODE	DATES	TIME	DAY
212714-01	4/29-5/20	5:45P-6:45P	Mon
212714-02	6/11-6/27	11:00A-12:00P	Tue/Th
212714-03	7/9-7/25	11:00A-12:00P	Tue/Th
212714-04	7/30-8/15	11:00A-12:00P	Tue/Th

ALL STAR SPORTS ATHLETIC CLASSES

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

Parent & Tot Sports

Age:..... 2-3 years with parent
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Monday or Saturday

CODE	DATES	TIME	DAY
212638-01	6/10-7/22	10:00A-10:45A	Mon
212638-02	6/8-7/27	9:00A-9:45A	Sat

Class Will Not Meet On: 7/6

Junior Soccer

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Wednesday, Thursday or Saturday

CODE	DATES	TIME	AGE	DAY
212636-01	6/12-7/24	12:00P-12:45P	3-4	Wed
212636-02	6/12-7/24	12:45P-1:45P	4-6	Wed
212636-03	6/6-7/25	10:00A-10:45A	3-4	Thur
212636-04	6/6-7/25	10:45A-11:45A	4-6	Thur
212636-05	6/8-7/27	10:00A-10:45A	3-4	Sat
212636-06	6/8-7/27	10:45A-11:45A	4-6	Sat

Class Will Not Meet On: 7/4 & 7/6

Junior T-Ball

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Wednesday, Thursday or Saturday

CODE	DATES	TIME	AGE	DAY
212637-01	6/12-7/24	2:00P-2:45P	3-4	Wed
212637-02	6/12-7/24	2:45P-3:45P	4-6	Wed
212637-03	6/6-7/25	12:00P-12:45P	3-4	Thur
212637-04	6/6-7/25	12:45P-1:45P	4-6	Thur
212637-05	6/8-7/27	12:00P-12:45P	3-4	Sat
212637-06	6/8-7/27	12:45P-1:45P	4-6	Sat

Class Will Not Meet On: 7/4 & 7/6

Junior Hoops

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Monday or Wednesday

CODE	DATES	TIME	AGE	DAY
212645-01	6/10-7/22	1:00P-1:45P	3-4	Mon
212645-02	6/10-7/22	1:45P-2:45P	4-6	Mon
212645-03	6/12-7/24	10:00A-10:45A	3-4	Wed
212645-04	6/12-7/24	10:45A-11:45A	4-6	Wed

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



ALL STAR SPORTS ATHLETIC CLASSES



Junior Multi Sports

Age:..... 3-6 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Monday

CODE	DATES	TIME	AGE
212640-01	6/10-7/22	10:45A-11:30A	3-4
212640-02	6/10-7/22	11:30A-12:30P	4-6

Flag Football Skills

Age:..... 5-10 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Monday

CODE	DATES	TIME	AGE
212647-01	6/10-7/22	4:00P-5:00P	5-7
212647-02	6/10-7/22	5:00-6:00P	8-10

Floor Hockey

Age:..... 4-9 years
Instructor:..... All Star Sports Instruction
Min/Max: 6/15
Location: Recreation Center
Fees: \$86/R, \$112/NR, \$95/NN
Day:..... Wednesday

CODE	DATES	TIME	AGE
212642-01	6/12-7/24	4:00P-5:00P	4-6
212642-02	6/12-7/24	5:00-6:00P	7-9



LOOK FOR NEIGHBORHOOD NETWORK FEES

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

KIDS FIRST ATHLETIC CLASSES

Is your child's summer schedule packed Monday through Friday? Do not worry, Kids First Sports will be hosting a variety of classes on Sundays this Summer, which include Soccer, Basketball, Flag Football and more! They will also host several camps Monday-Friday during the summer. Please send your child with a labeled water bottle each class. Visit www.pdlg.org for full program descriptions.

Kids First Multi-Sport Camp

Age:..... 5-13 years
Instructor:..... Kids First
Min/Max: 6/38
Location: Sedgwick Park East Soccer Field
Fees: \$135/R, \$176/NR, \$149/NN (Half-Day)
 \$200/R, \$260/NR, \$220/NN (Full-Day)
Day:..... Monday-Friday

CODE	DATES	TIME
212789-01	6/17-6/21	9:00A-12:00P
212789-02	6/17-6/21	12:30-3:30P
212789-03	6/17-6/21	9:00A-3:30P
212789-04	6/24-6/28	9:00A-12:00P
212789-05	6/24-6/28	12:30-3:30P
212789-06	6/24-6/28	9:00A-3:30P
212789-07	7/8-7/12	9:00A-12:00P
212789-08	7/8-7/12	12:30-3:30P
212789-09	7/8-7/12	9:00A-3:30P
212789-10	7/29-8/2	9:00A-12:00P
212789-11	7/29-8/2	12:30-3:30P
212789-12	7/29-8/2	9:00A-3:30P



Kids First Basketball Fundamentals Camp

Age:..... 6-13 years
Instructor:..... Kids First
Min/Max: 6/28
Location: Recreation Center
Fees: \$135/R, \$176/NR, \$149/NN
Day:..... Monday-Friday

CODE	DATES	TIME
212795-01	6/17-6/21	9:00A-12:00P
212795-02	7/8-7/12	9:00A-12:00P

Kids First Track & Field Camp

Age:..... 6-14 years
Instructor:..... Kids First
Min/Max: 6/30
Location: Sedgwick Park East Soccer Field
Fees: \$135/R, \$176/NR, \$149/NN
Day:..... Monday-Friday

CODE	DATES	TIME
212794-01	6/24-6/28	9:00A-12:00P
212794-02	8/5-8/9	9:00A-12:00P

SKYHAWKS SPORTS CAMPS

OTHER SYMBOLS:



- Parent/Child Program |



- Cooperative Program |



- New Class

Skyhawks Beginning Golf Camp

The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided. Participants should bring a water bottle, two snacks, sunscreen and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Age:..... 6-12 years

Instructor:..... Skyhawks

Min/Max: 8/20

Location: Gordon Park Softball Fields

Fees: \$175/R, \$228/NR, \$193/NN

Day:..... Monday-Friday

CODE	DATES	TIME
212655-01	6/24-6/28	9:00A-12:00P
212655-02	7/15-7/19	9:00A-12:00P

Skyhawks Flag Football Camp

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. Participants should bring a water bottle, two snacks, lunch (full-day camps only), sunscreen and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Age:..... 6-12 years

Instructor:..... Skyhawks

Min/Max: 8/20

Location: Gordon Park Softball Fields

Fees: \$175/R, \$228/NR, \$193/NN

Day:..... Monday-Friday

CODE	DATES	TIME
212666-01	6/10-6/14	9:00A-12:00P
212666-02	7/29-8/2	9:00A-12:00P



Skyhawks Cheerleading Camp

This class teaches young athletes the essential skills to lead the crowd and support the home team! Each participant will learn cheers, proper hand/body movements and jumping techniques. There is no stunting, just a big focus on fun while each cheerleader learns important life skills such as teamwork and leadership. The program concludes with a final cheer performance. Participants should bring a water bottle, two snacks, sunscreen and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Age:..... 6-12 years

Instructor:..... Skyhawks

Min/Max: 8/20

Location: Gordon Park Softball Fields

Fees: \$175/R, \$228/NR, \$193/NN

Day:..... Monday-Friday

CODE	DATES	TIME
212664-01	7/22-7/26	9:00A-12:00P

SKYHAWKS SPORTS CAMPS



Skyhawks Mini-Hawk Camp

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace. Participants should bring a water bottle, two snacks, sunscreen (outdoor camps only) and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Age:..... 4-7 years
Instructor:..... Skyhawks
Min/Max: 8/20
Location: Gordon Park Softball Fields
Fees: \$175/R, \$228/NR, \$193/NN
Day:..... Monday-Friday

CODE	DATES	TIME	LOCATION
272004-01	7/8-7/12	9:00A-12:00P	Gordon Park

Skyhawks Multi-Sport Camp

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion and teamwork. Participants should bring a water bottle, two snacks, lunch (full-day camps only), sunscreen (outdoor camps only) and wear appropriate athletic attire. Every child receives an award certificate and Skyhawks t-shirt.

Age:..... 6-12 years
Instructor:..... Skyhawks
Min/Max: 8/20
Location: Gordon Park Softball Fields
Fees: \$175/R, \$228/NR, \$193/NN
Day:..... Monday-Friday

CODE	DATES	TIME	LOCATION
212743-01	7/8-7/12	9:00A-12:00P	Gordon Park





WHITE SOX SUMMER CAMP - LA GRANGE

CAMP 1: June 24 - June 27 - 8:30am-11:30am PRICE: \$165 AGE: 5-12

CAMP 2: July 8 - July 11 - 1:00pm-4:00pm PRICE: \$165 AGE: 5-12

CAMP 3: July 29 - August 1 - 8:30am-11:30am PRICE: \$165 AGE: 5-12

WHERE: SEDGWICK PARK - EAST AVE & 49TH ST. LA GRANGE, IL 60525

Learn from the pro's this summer at a White Sox Summer Camp presented by Wintrust, with participating partner Topps! Professional coaches from the White Sox organization have helped build programs designed for kids ages 5-12 at every ability level. All campers will work on throwing, hitting, fielding, and base-running, but more importantly, they will be taught how to love the game of baseball. Instructors will supervise campers based off age and experience, and cater each experience to meet your child's needs. On top of the four (4) days of camp, each camper will receive a White Sox swag bag including a White Sox hat, t-shirt, a pack of Topps baseball cards, and two tickets for a 2024 White Sox home game.

*Premium items (Sox tickets, t-shirt, hat and baseball cards) subject to change. White Sox tickets date TBD

[CLICK HERE TO REGISTER #1](#)

[CLICK HERE TO REGISTER #2](#)

[CLICK HERE TO REGISTER #3](#)

VISIT [whitesox.com /play](https://whitesox.com/play) FOR CAMP LOCATIONS AND MORE INFORMATION

ADULT ATHLETIC CLASSES

Adult Beginner Pickleball

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

Age:..... 18 years & older

Instructor:..... Sports Kids Inc.

Min/Max: 6/10

Location: Recreation Center

Fees: \$65/R, \$85/NR, \$72/NN (01, 03, 05)
 \$125/R, \$163/NR, \$138/NN (02, 04, 06)

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

CODE	DATES	TIME	DAY
213537-01	4/30-5/21	5:45P-6:45P	Tuesday
213537-02	6/11-8/6	5:45P-6:45P	Tuesday
213537-03	5/1-5/22	6:00P-7:00P	Wednesday
213537-04	6/12-8/7	6:00P-7:00P	Wednesday
213537-05	5/4-5/25	10:45A-11:45A	Saturday
213537-06	6/8-8/3	10:45A-11:45A	Saturday

Class Will Not Meet On: 7/2, 7/3 & 7/6

Adult Advanced Beginner Pickleball

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

Age:..... 18 years & older

Instructor:..... Sports Kids Inc.

Min/Max: 6/10

Location: Recreation Center

Fees: \$65/R, \$85/NR, \$72/NN (01, 03, 05)
 \$125/R, \$163/NR, \$138/NN (02, 04, 06)

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

CODE	DATES	TIME	DAY
213528-01	4/30-5/21	6:45P-7:45P	Tuesday
213528-02	6/11-8/6	6:45P-7:45P	Tuesday
213528-03	5/1-5/22	7:00P-8:00P	Wednesday
213528-04	6/12-8/7	7:00P-8:00P	Wednesday
213528-05	5/4-5/25	11:00A-12:00P	Thursday
213528-06	6/8-8/3	11:00A-12:00P	Thursday

Class Will Not Meet On: 7/2, 7/3 & 7/6



ADULTS

Book Talk and Walk

If you're having trouble deciding what to read next or need to rejuvenate your reading habits (and get some exercise as well), join us for a Book Talk & Walk at the Park District of La Grange! We'll be making brief, exciting book recommendations across many genres; find your perfect beach or vacation read! After the talk, enjoy free use of the park district's walking track until the program ends at 2:30pm. **Registration deadline is Wednesday May 29th.**

Age:..... 18+
Instructor:..... La Grange Public Library
Min/Max: 5/20
Location: Recreation Center
Fees: FREE
Day:..... Wednesday

CODE	DATES	TIME
231078-01	6/12	1:00P-2:30P

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
Location: Recreation Center
Fees: \$25 Annual Membership
Day:..... Monday

DATES	TIME
5/6-8/26	5:30P-8:00P

Class Will Not Meet On: 5/27

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.

Adult Ballet

Reconnect with your grace and flexibility! This class is perfect for those who haven't danced in years or brand-new beginners. Learn proper ballet technique while improving muscle tone, balance, and memory. Ballet shoes are recommended, but not required. Please bring a water bottle to class. Co-op LP

Age:..... 16+
Instructor:..... M. Dawson
Min/Max: 1/5
Location: Recreation Center
Fees: \$62/R, \$81/NR, \$68/NN
Day:..... Monday

CODE	DATES	TIME
253534-01	6/10-8/5	8:00P-8:45P

Adult Mental Health First Aid

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.

Pre-registration is required.
Registration deadline is Monday July 1st. Co-op WS

Age:..... 18+
Instructor:..... Staff of NAMI Metro Suburban
Min/Max: 8/30
Location: Grand Avenue Community Center – Senior Center
Fees: FREE
Day:..... Saturday

CODE	DATES	TIME
233690-01	7/13	9:00A-4:00P

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



ADULTS

Stress Less - Resilience for Success

This class provides an overview of how stress affects the body, the mind, and our emotions, prompts participants to check in with themselves on how stress is impacting them, and teaches coping skills including mindfulness practices and resilience-building strategies. **Pre-registration is required. Registration deadline is Friday June 28th.** Co-op WS

Age:..... 18+
Instructor:..... NAMI Family Support Specialists
Min/Max: 8/30
Location: Grand Avenue Community Center – Senior Center
Fees: FREE
Day:..... Tuesday

CODE	DATES	TIME
233691-01	7/9	6:00P-7:00P

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. Each session covers new material.

Age:..... 18+
Instructor:..... Language In Action, Inc.
Min/Max: 6/15
Location: Recreation Center
Fees: \$140/R, \$182/NR, \$154/NN
Day:..... Thursday

CODE	DATES	TIME
233634-01	6/20-8/8	7:00-8:00P

Class Will Not Meet On: 7/4

Zoom Spanish for Adults - Live

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: \$80/R, \$104/NR, \$88/NN
Day:..... Wednesday

CODE	DATES	TIME
233687-01	5/22-6/12	6:00P-7:00P
233687-02	6/19-7/10	6:00P-7:00P
233687-03	7/17-8/7	6:00P-7:00P
233687-04	8/14-9/4	6:00P-7:00P

I Speak Italian Adults - Live

Join us right from your living room as we explore new cultures and learn the Italian language via the interactive Zoom platform! Each session covers new material. 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: \$80/R, \$104/NR, \$88/NN
Day:..... Wednesday

CODE	DATES	TIME
233692-01	5/22-6/12	7:00P-8:00P
233692-02	6/19-7/10	7:00P-8:00P
233692-03	7/17-8/7	7:00P-8:00P
233692-04	8/14-9/4	7:00P-8:00P

SENIORS

Pinochle Tuesdays

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

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

DATES	TIME
5/7-8/27	11:30A-1:30P



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 the game starts 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
5/8-8/28	12:30P-1:30P

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!



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

Student: Individuals age 16-24 with current student ID

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

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

Resident: Individuals residing in La Grange 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 HOURS

4th of July 7:00am to 12:00 pm

Labor Day 7:00am to 12:00 pm

Memorial Day 7:00am to 12:00 pm

Christmas Eve 7:00am to 12:00 pm

New Years Eve 7:00am to 12:00 pm

CLOSED

Christmas Day

New Year's Day

Thanksgiving

Easter Sunday

REGISTRATION

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

GUEST VISITS (ID REQUIRED)

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

\$10 per day

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

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

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

ADDITIONAL FEES

Initiation Fee: \$25 per membership

INDIVIDUAL PERSONAL TRAINING FEES

MEMBER/NON-MEMBER RATES

1 session: \$55/\$80

3 sessions: \$150/\$225

5 sessions: \$235/\$350

10 sessions: \$450/\$670

GROUP PERSONAL TRAINING FEES

2 or More Participants: MEMBER/NON-MEMBER RATES

(Fee Per Person, Members must form group):

1 session: \$40/\$58

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

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

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



CINDY MCAULIFFE

Personal Trainer

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

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



IVAN HALL

Personal Trainer

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

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



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 could 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.

Fitness Programs at



LA GRANGE
FITNESS

How can you attend fitness classes?

Everyone must register in one of 2 ways

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

How do I register online?

Fitness Members of La Grange Fitness (FM):

- Scan the QR Code below
- Login or create an account
- Enter activity code
- Look for the class with the "FM"
- Select class

Non-Fitness Members (NFM):

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

How much does it cost?

Fitness Members of La Grange (FM)

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

Non-Fitness Members (NFM) pay

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

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

Are there virtual classes and how much?

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

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

Use registration code 223692 at pdlg.org

Do you need more
information?

Scan the QR Code
to register and
learn more



DON'T MISS THE SPECIAL WORKSHOPS

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

Restorative Yoga

May 16, June 13
July 11, August 15
6:30-7:45 pm

Code: 223652

\$25/person

Outdoor Yoga

June 9
July 21
August 25
11:00 am-12:00 pm

Code: 223693

\$15/person

Focus on the Upper Back, Shoulder & Neck

June 28
1:00-3:00 pm

Code: 223717

\$35/person

Yoga for Runners

June 23
11:00 am-12:30 pm

Code: 223758

\$30/person

Yoga Nidra

July 31
August 21
6:30-7:45 pm

Code: 223716

\$25/person

Fitness Programs at



**LA GRANGE
FITNESS**

Class	Code #	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Barre Sculpt & Core	223651			6:00 pm				
Boot Camp	223504						8:40 am	
Butts & Guts	223528						8:00 am	
Cardio Sculpt	223755		8:30 am			6:00 am		
Cycle Express + Down to Core Stretch	223642		9:30 am					
Down To Core	223757							9:40 am
Full Body Strength	223754	9:15 am 5:30 pm	5:45 am		5:45 am			
Gentle Yoga	223506		9:45 am			10:00 am *		
Golden Barre	223629				8:30 am			
Indoor Cycle	223753	5:45am 8:00 am 6:30 pm		5:45 am 8:00 am		8:30 am	7:00 am	
Muscles & Motion	231086		11:00 am		10:45 am			
Pilates	223640				8:45 am			
Sculpt & Abs	223685			5:45 pm				
Step Aerobics	223750						8:15 am	
Strength & Conditioning	223681		5:30 pm		9:45 am			
Strength, Core & Balance	223688			8:50 am				
Yoga	223520	10:30 am *	6:30 pm *	10:00 am	6:30 pm	9:30 am	9:40 am 11:30 am *	
Zumba	223756		6:30 pm					8:30 am
Zumba Gold	223577			9:30 am				
Zumba Toning & Abs	223705				6:00 pm			

*indicates hybrid class

Session 1 runs from 4/29-6/23 (classes will not meet on 5/27)

Session 2 runs from 6/24-8/18 (classess will not meet on 7/4)



Scan for more information or click here



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

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

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

FUN
Designed
FOR INDIVIDUALS WITH DISABILITIES



SEASPAR SERVES THE RESIDENTS OF:

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



Have you heard?

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

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



Ben M.
SEASPAR Participant

VOLUNTEER INFORMATION



Volunteers Wanted!

Interested in volunteering?

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

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

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

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

Name: _____

Address: _____

Phone: _____

Email: _____

