

Song & DANCE



2021 Summer Program Guide





Welcome Back to *Summer!*

The joy and anticipation of the summer recreation season has arrived! 2021 will not disappoint with a wide variety of programs, activities and events in a safe setting.

Browse this program guide to discover all that is new and returning in summer 2021. Our cover features the incredible **School of Classical Ballet** and **Studio Impulse** as they prepare for the first outdoor recitals at Veterans Memorial Bandshell. Enjoy the beauty of the dance in an outdoor setting.

The Splash is Back at **Meadows Pool!** Check out further details on pages 5 and 6 and mark your calendar for the popular pool fun days! Big Surf remains closed for summer 2021.

Baseball and softball are in full swing as are the golfers at the **Mt. Prospect Golf Club**. Enjoy a new roster of nature programming for youth and adults at **Friendship Park Conservatory**.

Day Camp staff is ready to offer days of fun and friendship for your camper. This rite of passage for so many children is an essential part of our summer experience. We welcome you back!

As the most colorfully creative destination in the northwest suburbs, the **Art Studio** is ready for a summer of fun and discovery. Save the date for all of the concerts at the Veterans Memorial Bandshell again presented in a reserved circle format.

Let Summer Begin!

Our Mission:

To provide exceptional parks and recreation experiences that enrich the quality of life for present and future generations.



847-255-5380



mppd.org



info@mppd.org



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New Neighbors

Welcome to Mt. Prospect Park District!

Encompassing more than 450 acres, Mt. Prospect Park District provides recreation programs, parks, facilities and services to over a quarter million residents in Mt. Prospect, Des Plaines, Arlington Heights and Elk Grove Village.

Visit mppd.org/new_resident to get connected with us!

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CONCERTS

Veterans Memorial Bandshell

411 S. Maple St.



The Millennials

Thursdays

7:30-9:00 PM | Free

July 15 | **The Millennials**

These highly skilled musicians play a diverse mix of music from modern rock like Arctic Monkeys to classic rock such as Led Zeppelin. A female fronted band, music includes Pink, No Doubt, Pat Benatar, Fleetwood Mac, Joan Jett, Janis Joplin and Amy Winehouse. Additional rock favorites include Red Hot Chili Peppers, Prince, Bon Jovi, Van Halen, Guns N' Roses and more!

July 22 | **Billy Elton**

Enjoy the greatest songs ever written and performed by Billy Joel and Elton John presented by Reid Spears and his seven-piece band. Entertaining for all ages, young and old!

New Date!
Sunday, Aug. 1, 4:00-5:30 PM

Dancing Queen

Fronted by two dynamic ladies with angelic voices and backed by a group of world-class musicians, the Abba Salute experience won't soon be forgotten. Move to the music of the greatest pop band in history!

Gather family and friends to enjoy the music at Veterans Memorial Bandshell! Our free concert series offers something for everyone.

No registration required for concerts. Circle registration required for D214 Summer Musical. No food or beverages sold on site. Please bring your own. No alcohol allowed. Restrooms available.



THE *Sunday* SONG BOOK



July 11 | **District 214 Summer Musical** **Disney Descendants**

\$20/Circle | 4:00 PM

See description below.



July 18 | **“The Four C Notes” a Frankie Valli** **Tribute Band**

4:00-5:30 PM

Recreating the music of Frankie Valli and the Four Seasons are the Midwest's only tribute to this iconic group, whose rags to riches story was the basis of the smash hit JERSEY BOYS! The band features John Michael Coppola, from the home town Broadway production of the record breaking musical.



July 25 | **The Johnny Burnett Band** **4:00-5:30 PM**

The Johnny Burnett Band returns to delight music lovers once again with the very best in classic rock and pop, including many favorites by The Beatles. This talented 7-piece band puts on quite a show... one you won't want to miss!

Sponsored by
THE MOORINGS
OF ARLINGTON HEIGHTS



Summer Musical

\$20/Circle

July 8, 9 & 10 | **7:30 PM**

July 11 | **4:00 PM**

Registration Required

Join District 214 students from Buffalo Grove, Elk Grove, Hersey, Prospect, Rolling Meadows, and Wheeling High Schools as they present an audition-based summer song and dance experience! Working collaboratively on and off the stage, this student production is guaranteed to entertain and inspire the community with a top-notch series of performances at the Veterans Memorial Bandshell. In its 8th year, the 2021 production will entertain young and old with a live production of Disney's Descendants: The Musical, based on popular Disney Channel Original Movies featuring beloved Disney characters and descendants of famous Disney villains.

Visit mppd.org to register for a 10-foot circle which holds up to 6 people.

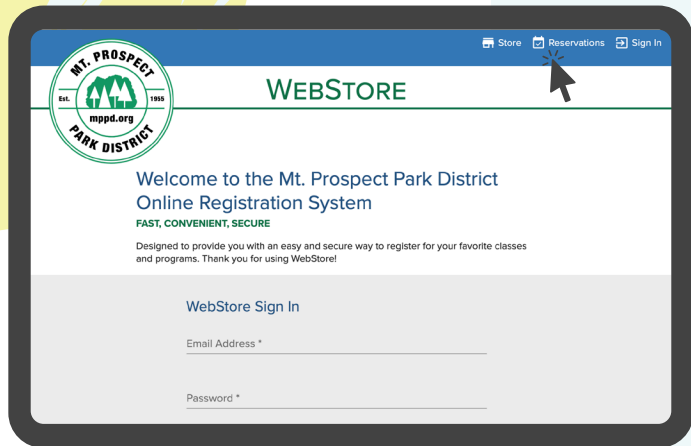


Make A Reservation



Look for the Reservation icon throughout the pages of this Summer Program Guide.

Browse available time slots to reserve your spot.



Visit **webstore.mppd.org**

and click on  **Reservations**

Choose from a list of programs, classes and events that require reservations, such as lap lanes, outdoor group fitness classes and Meadows Pool (coming in May 2021).

In order to secure a time slot make sure to complete the **checkout** process. You will receive a confirmation email.

Need a list of your current reservations? Click the "My Reservations" button located on your WebStore account page.

Reservations Require A WebStore Account

Don't Have a WebStore Account?

If you do not already have a WebStore account simply request one online at webstore.mppd.org/registration/request. An invitation email will be sent to you within one business day with set up instructions.

Unable to get online?

Call or stop in and a staff member will set up your reservations for you.

Questions?

Email webstore@mppd.org



Purchase a Pass, Enjoy the Splash!

Monday/Tuesday/ Thursday/Friday

10:00 AM-4:30 PM

7:00-9:00 PM

Wednesday

12:00-4:30 PM

7:00-9:00 PM

July 7, 14, 21 & 28 pool closes
at 4:30 for swim meets

Saturday, Sunday and Holidays

11:00 AM-7:45 PM

\$50 per Individual Resident

\$70 per Individual Non-Resident

Daily Fees R \$8 NR \$10

Reservations are no longer required for Open Swim.
For those that purchased a pass online or those that
need a replacement card, visit the Meadows Pool
Lobby and staff will print a membership card.

Pass not required for children under age 3

Pool passes are available online now at mppd.org or
in person at RecPlex or Central Community Center.

Big Surf Pool remains closed for summer 2021

Swim with us Memorial Day through Labor Day Weekend (May 29-Sep. 6)

Hours subject to change. Post Season Hours Aug. 8-Sep. 6: Monday-Friday 5:00-8:00 PM, Saturday, Sunday & Labor Day 11:00 AM-6:00 PM

Meadows Pool 1401 W. Gregory St. | 847-640-1000

Weather

When the temperature falls below 65 degrees or when
storms threaten safety, the pool will close. For the most
current information, 847-640-1000.

Safety Notice

Children under age 10 must be accompanied by
an adult (age 17+). Non-swimmers under age 10
must be accompanied by an adult in the water.

847-255-5380



Movie Night at Meadows

Finding Nemo Friday, Aug. 6 | 6:30-10:00 PM

Pass Holder Fee \$5

Non-Pass Holder Fee R \$8 NR \$10

Reservations available starting Monday, July 5.

Summer is not over yet! Spend an evening at Meadows Pool with family and friends! Kick back and relax as we show "Finding Nemo". Bring your own noodles—no other floats allowed in the water. Movie begins at dusk.

Pool Fun Days 12:00-3:00 PM

Star Spangled Splash

Thursday, July 1

Come dressed in Red, White & Blue for patriotic games!

Get in the Game

Thursday, July 15

Let the pool games begin! Loads of fun led by our game day hosts!

Chalk ART

Monday, July 26

Colorful Creations enhance the pool deck! Come draw with us!

We've Got the Scoop

Tuesday, July 6

We all SCREAM for *Culver's* Custard! First 50 guests get a free treat!

2021 Olympic Games

Friday, July 23

Ready to light the torch? Compete in water and land sports right in your neighborhood!

Family Float Nights

Monday-Friday 7:00-9:00 PM

Bring a float from home and lounge in the pool. Enjoy 2 hours at Meadows with pool noodles and small inflatable floats. (Water wings and snorkels are never permitted in the pool)

Just Keep Swimming AQUATICS

RecPlex Pool

847-640-1000

420 W. Dempster Street

Daily Fees

R \$7 NR \$10

With Fitness Pass \$3

Lap Swim (Ages 18+)

Monday-Friday 6:00 AM-8:00 PM

Saturday 8:00 AM-2:00 PM

Sunday 8:00 AM-12:00 PM

**RecPlex pool closed
Aug. 16-Aug. 22
for Annual Maintenance**



Reserve a Lap Lane with the NEW Reservation Feature!



Refer to p. 4 for complete reservation instructions. Lap Lane reservations are released every Friday by noon for the following week.

- Patrons must be 18 years or older NO EXCEPTIONS.
- Reservations are 45 minutes. Patrons are allowed in the facility 15 minutes prior to their assigned time.
- Walk-ins are not encouraged. If you do not reserve a time slot, we cannot guarantee you a lap lane at the time of your visit.
- Pool staff will access the reservation system and assign you a lap lane for the duration of your lap swim.
- Locker rooms available.



American Red Cross Blended Lifeguard Training Course (Ages 15-Adult)

Class is for current or future employees only, please fill out an application at mppd.org. For more information call Linda Zalewski at 847-640-1000 ext. 230.

May 17-May 20 | June 10-June 13

Tot Pool Rentals

\$25/Hour • 10 Swimmer Max

→ Monday-Friday, 12:00-4:00 PM

→ Saturday, 8:00 AM-2:00 PM

→ Sunday, 8:00 AM-12:00 PM



You must reserve your time slot prior to your trip to the pool. Refer to p. 4 for complete reservation instructions.

Currently, no equipment or life jackets are available. Patrons may bring toys, floats and life jackets. Children must be accompanied by an adult at ALL times.

Private Swim Lessons at RecPlex

Designed for the safety of your children and our instructors, each 1:1 pairing of instructor and child will have their own lap lane to remain socially distant. Our instructors assist in all levels of comfort in the water teaching skills from floats to competitive stroke if desired. Instructors are in the water and masked as they may need to be closer than 6 feet for proper instruction. Hand sanitizer is applied upon entering and exiting the water. Currently, only 1:1 ratios are offered—no sibling combinations.

No Class May 31

Private Swim Lessons Tot (Ages 3-4)

Tot Session 1

Monday, 10:00-10:30 AM	June 7-June 21	R \$60 NR \$70	41999
Monday, 10:45-11:15 AM	June 7-June 21	R \$60 NR \$70	42000
Monday, 11:30 AM-12:00 PM	June 7-June 21	R \$60 NR \$70	42001
Monday, 5:00-5:30 PM	June 7-June 21	R \$60 NR \$70	42002
Monday, 5:45-6:15 PM	June 7-June 21	R \$60 NR \$70	42003
Monday, 6:30-7:00 PM	June 7-June 21	R \$60 NR \$70	42004
Tuesday, 10:00-10:30 AM	June 1-June 22	R \$80 NR \$90	42005
Tuesday, 10:45-11:15 AM	June 1-June 22	R \$80 NR \$90	42006
Tuesday, 11:30 AM-12:00 PM	June 1-June 22	R \$80 NR \$90	42007
Tuesday, 5:00-5:30 PM	June 1-June 22	R \$80 NR \$90	42008
Tuesday, 5:45-6:15 PM	June 1-June 22	R \$80 NR \$90	42009
Tuesday, 6:30-7:00 PM	June 1-June 22	R \$80 NR \$90	42010
Wednesday, 5:00-5:30 PM	June 2-June 23	R \$80 NR \$90	42011
Wednesday, 5:45-6:15 PM	June 2-June 23	R \$80 NR \$90	42012
Wednesday, 6:30-7:00 PM	June 2-June 23	R \$80 NR \$90	42013
Thursday, 10:00-10:30 AM	June 3-June 24	R \$80 NR \$90	42014
Thursday, 10:45-11:15 AM	June 3-June 24	R \$80 NR \$90	42015
Thursday, 11:30 AM-12:00 PM	June 3-June 24	R \$80 NR \$90	42016
Thursday, 5:00-5:30 PM	June 3-June 24	R \$80 NR \$90	42017
Thursday, 5:45-6:15 PM	June 3-June 24	R \$80 NR \$90	42018
Thursday, 6:30-7:00 PM	June 3-June 24	R \$80 NR \$90	42019
Friday, 10:00-10:30 AM	June 4-June 25	R \$80 NR \$90	42020
Friday, 10:45-11:15 AM	June 4-June 25	R \$80 NR \$90	42021
Friday, 11:30 AM-12:00 PM	June 4-June 25	R \$80 NR \$90	42022

Tot Session 2

Monday, 10:00-10:30 AM	June 28-July 26	R \$100 NR \$110	42023
Monday, 10:45-11:15 AM	June 28-July 26	R \$100 NR \$110	42024
Monday, 11:30 AM-12:00 PM	June 28-July 26	R \$100 NR \$110	42025
Monday, 5:00-5:30 PM	June 28-July 19	R \$80 NR \$90	42026
Monday, 5:45-6:15 PM	June 28-July 19	R \$80 NR \$90	42027
Monday, 6:30-7:00 PM	June 28-July 19	R \$80 NR \$90	42028
Tuesday, 10:00-10:30 AM	June 29-July 27	R \$100 NR \$110	42029
Tuesday, 10:45-11:15 AM	June 29-July 27	R \$100 NR \$110	42030
Tuesday, 11:30 AM-12:00 PM	June 29-July 27	R \$100 NR \$110	42031
Tuesday, 5:00-5:30 PM	June 29-July 20	R \$80 NR \$90	42032
Tuesday, 5:45-6:15 PM	June 29-July 20	R \$80 NR \$90	42033
Tuesday, 6:30-7:00 PM	June 29-July 20	R \$80 NR \$90	42034
Wednesday, 5:00-5:30 PM	June 30-July 21	R \$80 NR \$90	42035
Wednesday, 5:45-6:15 PM	June 30-July 21	R \$80 NR \$90	42036
Wednesday, 6:30-7:00 PM	June 30-July 21	R \$80 NR \$90	42037
Thursday, 10:00-10:30 AM	July 1-July 29	R \$100 NR \$110	42038
Thursday, 10:45-11:15 AM	July 1-July 29	R \$100 NR \$110	42039
Thursday, 11:30 AM-12:00 PM	July 1-July 29	R \$100 NR \$110	42040
Thursday, 5:00-5:30 PM	July 1-July 22	R \$80 NR \$90	42041
Thursday, 5:45-6:15 PM	July 1-July 22	R \$80 NR \$90	42042
Thursday, 6:30-7:00 PM	July 1-July 22	R \$80 NR \$90	42043
Friday, 10:00-10:30 AM	July 2-July 30	R \$100 NR \$110	42044
Friday, 10:45-11:15 AM	July 2-July 30	R \$100 NR \$110	42045
Friday, 11:30 AM-12:00 PM	July 2-July 30	R \$100 NR \$110	42046

Tot Session 3

Monday, 5:00-5:30 PM	July 26-Aug. 9	R \$60 NR \$70	42047
Monday, 5:45-6:15 PM	July 26-Aug. 9	R \$60 NR \$70	42048
Monday, 6:30-7:00 PM	July 26-Aug. 9	R \$60 NR \$70	42049
Tuesday, 5:00-5:30 PM	July 27-Aug. 10	R \$60 NR \$70	42050
Tuesday, 5:45-6:15 PM	July 27-Aug. 10	R \$60 NR \$70	42051
Tuesday, 6:30-7:00 PM	July 27-Aug. 10	R \$60 NR \$70	42052
Wednesday, 5:00-5:30 PM	July 28-Aug. 11	R \$60 NR \$70	42053
Wednesday, 5:45-6:15 PM	July 28-Aug. 11	R \$60 NR \$70	42054
Wednesday, 6:30-7:00 PM	July 28-Aug. 11	R \$60 NR \$70	42055
Thursday, 5:00-5:30 PM	July 29-Aug. 12	R \$60 NR \$70	42056
Thursday, 5:45-6:15 PM	July 29-Aug. 12	R \$60 NR \$70	42057
Thursday, 6:30-7:00 PM	July 29-Aug. 12	R \$60 NR \$70	42058

Private Swim Lessons Youth

(Ages 5-12)

Youth Session 1

Monday, 10:00-10:30 AM	June 7-June 21	R \$60 NR \$70	42059
Monday, 10:45-11:15 AM	June 7-June 21	R \$60 NR \$70	42060
Monday, 11:30 AM-12:00 PM	June 7-June 21	R \$60 NR \$70	42061
Monday, 5:00-5:30 PM	June 7-June 21	R \$60 NR \$70	42062
Monday, 5:45-6:15 PM	June 7-June 21	R \$60 NR \$70	42063
Monday, 6:30-7:00 PM	June 7-June 21	R \$60 NR \$70	42064
Tuesday, 10:00-10:30 AM	June 1-June 22	R \$80 NR \$90	42065
Tuesday, 10:45-11:15 AM	June 1-June 22	R \$80 NR \$90	42066
Tuesday, 11:30 AM-12:00 PM	June 1-June 22	R \$80 NR \$90	42067
Tuesday, 5:00-5:30 PM	June 1-June 22	R \$80 NR \$90	42068
Tuesday, 5:45-6:15 PM	June 1-June 22	R \$80 NR \$90	42069
Tuesday, 6:30-7:00 PM	June 1-June 22	R \$80 NR \$90	42070
Wednesday, 5:00-5:30 PM	June 2-June 23	R \$80 NR \$90	42071
Wednesday, 5:45-6:15 PM	June 2-June 23	R \$80 NR \$90	42072
Wednesday, 6:30-7:00 PM	June 2-June 23	R \$80 NR \$90	42073
Thursday, 10:00-10:30 AM	June 3-June 24	R \$80 NR \$90	42074
Thursday, 10:45-11:15 AM	June 3-June 24	R \$80 NR \$90	42075
Thursday, 11:30 AM-12:00 PM	June 3-June 24	R \$80 NR \$90	42076
Thursday, 5:00-5:30 PM	June 3-June 24	R \$80 NR \$90	42077
Thursday, 5:45-6:15 PM	June 3-June 24	R \$80 NR \$90	42078
Thursday, 6:30-7:00 PM	June 3-June 24	R \$80 NR \$90	42079
Friday, 10:00-10:30 AM	June 4-June 25	R \$80 NR \$90	42080
Friday, 10:45-11:15 AM	June 4-June 25	R \$80 NR \$90	42081
Friday, 11:30 AM-12:00 PM	June 4-June 25	R \$80 NR \$90	42082

Youth Session 2

Monday, 10:00-10:30 AM	June 28-July 26	R \$100 NR \$110	42083
Monday, 10:45-11:15 AM	June 28-July 26	R \$100 NR \$110	42084
Monday, 11:30 AM-12:00 PM	June 28-July 26	R \$100 NR \$110	42085
Monday, 5:00-5:30 PM	June 28-July 19	R \$80 NR \$90	42086
Monday, 5:45-6:15 PM	June 28-July 19	R \$80 NR \$90	42087
Monday, 6:30-7:00 PM	June 28-July 19	R \$80 NR \$90	42088
Tuesday, 10:00-10:30 AM	June 29-July 27	R \$100 NR \$110	42089
Tuesday, 10:45-11:15 AM	June 29-July 27	R \$100 NR \$110	42090
Tuesday, 11:30 AM-12:00 PM	June 29-July 27	R \$100 NR \$110	42091
Tuesday, 5:00-5:30 PM	June 29-July 20	R \$80 NR \$90	42092
Tuesday, 5:45-6:15 PM	June 29-July 20	R \$80 NR \$90	42093
Tuesday, 6:30-7:00 PM	June 29-July 20	R \$80 NR \$90	42094
Wednesday, 5:00-5:30 PM	June 30-July 21	R \$80 NR \$90	42095
Wednesday, 5:45-6:15 PM	June 30-July 21	R \$80 NR \$90	42096
Wednesday, 6:30-7:00 PM	June 30-July 21	R \$80 NR \$90	42097
Thursday, 10:00-10:30 AM	July 1-July 29	R \$100 NR \$110	42098
Thursday, 10:45-11:15 AM	July 1-July 29	R \$100 NR \$110	42099
Thursday, 11:30 AM-12:00 PM	July 1-July 29	R \$100 NR \$110	42100
Thursday, 5:00-5:30 PM	July 1-July 22	R \$80 NR \$90	42101
Thursday, 5:45-6:15 PM	July 1-July 22	R \$80 NR \$90	42102
Thursday, 6:30-7:00 PM	July 1-July 22	R \$80 NR \$90	42103
Friday, 10:00-10:30 AM	July 2-July 30	R \$100 NR \$110	42104
Friday, 10:45-11:15 AM	July 2-July 30	R \$100 NR \$110	42105
Friday, 11:30 AM-12:00 PM	July 2-July 30	R \$100 NR \$110	42106

Youth Session 3

Monday, 5:00-5:30 PM	July 26-Aug. 9	R \$60 NR \$70	42107
Monday, 5:45-6:15 PM	July 26-Aug. 9	R \$60 NR \$70	42108
Monday, 6:30-7:00 PM	July 26-Aug. 9	R \$60 NR \$70	42109
Tuesday, 5:00-5:30 PM	July 27-Aug. 10	R \$60 NR \$70	42110
Tuesday, 5:45-6:15 PM	July 27-Aug. 10	R \$60 NR \$70	42111
Tuesday, 6:30-7:00 PM	July 27-Aug. 10	R \$60 NR \$70	42112
Wednesday, 5:00-5:30 PM	July 28-Aug. 11	R \$60 NR \$70	42113
Wednesday, 5:45-6:15 PM	July 28-Aug. 11	R \$60 NR \$70	42114
Wednesday, 6:30-7:00 PM	July 28-Aug. 11	R \$60 NR \$70	42115
Thursday, 5:00-5:30 PM	July 29-Aug. 12	R \$60 NR \$70	42116
Thursday, 5:45-6:15 PM	July 29-Aug. 12	R \$60 NR \$70	42117
Thursday, 6:30-7:00 PM	July 29-Aug. 12	R \$60 NR \$70	42118



Parent & Child Swim Lessons at Meadows

Little Shrimps Parent and Baby (6-18 Months)

With the support of a loved one, babies learn the joy of water. Babies adjust to the pool through songs, games and gentle water activities. Swim diapers and plastic pants required. Class Make up days due to weather are on the following day Tuesday/Friday. The first session will begin on Tuesday, June 1 due to Memorial Day!



R \$48 NR \$56

No Class May 31

Monday//Thursday, 5:30-6:00 PM	June 1-June 24	41965
Monday//Thursday, 5:30-6:00 PM	June 28-July 22	41966
Monday//Thursday, 5:30-6:00 PM	July 26-Aug. 12	41967

Little Minnows Parent and Tot at Meadows (18 Months-Age 3)

Tots will gain confidence in the water with the support of their parents. The Little Minnows learn through songs and games while helping them to transition into swimming lessons without their parent or guardian. Class Make up days due to weather are on the following day Tuesday/Friday. The first session will begin on Tuesday, June 1 due to Memorial Day!



R \$48 NR \$56

No Class May 31

Monday//Thursday, 4:45-5:15 PM	June 1-June 24	41968
Monday//Thursday, 6:15-6:45 PM	June 1-June 24	41969
Monday/Thursday, 4:45-5:15 PM	June 28-July 22	41970
Monday/Thursday, 6:15-6:45 PM	June 28-July 22	41971
Monday/Thursday, 4:45-5:15 AM	July 26-Aug. 12	41972
Monday/Thursday, 6:15-6:45 PM	July 26-Aug. 12	41973

SHARKS Summer Swim Team

(Ages 5-18)

Join our developmental competitive swim team. This unique experience provides swimmers with personal instruction and training in stroke mechanics, starts, and turns. The Mt. Prospect Park District belongs to the Northern Illinois Swim Conference where boys and girls compete within their own age group at swim meets held on Wednesday evenings during the summer. Our Sharks Summer Swim Team is designed to follow all current guidelines given to us by the IDPH. Meets will be held virtually or in person. Spectating at practices and meets are still TBD.

Please register your child for the age group based on their age as of June 15, 2021.

Swimmers must meet mandatory prerequisites on the first day of practice: Ages 5-8 must be able to swim freestyle 25 yards (1 length of the pool). Ages 9 and up must be able to swim 50 yards freestyle and 25 yards of one other competitive stroke. If you would like more information, please contact Linda Zalewski at 847-640-1000 ext. 230 or email at lzalewski@mppd.org.

Meadows Pool

Ages 8 & Under

Monday/Tuesday/Thursday/Friday June 7-July 30 4:45-5:30 PM **R \$250 NR \$275** 41932

Ages 9 & 10

Monday/Tuesday/Thursday/Friday June 7-July 30 5:45-6:45 PM **R \$275 NR \$300** 41933

Ages 11 & Up

Monday/Tuesday/Thursday/Friday June 7-July 30 8:15-9:45 AM **R \$325 NR \$350** 41934



Aqua Fitness

Aqua Fitness

All levels welcome, increase your cardiovascular fitness, strength & flexibility. The water provides a high-resistance, yet low impact environment to enhance your body's overall wellbeing.

RecPlex

Instructor Dena B.

No Class May 31

Monday, 8:50-9:50 AM	June 7-June 21	R \$21 NR \$24	41935
Tuesday, 8:50-9:50 AM	June 1-June 22	R \$28 NR \$32	41936
Wednesday, 8:30-9:30 AM	June 2-June 23	R \$28 NR \$32	41937
Thursday, 8:50-9:50 AM	June 3-June 24	R \$28 NR \$32	41938
Monday, 8:50-9:50 AM	June 28-July 19	R \$28 NR \$32	41939
Tuesday, 8:50-9:50 AM	June 29-July 20	R \$28 NR \$32	41940
Wednesday, 8:30-9:30 AM	June 30-July 21	R \$28 NR \$32	41941
Thursday, 8:50-9:50 AM	July 1-July 22	R \$28 NR \$32	41942
Monday, 8:50-9:50 AM	July 26-Aug. 16	R \$28 NR \$32	41943
Tuesday, 8:50-9:50 AM	July 27-Aug. 17	R \$28 NR \$32	41944
Wednesday, 8:30-9:30 AM	July 28-Aug. 18	R \$28 NR \$32	41945
Thursday, 8:50-9:50 AM	July 29-Aug. 19	R \$28 NR \$32	41946

Aqua Jog

This no-impact workout increases cardiovascular endurance, muscular strength and flexibility. You'll notice a difference in your stamina and energy level.

RecPlex

Instructor Kearin H.

No Class May 31

Monday, 7:45-8:45 AM	June 7-June 21	R \$21 NR \$24	41947
Wednesday, 10:00-11:00 AM	June 2-June 23	R \$28 NR \$32	41948
Friday, 8:50-9:50 AM	June 4-June 25	R \$28 NR \$32	41949
Monday, 7:45-8:45 AM	June 28-July 19	R \$28 NR \$32	41950
Wednesday, 10:00-11:00 AM	June 30-July 21	R \$28 NR \$32	41951
Friday, 8:50-9:50 AM	July 2-July 23	R \$28 NR \$32	41952
Monday, 7:45-8:45 AM	July 26-Aug. 16	R \$28 NR \$32	41953
Wednesday, 10:00-11:00 AM	July 28-Aug. 18	R \$28 NR \$32	41954
Friday, 8:50-9:50 AM	July 30-Aug. 20	R \$28 NR \$32	41955

Aquabata

This shallow water class takes advantage of the latest trend in fitness to deliver the next level of training to your aquatic exercise. High Intensity Interval Training (HITT), including the specialized Tabata format, transitions into the water with high-powered results.

RecPlex

Instructor Dena B.

Tuesday, 8:00-8:45 AM	June 1-June 22	R \$28 NR \$32	41956
Tuesday, 8:00-8:45 AM	June 29-July 20	R \$28 NR \$32	41957
Tuesday, 8:00-8:45 AM	July 27-Aug. 17	R \$28 NR \$32	41958

Aqua Challenge

This class is designed for those looking for the next level of water aerobics. The class focuses on building endurance, muscle and stamina. Both shallow and deep water exercises will be incorporated.

RecPlex

Instructor Rox S.

Tuesday, 7:00-7:45 PM	June 1-June 22	R \$28 NR \$32	41959
Tuesday, 7:00-7:45 PM	June 29-July 20	R \$28 NR \$32	41960
Tuesday, 7:00-7:45 PM	July 27-Aug. 17	R \$28 NR \$32	41961

Aqua Arthritis

Loosen your limbs, relax and find comfort while exercising in the soothing waters. Use the resistance of the water to enhance your body's flexibility & overall wellbeing.

RecPlex

Instructor Loree L.

Thursday, 7:45-8:45 AM	June 3-June 24	R \$28 NR \$32	42155
Thursday, 7:45-8:45 AM	July 1-July 22	R \$28 NR \$32	42156
Thursday, 7:45-8:45 AM	July 29-Aug. 19	R \$28 NR \$32	42157



Aqua Fitness at Meadows

Deep H2O

Thanks to the buoyancy of water, you will be able to strengthen your muscles & improve your cardiovascular fitness. Push and pull against the resistance of the water to help build strength without putting stress on your joints.

Meadows Pool

Instructor Rox S.

Friday, 11:00 AM-12:00 PM	June 4-June 25	R \$28 NR \$32	41962
Friday, 11:00 AM-12:00 PM	July 2-July 23	R \$28 NR \$32	41963
Friday, 11:00 AM-12:00 PM	July 30-Aug. 20	R \$28 NR \$32	41964

Make Memories SUMMER CAMPS



Summer Day Camp

(Entering Grades K-6)

Calling all campers! Join us for a fun and safe camp experience. Campers must be entering grades K-6 in the Fall of 2021. For more detailed information about Day Camp please see the Summer Camp Guidelines and Parent Handbook posted at mppd.org. Summer camp follows all IDPH and CDC requirements and guidelines. Please contact Kristina at kwinans@mppd.org with any questions.

RecPlex

Newly Added!

Monday/Wednesday/Friday, 9:00 AM-12:30 PM
View all Day Camp options at mppd.org

Summer fun abounds with themed weeks, outdoor walks, science experiments, fitness/health activities, crafts, games and scavenger hunts! Campers will also take field trips to the Art Studio, Conservatory, Lions Bandshell, Driving Range, Baseball Diamonds and playgrounds.

Campers may register for Private Swim Lessons. See p. 8 & 9 for registration. Camp staff will walk child to and from their lesson.

Camps Run June 1-Aug. 6 With Single Week Enrollment.

Registration deadline for week one is Thursday, May 20.

Registration closes at noon the Tuesday prior for all other weeks.

June 1-June 4	Tuesday-Friday, 7:30 AM-6:00 PM	R \$220 NR \$235	41838
	Tuesday-Friday, 9:00 AM-12:30 PM	R \$72 NR \$87	41839
	Tuesday-Friday, 9:00 AM-4:00 PM	R \$146 NR \$161	41840
	Wednesday/Friday, 7:30 AM-6:00 PM	R \$132 NR \$147	41841
	Wednesday/Friday, 9:00 AM-4:00 PM	R \$88 NR \$103	41842
June 7-June 11	Monday-Friday, 7:30 AM-6:00 PM	R \$275 NR \$290	41843
	Monday-Friday, 9:00 AM-12:30 PM	R \$91 NR \$106	41844
	Monday-Friday, 9:00 AM-4:00 PM	R \$183 NR \$198	41845
	Monday/Wednesday/Friday, 7:30 AM-6:00 PM	R \$165 NR \$180	41846
	Monday/Wednesday/Friday, 9:00 AM-4:00 PM	R \$110 NR \$125	41847
June 14-June 18	Monday-Friday, 7:30 AM-6:00 PM	R \$275 NR \$290	41848
	Monday-Friday, 9:00 AM-12:30 PM	R \$91 NR \$106	41849
	Monday-Friday, 9:00 AM-4:00 PM	R \$183 NR \$198	41850
	Monday/Wednesday/Friday, 7:30 AM-6:00 PM	R \$165 NR \$180	41851
	Monday/Wednesday/Friday, 9:00 AM-4:00 PM	R \$110 NR \$125	41852
June 21-June 25	Monday-Friday, 7:30 AM-6:00 PM	R \$275 NR \$290	41853
	Monday-Friday, 9:00 AM-12:30 PM	R \$91 NR \$106	41854
	Monday-Friday, 9:00 AM-4:00 PM	R \$183 NR \$198	41855
	Monday/Wednesday/Friday, 7:30 AM-6:00 PM	R \$165 NR \$180	41856
	Monday/Wednesday/Friday, 9:00 AM-4:00 PM	R \$110 NR \$125	41857
June 28-July 2	Monday-Friday, 7:30 AM-6:00 PM	R \$275 NR \$290	41858
	Monday-Friday, 9:00 AM-12:30 PM	R \$91 NR \$106	41859
	Monday-Friday, 9:00 AM-4:00 PM	R \$183 NR \$198	41860
	Monday/Wednesday/Friday, 7:30 AM-6:00 PM	R \$165 NR \$180	41861
	Monday/Wednesday/Friday, 9:00 AM-4:00 PM	R \$110 NR \$125	41862
July 5-July 9	Monday-Friday, 7:30 AM-6:00 PM	R \$275 NR \$290	41863
	Monday-Friday, 9:00 AM-12:30 PM	R \$91 NR \$106	41864
	Monday-Friday, 9:00 AM-4:00 PM	R \$183 NR \$198	41865
	Monday/Wednesday/Friday, 7:30 AM-6:00 PM	R \$165 NR \$180	41866
	Monday/Wednesday/Friday, 9:00 AM-4:00 PM	R \$110 NR \$125	41867

July 12-July 16

Monday-Friday, 7:30 AM-6:00 PM	R \$275 NR \$290	41869
Monday-Friday, 9:00 AM-12:30 PM	R \$91 NR \$106	41871
Monday-Friday, 9:00 AM-4:00 PM	R \$183 NR \$198	41873
Monday/Wednesday/Friday, 7:30 AM-6:00 PM	R \$165 NR \$180	41875
Monday/Wednesday/Friday, 9:00 AM-4:00 PM	R \$110 NR \$125	41876

July 19-July 23

Monday-Friday, 7:30 AM-6:00 PM	R \$275 NR \$290	41877
Monday-Friday, 9:00 AM-12:30 PM	R \$91 NR \$106	41878
Monday-Friday, 9:00 AM-4:00 PM	R \$183 NR \$198	41879
Monday/Wednesday/Friday, 7:30 AM-6:00 PM	R \$165 NR \$180	41880
Monday/Wednesday/Friday, 9:00 AM-4:00 PM	R \$110 NR \$125	41881

July 26-July 30

Monday-Friday, 7:30 AM-6:00 PM	R \$275 NR \$290	41882
Monday-Friday, 9:00 AM-12:30 PM	R \$91 NR \$106	41883
Monday-Friday, 9:00 AM-4:00 PM	R \$183 NR \$198	41884
Monday/Wednesday/Friday, 7:30 AM-6:00 PM	R \$165 NR \$180	41885
Monday/Wednesday/Friday, 9:00 AM-4:00 PM	R \$110 NR \$125	41886

Aug. 2-Aug. 6

Monday-Friday, 7:30 AM-6:00 PM	R \$275 NR \$290	41887
Monday-Friday, 9:00 AM-12:30 PM	R \$91 NR \$106	41888
Monday-Friday, 9:00 AM-4:00 PM	R \$183 NR \$198	41889
Monday/Wednesday/Friday, 7:30 AM-6:00 PM	R \$165 NR \$180	41890
Monday/Wednesday/Friday, 9:00 AM-4:00 PM	R \$110 NR \$125	41891



Sunsational Preschool Camp

(Ages 3-4)

The sun is out and the fun is in our camp room. This program will combine preschool elements along with themed weeks to create an exciting first camp experience for your child. Children must be 3 by May 1, toilet-trained, and able to participate without a parent/caregiver present. Sessions do not repeat. Please provide a peanut free snack and beverage each day.

Updated Location!

Lions Recreation Center

June 1-June 4

Wednesday/Friday, 9:30 AM-12:00 PM	R \$26 NR \$41	41899
Tuesday/Thursday, 9:30 AM-12:00 PM	R \$26 NR \$41	41900

June 7-June 11

Monday/Wednesday/Friday, 9:30 AM-12:00 PM	R \$39 NR \$54	41901
Tuesday/Thursday, 9:30 AM-12:00 PM	R \$26 NR \$41	41902

June 14-June 18

Monday/Wednesday/Friday, 9:30 AM-12:00 PM	R \$39 NR \$54	41903
Tuesday/Thursday, 9:30 AM-12:00 PM	R \$26 NR \$41	41904

June 21-June 25

Monday/Wednesday/Friday, 9:30 AM-12:00 PM	R \$39 NR \$54	41905
Tuesday/Thursday, 9:30 AM-12:00 PM	R \$26 NR \$41	41906

June 28-June 2

Monday/Wednesday/Friday, 9:30 AM-12:00 PM	R \$39 NR \$54	41907
Tuesday/Thursday, 9:30 AM-12:00 PM	R \$26 NR \$41	41908

June 5-June 9

Monday/Wednesday/Friday, 9:30 AM-12:00 PM	R \$39 NR \$54	41909
Tuesday/Thursday, 9:30 AM-12:00 PM	R \$26 NR \$41	41910

June 12-July 16

Monday/Wednesday/Friday, 9:30 AM-12:00 PM	R \$39 NR \$54	41911
Tuesday/Thursday, 9:30 AM-12:00 PM	R \$26 NR \$41	41912

July 19-July 23

Monday/Wednesday/Friday, 9:30 AM-12:00 PM	R \$39 NR \$54	41913
Tuesday/Thursday, 9:30 AM-12:00 PM	R \$26 NR \$41	41914

July 26-July 30

Monday/Wednesday/Friday, 9:30 AM-12:00 PM	R \$39 NR \$54	41915
Tuesday/Thursday, 9:30 AM-12:00 PM	R \$26 NR \$41	41916

Aug. 2-Aug. 6

Monday/Wednesday/Friday, 9:30 AM-12:00 PM	R \$39 NR \$54	41917
Tuesday/Thursday, 9:30 AM-12:00 PM	R \$26 NR \$41	41918

Grab A Brush VISUAL ARTS

847-342-0573 | 1326 W. Central Road

Mother's Day DIY Art Kits
Available at mppd.org



Explore the ART STUDIO Store!

— Available Beginning June 14 —

2020 changed the way we create but provided a super way for families to craft whenever the spark strikes! Call the Art Studio to discuss a wide variety of sampled projects available in a "take-home" kit with all supplies included.

Consider these summer crafting scenarios: Family reunion, rainy day fun, upcoming vacations, backyard birthdays, impromptu picnics, girls nights (young and older), block parties, 4th of July decor, a visit to Grandma's house and more!

Why spend so much more at the craft store? Our in-house Art Studio designers have a multitude of ideas for all ages. Share your plans with our talented team and take home projects like you've never seen!

For more information call 847-342-0573



Fathers Day Gifts

#1 Daddy (Ages 1-5 With Adult)

How about a quality homemade gift for your hard working Daddy? Caregiver, help your little one choose one of several possible exclusive gifts to decorate for Daddy's style. Great ideas for the great guy in your life! Please register one child per one adult.

Friday, 9:30-10:45 AM June 18 **R \$20 NR \$23** 41801

#1 Dad (Ages 6-14)

How about a quality homemade gift for your hard working Dad? Choose 3 of several possible exclusive gifts to complement your Dad's style. Choose from sports, executive, grillmaster, handyman, relaxation or a little of each. Great gifts for dads, uncles, grandpas, papas or any great guy in your life!

Friday, 12:30-3:00 PM June 18 **R \$35 NR \$38** 41802

Camps

Drawing 'FUN' damentals Camp (Ages 7-12)

Improve drawing skills through practice and understanding of the step-by-step approach. Specific tips take drawings to the next level. Use a variety of media, including chalk, pastels, charcoal and watercolor. Smaller group size guarantees individual attention. All supplies included. For added fun, social distancing, and new experiences, we'll go outside the Art Studio on the Melas Park grounds as weather permits. Please bring a clean, small blanket/towel to class daily to sit on outside, placed in a bag with a water bottle and small nut free snack. Level 2 in July will add more skills and we'll add more painting to the mix. If you attended the June class or a previous Art Studio drawing class in past summers please join us! Bring your art bag and supplies if you joined us in June 2021 for session one!

Tuesday-Thursday, 10:00 AM-12 PM June 15-June 17 **R \$80 NR \$90** 41828

Level 2-Attended previous drawing class

Tuesday-Thursday, 9:30-11:45 AM July 6-July 8 **R \$90 NR \$100** 41829

Junior Pinterest Camp (Ages 9-16)

Pinterest has expanded to include AMAZINGLY creative projects for tweens and teens! Samples come from all aspects of the crafting arts. This is a cut above your average craft experience. Students will come away with new skills and the ability to create unique, quality projects they will treasure. New projects in each camp throughout the year!

Wednesday-Friday, 1:30-4:00 PM July 14-July 16 **R \$99 NR \$109** 41821

Great Create Art Camp (Ages 5-12)

Enjoy camp at the Art Studio with arts, crafts, and more. Create masterpieces throughout the week painting, drawing, and crafting using various mediums. Plan to attend all days. Please bring a nut free lunch, water bottle and snacks daily, along with a towel to sit on outside for a picnic lunch.

Theme: Animals on Land & Sea Life

Monday-Friday, 9:30 AM-2:30 PM July 19-July 23 **R \$270 NR \$280** 41813

Theme: Candy Craze & Treats!

Wednesday-Friday, 9:30 AM-2:30 PM July 28-July 30 **R \$170 NR \$180** 41814

Theme: Summer Days!

Monday-Friday, 9:30 AM-2:30 PM Aug. 9-Aug. 13 **R \$270 NR \$280** 41815



Cartooning and More! (Ages 7-14)

Does your child love to draw cartoon or anime characters, scenes and create stories? Cartooning utilizes unique skills and students can make great progress with a few good lessons and tips. Students create a character, apply motion, talk bubbles and time sequence. Storyboards are introduced to create a comic strip. Our instructor is a college graduate that majored in this art form!

Tuesday-Thursday, 2:30-4:30 PM

July 6-July 8

R \$85 NR \$95 41810

Art Start Camp (Ages 8-14)

Our popular "all inclusive" art camp combines both art and crafts. If you're looking for an overall "art experience" this is the camp for you. Painting, drawing, color, dimension, clay, and more; an "eclectic" combination of instruction, technique and individual exploration! Must work independently and be 8 by start of camp. All supplies included.

Monday-Thursday, 1:30-3:45 PM

June 21-June 24

R \$150 NR \$160 41805

Monday-Thursday, 9:30-11:45 AM

Aug. 2-Aug. 5

R \$150 NR \$160 41806

NEW! Art Start Advanced (Ages 9-15)

Our Art Start Camp has taught the fundamentals of art to several hundreds of children in the last 15 years! Art Start Advanced continues that education for those looking for a greater challenge while still maintaining the summer FUN! This workshop style week will offer a comprehensive lesson in still life drawing, design, printmaking and watercolor. Lots of personal instruction. Reach a new level of understanding and technique. Space is limited. Bring a nut free snack and water to class.

Monday-Wednesday, 1:00-3:30 PM

Aug. 2-Aug. 4

R \$160 NR \$165 41807



Open Studio

You Choose Two (Ages 6-15)

You might remember us as Paint Pass or you might know us as Open Studio. Either way, get creative and beat the boredom on these hot or rainy summer days! Choose 2 projects from our huge assortment, including wood, plaster projects, canvas, wearables and more! Join us for one and half hours within the hours and dates listed below. Children under 6 must be accompanied by an adult. Sign up for the days you want, as many as you want. Bring a friend! Want to schedule a day and time not listed for 4 or more? Call us to see when we can accommodate you!

R \$18 NR \$20

10:00 AM-3:00 PM

Thursday	June 10	41832
Friday	June 11	41833
Monday	June 21	41834
Monday	July 12	41835
Tuesday	July 13	41836
Tuesday	July 27	41837

Sun-Sational (Ages 4-8)

Sunny, funny seasonal crafts to make you smile! Nature, colorful creations, indoor/outdoor decor; things that wiggle, giggle and squiggle, splash and garden and much more! The only all-inclusive art and craft class for the young ones!

Wednesday, 9:30-10:45 AM June 9-July 21 **R \$95 NR \$105** 41830

NEW! 'Animal Crossing' Crafts! (Ages 6-12)

Do you play the video game 'Animal Crossing'? Put the controllers down for a while and come craft with us. Artistically design and create some of the characters, scenes and playing pieces with a variety of mediums.

Monday, 9:30-11:30 AM June 14-June 21 **R \$65 NR \$70** 41803

NEW! Outdoor Landscape Painting (Ages 7-12)

For those who appreciate nature and observing your surroundings we've designed an Outdoor Landscape drawing/painting class! Explore backgrounds and foregrounds, color and texture. Bring a towel to sit on outside along with water and a small snack. Class will start in the Art Studio and move outside for a majority of the class (weather permitting). All supplies included.

Instructor Susan Egea

Tu/Th, 9:30 AM-12:00 PM June 22-June 24 **R \$60 NR \$65** 41823

NEW! 'Minecraft'er Pixel Art (Ages 6-12)

Are you ready to challenge yourself and create artistic crafts from the video game of Minecraft? We'll create from the world of Minecraft real-world versions of some of your favorite Minecraft characters and game elements! Come join us and dare to imagine! Bring a nut free lunch and water bottle.

Friday, 10:00 AM-2:00 PM June 25 **R \$60 NR \$65** 41804

Slime-a-torium (Ages 5-8)

Explore the art of making a variety of slime, while having ooey, gooey slimey fun! We'll master making a mess, learn some pretty cool art and even science stuff, and have so much fun doing it! Please dress for the mess.

Monday, 9:30-11:30 AM June 28 **R \$28 NR \$33** 41824

Social Slime (Ages 9-13)

Slime, slime, all kinds of slime! Are you a Slime-ologist? Join us for ooey, gooey options and slimy fun!

Monday, 1:00-3:30 PM June 28 **R \$32 NR \$37** 41825

Hooray for the U.S.A. (Ages 5-11)

Hooray for the USA! Celebrate the 4th with indoor/outdoor decorations and patriotic projects for all! Think stars and stripes, fireworks, American Flags, Uncle Sam and three cheers for the red, white and blue!

Tuesday, 9:30-11:45 AM June 29 **R \$31 NR \$36** 41816

Fairy Garden (Ages 7-12)

Magical fairies have taken flight to transform our art studio into a beautiful fairy garden! Create a secret garden for our fairy friends including a fairy house, glittered trees, stone path, flower petals and more. This beautiful set is perfect for play or display! Bring a nut free lunch, water bottle and towel to sit on for a picnic lunch outside! A magical experience and an Art Studio favorite!

Friday, 10:00 AM-3:00 PM July 9 **R \$60 NR \$66** 41812

Princess Palace (Ages 4-8)

Join us for a wonderful princess adventure! We celebrate Moana and all things tropical! Enjoy a morning of make-believe fun!

Monday, 9:30-11:30 AM July 12 **R \$30 NR \$35** 41826



NEW! Jungle Animals Drawing/Painting (Ages 7-12)

Be inspired by the incredible habitat of the jungle; elephants, giraffes, monkeys, birds, and more! Use of various art mediums. Lessons in scale, proportion and shape will greatly improve these efforts. Many tips in the use of pencils, ink, watercolor and pastel.

Tuesday, 9:30-11:30 AM July 13-July 27 **R \$85 NR \$95** 41818

NEW! Bears Gone Wild (Ages 5-10)

Once out of hibernation, bears love to frolic in the wild and forests. You'll receive an adorable stuffed bear to adopt and make 'wild' accessories. Use your imagination to create "the bear necessities" of summer!

Thursday, 9:30 AM-12:00 PM July 15 **R \$35 NR \$40** 41808

NEW! Tiny Dancers (Ages 4-7)

Do you love to dance, twirl around the house or yard?! By special invitation, join us and decorate crafts made for dancers with your dance friends! There may even be a special guest dance instructor to craft with you!!

Friday, 9:30-11:30 AM July 16 **R \$30 NR \$35** 41827

NEW! Mixed Media Madness (Ages 7-12)

Mixed media art is a visual art form that combines a variety of media in a single artwork. For example, if you draw with ink, then paint over it with watercolors, then add highlights in colored pencil—that's mixed media! We'll try different combinations, learn technique and most of all, have fun!

Thursday, 3:00-4:30 PM July 22-Aug. 5 **R \$70 NR \$80** 41822



Adults

Adult summer classes are held at RecPlex in the Play and Learn room on the first floor

Exploring Pastels (Ages 18+)

Learn three aspects of the medium of pastel-color, drawing, and mixing. Work from photos or still life. Suitable for beginner and intermediate/advanced levels. A supply list is available upon registration.

RecPlex

No Class June 29

Tuesday, 1:00-3:30 PM

Instructor Leslie Menarik

R \$101 NR \$111

June 8-July 27 41796

Oil Painting Studio Time (Ages 18+)

Like to oil paint, but don't have the room? Seeking artistic guidance, but don't necessarily need intense lessons? Enjoy painting and socializing with other artists? Studio time is for you! Work on your own subject matter, at your own pace, with guidance when you need it. Recommended for beginners through experienced artists.

RecPlex

No Class June 30

Wednesday, 12:30-3:00 PM

Instructor Leslie Menarik

R \$101 NR \$111

June 9-July 28 41795

Watercolor for Adults (Ages 18+)

Jump into the pool of watercolors! Beginner or intermediate artists will learn to work with "direct" painting, "wet-into-wet" and "washes", while developing an individual style. Taught by an artist degreed in fine art. Advanced students are welcome as well. A supply list is available upon registration for new students.

RecPlex

No Class June 29

Tuesday, 9:30 AM-12:00 PM

Instructor Gillian W.

R \$101 NR \$111

June 8-July 27 42161



NEW! Christmas in July

Deck the halls with your own 3½ foot wood tree with holes for lights or garland! A seasonal switch gets everyone in the holiday spirit. Paint, decorate, embellish and feel like the elves that work all year; why shouldn't we?

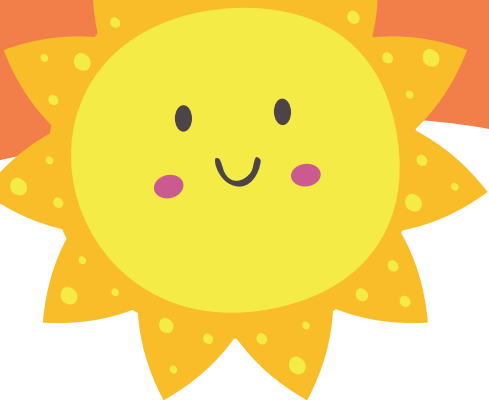
Christmas in July (Ages 8-15)

Monday, 1:00-2:45 PM July 26 **R \$25 NR \$30** 41811

Christmas in July (Ages 16-Adult)

Monday, 6:30-8:15 PM July 26 **R \$25 NR \$30** 41799





Li'l Mountaineers

Preschool 2021/2022

Register now online or in-person

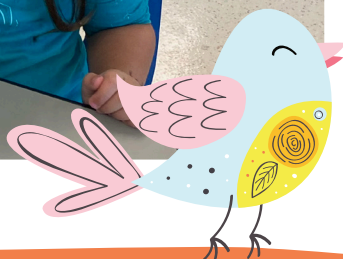


Register online or in-person at RecPlex or Central Community Center. A \$50 registration fee is required along with a copy of your child's birth certificate and credit card on file with your WebStore account for automatic monthly billing. Class location, fee, days and times are subject to change. Additional sections may be added based on demand.

Classes are held mid-September 2021 through the end of May 2022

Li'l Mountaineers Preschool Program provides an ideal early learning environment. Young children learn through active exploration of their surroundings through both free-play and structured activities.

Our curriculum is tailored to both group and individual lessons. Preschool teachers and families work together to ensure an optimal learning experience.



Almost 3s

(Must be 3 by Feb. 1, 2022)

Central Community Center

Drop Off 9:15-9:30 AM | Class Time 9:30-11:30 AM | Pick Up 11:30-11:45 AM

Monday/Wednesday

Registration Fee R \$50 NR \$60 Monthly Fee R \$125 NR \$150 41221

Tuesday/Thursday

Registration Fee R \$50 NR \$60 Monthly Fee R \$125 NR \$150 41222

3 Year Old

(Must be 3 by Sep. 1, 2021)

RecPlex

Drop Off 9:00-9:15 AM | Class Time 9:15-11:45 AM | Pick Up 11:45 AM-12:00 PM

Monday/Wednesday/Friday

Registration Fee R \$50 NR \$60 Monthly Fee R \$225 NR \$250 41223

Tuesday/Thursday

Registration Fee R \$50 NR \$60 Monthly Fee R \$150 NR \$175 41224

Pre-Kindergarten

(Must be 4 by Sep. 1, 2021)

RecPlex

Drop Off 9:00-9:15 AM | Class Time 9:15-11:45 AM | Pick Up 11:45 AM-12:00 PM

Monday/Wednesday/Friday

Registration Fee R \$50 NR \$60 Monthly Fee R \$225 NR \$250 41225

Tuesday/Thursday

Registration Fee R \$50 NR \$60 Monthly Fee R \$150 NR \$175 41226

Multi Age

(Must be 4 by Feb. 1, 2022)

RecPlex

Drop Off 12:45-1:00 PM | Class Time 1:00-3:30 PM | Pick Up 3:30-3:45 PM

Monday/Wednesday/Friday

Registration Fee R \$50 NR \$60 Monthly Fee R \$225 NR \$250 41227

Tuesday/Thursday

Registration Fee R \$50 NR \$60 Monthly Fee R \$150 NR \$175 41228

Preparing Your Child for the Climb of Life

Explore and Learn EARLY CHILDHOOD



Fun In The Sun With Your Little One

(18 Months-Age 3½ With Adult)

CCC will be transformed into a summer paradise for you and your little one to enjoy. Class will be filled with songs, fingerplays, crafts and smiles! Class will be held outdoors when weather permits.

Central Community Center

Tuesday, 9:45-10:45 AM June 15-July 27 **R** \$70 **NR** \$80 41628

Preschool Prep (Age 3)

Is your little one heading to preschool in fall? This is the perfect class to introduce your child to a preschool format. There will be circle time, projects, open play and plenty of exploration throughout the morning. Children must be toilet trained and able to participate without a parent/ caregiver present.

Central Community Center

Wednesday, 9:15-11:15 AM June 16-July 28 **R** \$98 **NR** \$108 41629

Rock 'N' Kids

Wiggle, giggle, dance and sway, have some fun the Rock 'n' Kids way! Tot Rock and Kid Rock are movement-based learning and imaginative play classes with music. All class procedures are designed to keep staff and students safe. Activities are age appropriate by class and will include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening and following directions skills. With a focus on STEAM learning, each session will have a new educational theme! Join us for music that really can't be "beat"! rockitkids.com

RecPlex

Tot Rock (12-23 Months With Adult)

Thursday, 9:15-9:55 AM June 10-July 1 **R** \$46 **NR** \$56 41630

Thursday, 9:15-9:55 AM July 15-Aug. 5 **R** \$46 **NR** \$56 41631

Kid Rock I (Ages 2-3 With Adult)

Thursday, 10:00-10:40 AM June 10-July 1 **R** \$46 **NR** \$56 41632

Thursday, 10:00-10:40 AM July 15-Aug. 5 **R** \$46 **NR** \$56 41633

Kid Rock II (Ages 3-5 Without Adult)

Thursday, 10:45-11:25 AM June 10-July 1 **R** \$46 **NR** \$56 **CANCELED**

Thursday, 10:45-11:25 AM July 15-Aug. 5 **R** \$46 **NR** \$56 41635



Rock 'N' Kids at Home! (Ages 1-6)

Registered participants will receive an email from Rock 'n' Kids on Mondays at 8:00 AM with that week's pre-recorded, private, 30-minute virtual class, allowing families to participate on their own time.

Monday June 7-June 28 **R** \$35 **NR** \$45 41636

Monday July 12-Aug. 2 **R** \$35 **NR** \$45 41637

Kindermusik

Each class registration provides access to Kindermusik@Home digital materials. These materials allow you to bring the music, activities, and story everywhere you go. Materials: Family activity & story book, CD & instrument. The required \$30 Home Material fee is non-refundable and included at registration.

Instructor Jeanneane Palczewski

RecPlex

No Class July 9

Foundations (Newborn-12 Months With Adult)

You and your newborns, infants, and crawlers engage in instrument play, dance, exploration time, and together time. These sensory learners will love their musical moments with you.

Friday, 12:45-1:30 PM June 18-July 16 **R** \$70 **NR** \$80 41530

Friday, 12:45-1:30 PM July 23-Aug. 13 **R** \$70 **NR** \$80 41531

Level 1 (Ages 1-2 With Adult)

From crawlers to walkers, we will enjoy instrument play, dance, exploration time, and Musical Moments, celebrating the uniqueness of your child along the way. Participate and observe with wonder as they begin to walk, talk, sing, play, clap, tap, and dance—all on their own!

Friday, 9:30-10:15 AM June 18-July 16 **R** \$70 **NR** \$80 41532

Friday, 9:30-10:15 AM July 23-Aug. 13 **R** \$70 **NR** \$80 41533

Level 2 (20 Months-Age 3½ With Adult)

Children will love singing, dancing, and playing instruments with you and new friends. Along with music your child will get to learn turn taking, social skills and active listening. A toddler who listens... what's not to love about that?

Friday, 10:30-11:15 AM June 18-July 16 **R** \$70 **NR** \$80 41534

Friday, 10:30-11:15 AM July 23-Aug. 13 **R** \$70 **NR** \$80 41535

Level 3 (Ages 3-5)

Class introduces music concepts, social and emotional skills, language, and self-control. Caregivers join us the last 15 min. so, you can relax & read or get in a quick work out after you drop-off your child. Caregiver attends the last 10 minutes of class.

Friday, 11:30 AM-12:15 PM June 18-July 16 **R** \$75 **NR** \$85 41536

Friday, 11:30 AM-12:15 PM July 23-Aug. 13 **R** \$75 **NR** \$85 41537

Let Them Imagine YOUTH



KinderKlub 2021-2022

(District 57 Westbrook AM & PM Kindergarten)

KinderKlub is a Kindergarten Enrichment Program designed for Westbrook Kindergarten students. AM KinderKlub runs from 9:00 AM-1:00 PM. PM KinderKlub runs from 12:00-4:00 PM. Day options include Monday-Friday, or Monday/Wednesday/Friday. Register for AM KinderKlub if you were placed in PM Westbrook Kindergarten. Register for PM KinderKlub if you were placed in AM Westbrook Kindergarten. You must put a credit card on file on your WebStore account in order to be auto billed monthly.

RecPlex

Registration Fee \$50

Monday-Friday, 9:00 AM-1:00 PM

Monthly Fee \$360 41200

Monday-Friday, 12:00-4:00 PM

Monthly Fee \$360 41201

Monday/Wednesday/Friday, 9:00 AM-1:00 PM

Monthly Fee \$220 41204

Monday/Wednesday/Friday, 12:00-4:00 PM

Monthly Fee \$220 41206

Kids Klub 2021-2022

(District 59 Grades K-5)

Kids Klub is an exciting and fun recreational before and after school program. Schools covered include Brentwood, Forest View, Devonshire, Robert Frost, and John Jay. Options include Monday-Friday or Monday/Wednesday/Friday AM and/or PM. You must put a credit card on file on your WebStore account in order to be auto billed monthly.

Registration Fee \$50

Monthly Fee Monday-Friday

AM \$145 **PM** \$200

Monthly Fee Monday/Wednesday/Friday

AM \$100 **PM** \$120

Brentwood	41217
Devonshire	42122
Forest View	41218
John Jay	42124
Robert Frost	42123

KIDS
KLUB

Camps

Adventures in STEM with LEGO (Ages 5-6)

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Tunnel Boring Machines, Stilt Houses and Teacup Rides. Design and build as never before, and explore your craziest ideas in a supportive environment. Day campers may bring a nut-free snack from home each day.

RecPlex R \$186 NR \$196

Instructor Play-Well Teknologies

Monday-Friday, 9:00 AM-12:00 PM Jul. 26-Jul. 30 41617

Minecraft Engineering using LEGO (Ages 5-6)

Bring Minecraft to life using tens of thousands of LEGO® parts! Build engineer-designed projects such as a Creeper, a Lava Trap, and a Minecart. Create your favorite Minecraft mobs, tools, and objects with the guidance of an experienced Play-Well instructor. Day campers may bring a nut-free snack from home each day.

RecPlex R \$186 NR \$196

Instructor Play-Well Teknologies

Monday-Friday, 9:00 AM-12:00 PM Jun. 28-Jul. 2 41538

Pokémon Engineering using LEGO (Ages 5-6)

Pokémon Engineering using LEGO® Materials. Join Ash and Pikachu as you build, capture, train, and explore the vast world of Pokémon with tens of thousands of LEGO® parts. Design your own Poké Balls, explore the Kanto region, and fly with Charizard. Explore engineering through the fun world of Pokémon with the guidance of a Play-Well instructor. Day campers may bring a nut-free snack from home each day.

RecPlex R \$186 NR \$196

Instructor Play-Well Teknologies

Monday-Friday, 9:00 AM-12:00 PM July 19-July 23 41609

Pokémon Master Engineering using LEGO (Ages 7-12)

Pokémon Master Engineering using LEGO® Materials. Start your training in Pallet Town and expand your Pokédex as you collect your favorite Pokémon with LEGO® materials. Surf with Blastoise, challenge Team Rocket, and earn badges from gym leaders on your way to the Pokémon League. Design and build as never before and explore your craziest ideas while learning about STEM concepts. Day campers may bring a nut-free snack from home each day.

RecPlex R \$186 NR \$196

Instructor Play-Well Teknologies

Monday-Friday, 1:00-4:00 PM July 19-July 23 41616

Minecraft Masters Engineering using LEGO (Ages 7-12)

Bring Minecraft to life using LEGO® parts! Build an Iron Golem, the Nether Portal, and the Ender. Dragon. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Day campers may bring a nut-free snack from home each day.

RecPlex R \$186 NR \$196

Instructor Play-Well Teknologies

Monday-Friday, 1:00-4:00 PM June 28-July 2 41539

STEM Explorations with LEGO (Ages 7-12)

Master your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as elaborate Houseboats, heavy duty Forklifts, and Big Ben Clocktowers! Design and build as never before, and explore your craziest ideas in a supportive environment. Campers may bring a nut free snack.

RecPlex

R \$186 NR \$196

Instructor Play-Well TEKologies

Monday-Friday, 1:00-4:00 PM July 26-July 30 41618

RoboThink Robotics Summer Camp (Ages 5-12)

Road Bots Let's hit the road! As the head of their new car company, your child will create a brand name, logo and line of cars, as well as some of their favorite motorized vehicles! Students will learn about gear ratios, sensors, energy, entrepreneurial skills and more!

Robotics In Space Inspired by Popular Movies, NASA and Space Travel. Kids will learn about space, space travel, stars and gravity, all while building a variety of interstellar robots!

RoboThink Rumble Do you think you can build the strongest and most agile robot? Can your robot win a head-to-head combat mission? Come learn engineering strategies for building sturdy structures using unique RoboThink bricks.

Building Bot Engineers Let's move some dirt. Kids will build models of their favorite construction vehicles, like bulldozers, wrecking balls and steamrollers.

Amusement Park Engineer Kids will be creating their own amusement park, from the name of the park, the price of admission, the design of the rollercoasters, and even the layout of the park itself. Learn gear ratios, potential/kinetic energy, centrifugal force and more.

Coding: Intro to Coding & Robotics Children will be introduced to concepts like weight, gravity and movement as they build awesome robots using blocks, gears and axles! Students will also be introduced to block-based coding. Each session is meant to teach engineering, coding, robotics and entrepreneurship skills to kids of all ages!

Coding: Intro to Game Design Students are able to pick from a selection of different games to build. Program teaches the basics of Scratch, where each session, your child is given a new game to design or a new aspect to add to the games they've already made.

Central Community Center

R \$200 NR \$210

Monday-Friday, June 21-June 25

9:00 AM-12:00 PM RoboThink Rumble 41494

1:00-4:00 PM Intro Coding & Robotics 41493

Monday-Friday, June 28-July 2

9:00 AM-12:00 PM Builder Bot Engineers 41496

1:00-4:00 PM Intro to Game Design 41497

Monday-Friday, July 5-July 9

9:00 AM-12:00 PM Amusement Park Engineer 41498

1:00-4:00 PM Intro To Game Design 41499

Monday-Friday, July 12-July 16

9:00 AM-12:00 PM Road Bots 41495

1:00-4:00 PM Intro to Coding & Robotics 41490

Monday-Friday, July 26-July 30

9:00 AM-12:00 PM Robotics in Space 41492

1:00-4:00 PM Into to Game Design 41491

MusicStart (Grades K-4)

Learn to read music and play tunes! Brought to you by AES and The Music Path Company, this amazing program teaches young students the beginnings of music! Using specialized, proprietary MusicStart keyboards, students learn to play familiar tunes in a group setting by color, letter, and note matching while using problem-solving strategies - without sacrificing any important musical knowledge - we are not taking shortcuts to playing and reading music. Prepare your student to take any instrument by giving them a solid musical foundation with this exciting program!

Central Community Center R \$146 NR \$156
Monday-Friday, 10:00-11:30 AM Aug. 2-Aug. 6 41410

Glitzzy Girlz-Daddy/Daughter: Summer Kickoff Night (Ages 3-10)

Each couple will design and decorate a ceramic Teacup Flower Planter and supply seeds to start a new flower this year. Paints, Stamps, Glitter glues and embellishments provided. A beautiful summer anklet/bracelet will be designed as a team accompanied by flower and butterfly charms and assorted beads. A surprise activity tops the evening for the girls by their dads! A memorable evening to launch Summer 2021. Additional Child: \$20.00

Central Community Center R \$25 NR \$35
Thursday, 6:00-7:00 PM June 17 41407

Glitzzy Girlz: Sparkle Back to School (Ages 3-10)

Come join Glitzzy Girlz staff and get ready to return to school in sparkle! Our staff will lead participants in designing fun school items like backpacks/bags and pencil cases, full of sparkle. Assorted glitter paints, stamps, sparkle jewels and embellishments make the items unique. Each girl will also design a sparkly, beautiful necklace or bracelet to accessorize their first day of school outfit. Fun charms and bead assortment to choose. A sparkle keepsake goodie is given to each classmate. See you back in the classroom!

Central Community Center R \$25 NR \$35
Thursday, 6:00-7:00 PM Aug. 5 41408

Chess Scholars-All Access (Ages 5-12)

No previous knowledge of chess is necessary: players of all levels are welcome. Each class will consist of a fun interactive teaching period and guided practice time. Both new and returning participants will get to the next level under the guidance of an experienced Chess Scholars coach. Children will have an opportunity to test for a Chess Belt under a unique Chess Scholars system patterned after martial arts belts. There will also be a chess competition with prizes at the end of the session!

Central Community Center R \$186 NR \$196
Monday-Friday, 9:00 AM-12:00 PM July 19-July 23 41409

Abracadabra-Let's do Magic! (Ages 5-12)

Enjoy more fascinating and mesmerizing tricks from the Gary Kantor Magic Team! Amazing cards, ropes, coins, mind reading and more tricks! Although some tricks appear difficult, they are actually quick to learn and easy and fun to perform. All materials and a take home magic kit provided for each child. Children are grouped by age. New tricks every session.

Instructor Magic Team of Gary Kantor

Central Community Center R \$25 NR \$35
Tuesday/Wednesday, 5:00-5:55 PM June 29 41411



Computer Explorers

Robot Academy (Ages 7-10)

Explore the world of robotics and coding in this hands-on environment, full of experiments, exploration and collaboration as we meet different robots and learn the challenges of programming and problem solving.

Prospect Heights Park District 110 W. Camp McDonald Rd.
R \$93 NR \$103
Monday, 6:00-7:15 PM May 3-May 17 41638

"R" is for Robotics (Ages 4-7)

Meet a different member of the robot team each week - C.A.P., Roamer, Colby, Bee-Bot and Speedy as we work in teams to plan a trip through a maze, make music, draw shapes and more. We'll learn about coding and programming. If at first we don't succeed, try, try again!

RecPlex R \$93 NR \$103
Monday-Thursday, 10:00-11:15 AM June 14-June 17 41639

Game Works (Ages 8-12)

Technology and games-based learning come together with this diverse set of game-making tools. Concentrating on creativity and strategy to make your own platformer games, space-themed, retro arcade games, and even complex physics-based puzzle games. No programming skills necessary, just a good imagination and a desire to be creative!

Prospect Heights Park District 110 W. Camp McDonald Rd.
R \$112 NR \$122
Monday-Thursday, 10:00-11:30 AM June 28-July 1 **CANCELED**

Cars, Catapults and Bridges (Ages 7-12)

This class focuses on teaching the FUNdamentals of engineering as students work in teams using LEGO simple machine kits. Each session will build upon the student's skill level as they learn about levers, wheels/axles, gears. Projects could include building: drawbridges, cars, amusement park ride, cranes, catapults and much more! Join the fun while you explore engineering concepts that you can use at home for your own projects.

The Zone 550 E. Business Center Dr., Mt. Prospect, IL 60056
River Trails Park District R \$112 NR \$122
Monday-Thursday, 10:00-11:30 AM July 19-July 22 41641

Grow FRIENDSHIP PARK CONSERVATORY

847-298-3500 | 395 W. Algonquin Road, Des Plaines

NEW! Greenhouse Tours

Our knowledgeable staff is available to give you a tour and answer gardening/planting questions you may have. Masks must be worn and social distancing will be observed. No need to sign up, but if you are planning to bring a group of more than 4, please call Rebekah at the Conservatory for scheduling.

Available June 22-August 19, Tuesday & Thursday from 10:00 AM to Noon



Native Bees

Saturday, June 12 | 11:00 AM-12:30 PM

Family Event For All Ages

R \$18 NR \$20 41716

Did you know that 70% of all bees here in Illinois actually live in the ground? The remaining 30% live above ground in old beetle holes in dead trees, nested in pithy plant stems, or even within the siding of your house! Join us to explore native bee species, what they eat and where they live. Experiment with different types of bee nesting material. Take home something related to bees to remember the buzz of the day.



NEW! Mother/Daughter Summer Tea

Saturday, June 12 | 1:00-2:30 PM

Ages 3-Adult

R \$22 NR \$25 42170

Share a tea party with someone special! Dress up in fancy clothes and experience a very lady-like afternoon. Perfect for moms, daughters, grandmas, granddaughters, aunts, nieces and more. Your table is set with tea, juice, a pre-packaged lunch from 'Avanti Cafe' and sweet treats. Take photos in the beautiful atrium or courtyard and enjoy an activity. All children must be accompanied by an adult. To share a table with friends, call ahead and let us know! Please register each attendee.



Spring Plant Sale

Friendship Park Conservatory

Enjoy a selection of home-grown plants, annuals, hanging baskets, herbs, vegetables and perennials. In person sales only.

Patrons must reserve a forty-five minute shopping time slot for Wednesday, Thursday and Friday. Registration begins April 26 at 10:00 AM. SignUpGenius link will be posted at mppd.org.

Saturday sales do not require a reservation but please note safety guidelines will be enforced as they pertain to maximum capacities. You may encounter a short wait prior to shopping in the greenhouse.

Shoppers must bring their own basket or wagon.

Reservation Only

Wednesday, May 5, 10:00 AM-3:00 PM

Thursday, May 6, 1:00-6:00 PM

Friday, May 7, 9:00 AM-Noon

No Reservation Required

Saturday, May 8, 9:00 AM-1:00 PM

847-255-5380 | 23



Outdoor Adventure Camp

Explore the outdoors with new friends and our knowledgeable Nature Instructors at Friendship Park Conservatory. Every fun-filled day brings us closer to nature with hands-on activities, outdoor fun, science and crafts during these popular 1/2 day camps. Campers must be 4 years old by June 1, 2021. Sign up for multiple sessions—each one is unique! There's so much to explore!

Ages 4-9

Monday/Wednesday/Friday, 9:30 AM-12:00 PM	June 7-June 25	R \$225 NR \$235	41919
Monday/Wednesday/Friday, 9:30 AM-12:00 PM	July 7-July 23	R \$200 NR \$210	41920
Monday-Friday, 9:30 AM-12:00 PM	July 26-July 30	R \$125 NR \$135	42182
Tuesday/Thursday, 9:30 AM-12:00 PM	July 6-July 22	R \$150 NR \$160	42181

Ages 6-12

Monday-Friday, 9:30 AM-12:00 PM	Aug. 2-Aug. 6	R \$125 NR \$135	42183
Monday-Friday, 9:30 AM-12:00 PM	Aug. 9-Aug. 13	R \$125 NR \$135	42184



Youth Programs

NEW! Jr. Horticulturist (Ages 9-13)

Earn your FPC Junior Horticulturist Certification by participating in Greenhouse and grounds growing projects. Get insider views on unusual plant species, propagation and germination techniques; practice what you learn at home or participate in your local community garden.

Wednesday, 1:00-2:30 PM July 14-Aug. 4 **R \$75 NR \$85** 41748

NEW! Planting for Butterflies (Ages 5-10)

The female monarch butterfly is very specific about which plants to lay her eggs on. Larva of other Illinois butterflies are also specific foragers and require certain things to develop and undergo metamorphosis. Join us to discuss some common and not so common butterflies and what they eat in all stages of their life. Pot up a caterpillar host plant to take home to your garden.

Saturday, 11:00 AM-12:30 PM July 17 **R \$18 NR \$20** 41717



NEW! Ants are Farmers Too!

Take a walk around the park to scout for ant behavior and talk about the wonderful ways in which ants are farmers too. We may see ants farming aphids like sheep, growing fungus, planting seeds, and working together in support of their underground ant community. Bring your favorite observation tools for up close viewing as we experiment with some favorite ant foods.

Ages 4-6

Monday, 9:30-11:00 AM Aug. 2 **R \$18 NR \$20** 42185

Ages 7-11

Thursday, 4:00-5:30 PM Aug. 5 **R \$18 NR \$20** 41719

Nesting Structures (Ages 9-14)

Birds, Bees, praying mantis and more - many species make nests. Learn some of the important location and material needs of garden nesters, and experiment with a variety of building techniques. Choose your favorite species, research habitat needs and bring your nesting structure to FPC for group install and monitoring. We will share project videos and details on nesting success online.

Thursday, 4:00-5:30 PM Aug. 12 **R \$18 NR \$20** 41726



Adult Workshops

NEW! Garden Design Basics (Ages 18+)

Overwhelmed by the thought of starting a new garden, or trying to figure out what to do with that wet spot in your lawn? Join fellow future and long-time gardeners for this discussion on assessing site conditions, layout, movement and pathways, plant choices and function. Bring a photo of your potential garden spot to share with the group for discussion.

Thursday, 6:00-7:30 PM June 10 **R \$25 NR \$30** 41701



NEW! Planning a Pollinator Garden (Ages 18+)

Learn about some of the many important wildflowers that feed and house bees and butterflies, and hear tips of design, planting and ongoing garden care. We will discuss the needs of early foragers such as the queen bumblebee as she searches for a new nesting spot, late season butterflies getting ready for migration and many species in between.

Saturday, 9:00-10:30 AM June 12 **R \$20 NR \$25** 41708

NEW! Fruit Tree Care for Beginners (Ages 18+)

Spend your Saturday morning at FPC discussing fruit tree varieties that grow well in this area, primary pest and disease concerns and organic treatments, importance of monitoring, and an overview on pruning basics. Bring your favorite pruning tools for a look at cleaning and sharpening.

Saturday, 9:00-10:30 AM June 19 **R \$25 NR \$30** 41709

NEW! For the Birds (Ages 18+)

Spring and fall bring some 200 bird species through our area as they migrate north and south along the Mississippi Flyway—many in need of food and shelter as they make this incredible journey to summer breeding or wintering grounds. Join us for a discussion on some likely avian visitors and how to choose trees and shrubs that provide persistent fruits, an ample supply of insects, or quick fueling seeds and buds.

Thursday, 6:00-7:30 PM July 15 **R \$20 NR \$25** 41713



FOLLOW THE FUN



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Mt. Prospect Park District



Sign up for our e-newsletter to stay up to date on all programs, news and events at mppd.org

Take A Bow PERFORMING ARTS



Kids on Stage

Curtain up, light the lights and imagine yourself center stage! Learn about acting and meet new friends as we present our Children's Theatre Production. All actors receive a speaking role! One parent is required to attend a short meeting via Zoom the first night of class at 6:30. Performance options to be determined; planning for 7:00 PM Friday, Aug. 6 at the Lions Park Bandshell (rain date Saturday, Aug. 7). To ensure social distancing, the ground will be marked with circles. Rather than purchasing individual tickets, families will purchase a circle and bring their own chairs or blankets for seating in the circles. More details to come. Rehearsals will be Wednesday, Aug. 4 and Thursday Aug. 5 at the Lions Park Bandshell (weather permitting) call times tbd. If necessary, class meetings can be moved to the Zoom platform.

Instructor Colleen Kaminiski

RecPlex

No Class May 26 & June 30

Kids on Stage Jr (Ages 5-7)

Wednesday, 5:45-6:45 PM May 12-Aug. 4 **R** \$115 **NR** \$125 41793

Kids on Stage (Ages 8-16)

Wednesday, 7:00-8:30 PM May 12-Aug. 4 **R** \$180 **NR** \$190 41792

Comedy Today-Improvational Camp (Ages 8-14)

This unique and challenging camp is for the young actor that isn't afraid to crack a joke, think on their feet, try new things and all while knowing they are funny! Comedy consists of developing scenes spontaneously through games, imagery, storytelling and teamwork. We encourage our students to break loose in a safe, structured and supportive environment. Bring a water bottle and nut free snack each day. All actors receive a speaking role!

Instructor Colleen Kaminiski

RecPlex

Monday-Friday, 9:30 AM-12:30 PM Aug. 9-Aug. 13 **R** \$150 **NR** \$160 41794

Private Guitar Lessons (Ages 9-Adult)

Learn the basics of guitar (electric, acoustic, ukulele or bass) with instruction on chords, songs, how to read notes, time signatures and scales. These private 30 minute weekly lessons are designed for the individual student. Beginners to advanced levels, children and adults welcome. Styles include rock, alternative, blues, folk and jazz guitar. You will be contacted to arrange the time of individual lessons. To reserve your time slot moving forward, please sign up before the end of each session for the next session. Call Ann in Cultural Arts with questions.

Instructor Ryan Y.

Lions Recreation Center

Saturday, 2:30-6:00 PM July 10-Aug. 21 **R** \$140 **NR** \$150 41791

Central Community Center

Monday, 2:00-6:30 PM June 7-July 19 **R** \$140 **NR** \$150 42162

Monday, 2:00-6:30 PM July 26-Aug. 13 **R** \$140 **NR** \$150 42163



Dance

2021 Summer Term begins Monday, June 14

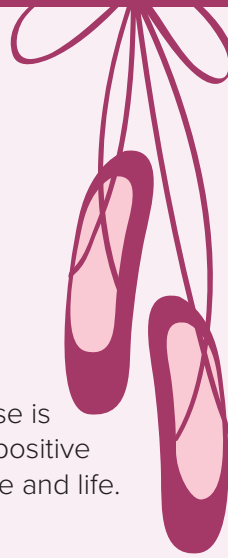
No Classes July 3

Return for Summer and Dance into Fall!

The Mt. Prospect School of Classical Ballet and Studio Impulse is committed to excellence in dance education and creating a positive environment where students can achieve their goals in dance and life.

Summer Term Registration Guide

- Dancers should register based on grade COMPLETED
- Junior, Intermediate and Advanced level dancers should continue in her/his current class placement
- If your dancer was previously enrolled in the program and is interested in returning to dance this summer, or if your dancer is new to the program, please call Amy to discuss placement at 847-640-1000



June 2021 Dance Recitals

We are re-imagining our recital performances to create a safe environment for our dancers and patrons. The dance recitals will be held at the Lions Park Veterans Memorial Bandshell on Saturday, June 5 and Sunday, June 6. The audience will purchase a socially distanced lawn circle for a lovely Ravinia-like performance experience.

Circle purchase details available Wednesday, May 19

Over the Rainbow

Presented by the Mt. Prospect School of Classical Ballet

Saturday, June 5, 11:00 AM & 2:00 PM

Sunday, June 6, 3:00 PM

Glimmer

Presented by Studio Impulse

Saturday, June 5, 5:00 PM

Sunday, June 6, 12:00 PM

Rain dates June 12 & 13



Studio Safety Protocols

To keep our studios as clean and safe as possible for dancers and faculty

- Dancers are required to wear masks when attending classes at the studio.
- Dancers will continue to be socially distanced in the classroom.
- Please visit mppd.org/programs-events/dance for detail on safety protocols for in person dance classes.

Virtual and Hybrid Classes Available

- A limited number of classes meet exclusively over Zoom, however, dancers may also request to take an in person class over Zoom by contacting Amy at 847-640-1000.
- Dancers participating in classes at the studio who aren't feeling well or have to quarantine may also request access to class via Zoom as needed.

Dance Camps

"The Croods" Preschool & Kindergarten Dance Camp

(Born by Sep. 1, 2017)

This dance camp will be sure to entertain your child's imagination! A complete dance class will exercise a young dancer's body and creativity through a variety of dances, activities and games centered on the popular kid's movie "The Croods!" A virtual performance will take place on the last day of camp. Please wear comfortable clothes and ballet or jazz shoes.

RecPlex

Thursday, 11:30 AM-12:30 PM

July 8-July 29

Instructor Vanessa M.

R \$50 **NR** \$60 41554

Dance Discovery Theater Camp (Grades 1-4)

Explore a variety of dance styles from ballet to hip hop, centered on the fun stories of "Tom & Jerry: The Movie" and the "Spy Kids" film series! Dancers learn choreography and explore movement related to these wonderful stories and characters. Please bring a water bottle to class each day. Space is limited!

RecPlex

Instructor Molly S.

Tom & Jerry: The Movie

Monday-Friday, 9:30-11:30 AM June 7-June 11 **R** \$125 **NR** \$135 41563

Spy Kids

Monday-Friday, 9:30-11:30 AM July 26-July 30 **R** \$125 **NR** \$135 41564

Elevation! Summer Dance Performance Workshop

Take your dance training to new heights with this intensive, one-week workshop designed for the serious dance student at the Intermediate and Advanced levels. Dancers take a daily ballet, jazz and contemporary technical class with rotating specialty dance styles such as hip-hop, tap, Latin jazz and ballroom. Dancers will also cross-train in yoga and Pilates and learn about other dance-related topics such as auditioning, acting, nutrition, injury prevention and choreography. Elevation! Tuition includes a workshop t-shirt. Specialty outside instructors throughout the week.

Lions Recreation Center

Junior 3 level dancers and above

Monday-Friday, 9:30 AM-3:30 PM Aug. 2-Aug. 6 **R** \$270 **NR** \$280 41565



Mini Medley

(Preschool/Born by Sep. 1, 2017)

Boys and girls! Move to the groove and dance to the beat; bop with the rhythm and tap your feet! Class explores a combination of ballet, tap, and jazz against the backdrop of popular music. Dance attire, tap shoes and black ballet or jazz shoes are required.

RecPlex

Instructor Vanessa M.

Saturday, 10:00-10:45 AM

June 19-Aug. 7

R \$70 **NR** \$80 41595

Princess Ballerinas (Born by Sep. 1, 2017)

A springboard to Pre-Ballet. Children learn to express themselves through movement and dance using stories of familiar princesses. Begin to understand basic concepts such as tempo, levels and space. The session culminates with an in-studio performance during the final class.

Lions Recreation Center

Monday, 9:00-9:30 AM June 14-July 26 **Instructor** Caryn H. **R** \$56 **NR** \$66 41601

Thursday 4:00-4:30 PM June 17-July 29 **Instructor** Caryn H. **R** \$56 **NR** \$66 42167

Saturday, 8:30-9:00 AM June 19-Aug. 7 **Instructor** Vikki B. **R** \$56 **NR** \$66 41603

Virtual

Tuesday, 4:30-5:00 PM June 15-July 27 **Instructor** Caryn H. **R** \$56 **NR** \$66 41602

Pre-Ballet (Born by Sep. 1, 2016-Kindergarten)

Nurtures the young child's love of dance and emphasizes creativity, musicality and having fun. Children learn classical ballet positions, preparatory ballet steps, & laying the groundwork for formal ballet training.

Lions Recreation Center

Preschool/Kindergarten

Monday, 9:45-10:30 AM Jun. 14-Jul. 26 **Instructor** Caryn H. **R** \$70 **NR** \$80 41597

Kindergarten

Saturday, 10:30-11:15 AM June 19-Aug. 7 **Instructor** Vikki B. **R** \$70 **NR** \$80 41599

Preschool

Saturday, 11:30 AM-12:15 PM June 19-Aug. 7 **Instructor** Vikki B. **R** \$70 **NR** \$80 41600

Virtual

Preschool/Kindergarten

Tuesday, 5:05-5:35 PM June 15-July 27 **Instructor** Caryn H. **R** \$56 **NR** \$66 41598

Kindergarten Combo

Children explore creative movement and use their imagination, while improving rhythm and coordination. We'll mix it up with jazz, tap, ballet, and hip hop to give students a well-rounded base and a chance to explore all dance forms. Dance attire, tap shoes and black ballet or jazz shoes required. Perfect for boys or girls.

RecPlex

Thursday, 1:45-2:30 PM	June 17-July 29	Instructor Vanessa M.	R \$70 NR \$80	41590
Saturday, 9:00-9:45 AM	June 19-Aug. 7	Instructor Vanessa M.	R \$70 NR \$80	41591

Introduction to Ballet (Grades 1 & 2)

The perfect starting point for young dancers. Students work at an accelerated but comfortable pace, with a focus on developing ballet technique and learning how to perform a variety of ballet movements and steps in a fun and encouraging environment.

Lions Recreation Center

Monday, 10:45-11:45 AM	June 14-July 26	Instructor Caryn H.	R \$77 NR \$87	41577
Wednesday, 4:00-5:00 PM	June 16-July 28	Instructor Linda B.	R \$77 NR \$87	41578
Saturday, 9:15-10:15 AM	June 19-Aug. 7	Instructor Vikki B.	R \$77 NR \$87	41579

Junior Ballet

Provides a strong foundation in classical ballet technique in a fun and encouraging environment. Develop flexibility, strength, control and learn a sense of line essential to the training of all dancers, as well as athletes and students of other performing arts.

Lions Recreation Center **No Class** July 12 & 13 for Tara Schulz's classes

Junior 1

Monday, 4:30-5:30 PM	June 14-July 26	Instructor Tara S.	R \$77 NR \$87	41582
Tuesday, 5:15-6:15 PM	June 15-July 27	Instructor Tara S.	R \$77 NR \$87	41585

Junior 2

Monday, 5:45-6:45 PM	June 14-July 26	Instructor Tara S.	R \$77 NR \$87	41583
Tuesday, 4:00-5:00 PM	June 15-July 27	Instructor Tara S.	R \$77 NR \$87	41584

Junior 3

Thursday, 4:45-5:45 PM	June 17-July 29	Instructor Caryn H.	R \$77 NR \$87	41587
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Virtual

Junior

Tuesday, 5:45-6:45 PM	June 15-July 27	Instructor Caryn H.	R \$77 NR \$87	41586
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Intermediate Ballet

Learn more complex steps and combinations, while continuing to develop and refine technique in preparation for pointe work in the upper intermediate levels. Dancers are coached on developing a sense of musicality and artistry.

Lions Recreation Center

Intermediate 1

Tuesday, 6:30-8 PM	June 15-July 27	Instructor Allison R.	R \$82 NR \$92	41572
Thursday, 4:00-5:30 PM	June 17-July 29	Instructor Rachel V.	R \$82 NR \$92	41575

Intermediate 2

Wednesday, 5:15-6:45 PM	June 16-July 28	Instructor Linda B.	R \$82 NR \$92	41573
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Intermediate 2/3

Thursday, 7:15-9:00 PM	June 17-July 29	Instructor Rachel V.	R \$84 NR \$94	41576
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Intermediate 3

Wednesday, 7:00-8:45 PM	June 16-July 28	Instructor Linda B.	R \$84 NR \$94	41574
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Ballet Essentials for Beginners

(Grades 3-5)

The perfect starting point. Dancers learn the five basic positions, basic ballet steps, how to turn, jump and leap, preparing them for further ballet training. Dress in a leotard, tights and ballet slippers with hair pulled up and off the neck.

Lions Recreation Center

Instructor Tara S.

Mon, 3:15-4:15 PM

June 14-July 26

R \$77 **NR** \$87 41550

Accelerated Intermediate Ballet

Created for dancers in middle school or high school who have training in other dance disciplines. New or returning students to ballet who want to audition for Orchestras, musical theater productions, or other dance opportunities where technical dance training is important.

Lions Recreation Center

Instructor Allison R.

Tuesday, 8:15-9:30 PM

June 15-July 27

R \$79 **NR** \$89 41540

Ballet Expressions

(By Invitation Only)

Provides the committed ballet dancer with additional exposure to choreography and opportunities for performance through an exciting and diverse ballet repertory. For more information about Ballet Expressions or to book a performance, call Amy at 847-640-1000.

Lions Recreation Center

Instructor Amy H.

Wednesday, 5:00-7:30 PM

June 16-July 28

R \$82 NR \$92 41551

Beginning & Continuing Teen Jazz

(Grades 6-12)

Teen-focused class for beginning and continuing jazz dance students. Dancers learn the fundamentals of jazz dance technique, while also exploring their range as performers in a fun and supportive atmosphere. Great for students interested in preparing for middle school or high school dance groups, poms, musical theater and show choir.

Lions Recreation Center

Instructor Katelyn R.

Monday, 8:30-9:15 PM

June 14-July 26

R \$70 NR \$80 41552

Rhythm Project

(Grades 5-12)

The perfect opportunity to start your tap training! Fun, versatile, and beneficial to round out your dance education. Using upbeat, new hit music, you begin learning the rhythmic art of tap with students your age!

RecPlex

Instructor Micki S.

Tuesday, 7:15-8:00 PM

June 15-July 27

R \$70 NR \$80 41604

Advanced Ballet

Dancers work to improve flexibility, strength, and stamina at the barre and center, & are challenged with virtuoso steps, variations and longer combinations. Dancers may also train en pointe based on individual student readiness.

Lions Recreation Center

Advanced 1 (ballet & pointe)

Monday, 4:00-5:45 PM

June 14-July 26

Instructor Amy H.

R \$84 NR \$94 41542

Advanced 1/2 (ballet & pointe)

Wednesday, 7:30-9:15 PM

June 16-July 28

Instructor Amy H.

R \$84 NR \$94 41545

Advanced 2/3 (ballet & pointe)

Monday, 7:15-9:00 PM

June 14-July 26

Instructor Amy H.

R \$84 NR \$94 41543

Advanced 3 (ballet & pointe)

Wednesday, 3:15-5:00 PM

June 16-July 28

Instructor Amy H.

R \$84 NR \$94 41544

Advanced Open

Thursday, 10:00-11:45 AM

June 17-July 29

Instructor Linda B.

R \$84 NR \$94 41546

Saturday, 1:45-3:30 PM

June 19-Aug. 7

Instructor Rachel V.

R \$84 NR \$94 41547

Master Ballet Class Series

Designed for committed and experienced Intermediate and Advanced level dancers, these weekly technique classes offer the opportunity to reach your potential by training in a fast-paced, uniquely enriching class. Pre-requisite: concurrent enrollment in Intermediate 2 Ballet or above. Dancers new to the dance program are welcome to enroll and should call Amy at 847-640-1000.

Lions Recreation Center

No Class July 13

Intermediate Tech

Tuesday, 3:45-5:00 PM

June 15-Aug. 3

Instructor Sue L.

R \$79 NR \$89 41592

Advanced Tech

Tuesday, 5:15-6:45 PM

June 15-Aug. 3

Instructor Sue L.

R \$82 NR \$92 41593

Tuesday, 7:00-8:30 PM

June 15-Aug. 3

Instructor Sue L.

R \$82 NR \$92 41594

Beginning Jazz (Grades 1 & 2)

Teaches students the fundamentals of jazz technique through up-tempo center and barre warm ups, traveling progressions and center combinations in a fun and supportive environment.

RecPlex

Monday, 4:15-5:00 PM

June 14-July 26

Instructor Molly S.

R \$70 NR \$80 41553

Junior Jazz

Teaches young dancers the fundamentals of jazz technique through traveling progressions and center combinations. Provides students with a strong foundation for continued jazz dance training in a fun and supportive environment.

RecPlex

Junior 1/2

Wednesday, 5:30-6:15 PM

June 16-July 28

Instructor Sandy S.

R \$70 NR \$80 41589

Junior 3

Monday, 6:00-7:00 PM

June 14-July 26

Instructor Molly S.

R \$77 NR \$87 41588

Intermediate Jazz

Learn challenging combinations incorporating technical elements along with directional and weight changes, complex rhythms, and dynamics. Develop strong technical ability and performance quality.

RecPlex

Intermediate 1/2

Monday, 7:15-8:15 PM

June 14-July 26

Instructor Molly S.

R \$77 NR \$87 42125

Lions Recreation Center

Intermediate 3

Monday, 7:15-8:15 PM

June 14-July 26

Instructor Katelyn R.

R \$77 NR \$87 42126

Advanced Jazz

Features a fast-paced warm up, energetic progressions and combinations designed to challenge and push experienced dancers' comfort zones. Complex weight, level and dynamic changes make classes both fun and challenging. Dancers coached on energy, expression and musicality to enhance performance quality and prepare them for performances, auditions and more.

RecPlex

Advanced 1

Wednesday, 7:30-8:30 PM June 16-July 28 **Instructor** Kim K. **R** \$77 **NR** \$87 41548

Lions Recreation Center

Advanced 2/3

Thursday, 5:45-7:00 PM June 17-July 29 **Instructor** Rachel V. **R** \$79 **NR** \$89 41549

Tap & Jazz Combo (Completed Grades 1 & 2)

This combination class offers tap and jazz instruction in a fun atmosphere. In tap, students work with timing and rhythms, while jazz focuses on technique and traveling progressions.

Lions Recreation Center

Saturday, 1:30-2:30 PM June 19-Aug. 7 **Instructor** Micki S. **R** \$77 **NR** \$87 41605

Tap Dance

Tap classes give students a sense of rhythm, musicality and timing. Placement into these sections requires instructor permission or placement. Black Jazz-Tap shoes are required.

RecPlex

Junior (Grades 3-5)

Wednesday, 4:30-5:15 PM June 16-July 28 **Instructor** Sandy S. **R** \$70 **NR** \$80 41606

Lions Recreation Center

Intermediate

Saturday, 12:30-1:15 PM June 19-Aug. 7 **Instructor** Micki S. **R** \$70 **NR** \$80 41607

Contemporary Dance

Features a unique synergy of contemporary ballet, jazz, and modern dance technique and teaches skills through the use of creative expression, individuality, and musicality. Pre-requisite: Dancers must have a minimum of 2 years in ballet and/or jazz technique classes and a concurrent enrollment in Intermediate 1 ballet/jazz or above. New contemporary students should register for Level 1. Instructor permission and previous training is required for Levels 2 and up.

Lions Recreation Center

Contemporary 1

Thursday, 6:00-7:00 PM June 17-July 29 **Instructor** Caryn H. **R** \$77 **NR** \$87 41560

Contemporary 2

Saturday, 10:00-11:00 AM June 19-Aug. 7 **Instructor** Rachel V. **R** \$77 **NR** \$87 41561

Contemporary 4/5

Monday, 6:00-7:00 PM June 14-July 26 **Instructor** Amy H. **R** \$77 **NR** \$87 41558

Contemporary 5

Saturday, 12:30-1:30 PM June 19-Aug. 7 **Instructor** Rachel V. **R** \$77 **NR** \$87 41562

RecPlex

Contemporary 3/4

Wednesday, 8:35-9:35 PM June 16-July 28 **Instructor** Kim K. **R** \$77 **NR** \$87 41559

Impulse Dance Ensemble



(By Audition Only)

Provides Studio Impulse dancers with an opportunity to study performance and choreography. Ensemble members learn multiple works that are featured at area festivals and events. For more information about Impulse Dance Ensemble, the requirements for the annual August IDE auditions or to book a performance, please call Amy at 847-640-1000.

Lions Recreation Center

Instructor Kim K.

Thursday, 7:15-9:30 PM

June 17-July 29

R \$82 **NR** \$92 41571

Broadway Bound

(Grades 5-12)

Explore musical theater dance to sounds of Broadway favorites such as Hamilton, Newsies, Aladdin and more. Gain confidence for your next audition. Dancers will learn choreography and receive coaching on rhythm, style, technique and dynamic.

Lions Recreation Center

Instructor Amy H.

Beginning

Friday, 2:30-3:30 PM

June 18-July 30

R \$77 **NR** \$87 41556

Advanced

Friday, 1:15-2:15 PM

June 18-July 30

R \$77 **NR** \$87 41557

Modern Dance

Learn fundamental Graham principles including contraction, release, spirals and experiment with weight, gravity and dynamic. Wear a leotard and footless tights to dance barefoot. Pre-requisite: Dancers must have a minimum of 2 years in ballet and/or jazz technique classes and a concurrent enrollment in Intermediate 1 ballet and/or jazz or above.

RecPlex

Instructor Molly S.

Open

Monday, 8:30-9:30 PM

June 14-July 26

R \$77 NR \$87 41596

Riff Raff Dance Crew

(By Invitation Only)

Riff Raff Dance Crew is a multi-level hip hop performance group offering invited dancers the opportunity to build on their skills and performance personality by focusing on unique choreography and local performance opportunities.

RecPlex

Instructor Vanessa M.

Saturday, 12:00-1:00 PM

June 19-Aug. 7

R \$77 NR \$87 41608

Jazz Plus!

Studio Impulse's curriculum is rooted in jazz dance technique. The Jazz Plus class format offers young dancers a unique opportunity to develop the poise, confidence and jazz technique needed for future dance training while also exploring the funky and fun stylized movement of hip hop. The Beginning section is for dancers who have completed first and second grade; Junior section is by instructor placement.

RecPlex

Beginning (Grades 1 & 2)

Thursday, 2:45-3:45 PM

June 17-July 29

Instructor Vanessa M.

R \$77 NR \$87 41580

Junior

Thursday, 4:00-5:15 PM

June 17-July 29

Instructor Vanessa M.

R \$79 NR \$89 41581

Hip Hop

Learn the basics of hip hop through warm-ups, combinations, steps, and short routines. Beginning level classes are based on grade.

RecPlex

Grades 5 & 6

Monday, 5:00-5:45 PM

June 14-July 26

Instructor Molly S.

R \$70 NR \$80 41566

Saturday, 1:15-2:00 PM

June 19-Aug. 7

Instructor Vanessa M.

R \$70 NR \$80 41569

Intermediate

Saturday, 11:00-11:45 AM

June 19-Aug. 7

Instructor Vanessa M.

R \$70 NR \$80 41567

Lions Recreation Center

Advanced

Saturday, 11:15 AM-12:15 PM

June 19-Aug. 7

Instructor Rachel V.

R \$77 NR \$87 41568

Beginning Teen Hip Hop

Teens will be introduced to the basic principles of Hip Hop dance and will learn fun and energetic moves and routines influenced by today's popular music videos.

RecPlex

Thursday, 6:15-7:00 PM

June 17-July 29

Instructor Vanessa M.

R \$70 NR \$80 41555

Hip Hop for Guys

Fun and fast-paced class for guys only! In addition to training in this popular style, guys also gain coordination and agility both as dancers and for athletics and other activities.

RecPlex

Completed Grades 1-4

Thursday, 5:30-6:00 PM

June 17-July 29

Instructor Vanessa M.

R \$56 NR \$66 41570



Adult Tap Beginning/Continuing (Ages 18+)

If the amazing upbeat tap numbers of Broadway inspire you, give this a try! Adult tap dancers explore the connection of movement and music, while learning basic tap steps and terminology. Develop confidence and learn Broadway-style choreography for a unique and fun dance experience. Students should wear tap shoes and comfortable clothing that allows the body to move.

RecPlex

Instructor Sandy S.

Wednesday, 6:30-7:15 PM

June 16-July 28

R \$70 NR \$80

41541

Play Your Best ATHLETICS

Mt. Prospect Park District follows all youth sports guidelines per the State of Illinois and Cook County Health Department

Camps

NEW! Chicago Union Ultimate Camp (Ages 8-13)

Chicago Union runs this week-long camp designed to introduce kids to Ultimate Frisbee while providing a legendary experience!

Ultimate is a non-contact, action-packed sport played with a flying disc (Frisbee) where players pass the disc from one player to the next until someone catches it in the opponent's end zone for a goal, worth one point.

Camp participants will learn: The basic rules and strategies of Ultimate Frisbee, how to throw a backhand and forehand, proper catching techniques, basic offense and defense, spirit of the Game, and on-field and off-field leadership and teamwork skills. The camps are centered around Ultimate, but most importantly prioritize getting kids moving and having FUN! Various activities will include throwing accuracy games, partner catching, Randy Moss drills, footwork games, pulling contests, small scrimmages, and much more. These clinics are run in half-day sessions and are tailored for ages 8-13.

All camp participants receive:

- Chicago Union gaiter/neckie for nose and mouth protection
- 4 tickets to select 2021 Chicago Union home game
- 15 hours of beginner ultimate training
- Additional prizes for skills challenges, effort, teamwork, and good spirit

Lions Park

Monday-Friday, 1:00-4:00 PM	R \$120 NR \$130	June 21-June 25	41892
Monday-Friday, 1:00-4:00 PM		June 28-July 2	41893
Monday-Friday, 1:00-4:00 PM		July 12-July 16	41894
Monday-Friday, 1:00-4:00 PM		July 19-July 23	41895
Monday-Friday, 1:00-4:00 PM		July 26-July 30	41896
Monday-Friday, 1:00-4:00 PM		Aug. 2-Aug. 6	41897
Monday-Friday, 1:00-4:00 PM		Aug. 9-Aug. 13	41898

Green White MPPD Soccer Camp (Ages 4-14)

The Camp is designed to focus on skill development for young soccer players. Campers will learn soccer skills and techniques through exercises and games specifically designed for youth players. The emphasis is always on fun and learning. Campers, both boys and girls, from grades K-8 will take part in five days of training sessions led by the Green White Soccer Club coaching staff and their director of coaching Mostafa Edders.

Majewski Athletic Complex

Ages 4-6

Monday-Friday, June 21-June 25

9:00-11:00 AM R \$150 NR \$160 41525

Monday-Friday, June 28-July 2

9:00-11:00 AM R \$150 NR \$160 41528

Ages 7-14

Monday-Friday, June 21-June 25

9:00 AM-12:00 PM R \$180 NR \$190 41526

Monday-Friday, June 28-July 2

9:00 AM-12:00 PM R \$180 NR \$190 41527



We Got Game Baseball Camp

A jam-packed week of baseball! You bring the glove and the snack, we bring the fun. Hitting, running, fielding, pitching—we cover it all while keeping the game atmosphere relaxed and every student playing.

Lions Park **R \$180 NR \$190**

Ages 8-10

Tuesday-Friday, 9:00 AM-12:00 PM	June 1-June 4	41666
Monday-Friday, 9:00 AM-12:00 PM	June 28-July 2	41668
Monday-Friday, 9:00 AM-12:00 PM	July 26-July 30	41669

Ages 10-14

Tuesday-Friday, 9:00 AM-12:00 PM	June 1-June 4	41667
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We Got Game Baseball Infield/Base Running/Sliding Camp (Ages 10-14)

Defensive footwork reps along with team defensive concepts throwing in front of a runner, lining up and executing cutoffs and tag plays fit in perfectly with base running and sliding mechanics.

Lions Park **R \$180 NR \$190**

Monday-Friday, 9:00 AM-12:00 PM	July 26-July 30	41732
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We Got Game Hitting/Pitching/Catching Baseball Camp (Ages 10-14)

Players will learn both hitting and pitching in stations before bringing it together. Batters will gain insight on stance, bat grip, plate coverage while getting reps against live pitching. Pitchers will face live batters and experience pitch placement and the importance of throwing strikes.

Lions Park **R \$180 NR \$190**

Monday-Friday, 9:00 AM-12:00 PM	June 28-July 2	41729
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We Got Game Basketball Camp

Let's play ball! Station style instruction along with multiple games a day are sure to get your player the repetition and experience they need to take the next step in game development. Players are at all levels and looking to improve, experience teamwork, and break a sweat while having fun. Players compete for coaches awards, hustle awards, and skill challenges for prizes! Parents, please pack a snack each day.

RecPlex **R \$180 NR \$190**

Ages 8-10

Monday-Friday, 9:00 AM-12:00 PM	June 21-June 25	41703
Monday-Friday, 9:00 AM-12:00 PM	July 12-July 16	41705
Monday-Friday, 9:00 AM-12:00 PM	Aug. 2-Aug. 6	41707

Ages 10-14

Monday-Friday, 9:00 AM-12:00 PM	June 21-June 25	41702
Monday-Friday, 9:00 AM-12:00 PM	July 12-July 16	41704
Monday-Friday, 9:00 AM-12:00 PM	Aug. 2-Aug. 6	41706

We Got Game Track and Field Camp

A fun week of track and field. There is an event for everyone! Campers will be competing TOGETHER to improve individual performances.

Lions Park **R \$180 NR \$190**

Ages 8-10

Monday-Friday, 9:00 AM-12:00 PM	June 28-July 2	41731
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Ages 10-14

Monday-Friday, 9:00 AM-12:00 PM	June 28-July 2	41730
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We Got Game Flag Football Camp

Develop your football game with We Got Game this summer. Camp will focus on the basics of the sport: passing, catching, and defense, while also introducing advanced skills, route running, angle of pursuit, man-to-man defense, and more.

Lions Park **R \$180 NR \$190**

Ages 8-10

Monday-Friday, 9:00 AM-12:00 PM	June 7-June 11	41696
Monday-Friday, 9:00 AM-1:00 PM	July 5-July 9	41698
Monday-Friday, 9:00 AM-12:00 PM	Aug. 9-Aug. 13	41700

Ages 10-14

Monday-Friday, 9:00 AM-12:00 PM	June 7-June 11	41695
Monday-Friday, 9:00 AM-12:00 PM	July 5-July 9	41697
Monday-Friday, 9:00 AM-12:00 PM	Aug. 9-Aug. 13	41699

We Got Game Soccer Camp

Learn and improve your soccer game through We Got Game's active Soccer Camp. Fundamentals are focused on as campers will be introduced and challenged with new team and individual skills such as spacing, step overs, shielding, and more. Bring a snack and be ready to play.

Lions Park **R \$180 NR \$190**

Ages 8-10

Monday-Friday, 9:00 AM-12:00 PM	June 14-June 18	41721
Monday-Friday, 9:00 AM-12:00 PM	July 19-July 23	41723
Monday-Friday, 9:00 AM-12:00 PM	Aug. 9-Aug. 13	41725

Ages 10-14

Monday-Friday, 9:00 AM-12:00 PM	June 14-June 18	41720
Monday-Friday, 9:00 AM-12:00 PM	July 19-July 23	41722
Monday-Friday, 9:00 AM-12:00 PM	Aug. 9-Aug. 13	41724

We Got Game Super Sports Camp

We've packed the summer with a variety of sports, giving kids an opportunity to test drive a new game, or re-acquaint themselves with an old favorite. We Got Game coaches will challenge and encourage students in soccer, dodgeball, floor hockey and structured games. We focus on fun while keeping everyone playing and working together.

Lions Park **R \$150 NR \$160**

Ages 5-7

Tuesday-Friday, 9:30 AM-12:00 PM	June 1-June 4	41670
Monday-Friday, 9:30 AM-12:00 PM	June 7-June 11	41671
Monday-Friday, 9:30 AM-12:00 PM	June 14-June 18	41672
Monday-Friday, 9:30 AM-12:00 PM	June 21-June 25	41674
Monday-Friday, 9:30 AM-12:00 PM	June 28-July 2	41675
Monday-Friday, 9:30 AM-12:00 PM	July 5-July 9	41676
Monday-Friday, 9:30 AM-12:00 PM	July 12-July 16	41677
Monday-Friday, 9:30 AM-12:00 PM	July 19-July 23	41679
Monday-Friday, 9:30 AM-12:00 PM	July 26-July 30	41680
Monday-Friday, 9:30 AM-12:00 PM	Aug. 2-Aug. 6	41681
Monday-Friday, 9:30 AM-12:00 PM	Aug. 9-Aug. 13	41682
Monday-Friday, 9:30 AM-12:00 PM	Aug. 16-Aug. 20	41683

Ages 8-10

Monday-Friday, 9:30 AM-12:00 PM	June 21-June 25	41673
Monday-Friday, 9:30 AM-12:00 PM	July 19-July 23	41678

We Got Game Volleyball Camp

Camp serves up a potent mix of skill building and strategy, designed to introduce new players to volleyball basics while also deepening the skills of seasoned players preparing for high school play. Coaches will work on serve expertise as well bump-set-spike and dig techniques, in drills and in game play.

RecPlex **R \$180 NR \$190**

Ages 8-10

Monday-Friday, 9:00 AM-12:00 PM	June 7-June 11	41690
Monday-Friday, 9:00 AM-12:00 PM	July 5-July 9	41691
Monday-Friday, 9:00 AM-12:00 PM	July 26-July 30	41694

Ages 10-14

Monday-Friday, 9:00 AM-12:00 PM	June 7-June 11	41689
Monday-Friday, 9:00 AM-12:00 PM	July 5-July 9	41692
Monday-Friday, 9:00 AM-12:00 PM	July 26-July 30	41693

Cardinal Cross Country Camp (Ages 11-14)

Get yourself ready for fall cross country and/or road races, or just get yourself more fit. This camp will be run by highly qualified high school and middle school coaches, with an emphasis on a fun and positive approach to various forms of distance training. **Tuesdays and Thursdays are at Prospect H.S. Stadium, Mondays are at Melas Park (meet near the gazebo).**

Monday/Tuesday/Thursday, June 22-July 22

6:00-7:15 PM	R \$50 NR \$60	42187
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Cardinal Track Camp (Ages 9-18)

Soar to new heights and learn more about running, jumping, and throwing with this summer Track & Field camp. Led by retired Hall of Fame coach Dave Wurster, who was head T&F coach at Prospect HS for 30 years, and other talented coaches - all athletes will be taught and separated by their age, experience, and abilities for maximum attention and gains. This camp is designed for all - beginners, relative newbies, intermediates, and advanced athletes.

Location Prospect High School Stadium

Tuesday/Thursday, June 22-July 22

6:00-8:00 PM	R \$50 NR \$60	42186
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Hot Shots Sports Soccer Camp (Ages 7-13)

Camp is designed to transition youth players to the next level. Through specifically designed small-sided games and scrimmages, coaches work with each player to improve his or her individual skills. Each camp session focuses on precision passing, targeted shooting and intermediate to advanced ball control techniques.

Melas Park

Monday-Friday, Aug. 9-Aug. 13

9:00 AM-12:00 PM	R \$135 NR \$145	41478
12:30-3:30 PM	R \$135 NR \$145	41479
9:00 AM-3:30 PM	R \$240 NR \$250	41480

Hot Shots Sports Core Four Camp (Ages 6-12)

Camp focuses on development and game play of the four main professional sports of Basketball, Baseball, Football, and Soccer. Players will play a variety of skill competitions and games that focus on development, engagement, and fun. Every player will improve and come home tired each day after a fun and rewarding time playing America's most popular sports! Players are encouraged to bring their own gear, lunch, water bottle, and sports clothes are required by each camper every day.

Melas Park

Monday-Friday, June 7-June 11

9:00 AM-12:00 PM	R \$135 NR \$145	41450
12:30-3:30 PM	R \$135 NR \$145	41451
9:00 AM-3:30 PM	R \$240 NR \$250	41452

Monday-Friday, June 14-June 18

9:00 AM-12:00 PM	R \$135 NR \$145	41453
12:30-3:30 PM	R \$135 NR \$145	41454
9:00 AM-3:30 PM	R \$240 NR \$250	41455

Monday-Friday, June 21-June 25

9:00 AM-12:00 PM	R \$135 NR \$145	41456
12:30-3:30 PM	R \$135 NR \$145	41457
9:00 AM-3:30 PM	R \$240 NR \$250	41458

Monday-Friday, June 28-July 2

9:00 AM-12:00 PM	R \$135 NR \$145	41459
12:30-3:30 PM	R \$135 NR \$145	41460
9:00 AM-3:30 PM	R \$240 NR \$250	41461

Tuesday-Friday, July 6-July 9

9:00 AM-12:00 PM	R \$105 NR \$115	41462
12:30-3:30 PM	R \$105 NR \$115	41463
9:00 AM-3:30 PM	R \$185 NR \$195	41464

Monday-Friday, July 12-July 16

9:00 AM-12:00 PM	R \$135 NR \$145	41465
12:30-3:30 PM	R \$135 NR \$145	41466
9:00 AM-3:00 PM	R \$240 NR \$250	41467

Monday-Friday, July 19-July 23

9:00 AM-12:00 PM	R \$135 NR \$145	41468
12:30-3:30 PM	R \$135 NR \$145	41469
9:00 AM-3:30 PM	R \$240 NR \$250	41471

Monday-Friday, July 26-July 30

9:00 AM-12:00 PM	R \$135 NR \$145	41472
12:30-3:30 PM	R \$135 NR \$145	41473
9:00 AM-3:30 PM	R \$240 NR \$250	41474

Monday-Friday, Aug. 2-Aug. 6

9:00 AM-12:00 PM	R \$135 NR \$145	41475
12:30-3:30 PM	R \$135 NR \$145	41476
9:00 AM-3:30 PM	R \$240 NR \$250	41477



Youth Fall Baseball & Softball League

(Boys & Girls Ages 6-14)

Develop your skills while trying a variety of positions in a structured but relaxed environment. Modified rules keep the game moving. Baseball games are played Saturdays at Meadows or Lions Park. Youth softball games are played Sundays at Busse Park. Each player receives a t-shirt and hat. Teams are selected by the Mt. Prospect Park District staff. Coach/friend requests are allowed, but are NOT guaranteed.

Baseball Pros ONLY - Teams will compete in the North Suburban Youth Baseball Association (NSYBA) to allow for more competition and games. Teams will play games at Lions Park, with only 1 or 2 away games played in Des Plaines or Park Ridge. Playoff participation and tournament play included.

Registration deadline Sunday, July 18

Aug. 14-Sep. 26 R \$100 NR \$110

Ages 6-7 Coed Baseball Rookies	41737
Ages 8-9 Baseball Minors	41735
Ages 10-11 Baseball Majors	41736
Ages 12-14 Baseball Pros	41734
Ages 7-9 Softball Minors	41738
Ages 10-13 Softball Majors	41739



MPPD/Green White S.C.

Youth Fall Outdoor Soccer League

(Grades K-8)

With separate leagues for boys and girls, recreational outdoor soccer focuses on player development and teamwork. Players are divided by grade with teams formed per neighborhood zones and schools. Special requests can be made, but are not guaranteed.

Weekday practices begin mid-August and are arranged by your volunteer coach. The official season runs from September through October with games on Saturdays for girls, and Sundays for boys. The cost for uniforms is included in your league fee.

Registration after Aug. 23 incurs a \$15 late fee

Sep. 11-Oct. 31 R \$100 NR \$110

Pre-K Soccer League

(Ages 4-5)

This league is designed to allow those children not yet enrolled in Kindergarten to participate in a fun, safe, and laid back environment. This league will be played 5v5 on a small-sided field. The focus of this league is on player development. All players are required to wear shin guards. Jerseys included with registration. Games will be played at Sunrise Park.

Volunteer Coaches are needed—If interested contact Tim Sullivan at tsullivan@mppd.org.

Registration deadline Sunday, Aug. 15

Sunrise Park

Monday, 5:30-6:30 PM Aug. 30-Oct. 4
R \$70 NR \$80 41733

Girls

New! Girls only division in partnership with Green White Soccer Club

Sunrise Park

Grades K & 1	42150
Grades 2 & 3	42151
Grades 4 & 5	42152
Grades 6-8	42153



Boys

Sunrise Park

Kindergarten	41512
Grade 1	41510
Grade 2	41511

Sunrise Park

Grade 3	41509
Grade 4	41513

Prospect High School

Grades 5 & 6	41514
Grades 7 & 8	41515



NEW! Pee Wee Lacrosse

(Ages 5-7)

America's Pee Wee Lacrosse Program is back! If you are 5, 6 or 7 years old, you can sign up to learn the great game of Lacrosse. We teach the fundamentals of passing, catching, scooping grounders, cradling and preparing for an end of season fun for all Jamboree and clinic day on Sunday, June 6. Sticks will be provided for class use.

Parent volunteers are needed to help with coaching and game play. If you would like more info about the program and volunteer opportunity please visit the America's Pee Wee Lacrosse website peeweelacrosse.com

Gregory Park

R \$110 NR \$120

Tuesday/Thursday, 5:30-6:30 PM

May 11-June 3

42127

CARLSON GRACIE



Threshold Martial Arts Academy

133 W. Prospect Ave.

Youth Jiu-Jitsu (Ages 5-14)

At Threshold students are on a unique path, learning effective bullying-proofing strategies and self-defense skills side by side resulting in TRUE ability backed confidence. Focus is on discipline, respect, problem-solving and leadership development while learning the superior techniques of Brazilian Jiu-Jitsu. Classes taught by Carlson Gracie Jiu-Jitsu Black Belts. Uniform, available at Threshold Martial Arts, is required.

Bully-Proof Kids Jiu-Jitsu (Ages 5-9)

Tuesday, 5:15-6:00 PM	June 21-Aug. 30	R \$328 NR \$339	42129
Thursday, 5:15-6:00 PM	June 23-Sep. 1	R \$328 NR \$339	42132
Both Days, 5:15-6:00 PM	June 21-Sep. 1	R \$595 NR \$625	42131

Youth Jiu-Jitsu (Ages 10-14)

Tuesday, 5:15-6:00 PM	June 21-Aug. 30	R \$328 NR \$339	42128
Thursday, 5:15-6:00 PM	June 23-Sep. 1	R \$328 NR \$339	42133
Both Days, 5:15-6:00 PM	June 21-Sep. 1	R \$595 NR \$625	42130

Hot Shots Sports

Hot Shots Sports—All Sports (Ages 7-10)

This class features a new sport each week. Some of the sports taught and played include basketball, floor hockey, football, kickball, soccer, and baseball. In addition, participants play many popular running and group games. Children have the opportunity to acquire new skills and develop confidence in games they have played in previous classes.

Melas Park

No Class July 3

Saturday, 10:00-11:00 AM

June 19-Aug. 21 **R \$108 NR \$118** 41449

Hot Shots Sports—Sports & More (Ages 4-6)

Children are introduced to the fundamentals of sports including basketball, floor hockey, football, kickball, soccer, t-ball and other sports and group games. The program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship.

Melas Park

No Class July 5

Saturday, 9:15-10:00 AM

June 19-Aug. 21 **R \$108 NR \$118** 41448



Hot Shots Sports—Pro Dribblers (Ages 3-5)

The Pro Dribblers program builds on skills and rules learned in the Rookie Dribblers class and also introduces more fundamental techniques and basic rules.

Central Community Center

No Class July 5

Monday, 3:45-4:30 PM

June 7-Aug. 9 **R \$108 NR \$118** 41438

Hot Shots Sports Baseball Skills Clinic 101 (Ages 10-14)

This baseball class gives players an introduction to baseball. Players work on technique and enhancing form in this comprehensive skills clinic. This program teaches throwing mechanics as well as batting stance, bat positioning and speed, using both live pitching and hitting off the tee. Players learn various positions in the field through game play and basic in game strategy. Players should bring their own glove and be ready for a fun, fast paced learning environment.

Countryside Park

Wednesday, 4:30-5:30 PM

June 9-Aug. 11 **R \$120 NR \$130** 41443

Hot Shots Sports Basketball Clinic

Basketball Clinic 101 (Ages 5-7)

Develop early basketball skills such as shooting, dribbling, and passing; along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun!

Central Community Center **No Class** July 5
Monday, 4:30-5:30 PM June 7-Aug. 9 **R** \$108 **NR** \$108 41436

Basketball Clinic 201 (Ages 8-12)

Players begin to develop more advanced skills such as various guard/post techniques, setting screens, moving without the ball, and offensive spacing. Defensive instruction includes man-to-man, denying the ball, help-line and boxing out. Players spend time developing their shot using proper mechanics to be effective further from the basket. Scrimmages are played every week.

Central Community Center **No Class** July 5
Monday, 5:30-6:30 PM June 7-Aug. 9 **R** \$108 **NR** \$118 41437

Hot Shots Sports Game Time Basketball League (Ages 8-14)

One of the best ways to develop your basketball skills is through game play, and in Game Time you do just that. Each week, basketball players are challenged through various games including 1-on-1, 3-on-3, and 5-on-5. Coaches referee and guide the class to enhance the players' understanding of the game. Players receive a reversible jersey.

Central Community Center
Friday, 5:30-7:30 PM June 11-Aug. 6 **R** \$165 **NR** \$175 41439



Hot Shots Sports GameTime Flag Football (Ages 8-12)

Players experience daily scrimmages with active instruction and tips from the coaching staff. Players are encouraged to employ skills used in football such as running pass routes, play calling, defensive positioning, the fundamentals of blocking and pass coverage. These skills and others will be put to use in a "game time" environment while the players scrimmage each week.

Countryside Park
Thursday, 5:30-6:30 PM June 10-Aug. 12 **R** \$120 **NR** \$130 41446

Hot Shots Sports Gridiron All Stars (Ages 4-6)

Come join in on the fun and start playing the nation's most loved game! Players are introduced to stance, receiving, rushing, blocking and defense. Each week ends with a scrimmage encouraging teamwork and sportsmanship. Players always get to play either receiver or running back each week. Games focus on fundamentals and field concepts, as well as positions and mechanics. No equipment necessary!

Countryside Park
Thursday, 3:45-4:30 PM June 10-Aug. 12 **R** \$120 **NR** \$130 41447

Hot Shots Sports Junior Flag Football (Ages 6-8)

Come join in on the fun and start playing the nation's most loved game! Players are introduced to stance, receiving, rushing, blocking and defense. Each week ends with a scrimmage encouraging teamwork and sportsmanship. Players always get to play either receiver or running back each week. Games focus on fundamentals and field concepts, as well as positions and mechanics. No equipment necessary!

Countryside Park
Thursday, 4:30-5:30 PM June 9-Aug. 11 **R** \$120 **NR** \$130 41445

Hot Shots Sports Olympic Track & Field Games (Ages 8-12)

Players will learn the basics of all major track and field events such as sprinting, relay races, high jump and much more! Form and technique will be taught in this innovative program to introduce young players to an exciting form of competition. Players will be awarded trophies and medals, and individual and team competitions will be held weekly.

Countryside Park
Wednesday, 5:30-6:30 PM June 9-Aug. 11 **R** \$120 **NR** \$130 41444

Hot Shots Sports Soccer Skills Clinic

Players are introduced to the fundamentals of soccer tactics such as passing the ball, offensive moves, defensive moves, keeping/controlling the ball and taking the ball away from the opposing team. Players learn to score and prevent goals. Physical endurance and fitness are emphasized while touching the ball. At this age, the focus starts to change from simple games to organized, tactical, competitive games.

Countryside Park
Ages 7-9
Tuesday, 5:00-6:00 PM June 8-Aug. 10 **R** \$120 **NR** \$130 41440

Ages 10-13
Tuesday, 6:00-7:00 PM June 8-Aug. 10 **R** \$120 **NR** \$130 41441

Hot Shots Sports T-Ball Skills Clinic (Ages 3-5)

This introductory T-ball program is perfect for a child who wants to have fun, make new friends and be introduced to baseball. Participants enjoy learning the skills needed to play baseball including offense and defense, as well as the rules and philosophies of the game. The program stresses teamwork over competition. All you need to bring is a glove!

Countryside Park
Wednesday, 3:45-4:30 PM June 9-Aug. 11 **R** \$120 **NR** \$130 41442





Illinois Shotokan Karate Club

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion, U.S. National Coach, and President of the U.S. National Karate Federation.

Youth, Parent & Child, and Adult classes may train together

Please visit iskc.com for more information or call us at 847-359-0666



Shotokan Pre-Karate (Ages 4-7)

In our Pre-Karate Safety classes, young children develop flexibility, strength, and coordination in fun, yet disciplined activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve.

Prairie Lakes Community Center 515 E. Thacker., Des Plaines

Beg/Cont	Thursday, 6:00-6:45 PM	June 10-Aug. 19	R \$132 NR \$142	41412
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Weiss Community Center 1500 E Euclid Ave., Mt Prospect

Beg/Cont (0-1 ses)	Saturday, 9:00-9:45 AM	June 12-Aug. 21	R \$132 NR \$142	41413
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Novice (2-3 ses)	Saturday, 9:55-10:40 AM	June 12-Aug. 21	R \$132 NR \$142	41414
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Int/Adv (Red & up)	Saturday, 10:50-11:50 AM	June 12-Aug. 21	R \$151 NR \$161	41415
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Mt. Prospect Central Community Center 1000 W. Central Rd., Mount Prospect

Beg/Cont	Wednesday, 4:00-4:45 PM	June 16-Aug. 25	R \$132 NR \$142	41416
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Int/Adv (Instr perm)	Wednesday, 4:45-5:30 PM	June 16-Aug. 25	R \$132 NR \$142	41417
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Shotokan Karate (Ages 7-Adult)

Parent/Child (Ages 7-14 With Adult) Spend quality time with your child, while conditioning muscles, developing coordination, and improving cardiovascular fitness.

Prairie Lakes Community Center 515 E. Thacker., Des Plaines

Wht-Grn Beg/Nov	Thursday, 6:50-7:50 PM	June 10-Aug. 19	R \$132 NR \$142	41419
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Prpl-Blk Int/Adv	Thursday, 8:00-9:00 PM	June 10-Aug. 19	R \$132 NR \$142	41420
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Wheeling Community Rec. Center 100 Community Blvd., Wheeling

Red-Blu Cont	Saturday, 9:15-10:15 AM	June 12-Aug. 21	R \$132 NR \$142	41421
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No Exp Beg	Saturday, 9:15-10:15 AM	June 12-Aug. 21	R \$132 NR \$142	41422
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Brown Int	Saturday, 10:20-11:35 AM	June 12-Aug. 21	R \$151 NR \$161	41423
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Grn-Prpl Novice	Saturday, 10:20-11:35 AM	June 12-Aug. 21	R \$151 NR \$161	41424
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Black Adv	Saturday, 11:40 AM-1:10 PM	June 12-Aug. 21	R \$171 NR \$181	41425
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Youth Karate (Ages 8-14) With a good mix of strength training, cardiovascular and flexibility exercises, children increase their coordination, agility and poise, as well as learn lasting personal safety skills. Learn choreographed moves of the kata and the discipline of conforming to class rules.

Wheeling Community Rec. Center 100 Community Blvd., Wheeling

1+ Ses Cont	Tuesday, 6:30-7:30 PM	June 15-Aug. 24	R \$132 NR \$142	41418
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Ylw-Blk Int/Adv	Tuesday, 6:30-8:00 PM	June 15-Aug. 24	R \$171 NR \$181	41426
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No Exp Beg	Tuesday, 6:30-7:30 PM	June 15-Aug. 24	R \$132 NR \$142	41523
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Mt. Prospect Central Community Center 1000 W. Central Rd., Mount Prospect

Wht&Red Beg/Con	Wednesday, 5:30-6:30 PM	June 16-Aug. 25	R \$132 NR \$142	41431
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Org-Grn Int	Wednesday, 6:30-7:30 PM	June 16-Aug. 25	R \$132 NR \$142	41432
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Prpl-Blk Adv	Wednesday, 7:30-9:00 PM	June 16-Aug. 25	R \$171 NR \$181	41434
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Adult Karate (Ages 15-Adult) Release tension, develop total body fitness, build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance, and muscle tone.

Wheeling Community Rec. Center 100 Community Blvd., Wheeling

Grn-Blk Int/Adv	Tuesday, 8:05-9:35 PM	June 15-Aug. 24	R \$171 NR \$181	41427
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Red-Blu Cont	Tuesday, 8:05-9:05 PM	June 15-Aug. 24	R \$132 NR \$142	41428
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White Beg	Tuesday, 8:05-9:05 PM	June 15-Aug. 24	R \$132 NR \$142	41429
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Mt. Prospect Central Community Center 1000 W. Central Rd., Mount Prospect

Wht&Red Beg/Con	Wednesday, 5:30-6:30 PM	June 16-Aug. 25	R \$132 NR \$142	41430
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Org-Grn Int	Wednesday, 6:30-7:30 PM	June 16-Aug. 25	R \$132 NR \$142	41433
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Prpl-Blk Adv	Wednesday, 7:30-9:00 PM	June 16-Aug. 25	R \$171 NR \$181	41435
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We Got Game

Parent Toddler Soccer (Ages 2-4 With Adult)

Guided game play with you and your toddler is an enjoyable introduction to soccer skills like dribbling, passing and goal tending.

Lions Park

Tuesday, 9:00-9:45 AM	June 1-Aug. 3	R \$115 NR \$125	41745
Wednesday, 4:45-5:30 PM	June 2-Aug. 4	R \$115 NR \$125	41746
Thursday, 10:30-11:15 AM	June 3-Aug. 5	R \$115 NR \$125	41747
Saturday, 11:00-11:45 AM	June 5-Aug. 7	R \$115 NR \$125	41874

Parent Toddler Sports & Fitness (Ages 2-4 With Adult)

We bring the structure and equipment, you and your toddler have the fun. A variety of sports and games will keep you smiling all morning.

Central Community Center

Saturday, 9:00-9:45 AM	June 5-Aug. 7	R \$115 NR \$125	41817
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Parent Toddler T-Ball (Ages 2-4 With Adult)

Bat, field, and run the bases alongside your toddler—start those happy baseball memories right here.

Lions Park

Friday, 4:45-5:30 PM	June 4-Aug. 6	R \$115 NR \$125	41809
Sunday, 9:00-9:45 AM	June 6-Aug. 8	R \$115 NR \$125	41872

Beginner Basketball (Ages 5-7)

Enthusiastic and experienced coaches provide expert and fun instruction in basketball basics: dribbling, shooting, passing, footwork, etc. Skill-based games let kids put their new knowledge into practice, giving them a solid foundation from which to grow.

Central Community Center

Thursday, 4:00-4:45 PM	June 3-Aug. 5	R \$115 NR \$125	41788
Saturday, 9:45-10:45 AM	June 5-Aug. 7	R \$150 NR \$160	41789

Beginner Baseball Skills (Ages 5-7)

Learn to hit, throw, run, and catch in We Got Game Beginner T-ball Skills. Through fast-paced, active drills and games, little ball players get the basics for a lifetime of baseball fun.

Lions Park R \$225 NR \$235

Tuesday/Thursday, 5:30-6:30 PM	June 1-Aug. 5	41784
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Lions Park R \$150 NR \$160

Sunday, 9:45-10:45 AM	June 6-Aug. 8	41785
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Beginner Soccer (Ages 5-7)

Beginner soccer gives young kids a solid foundation in soccer fundamentals, all the while keeping the atmosphere fun and relaxed.

Lions Park

Tuesday, 9:45-10:30 AM	June 1-Aug. 3	R \$115 NR \$125	41750
Wednesday, 5:30-6:30 PM	June 2-Aug. 4	R \$150 NR \$160	41751
Saturday, 9:00-10:00 AM	June 5-Aug. 7	R \$150 NR \$160	41752

Beginner Triple Play Sports (Ages 5-7)

Want to expose your child to a variety of sports with one class? Triple Play is just the ticket. Youngsters learn fundamentals of soccer, basketball and T-ball in a game-based, playful environment.

Lions Park

Thursday, 9:30-10:30 AM	June 3-Aug. 5	R \$150 NR \$160	41868
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Rookie Baseball (Ages 8-10)

This team will start the transition from T-Ball to Coach Pitch, an exciting moment for all young baseball enthusiasts! Skills instruction and game play combine to develop each player's hand-eye coordination and stamina. Play ball!

Lions Park R \$225 NR \$235

Tuesday/Thursday, 6:30-7:30 PM	June 1-Aug. 5	41786
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Rookie Basketball (Ages 8-10)

Start developing those ball-handling skills when your child is little and marvel at what they will be able to do once their hands grow! We teach the fundamentals of the game, keeping it active and fun while we work on age-appropriate offensive and defensive strategies.

Central Community Center

Thursday, 4:45-5:45 PM	June 3-Aug. 5	R \$150 NR \$160	41797
Saturday, 10:45-11:45 AM	June 5-Aug. 7	R \$150 NR \$160	41798

Rookie Soccer (Ages 8-10)

New and experienced soccer players benefit from expert coaching that concentrates on refining techniques and promoting healthy competition and good sportsmanship. Exercises focus on ball handling, strategy, and small-sided game play, to take everybody's skills to the next level.

Lions Park

Saturday, 10:00-11:00 AM	June 5-Aug. 7	R \$150 NR \$160	41831
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Rookie Track and Field (Ages 7-12)

Our coaches encourage young athletes to challenge themselves and strive for new personal bests in a variety of track and field events: races, long jump, and more.

Lions Park

Friday, 5:30-6:30 PM	June 4-Aug. 6	R \$150 NR \$160	41787
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Basketball Club

Come join our WGG Basketball Club! We aim to be a competitive local club that plays other local teams and clubs. This spring we will start with a full session of workouts, practices, scrimmage games and pick up basketball. Teams will practice on Mondays and Wednesdays from 6:00-8:00PM. Scrimmage games and/or open gym with our coaches will be held on Saturday's, time TBD. Skill level and number of participants in our spring session will determine our Summer club schedule. WGG reversible jersey provided.

RecPlex R \$385 NR \$395

Grades 3 & 4

Monday/Wednesday, 6:00-8:00 PM	May 24-Aug. 4	41727
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Grades 5 & 6

Monday/Wednesday, 6:00-8:00 PM	May 24-Aug. 4	41728
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Tennis Lessons at Lions Park

Basketball Workout

(Ages 10-14)

This course includes: Individual ball handling skills, fitness and coordination, mental conditioning to stay focused on the court, and vocabulary to increase tactical knowledge. This class will push players to improve physical stamina, knowledge of and appreciation for the game. Come join us for a rewarding basketball experience!

Central Community Center

Instructor We Got Game

Thursday, 5:45-6:45 PM

June 3-Aug. 5

R \$150 NR \$160 41800

Meadows Park Kickball

Special! (Ages 8-12)

Outside, distanced, classic, local, perfect! Collect your neighborhood friends and join our spring co-ed kickball class! Class format will consist of a quick kickball warm up and game time! Different teams will be chosen each week based on performance of the players. Program will take place at Meadows Park. Scores and standings updated daily. League will be complete with a playoff format and team trophies!

Meadows Park

Instructor We Got Game

Sunday, 11:30 AM-12:30 PM

June 6-Aug. 8

R \$115 NR \$125 41870

Volleyball Instructional Classes

Instruction and game play all at one place! Great way to socialize, be active, and learn new skills!

RecPlex

Instructor We Got Game

Ages 8-10

Tuesday, 5:30-6:30 PM

June 1-Aug. 3

R \$150 NR \$160 41767

Ages 11-14

Tuesday, 6:30-8 PM

June 1-Aug. 3

R \$225 NR \$235 41766

Adult Outdoor Summer Tennis Lessons (Ages 15-Adult)

Learn the basics of tennis or hone your skills in our advanced class. Beginners learn the basic strokes of tennis, while advanced students focus on court consistency, footwork, serving, shot placement and point play.

Beginner

Tuesday/Thursday, 9:00-10:00 AM	June 15-July 15	R \$100 NR \$110	41754
Tuesday/Thursday, 5:00-6:00 PM	June 15-July 15	R \$100 NR \$110	41756
Tuesday/Thursday, 10:00-11:00 AM	June 22-July 22	R \$100 NR \$110	41760
Tuesday/Thursday, 9:00-10:00 AM	July 20-Aug. 19	R \$100 NR \$110	41761
Tuesday/Thursday, 5:00-6:00 PM	July 20-Aug. 19	R \$100 NR \$110	41763

Advanced Beginner

Tuesday/Thursday, 10:00-11:00 AM	June 15-July 15	R \$100 NR \$110	41755
Tuesday/Thursday, 6:00-7:00 PM	June 15-July 15	R \$100 NR \$110	41757
Tuesday/Thursday, 10:00-11:00 AM	July 20-Aug. 19	R \$100 NR \$110	41762
Tuesday/Thursday, 6:00-7:00 PM	July 20-Aug. 19	R \$100 NR \$110	41764

Intermediate/Advanced

Tuesday/Thursday, 7:00-8:30 PM	June 15-July 15	R \$160 NR \$170	41758
Tuesday/Thursday, 9:00-10 AM	June 22-July 22	R \$100 NR \$110	41759
Tuesday/Thursday, 7:00-8:30 PM	July 20-Aug. 19	R \$160 NR \$170	41765

Advanced

Saturday, 6:30-8:00 AM	June 12-Aug. 14	R \$160 NR \$170	41753
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Youth Outdoor Summer Tennis Lessons (Ages 4-14)

Whether a beginner or advancing your game, all classes are filled by age then divided into skill-level groups. Classes are tailored to students' ability. Group work in each class.

Ages 4-7 Learn tennis basics including proper grip and basic tennis strokes. Fun games will be played to incorporate new skills being learned. Parents are welcome to participate with their child during class, but must provide their own racquet.

Saturday, 9:00-10:00 AM	June 12-Aug. 14	R \$100 NR \$110	41768
Monday/Wednesday, 9:00-10:00 AM	June 14-July 14	R \$100 NR \$110	41771
Tuesday/Thursday, 4:00-5:00 PM	June 15-July 15	R \$100 NR \$110	41774
Monday/Wednesday/Friday, 9:00-10:00 AM	July 19-Aug. 9	R \$100 NR \$110	41777
Tuesday/Thursday, 4:00-5:00 PM	July 20-Aug. 19	R \$100 NR \$110	41780

Ages 8-10 Focus is on tennis skills along with an introduction to advanced strokes, skill development and understanding of the game, maximum of 16 participants.

Saturday, 10:00-11:00 AM	June 12-Aug. 14	R \$100 NR \$110	41769
Monday/Wednesday, 10:00-11:00 AM	June 14-July 14	R \$100 NR \$110	41772
Tuesday/Thursday, 5:00-6:00 PM	June 15-July 15	R \$100 NR \$110	41775
Monday/Wednesday/Friday, 10:00-11:00 AM	July 19-Aug. 9	R \$100 NR \$110	41778
Tuesday/Thursday, 5:00-6:00 PM	July 20-Aug. 19	R \$100 NR \$110	41781

Ages 11-14 Reinforce basic strokes and introduce serving, volley, net play, forehand, backhand and more. Cover the basics of singles and doubles match play tennis. Begin preparation for high school tennis play.

Saturday, 11:00 AM-12:00 PM	June 12-Aug. 14	R \$100 NR \$110	41770
Monday/Wednesday, 11:00 AM-12:00 PM	June 14-July 14	R \$100 NR \$110	41773
Tuesday/Thursday, 6:00-7:00 PM	June 15-July 15	R \$100 NR \$110	41776
Monday/Wednesday/Friday, 11:00 AM-12:00 PM	July 19-Aug. 9	R \$100 NR \$110	41779
Tuesday/Thursday, 6:00-7:00 PM	July 20-Aug. 19	R \$100 NR \$110	41782

May Tennis Lessons Available

View all lessons at mppd.org

847-255-5380

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Make a DATE for the GREAT Summer SKATE!

Are some days just too hot to handle? Beat the heat or rainy day blues with a “cool” time at the Central Community Center inline skating rink. You must wear a mask while skating to your favorite tunes! We prefer you bring your own roller or inline skates but rentals are available.

No outside food or drink is allowed. Skaters have access to vending machines. Arrive no sooner than 10 minutes prior to reserved skate time. Pre-reservation preferred. Walk-ins allowed if space permits.

Central Community Center **June 8-Aug. 5** **Fee \$8**

Tuesday & Thursday 9:00 AM-10:30 AM | Wednesday 3:30-5:00 PM



Refer to p. 4 for complete reservation instructions

Adults

Summer Men's Basketball Leagues (Ages 18+)

Join our adult basketball leagues. A ten-week schedule will be played. Please note that you register by team only, not individually. Registration is held at RecPlex only. Teams must provide the same color shirts with numbers on the back for all team members.

Central Community Center

C	Sunday, 9:00 AM-12:00 PM	June 6-Aug. 8	Fee \$650	41710
B	Monday, 6:30-9:30 PM	June 7-Aug. 9	Fee \$650	41711
C	Tuesday, 6:30-9:30 PM	June 8-Aug. 10	Fee \$650	41712

Fall Adult Softball Leagues (Ages 18+)

Register early for this popular league. Ten game season with weekly double headers. Team registration only on a first-come, first-served basis. Men's Leagues play 16" & Co-Ed Recreational plays 14".

Kopp Park

Men's C	Monday, 7:00-9:20 PM	Aug. 23-Oct. 25	Fee \$650	41741
Men's A	Tuesday, 7:00-9:20 PM	Aug. 24-Oct. 26	Fee \$650	41742
Men's C	Wednesday, 7:00-9:20 PM	Aug. 25-Oct. 27	Fee \$650	41743
Co-Ed	Thursday, 7:00-9:20 PM	Aug. 26-Oct. 28	Fee \$650	41744

Two Outdoor Pickleball Courts

Rosemary Argus Friendship Park
350 Elizabeth Lane, Des Plaines

Culver's®

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Enjoy your local
Culver's for
lunch or dinner!

2060 East Northwest Hwy.
Arlington Heights

1501 Dempster St.
Mount Prospect

Sweat It Out FITNESS

> Outdoor Fitness Series

Join us outside for your favorite group fitness classes!

In case of inclement weather, reserved participants will be notified at least an hour in advance. Outdoor classes are weather dependent. There will be no makeups.

Classes are held outside of RecPlex

Weekend Warrior	Saturday, 8:00-8:45 AM	May 1	Instructor Donna M.
WERQ	Tuesday, 7:00-7:45 PM	May 4	Instructor Kim F.
Spin	Tuesday, 7:00-7:45 PM	May 11	Instructor Ron M.
Tabata	Tuesday, 9:00-9:45 AM	May 18	Instructor Loree L.
Zumba	Wednesday, 6:00-6:45 PM	May 26	Instructor Cheri K.
4G	Wednesday, 10:00-10:45 AM	June 2	Instructor Caroline S.
Spin	Thursday, 7:00-7:45 PM	June 10	Instructor Anna T.
Zumba	Saturday, 9:00-9:45 AM	June 19	Instructor Cheri K.
Balance & Stretch	Monday, 9:00-9:45 AM	June 21	Instructor Loree L.
Cardio Kickboxing	Wednesday, 6:00-6:45 PM	June 30	Instructor Donna M.
WERQ	Tuesday, 7:00-7:45 PM	July 6	Instructor Kim F.
Weekend Warrior	Saturday, 8:00-8:45 AM	July 17	Instructor Donna M.
Spin	Tuesday, 7:00-7:45 PM	July 20	Instructor Ron M.
Tabata	Tuesday, 9:00-9:45 AM	July 27	Instructor Loree L.
Zumba	Wednesday, 6:00-6:45 PM	Aug. 4	Instructor Cheri K.
4G	Wednesday, 10:00-10:45 AM	Aug. 11	Instructor Caroline S.
Spin	Thursday, 7:00-7:45 PM	Aug. 19	Instructor Anna T.
Zumba	Saturday, 9:00-9:45 AM	Aug. 28	Instructor Cheri K.
Balance & Stretch	Monday, 9:00-9:45 AM	Aug. 30	Instructor Loree L.
Cardio Kickboxing	Wednesday, 6:00-6:45 PM	Sep. 8	Instructor Donna M.



**Reservations are
no longer required**

Fees

Daily Fee \$10

All In members are free

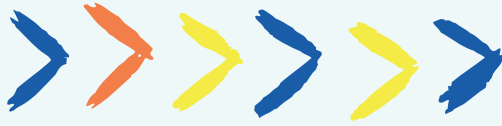
Group Fitness 10-Pack can be used

A special Outdoor Fitness Series Pass is available for access to all outdoor classes all summer long!

Member \$80 **Non-Member** \$100


Purchase online or in person at RecPlex

Group Fitness



All Group Fitness and FitnessOnDemand™
classes held at RecPlex

To view the class
schedule visit

 [mppd.org/athletics-fitness/
group-fitness](http://mppd.org/athletics-fitness/group-fitness)

 **Reservations are
no longer required**



 **FITNESS**
ON DEMAND



To access FitnessOnDemand™
classes on your home device you
must first set up an account by
calling or stopping by RecPlex or
Central Community Center

**Your All In Membership now
includes FitnessOnDemand™ at home
and in person classes.**

FitnessOnDemand™ classes help you meet and
exceed your fitness goals. Group style on-screen
offerings are held in RecPlex Studio 201 and include:

**HIIT • Dance • Low impact • Cardio • Core
Strength • Martial Arts • Mind and Body**

Don't have an All In Membership?
Consider these Options:

Group Fitness 10-Pack

Member \$70 Non-Member \$90

Expires 3 months after purchase

**FitnessOnDemand™ At Home
Monthly Membership**

Recurring Member \$5 Non-Member \$10

Specialty Classes

POUND Fitness (Ages 13-Adult)

SWEAT. SCULPT. ROCK. with POUND Fitness! POUND is a rock workout utilizing your total body. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Using lightweight stix, POUND transforms drumming into an incredibly effective way of working out.

Stix will be provided at class, but feel free to bring your own if you own a pair. A mat, water bottle and a towel are required and will not be provided.

RecPlex

Studio 200

Instructor Cheri K.

Thursday, 6:30-7:15 PM	May 27-July 8	R \$60 NR \$67	41930
Thursday, 6:30-7:15 PM	July 15-Aug. 19	R \$60 NR \$67	41931

Silver Workout (Ages 55+)

Enjoy a sit and fit workout with yoga and Pilates postures and stretches. Light weights may be used, as well as some optional standing exercises and balance work. However, participants may stay seated for the entire workout. This class is structured for patrons who are 55+ years of age.

RecPlex

Studio 201

Instructor Fran Z. (Senior Specialist)

Tuesday, 9:00-9:45 AM	May 11-June 22	R \$65 NR \$73	41924
Thursday, 9:00-9:45 AM	May 13-June 24	R \$65 NR \$73	41926
Both Days 9:00-9:45 AM	May 11-June 24	R \$98 NR \$109	41925
Tuesday, 9:00-9:45 AM	June 29-Aug. 10	R \$65 NR \$73	41927
Thursday, 9:00-9:45 AM	July 1-Aug. 12	R \$65 NR \$73	41929
Both Days, 9:00-9:45 AM	June 29-Aug. 12	R \$98 NR \$109	41928

NEW! POWER Series (Ages 13-Adult)

The POWER Series is a three part program to teach proper technique while gaining and improving strength. Register for all three to target your entire body or pick your favorites.

RecPlex

Studio 201

Instructor Donna M.

PPP-Plank, Push-Up Power

First in the Power Series, this full body workout class will teach you proper technique and form for planks and pushups. Many options available for any level from beginner to advanced. Get strong and improve your strength with just a mat and your body. No need for weights!

Tuesday, 6:00-7:00 PM	May 18-June 22	R \$54 NR \$60	41921
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SLP-Squat, Lunge Power

Second in the POWER Series, SLP will focus on your lower body. Just like in PPP you will learn proper technique and form with many options for beginner level up to advanced.

Tuesday, 6:00-7:00 PM	June 29-Aug. 3	R \$54 NR \$60	41922
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AAP-All Abdominal Power

Third in the POWER Series, AAP is all about your abdominals. Just bring your mat.

Tuesday, 6:00-7:00 PM	Aug. 17-Sep. 21	R \$54 NR \$60	41923
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Massage Therapy

The Benefits Are Endless

Available at RecPlex

Massage Therapy is the intentional and systematic manipulation of the soft tissues of the body to enhance health and promote physical, physiological and emotional healing. Countering our busy lives, massage therapy can relieve stress, encourage relaxation, improve posture and circulation and help manage pain.

Restore and rejuvenate your achy, tired muscles with a massage from our licensed massage therapist.

	1 Session	3-Pack	6-Pack
25 minutes	\$39	\$105	\$193
55 minutes	\$66	\$182	\$336
75 minutes	\$94	\$259	\$499

Hot Stone Massage





Volcanic Basalt stones are placed at key points on the body to allow for deeper relaxation of the muscles easing stiffness and tension, increasing circulation and enhancing range of motion. Good for chronic pain and rheumatic/arthritis conditions. Not suitable for those who are pregnant or have high blood pressure, osteoporosis or diabetes.

	1 Session	3-Pack	6-Pack
75 minutes	\$105	\$297	\$561

Seniors, pregnant women or individuals with special health problems should consult a physician prior to scheduling a massage. Payment must be paid in full when scheduling an appointment. Massage packages expire 6 months from date of purchase. All cancellations must be made at least 24 hours in advance to receive a refund.



Maximize *Your* Membership

	All In	Premier	Fitness
Recurring Membership	R \$55 NR \$65	R \$25 NR \$32	R \$20 NR \$25
Single Month Fee		R \$35 NR \$45	R \$30 NR \$40
 Group Fitness	✓		
 Fitness Centers RecPlex & CCC	✓	✓	✓
 Lap Swim	✓	✓	
 Indoor Track	✓	✓	✓
FitnessOnDemand™	✓		
Free Healthy Lectures	✓	✓	✓
Free Member Events	✓	✓	✓
Equipment Orientation	✓	✓	✓
Day Pass	Fee \$10	R \$7 NR \$10	R \$7 NR \$10

All recurring memberships receive 2 free guest passes and discounts on specialty classes, personal training and more!

Youth Fitness Memberships

Ages 12-15 are required to attend a free equipment orientation. Please see a fitness center associate after purchasing your membership to receive the orientation. After completion, you will receive a Youth Fitness Card which must be presented at each visit. Ages 12 & 13 must be accompanied by an adult during each visit. Must be 14 years or older to use weight room.

Visit mppd.org for RecPlex and CCC fitness center hours.

Please note: Machines are spaced to accommodate social distancing. Masks are required at all times. Additional cleaning operations in place.

Training Packages

Trainer led workouts enhance Consistency, Duration, Motivation and Inspiration

Your personal training experience begins with a fitness manager consultation which determines which of our skilled personal trainers is the best fit for you. Once chosen, your trainer will contact you for a necessary fitness evaluation that serves as the foundation for creating an ambitious, optimal workout tailored to your specific needs.

Your trainer provides motivation and education that when combined give you the push you need to meet your fitness goals.

1-Hour One-On-One

Personal Training

Our certified personal trainers will develop a personalized exercise program to help you achieve your fitness goals in a safe, effective and highly motivating way. First session includes a fitness evaluation.

	Member	Non-Member
1 Session	\$49	\$55
3-Pack	\$118	\$132
6-Pack	\$232	\$258
10-Pack	\$378	\$420
24-Pack	\$820	\$912

Half Hour Express Training

Don't have an hour to spend with a personal trainer? Try a dynamic 30 minute session that will impact your strength and endurance. Whether you come in before or after work, or perhaps during your lunch break, you'll be glad you did! First session includes a fitness evaluation.

	Member	Non-Member
1 Session	\$27	\$31
3-Pack	\$82	\$92
6-Pack	\$162	\$180
10-Pack	\$270	\$300
12-Pack	\$313	\$348

Packages expire 6 months from date of purchase.
24-Packs expire 12 months from date of purchase.

Partner Training

If you enjoy working out with friends or family members, our personal training staff will help develop a program that you can do together. Each session is one hour. First session is dedicated to individual fitness evaluations. Fee is per person.

	Member	Non-Member
3-Pack	\$85	\$95
6-Pack	\$155	\$173
10-Pack	\$243	\$270
24-Pack	\$540	\$600

Teen/Small Group Training (3-5 people)

Want to stay active with your friends but fitness classes don't fit your schedule? We offer group training sessions outside school hours. Whether working out for the first time, or trying to maintain your competitive edge, we can partner with you to keep you on track. Ages 12 and up. Each session is one hour. First session is dedicated to individual fitness evaluations. Fee is per person.

	Member	Non-Member
3-Pack	\$67	\$75
8-Pack	\$158	\$176
12-Pack	\$216	\$240

Fitness Centers



847-640-1000 | 420 W. Dempster Street

Fitness center features 46 cardiovascular stations, 37 strength training stations and a separate free weight room. (3 court gymnasium, indoor walking track, pool).

All belongings should be stored in the lockers provided. Bring a lock, or purchase one for \$5.



847-255-5380 | 1000 W. Central Road

Fitness center features 27 strength stations, 29 assorted cardiovascular machines and locker rooms. (1 court gymnasium).



Strength 101 (Ages 12-Adult)

Fee \$30

Strength Training 101 provides a one-hour 1-on-1 learning session to become familiar with the fitness center strength equipment. Proper form, technique and exercises will be demonstrated on a variety of machines. Change up your workout routine and sign-up for Strength Training 101! Days/times are easily customized based on your availability.

Contact Mike at mazzaretto@mppd.org to schedule a time with Personal Trainer, Ken Winans.

Take a Swing GOLF

golfmtprospect.com | 847-259-4200 | 600 See-Gwun Avenue



MT. PROSPECT
GOLF CLUB

Season Passes

Unlimited season golf passes are available to residents of the Mt. Prospect Park District ages 12 and up. Proof of residency is required when purchasing a golf pass (a current driver's license or Illinois ID card).

A complete list of season pass options can be found at golfmtprospect.com



Driving Range

At 300+ yards long, players are able to use every club in their bag! Target greens are in the landing areas including short game targets for wedge shots under 100 yards.

Grass tee open Friday-Sunday (weather permitting) from approximately mid-May through mid-October. Mats only all other times.

Small Bucket \$6	30-35 balls
Medium Bucket \$11	65-70 balls
Large Bucket \$15	100-105 balls

Tee Time Reservations

Make tee times online 24/7 or over the phone during open course hours. Reservations can be made up to 7 days in advance.



Like and Follow us
@MTPROSPECTGC

Youth Lessons

Level 1 Beginning Youth Lessons (Ages 4-5)

These lessons introduce the game of golf with special skill-building games and instruction. The class starts with SNAG Golf oversized plastic clubs and golf balls and move on to real clubs and range balls. Emphasis is on fun. All clubs are provided. Everyone completing the course receives a FREE golf club and round of family golf!

R \$100 NR \$110

Monday/Wednesday, 9:15-10:00 AM	June 14-June 30	CLASS FULL
Tuesday/Thursday, 9:15-10:00 AM	July 13-July 29	CLASS FULL

Level 2 Beginning Youth Lessons (Ages 4-5)

These lessons are for those who have taken Level 1. All real clubs and range balls are used. New golf clubs and shot types are introduced. You can bring your own clubs, otherwise clubs will be provided. Everyone completing the course receives a FREE golf club and round of family golf!

R \$100 NR \$110

Tuesday/Thursday, 9:15-10:00 AM	June 15-July 1	41651
Monday/Wednesday, 9:15-10:00 AM	July 12-July 28	41652

Level 1 Elementary School Youth Lessons (Ages 6-11)

In six one-hour classes, we teach basic fundamentals such as grip, stance, swing and short game. Kids play skill-building games and compete for prizes. We'll also cover rules and golf course etiquette. Everyone completing the course receives a FREE golf club and round of family golf! Clubs needed: Any wood, any 2 irons, a PW and a putter. Clubs will be provided for those participants that do not have their own clubs.

R \$110 NR \$120

Ages 6-8		
Monday/Wednesday, 10:00-11:00 AM	June 14-June 30	CLASS FULL
Tuesday/Thursday, 9:00-10:00 AM	June 15-July 1	CLASS FULL
Tuesday/Thursday, 10:00-11:00 AM	July 13-July 29	CLASS FULL

Ages 9-11

Monday/Wednesday, 9:00-10:00 AM	June 14-June 30	CLASS FULL
Tuesday/Thursday, 10:00-11:00 AM	June 15-July 1	CLASS FULL
Monday/Wednesday, 10:00-11:00 AM	July 12-July 28	CLASS FULL

Mini-Group Youth Private Lessons

4-1 hour lessons that work on all parts of the golf game including on-course play and instruction.

Contact PGA Professional, Eric Pick
at 847-380-1280 or pickgolfer@pga.com

2 kids: \$220 each • 3 kids: \$160 each
4 or more kids: \$125 each

Level 2 Elementary School Youth Lessons (Ages 6-11)

This level is designed to prepare kids already introduced to golf to move into on-course play. Basic fundamentals are reinforced including grip, stance, swing and short game. Everyone completing the course receives a FREE golf club and round of family golf! Any wood, any 2 irons, a PW, a SW and a putter. Clubs will be provided for those participants that do not have their own clubs.

R \$110 NR \$120

Ages 6-8

Tuesday/Thursday, 10:00-11:00 AM	June 15-July 1	CLASS FULL
Monday/Wednesday, 10:00-11:00 AM	July 12-July 28	CLASS FULL
Tuesday/Thursday, 9:00-10:00 AM	July 13-July 29	CLASS FULL

Ages 9-11

Monday/Wednesday, 10:00-11:00 AM	June 14-June 30	CLASS FULL
Monday/Wednesday, 9:00-10:00 AM	July 12-July 28	CLASS FULL
Tuesday/Thursday, 10:00-11:00 AM	July 13-July 29	CLASS FULL

Junior High Youth Lessons (Ages 12-15)

Designed for beginning students who want to learn the fundamentals of competitive golf and short game. Everyone completing the course receives a FREE golf club and round of family golf! Clubs needed: Any wood, any 2 irons, a PW, a SW and a putter. Clubs will be provided for those participants that do not have their own clubs.

R \$110 NR \$120

No Class July 2

Friday, 9:00-10:00 AM	June 18-July 30	CLASS FULL
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Prospect High School Boys & Girls Golf

This program is designed for boys and girls interested in improving their skills and intending to play on the Prospect High School Golf Team. The fee includes all range, practice and greens fees, two 9-hole greens fee vouchers, prizes, t-shirt, and approximately 15 hours of golf instruction from Prospect High School golf coaches, Top PGA teaching professional Eric Pick, and Alumni. All areas of the game will be covered and the players will learn team philosophies and drills. Beginners are welcome and encouraged to participate. The camps will be separate boys and girls, as well as the dates are different. Don't miss out on all of the fun! No make-ups for days canceled due to weather. Campers will receive a free 18-hole greens fee for any canceled days.

Boys Grades 9-12

June 8, 9, 10, 15 & 16 11:15 AM-1:30 PM		
June 17 11:15 AM-3:00 PM		
June 8-June 17	Fee \$220	41819

Girls Grades 9-12

Monday-Wednesday, 11:15 AM-1:30 PM		
June 21-June 30	Fee \$220	41820

Adult Lessons

Get Golf Ready in 5 Weeks (Ages 15-Adult)

This series of lessons will take individuals who have never played the game of golf and within five weeks, provide them the necessary instruction to be ready to play out on the golf course. The first four lessons will deal with grip and setup, as well as instruction on irons, woods, chipping and putting. The last lesson will be on the golf course, teaching students which clubs to use in certain situations and the rules and etiquette of the game. Repeat level 1 as many times as necessary. To practice and test their skills, at the completion of the level, each student will receive a free 9-hole round of golf with a cart to be used at their leisure. Clubs needed: Weeks 1 & 2 (5, 7 & 9 iron), Week 3 (1, 3 & 5 wood), Week 4 (7 iron, pitching wedge & putter), Week 5 (all clubs).

R \$105 NR \$115

Monday, 6:30-7:30 PM

July 12-Aug. 9

CLASS FULL

Tuesday, 6:30-7:30 PM

Aug. 3-Aug. 31

41643

Sharpen Your Skills (Ages 15-Adult)

This series of lessons is for individuals who have some experience of the game of golf but want to sharpen their skills or just need a re-fresher. The first two lessons include instruction of iron & wood play. The third focuses on short game (pitching & sand). The last lesson is instruction on the golf course. To practice and test their skills, at the completion of the level, each student will receive a free 9-hole round of golf with cart to be used at their leisure. Clubs needed: Week 1 (5, 7 & 9 iron), Week 2 (1 & 3 wood), Week 3 (sand wedge), Weeks 4 (all clubs).

R \$90 NR \$100

Tuesday, 6:30-7:30 PM

July 6-July 27

41644

Advanced Instruction & On-Course Play (Ages 15-Adult)

This program is designed for golfers who have spent time on the range but have limited or no on-course experience and would like to learn more about all aspects of a golf course while receiving some instruction. Rules, etiquette, pace of play, club and shot selection are just a few of the items that will be discussed. Participants will play a hole or two with an instructor for an hour then play in groups on their own until dusk. Bring your entire set of clubs each lesson.

R \$105 NR \$115

Tuesday, 5:30-8:30 PM

June 22-July 13

CLASS FULL

Monday, 5:30-8:30 PM

July 12-Aug. 2

41646

Tuesday, 5:30-8:30 PM

July 27-Aug. 17

41647

Monday, 5:30-8:30 PM

Aug. 9-Aug. 30

41648

Mini-Group Adult Private Lessons

4-1 hour lessons with a group of friends, family or co-workers that works with your schedule.

Contact PGA Professional, Eric Pick
at 847-380-1280 or pickgolfer@pga.com

2 people: \$280 each 3 people: \$200 each

4 or more people: \$180 each



SAY

*"Thank You
for Your Service"*

**WITH A COMMEMORATIVE
BRICK ORDER**

Commemorative bricks can be gifted at any time in memory of those who served.

Purchasers often choose the gift to present to family members on birthdays, anniversaries and during the holiday season. The lasting tribute honors a family member or friend for generations to come.

The Parks Foundation can prepare a Certificate of Purchase suitable for gifting to the family of the brick recipient.

The Foundation can also assist in wording and overall layout of the brick text. A photo of the engraved brick is also shared with the purchaser.

The certificate makes a wonderful gift any time of the year and validates this deeply personal and moving tribute. Bricks are engraved prior to Veterans Day.



Established in 1997, the Mt. Prospect Parks Foundation is a 501(c)3 not-for-profit organization that serves as the fundraising arm of the Mt. Prospect Park District. Its purpose is to enhance the quality of parks, facilities and recreation opportunities by raising funds through tax deductible donations.

Donate Online mppd.org/foundation





VETERANS MEMORIAL

COMMEMORATIVE BRICKS

Purchaser Information (please print legibly)

Your Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Cell Phone _____

Email _____

☐ 4" x 8" Engraved Bricks \$250.00

☐ 8" x 8" Engraved Bricks \$450.00

Brick Orders

Please print one letter or number in each square below. Spaces and punctuation count as a letter.

Specific location requests will not be allowed. Prices and availability are subject to change. For multiple orders please make copies of this form or visit mppd.org/foundation. All sales final. No refunds. Messages subject to our approval.

4 x 8 inches
3 lines

8 x 8 inches
6 lines

Mail this completed form along with your payment to

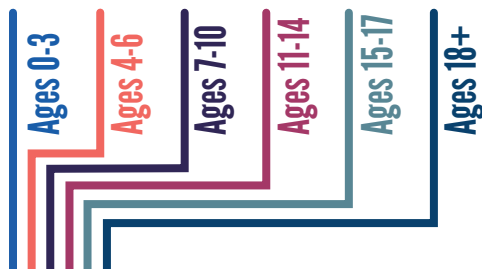
Mt. Prospect Parks Foundation/Attention: Ruth Yueill, 1000 W. Central Road, Mt. Prospect, IL 60056

Make checks payable to Mt. Prospect Parks Foundation

The Mt. Prospect Parks Foundation is a 501(c)3 charitable organization. All donations are deductible to the fullest extent of the law.

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Follow the colored lines for class options in your age category



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CELEBRATE SAFELY

WITH MODIFIED PARTIES AT
MT. PROSPECT PARK DISTRICT

mppd.org/parks-facilities/birthday-parties

Indoor Pool Party or Rental (Ages 4-16)

\$25/Hour • Max of 10 Swimmers

Children must be accompanied by an adult at all times. Non-Swimmers under the age of 10 must be accompanied by an adult in the water. No equipment or life jackets are available at this time, patrons are allowed to bring in their own toys, floats and life jackets.



You must reserve your time slot prior to your trip to the pool.
Refer to p. 4 for complete reservation instructions.

Studio Arts & Crafts Party (Ages 6-16)

\$20-\$23/Child • Max of 14 Children • Max of 2 Adults

A 'one-of-a-kind' birthday experience! Choose a quality project, custom theme and colors for boys and girls. Instruction provided. No two parties are ever the same! Parties are an hour and 40 minutes long. Masks required. Preschool parties available for ages 4-5. Call the Art Studio for details, 847-342-057.

DIY Art Studio Party Kits Also Available!

Premium wood product, paint, brushes, instructions and tableware all included.

Sports Party (Ages 5-13)

\$160 • Max of 12 Children • Max of 2 Adults

One hour of organized games run by Hot Shot Sports. Options include basketball, flag football, soccer, dodgeball, floor hockey, nerf battle and camp games. Masks required.

Inline Rink Party or Rental

\$12/Person • Min. 10/Max 20 People

Play inline hockey, floor hockey or just have fun skating to music. The Central Community Center inline rink is available for use! It's even a great place for scooters or remote control cars. Masks required.



Facilities

Check mppd.org for current facility hours

RecPlex

420 W. Dempster Street • 847-640-1000

Monday-Friday 6:00 AM-8:00 PM

Saturday 8:00 AM-2:00 PM Sunday 8:00 AM-12:00 PM

RecPlex is a 93,000 square foot recreation complex offering a swimming pool, triple court gymnasium, two racquetball courts and indoor track. The facility also houses meeting rooms, a multi-purpose room, fitness studios and a spin studio.

Mt. Prospect Golf Club

600 See-Gwun Avenue • 847-259-4200

golfmtprospect.com

National award winning, newly renovated golf course. With low square tee boxes, strategic cross bunkers and challenging plateau greens, all in a quiet parkland setting. Mt. Prospect is the closest thing to the conditions and feel of an old private club, with a daily fee rate. Our beautiful clubhouse grill room and patio look over the golf course and are the perfect place to relax.

Friendship Park Conservatory

395 W. Algonquin Road, Des Plaines • 847-298-3500

Our banquet room is the perfect venue for weddings, showers, parties or corporate meetings, accommodating up to 50 guests (subject to change). We offer several bar packages and can assist in your catering needs, so you and your guests will enjoy a memorable experience in our unique setting. Please visit our website mppd.org/facility/friendship-park-conservatory for further details including facility photos. For Rentals email Rebekah Grant rgrant@mppd.org.

Room rentals are available for all occasions, meetings and events. Visit mppd.org/rental-request to fill out a request form.

All rentals must comply with Illinois COVID-19 guidelines



Lions Recreation Center

411 S. Maple Street

Lions Recreation Center is nestled in residential surroundings and convenient to public transportation. It is home to the Veterans Memorial, Bandshell and Fountain. The Rec Center includes a gymnasium, dance studios and three meeting/party rooms.

Art Studio

1326 W. Central Road • 847-342-0573

Considered the community's premiere arts facility, the Art Studio offers creative classes, workshops and parties. Adult classes are taught by professional artists. Popular birthday party packages for boys and girls preschool through teens. Offering a wide variety of summer, school-year, and off-school programs.

Central Community Center

1000 W. Central Road • 847-255-5380

Monday-Friday 6:00 AM-8:00 PM

Saturday 8:00 AM-2:00 PM Sunday 8:00 AM-12:00 PM

Conveniently located approximately one mile from the Mt. Prospect Metra station, this beautiful facility offers an inline skating rink, fitness center, gymnasium, and rental rooms. We proudly offer a unique and flexible birthday party service designed to fit your individual needs. Park District Administrative Offices are also located at CCC.

CANINE COMMONS

— AT MELAS PARK —

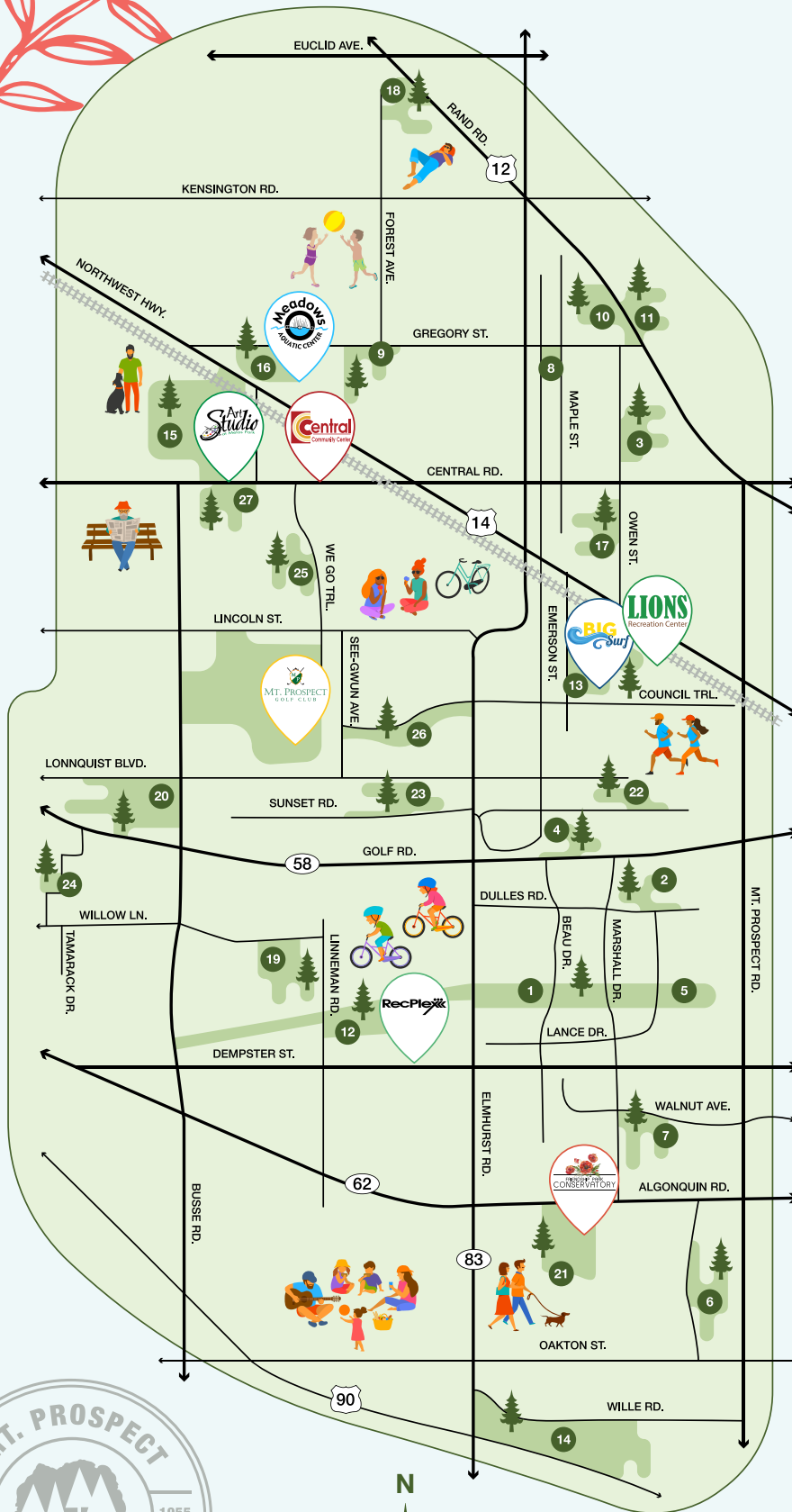
1500 W. Central Road

Canine Commons is a joint venture between Arlington Heights and Mt. Prospect Park Districts. The park features separate areas for large and small dogs (and their owners) to run, play and socialize! Canine Commons is closed every Wednesday from 12:00-3:00 PM for routine maintenance.

Mt. Prospect Park District residents and partners can download an application at mppd.org. Purchase a membership by bringing completed application, signed waiver and vet checklist to Central Community Center.

PARKS MAP

- 1 Beau Dr. Playground
Beau Dr. & W. Millers Rd., Des Plaines
- 2 Brentwood School
260 Dulles Rd., Des Plaines
- 3 Busse Park
111 N. Owen St.
- 4 Countryside Park
913 S. Emerson St.
- 5 Dara James Playground
290 W. Kathleen Dr., Des Plaines
- 6 Devonshire School
Pennsylvania Ave. & Windsor Dr.
- 7 Einstein Park
345 Walnut Ave., Des Plaines
- 8 Emerson Park
317 N. Emerson St.
- 9 Fairview School
300 N. Fairview Ave.
- 10 Gregory Park
412 E. Gregory St.
- 11 Hill Street Nature Center
525 E. Hill St.
- 12 Kopp Park
Dempster St. & Linneman Rd.
- 13 Lions Memorial Park
411 S. Maple St.
- 14 Majewski Metro Athletic Complex
791 Wille Rd., Des Plaines
- 15 Melas Park
1500 W. Central Rd.
- 16 Meadows Pool & Park
1401 W. Gregory St.
- 17 Owen Park
100 S. Owen St.
- 18 Prospect Meadows Park
1101 N. Forest Ave.
- 19 Robert Frost School
1308 S. Cypress Dr.
- 20 Robert T. Jackson Clearwater Park
1717 W. Lonquist Blvd.
- 21 Rosemary S. Argus Friendship Park
350 Elizabeth Ln., Des Plaines
- 22 Sunrise Park
600 E. Sunset Rd.
- 23 Sunset Park
S. Can-Dota Ave. & W. Lonquist Blvd.
- 24 Tamarack Park
1100 S. Tamarack Dr.
- 25 We-Go Park
132 S. We-Go Trl.
- 26 Weller Creek
501 W. Council Trl.
- 27 Westbrook School
103 Busse Rd.



Our beautiful parks are available for your gathering.
Fill out a park permit request at mppd.org

Register in person or online at mppd.org



Summer Registration Begins April 26

WebStore

An easy and secure way to register for classes and programs online. Register any day, anytime, anywhere. Account set-up is easy: submit a request online, over the phone or in person at one of our facilities.



Fees

Most programs contain a non-resident surcharge which may be waived for certain activities at the discretion of the Park District. Residents receive priority admission to all activities prior to walk-in registration. Senior fees are designated as adults age 62 and older. Receive resident rates with proof of residency (details at mppd.org.)

Refunds

View our refund policy at mppd.org/refund. If a refund is approved, a \$3 per program service fee is charged. Fees are waived when a refund is processed in the form of a park district credit. Full refunds are issued when the District cancels a class.

Cancellations

For cancellation, contact us at least 2 full days prior to the start of a class unless otherwise stated. Credits and refunds are NOT guaranteed if these guidelines are not met. Service fees still apply for refunds.

Partner Districts

While your property taxes support only the Mt. Prospect Park District, you are entitled to additional benefits at the partner districts of Prospect Heights and River Trails. All programs and facilities, except for the golf courses, are offered to you at resident rates. Residents are given first priority when registering within their home park district. Upon registering at other districts, present valid proof of your name and address with a valid driver's license or state ID.

There remains a risk of exposure to COVID-19 when participating in group activities. Consider the risk for your children and family and do only that in which you feel comfortable.

Help Wanted

The Mt. Prospect Park District provides employment opportunities to all persons regardless of race, religion, sex, age and all other legally protected categories in accordance with applicable state and federal laws. Visit our website at: mppd.org for job openings.

Photo Policy

The District may take photos or videos of participants enrolled or participating in programs, classes and events as well as patrons using facilities and parks. The media is for Park District use only and can be used for publication, broadcast, website or social media purposes deemed appropriate by the Mt. Prospect Park District.

Americans with Disabilities Act Compliance Statement

The Mt. Prospect Park District does not discriminate against eligible resident participation based on a disabling condition. All residents with special needs should contact District staff upon registration to ensure that a smooth transition with inclusion occurs. In addition to current seasonal programs, our District provides additional specialized services for people with disabilities through Northwest Special Recreation Association (NWSRA) at (847) 392-2848.



The Mt. Prospect Park District is proud to be a member of Northwest Special Recreation Association (NWSRA). Throughout the northwest suburbs, NWSRA is the leader in providing outstanding recreational opportunities for children and adults with disabilities. NWSRA's team of full-time Therapeutic Recreation professionals and trained part-time staff offer a multitude of year-round programs offerings including sports, camping, social programs and much more. Having fun, being included, making friends, learning new things and going new places are just a few of the benefits of NWSRA programs.

For more information on NWSRA, contact 847-392-2848.

Check out NWSRA on the internet at: www.nwsra.org.



Celebrating
RecPlex
30th Anniversary
September 2021

**Fall Program Registration
Begins August 9**
