

# *Celebrate* **RECREATION**

**2021 Fall Program Guide**





# Happy 30<sup>th</sup> Anniversary

## RecPlex

Thirty years ago on September 14, 1991, RecPlex debuted at the site of the former Dempster Junior High. At 93,000 square feet and a cost of ten millions dollars, RecPlex was a “first of its kind” facility. Prior to the RecPlex construction, all inclusive athletic complexes were not commonly seen in parks and recreation. Then Executive Director, Walt Cook, had a vision to consolidate services under one roof while offering four season amenities such as an indoor pool, racquetball courts, triple court gymnasium, dance and meeting rooms and a suspended walking/running track. When complete, the facility won an architectural design award for masonry work and was recognized by many including Illinois Governor, Jim Edgar.

Current Executive Director, Jim Jarog, recalls an “all hands on deck” approach in the final weeks leading up to the Grand Opening. Day and night, staff could be seen hanging pictures and fixtures, polishing floors, posting signage and setting up offices. The inclusive preparation mirrored the team approach that is so pervasive in the Mt. Prospect Park District today.

The Grand Opening was a celebrated affair where VIP’s enjoyed early access to all of the facility amenities. Chicago Bears Keith Van Horne, Mark Carrier, John Wojciechowski and Jay Hilgenberg made an appearance. Celebrity impersonators of Marilyn Monroe, Elvis, Harpo Marx and Snow White mingled with guests. The District’s Children’s Theatre performed “Charlie and the Chocolate Factory” and guests stepped outdoors to enjoy an air show executed by the Lima Lima Flight Team, Veteran Fighter Pilots.

The timeless design of RecPlex still invites and engages patrons. Join us in September as we celebrate its 30th Anniversary! Generations of staff and patrons can attest that while older, RecPlex continues to shine as the District’s primary facility.



Front and back cover photos by Bill Buchelt of Elan Photography

### 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](http://mppd.org)



[info@mppd.org](mailto:info@mppd.org)



# Board of Commissioners

<b>Steve Kurka</b>	President
<b>Lisa Tenuta</b>	Vice President
<b>William Starr</b>	Secretary
<b>Mike Murphy</b>	Treasurer
<b>Timothy Doherty</b>	Commissioner
<b>Bill Klicka</b>	Commissioner
<b>Ray Massie</b>	Commissioner

## Administration

<b>Jim Jarog</b>	Executive Director
<b>Brett Barcel</b>	Director of Golf Operations
<b>George Giese</b>	Director of Administration
<b>Nick Troy</b>	Director of Recreation
<b>Ruth Yueil</b>	Director of Community Relations & Marketing
<b>Matt Dziubinski</b>	Superintendent of Parks & Planning
<b>Mary Kiaupa</b>	Human Resource & Risk Manager
<b>Cheryl Lufitz</b>	Community Relations & Marketing Manager
<b>Teri Wirkus</b>	Executive Compliance Officer
<b>Kylie Rack</b>	Graphic Communications Coordinator

## Golf & Recreation

<b>Ann Zimmerman</b>	Cultural Arts and Conservatory Manager
<b>Mike Azzaretto</b>	Aquatics, Athletics and Fitness Manager
<b>Nancy Prosser</b>	Facilities Manager
<b>Debra Cromie</b>	Golf Operations & Pro Shop Manager
<b>Jeff Langguth</b>	PGA Head Professional
<b>Rebekah Grant</b>	Friendship Park Conservatory Coordinator
<b>Brian Hecker</b>	Central Community Center Coordinator
<b>Toria Smith</b>	Cultural Arts Coordinator
<b>Brad Wessel</b>	Athletics Coordinator
<b>Kristina Winans</b>	Early Childhood & Youth Coordinator
<b>Linda Zalewski</b>	Aquatics Coordinator & Head Swim Team Coach



## JOIN OUR TEAM

Permanent part-time and full-time positions available

Apply at: [apptrack.com/mppd/onlineapp](https://apptrack.com/mppd/onlineapp)

# TABLE OF CONTENTS

<b>Events</b>	<b>2-6</b>
<b>Parks Foundation</b>	<b>6-7</b>
<b>Athletics</b>	<b>8-17</b>
<b>Fitness</b>	<b>18-22</b>
<b>Performing Arts</b>	<b>23-30</b>
<b>Visual Arts</b>	<b>31-33</b>
<b>Social Media</b>	<b>33</b>
<b>Conservatory</b>	<b>34-35</b>
<b>Golf</b>	<b>36</b>
<b>Early Childhood</b>	<b>37-38</b>
<b>Preschool</b>	<b>39</b>
<b>Youth</b>	<b>40-41</b>
<b>Aquatics</b>	<b>42-45</b>
<b>Index By Age</b>	<b>46-47</b>
<b>Parties</b>	<b>48</b>
<b>Facilities</b>	<b>49</b>
<b>Map</b>	<b>50</b>
<b>Registration</b>	<b>51</b>





# RecPlex» 30<sup>th</sup> 1991-2021 Anniversary

**Make it a September to Remember  
and celebrate with us all month long!**

Visit the RecPlex commons and take a walk down memory lane with archival information that revisits the 90's!

Stay tuned for info on giveaways, raffles and Culver's custard coupons to commemorate this special anniversary!

Visit [mppd.org](http://mppd.org)

---

**Celebrated  
3,000 Birthdays**

**Choreographed  
10,000 Dancers**

**Welcomed  
80,000  
Day Campers**

**Instructed  
96,000 Swimmers**

**Lifted  
400,000 Pounds  
of Weights**

---





# Fitness In The Park

**Sunday, Sep. 19**  
**Veterans Memorial**  
**Bandshell**

**Fee** \$10

All In Members are Free  
Group Fitness 10-Pack  
can be used

Reservation and class  
details on p. 18

## Boot Camp

**7:30-8:15 AM**

**Instructor** Allison F.

## Walk Live

**8:30-9:15 AM**

**Instructor** Cheri K.

## Zumba

**9:30-10:15 AM**

**Instructor** Cheri K.

# Fishing Derby

Grab your gear and make your way to Clearwater Park for a morning of family fishing! Test your skills and maybe even land a "big one." Worms provided—bring your rod, reel and tackle. Register your child(ren) and bring the family to share in the fun! Goody Bag for all registered participants.

**Saturday, Sep. 18**

**Ages 4-14**

**Clearwater Park**

**R \$12 NR \$17**

**7:30-9:30 AM** | 42437

**10:00 AM-12:00 PM** | 42438



# Concert 7th Heaven

**Sunday, Sep. 19 | 4:00 PM**  
**Veterans Memorial Bandshell**

The BAND is back! Our hometown favorites join the celebration with a free concert featuring 30 SONGS in 30 MINUTES!





# CREATURE FEATURE

## Outdoor Movie Night

**Proceeds Benefit the ReGreen Our Parks Tree Campaign**

Each circle receives a bucket of treats to share!  
Bring chairs/blankets and wear your costume if you dare!

**\$25** per circle  
which holds  
up to 6 people  
**Code 42668**



**SHREK**

Friday, October 15  
Festivities begin at 6:00 PM  
Movie at 7:00 PM  
Rain Date: October 16



Mt. Prospect  
**PARKS**  
Foundation



★★★★★  
**VETERANS MEMORIAL  
BANDSHELL**  
411 S. MAPLE ST.



**RAFFLE**

Purchase tickets on site  
for the Shrek All-Star  
Raffle with tons of  
family fun prizes!



# TRICK OR TREAT Trail



**SATURDAY,  
OCTOBER 23**  
at RecPlex

Enjoy a fun-filled trail of Halloween games and treats! Pick up your bag at check-in and continue gathering prizes, coupons and candy at each station.

Wear your costume and enjoy posing with some of your favorite characters! Then step outside for more seasonal fun.



**Register Each Child \$10**  
Suggested Ages 3-9 | Adults Free

9:00-9:45 AM	42665	1:00-1:45 PM	42662
10:00-10:45 AM	42663	2:00-2:45 PM	42666
11:00-11:45 AM	42664	3:00-3:45 PM	42667

**No Day of Registration**





# 56 ARTISAN FIX

**Saturday, Aug. 21** | Family Event

**Veterans Memorial Bandshell**

411 S. Maple St.

**12:00-5:00 PM**

Shop an array of fine arts and crafts at the Veterans Memorial Bandshell while listening to great music! Bring the family—meet your friends and enjoy a picnic lunch!

## MUSIC

Meteor DJ | 12:00-1:00 PM

JANNK Jazz Combo | 1:15-2:45 PM

Laurel Canyon Trio | 3:00-5:00 PM

## FOOD

Ernesto's Tacos

Hubby's Hot Dogs

Capannaris

Nothing Bundt Cakes

## ARTS

Jewelry

Candles

Beauty/Soaps

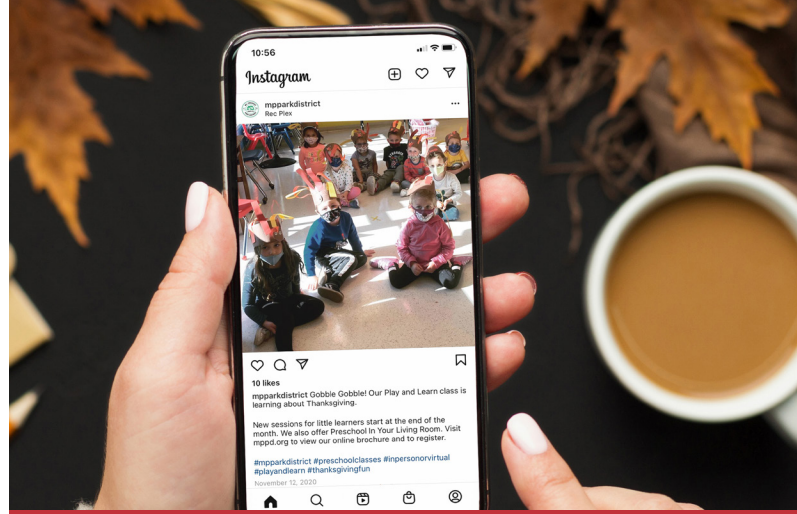
All Things Pets

Home Decor

Fine Art

Wooden Signs

to name a few!



# FOLLOW THE FUN



## #MPParkDistrict



MtProspectParkDistrict



mpparkdistrict



Mt. Prospect Park District



**Sign up for our e-newsletter to stay up to date on all programs, news and events at [mppd.org](http://mppd.org)**





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](http://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](http://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.

# Play Your Best ATHLETICS

## Camps

### Green White Soccer Thanksgiving Camp

(Ages 7-12)

Come out and work on skills, agility, coordination and speed! Camp takes place on the CCC turf.

**Central Community Center** **R \$100 NR \$110**

Monday-Wednesday, 9:00-11:00 AM Nov. 22-Nov. 24 42385

### Green White Soccer Winter Camps (Ages 7-12)

Come out and work on skills, agility, coordination and speed! Camp takes place on the CCC turf.

**Central Community Center** **R \$130 NR \$140**

Monday-Thursday, 9:00-11:00 AM Dec. 20-Dec. 23 42386

Monday-Thursday, 9:00-11:00 AM Dec. 27-Dec. 30 42387

### We Got Game Basketball Camp (Ages 5-7)

Let's play ball! A fun way to improve your game. 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 their game development. Great for participants of any level looking to improve, build team spirit, and break a sweat while having fun. All players will compete for coaches awards, hustle awards, and skill challenges for prizes! Parents, please pack a snack each day.

**RecPlex** **R \$75 NR \$85**

Monday-Wednesday, 12:30-2:00 PM Nov. 22-Nov. 24 42349

### We Got Game Dodgeball Tournament (Ages 8-11)

Join We Got Game's fast paced Winter Dodgeball Tournament! Come with friends to form a team (min. of 5 players and max. of 8 players) or make new friends by signing up on your own and joining a new formed team. The first day of competition will be constant game play to place individual players fairly. The second and third day of competitions will be round plays to set rankings for the playoffs on the last day of competition. Champions of each division will receive a medal. All friend requests and team rosters must be emailed to [ben@wggssportskids.com](mailto:ben@wggssportskids.com) before the first day.

**RecPlex** **R \$75 NR \$85**

Monday-Wednesday, 12:30-2:00 PM Nov. 22-Nov. 24 42292



### We Got Game Super Sports Camp (Ages 5-12)

We've packed the fall break 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, kickball and structured games. We focus on fun while keeping everyone playing and working together.

**RecPlex** **R \$108 NR \$118**

#### Ages 5-7

Monday-Wednesday, 9:00 AM-12:00 PM Nov. 22-Nov. 24 42360

#### Ages 8-12

Monday-Wednesday, 9:00 AM-12:00 PM Nov. 22-Nov. 24 42359

### We Got Game Volleyball Camp (Ages 8-14)

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 \$108 NR \$118**

#### Ages 8-11

Monday-Wednesday, 12:30-3:30 PM Nov. 22-Nov. 24 42362

#### Ages 12-14

Monday-Wednesday, 12:30-3:30 PM Nov. 22-Nov. 24 42361



## Green-White Soccer First Kick Pre-Academy (Ages 4-6)

Green White Soccer Club is excited to offer its soccer developmental program to boys and girls of all skill levels. Coaches increase each child's confidence through age appropriate exercises and games that encourage skill development, social interaction, and teamwork. This program teaches players technical skills such as dribbling, passing, shooting as well as social skills such as teamwork and sportsmanship. Games and exercises are tailored to players' individual ability and skill level. All classes are taught by professional, US Soccer licensed coaches and assisted by travel club players.

### Majewski Metro Athletic Complex Field #7

Saturday, 11:00 AM-12:00 PM

Sep. 4-Oct. 23

**R \$80 NR \$90** 42397



## Outdoor Fall Tennis Lessons

(Ages 6-Adult)

Get outside this Fall for an opportunity to learn the sport of tennis in a fun and engaging environment! Classes are broken down by age group as well as skill level.

### Lions Park Tennis Court

**Beginner (Ages 6-8)** A class for the player with little to no experience. You will learn the very basics of the game from proper grip to basic strokes: forehand, backhand, serve, and volley. Players will be broken into groups by age and ability.

Tuesday/Thursday, 5:00-5:50 PM Sept 7-Oct 7 **R \$100 NR \$110** 42377

**Advanced/Beginner (Ages 9-11)** A class for the player who has taken some lessons but needs stroke technique improvement.

Tuesday/Thursday, 6:00-7:00 PM Sept 7-Oct 7 **R \$100 NR \$110** 42378

**Intermediate (Ages 12-14)** A class designed for the player who has achieved stroke dependability and direction. Class will focus on control, depth, power, and some degree of consistency with tactics and drills.

Tuesday/Thursday, 7:00-8:00 PM Sept 7-Oct 7 **R \$100 NR \$110** 42380

**Adult Beginner (Ages 15-Adult)** Learn the basics of tennis. Beginners learn the basic strokes of tennis and court terminology and scoring.

Tuesday/Thursday, 9:00-10:00 AM Sept 7-Oct 7 **R \$100 NR \$110** 42376

Tuesday/Thursday, 6:00-7:00 PM Sept 7-Oct 7 **R \$100 NR \$110** 42636

**Adult Intermediate/Advanced (Ages 15-Adult)** Acquire drill and play, game strategy, tactics and total game plan. Introduction to advanced game approach (both Singles & Doubles).

Tuesday/Thursday, 7:00-8:30 PM Sept 7-Oct 7 **R \$150 NR \$160** 42379



**Culver's**  
Welcome to delicious.®

2060 East Northwest Hwy.  
Arlington Heights

1501 Dempster St.  
Mount Prospect

## Fall Sports Fans!

Enjoy a post-game celebration at Culver's!

# Youth Leagues



**MPPD/Green White S.C.**

## Youth Fall Outdoor Soccer League

**Registration Deadline Monday, Aug. 23**



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. Volunteer Coaches are needed - If interested please contact Tim Sullivan at [tsullivan@mppd.org](mailto:tsullivan@mppd.org). Registration after Aug. 23 incurs a \$15 late fee.

### GIRLS

Saturdays, Sep. 11-Oct. 30

**R \$100 NR \$110**

**Sunrise Park**

**Grades K & 1** 42150

**Grades 2 & 3** 42151

**Grades 4 & 5** 42152

**Grades 6-8** 42153



### BOYS

Sundays, Sep. 12-Oct. 31

**R \$100 NR \$110**

**Sunrise Park**

**Kindergarten** 41512

**Grade 1** 41510

**Grade 2** 41511

**Grade 3** 41509

**Grade 4** 41513

**Prospect HS or other local district**

**Grades 5 & 6** 41514

**Grades 7 & 8** 41515

## Pre-K Soccer League (Ages 4-5)

**Registration Deadline Sunday, Aug. 15**

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](mailto:tsullivan@mppd.org).

**Sunrise Park**

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

## Volleyball Recreational League

(Boys & Girls Grades 3-9)

Instruction and game play all at one place! Join us for this Fall Recreational league! Practices and games will take place all in the same day. Great way to socialize, be active and learn new skills!

**Instructor** We Got Game

**RecPlex** **No Class** Sep. 7 **R \$240 NR \$250**

**Grades 3-4** Tuesday, 6:00-8:00 PM Aug. 24-Nov. 2 42344

**Grades 5-6** Tuesday, 6:00-8:00 PM Aug. 24-Nov. 2 42345

**Grades 7-9** Saturday, 12:00-2:00 PM Aug. 28-Oct. 30 42346



## Travel Indoor Soccer League

**Registration Deadline**

**Monday, Dec. 20**

Test your team's skills in this competitive league that offers a great opportunity for enhancing fundamentals and skill. Games are played on Sundays at the CCC turf field. Games are 7v7 format. Team registration only!

**Central Community Center**

**Team Fee \$600**

Sunday, 9:00 AM-5:00 PM

Jan. 9-Mar. 13

**U11/12 Boys** 42389

**U11/12 Girls** 42390

**U13/14 Boys** 42391

**U13/14 Girls** 42392





# Travel Basketball Tryouts

Our program is for players looking for a more competitive basketball experience and a chance to compete against teams from various communities throughout the area.

## Boys Travel Basketball Tryouts (Grades 3-6)

Boys teams are entered into the North Suburban Basketball League. Practices may begin in November once teams are chosen. Games begin in December and continue through February with a March Madness Tournament for all teams to end the season. Games are played on Saturdays and Sundays. Players interested in trying out for the travel program must attend at least 1 of the 2 tryout dates in order to be eligible to be chosen. Player fee is \$400 and must be submitted by October 15.

### RecPlex

	Wednesday, Sep. 29	Saturday, Oct. 2
<b>Grade 3</b>	5:30-6:30 PM 42328	11:00 AM-12:00 PM 42332
<b>Grade 4</b>	6:30-7:30 PM 42329	12:00-1:00 PM 42333
<b>Grade 5</b>	7:30-8:30 PM 42330	1:00-2:00 PM 42334
<b>Grade 6</b>	7:30-8:30 PM 42331	1:00-2:00 PM 42335



## Girls Travel Basketball Tryouts (Grades 3-6)

Teams are entered into The Metro League in Niles. Practices may begin in November once teams are chosen. Games begin in December and continue through February. Most games are played on Saturdays, with some on weeknights. Season will conclude with playoffs. Players interested in trying out for the travel program must attend at least 1 of the 2 tryout dates in order to be eligible to be chosen. Player fee is \$325 and must be submitted by October 15.

### RecPlex

	Wednesday, Sep. 29	Saturday, Oct. 2
<b>Grade 3</b>	5:30-6:30 PM 42336	11:00 AM-12:00 PM 42340
<b>Grade 4</b>	6:30-7:30 PM 42337	12:00-1:00 PM 42341
<b>Grade 5</b>	7:30-8:30 PM 42338	1:00-2:00 PM 42342
<b>Grade 6</b>	7:30-8:30 PM 42339	1:00-2:00 PM 42343

# Youth Basketball League (Boys & Girls Grades K-8)

Play basketball in this progressively organized league. Track your child's development from the first practice to the last game. A \$15 late fee will be added to all registrations after the grade level deadline. Fee includes a jersey & shorts.

**No Games** Dec. 25 & Dec. 31

## Kindergarten-Grade 2

### Registration Deadline Monday, Nov. 1

Lower rims and smaller basketballs to ensure success for every participant. Focus on skills, sportsmanship, teamwork, and fun. Teams are separated by gender, grade level and neighborhood zones. Special requests are not guaranteed. Kindergarten and 1st grade play at CCC. 2nd grade plays at Lions Recreation Center. Practices may begin in December.

Jan. 8-Mar. 12 **R \$120 NR \$130**

**Boys & Girls K** 42369

**Boys Grade 1** 42370

**Girls Grade 1** 42371

**Boys Grade 2** 42372

**Girls Grade 2** 42373

## Grades 3-6

### Registration Deadline Monday, Oct. 11

More aspects of the game are introduced at each grade level, playing the game with little to no limitations. Basic basketball skills, team play, sportsmanship and fun are the main focus. The 10 game regular season concludes with a playoff for all levels. All players must attend one of the player evaluation days. Players are selected in a draft. Practices may begin in November. Games played on Saturdays at various gyms.

Dec. 4-Mar. 5 **R \$130 NR \$140**

**Boys Grade 3** 42366

**Girls Grade 3** 42364

**Boys Grade 4** 42365

**Girls Grade 4** 42363

**Boys Grades 5 & 6** 42367

**Girls Grades 5 & 6** 42368

## Grades 7 & 8

### Registration Deadline Monday, Nov. 1

Northwest Suburban Park District Basketball Conference. We've teamed up with other local Park Districts to provide a Jr. High basketball league! Games start in January after the Jr. High school season ends. All players must attend one of the player evaluation days. Players are selected in a draft. Teams play a 12 game regular season with a single elimination playoff tournament. Practices may begin in December.

Jan. 8-Mar. 12 **R \$135 NR \$145**

**Boys Grades 7 & 8** 42374

**Girls Grades 7 & 8** 42375

## Open Gym is Back

with reservations at RecPlex and Central Community Center

# We Got Game

## Parent Toddler Basketball (Ages 2-4 With Adult)

Be a part of your toddler's first dribbles, passes, and baskets! The program offers exciting games that engage both the toddler and parent.

### Fairview School

Saturday, 9:00-9:45 AM Nov. 6-Dec. 18 **R \$80 NR \$90** 42271

## 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

**No Class** Sep. 6 & Oct. 11

Monday, 10:00-10:45 AM Aug. 23-Nov. 1 **R \$95 NR \$105** 42293

Wednesday, 4:15-5:00 PM Aug. 25-Nov. 3 **R \$120 NR \$130** 42294

Saturday, 9:45-10:30 AM Aug. 28-Oct. 30 **R \$110 NR \$120** 42296

### Central Community Center

Thursday, 11:30 AM-12:15 PM Aug. 26-Nov. 4 **R \$120 NR \$130** 42295

**Lincoln Middle School** **No Class** Dec. 11

Saturday, 10:00-10:45 AM Nov. 6-Dec. 18 **R \$70 NR \$80** 42297

### Lions Park School

Saturday, 10:00-10:45 AM Nov. 6-Dec. 18 **R \$80 NR \$90** 42298

## Toddler Soccer (Ages 3-5)

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

### Central Community Center

Thursday, 10:00-10:45 AM Aug. 26-Nov. 4 **R \$120 NR \$130** 42398

Thursday, 10:45-11:30 AM Aug. 26-Nov. 4 **R \$120 NR \$130** 42399

**RecPlex** **No Class** Nov. 25

Thursday, 10:00-10:45 AM Nov. 11-Dec. 16 **R \$60 NR \$70** 42400

Thursday, 10:45-11:30 AM Nov. 11-Dec. 16 **R \$60 NR \$70** 42401

## 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.

### Fairview School

Saturday, 10:45-11:30 AM Nov. 6-Dec. 18 **R \$80 NR \$90** 42278

## 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, 4:00-4:45 PM Aug. 27-Nov. 5 **R \$120 NR \$130** 42299

### RecPlex

Sunday, 9:00-9:45 AM Nov. 7-Dec. 19 **R \$80 NR \$90** 42300

## Rookie Basketball (Ages 6-8)

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.

**RecPlex** **No Class** Sep. 7

Tuesday, 4:45-5:45 PM Aug. 24-Nov. 2 **R \$150 NR \$160** 42354

## Rookie Flag Football (Ages 7-10)

This program will give players the chance to develop their football skills and play live non-contact games. Players will first go thru drills then be divided into teams play in non-contact football games while receiving instruction from the We Got Game coaches.

### RecPlex

Thursday, 5:00-6:00 PM Aug. 26-Nov. 4 **R \$165 NR \$175** 42352

### Lions Park

Saturday, 11:30 AM-12:30 PM Aug. 28-Oct. 30 **R \$150 NR \$160** 42353

## Rookie Soccer (Ages 7-9)

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

**No Class** Sep. 6 & Oct. 11

Monday, 5:00-6:00 PM Aug. 23-Nov. 1 **R \$135 NR \$145** 42355

Wednesday, 6:00-7:00 PM Aug. 25-Nov. 3 **R \$165 NR \$175** 42356

## Rookie Touch Football (Ages 7-10)

This is a great introduction to the fine art of flag football, where footwork and quick reflexes, rather than force, are the bell-weather of success. Coaches work on offense and defense, with a bit of age-appropriate strategy thrown in for good measure.

**Lincoln Middle School** **No Class** Dec. 11

Saturday, 11:45 AM-12:45 PM Nov. 6-Dec. 18 **R \$90 NR \$100** 42357

## Rookie Track and Field (Ages 7-10)

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, 6:00-7:00 PM Aug. 27-Nov. 5 **R \$165 NR \$175** 42358

## Basketball Workout

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!

### Lions Park School

#### Ages 8-10

Saturday, 10:45-11:45 AM Nov. 6-Dec. 18 **R \$120 NR \$130** 42347

#### Ages 11-13

Saturday, 11:45 AM-12:45 PM Nov. 6-Dec. 18 **R \$120 NR \$130** 42348

## 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.

### Fairview School

Saturday, 9:45-10:45 AM Nov. 6-Dec. 18 **R \$90 NR \$100** 42273



## Beginner Flag Football (Ages 5-7)

Program gives players the chance to develop their football skills and play live non-contact games. Players will first go thru drills then be divided into teams for game play while receiving instruction from coaches.

### RecPlex

Thursday, 4:00-5:00 PM Aug. 26-Nov. 4 **R** \$165 **NR** \$175 42350

### Lions Park

Saturday, 10:30-11:30 AM Aug. 28-Oct. 30 **R** \$150 **NR** \$160 42351

## 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

Sunday, 9:00-9:45 AM Aug. 22-Oct. 31 **R** \$115 **NR** \$125 42280

Monday, 4:00-5:00 PM Aug. 23-Nov. 1 **R** \$135 **NR** \$145 42281

Wednesday, 5:00-6:00 PM Aug. 25-Nov. 3 **R** \$165 **NR** \$175 42282

Saturday, 9:00-9:45 AM Aug. 28-Oct. 30 **R** \$110 **NR** \$120 42283

**Lincoln Middle School** **No Class** Dec. 11

Saturday, 9:00-10:00 AM Nov. 6-Dec. 18 **R** \$70 **NR** \$80 42284

### Lions Park School

Saturday, 9:00-10:00 AM Nov. 6-Dec. 18 **R** \$105 **NR** \$115 42285

## Beginner Sports & Games (Ages 5-7)

This is where we start! Kids bust out and let loose. Competitive play is not quite age appropriate, but you can see it coming!

### Fairview School

Saturday, 11:30 AM-12:30 PM Nov. 6-Dec. 18 **R** \$90 **NR** \$100 42279

## Beginner T-Ball Skills (Ages 5-7)

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

**Lions Park** **No Class** Sep. 5 & 6, Oct. 11

Sunday, 9:45-10:30 AM Aug. 22-Oct. 31 **R** \$115 **NR** \$125 42286

Monday, 10:45-11:30 AM Aug. 23-Nov. 1 **R** \$95 **NR** \$105 42287

Friday, 4:45-5:45 PM Aug. 27-Nov. 5 **R** \$165 **NR** \$175 42288

### RecPlex

Sunday, 9:45-10:45 AM Nov. 7-Dec. 19 **R** \$105 **NR** \$115 42289

## Beginner Touch Football (Ages 5-7)

Young kids learn the fundamentals of football technique without the contact, such as stance, passing, and catching. We also delve into rules and strategy, both offense and defense, so they can Monday-morning-quarterback right alongside you.

**Lincoln Middle School** **No Class** Dec. 11

Saturday, 10:45-11:45 AM Nov. 6-Dec. 18 **R** \$70 **NR** \$80 42290

## 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

Monday, 9:15-10:00 AM Aug. 23-Nov. 1 **R** \$95 **NR** \$105 42291

## Volleyball Instructional Classes (Grades 3-6)

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

### Friendship Jr. High School

Tuesday, 6:00-8:00 PM Nov. 9-Dec. 14 **R** \$135 **NR** \$145 42388

## Level Up Flag Football (Ages 11-14)

Participants learn the fundamentals of Football while developing new skills in this non-contact class. Fundamentals include stance, passing, catching, running as well as the rules and strategy of offense and defense. Children will participate in skill enhancing drills and plays and participate in class scrimmages.

### RecPlex

Thursday, 6:00-7:00 PM Aug. 26-Nov. 4 **R** \$165 **NR** \$175 42394

## Level Up Soccer (Ages 11-13)

This curriculum resulted from what we heard from our players... "We want to PLAY!" This class guarantees at least 30 minutes of game play against their peers. Instruction will be split throughout the class and only where needed. Players will be given the freedom to learn and expand on their soccer game and provide the opportunity to have a coach to answer questions and give individual guidance.

### Lions Park

**No Class** Sep. 6 & Oct. 11

Monday, 6:00-7:00 PM Aug. 23-Nov. 1 **R** \$135 **NR** \$145 42395

Wednesday, 7:00-8:00 PM Aug. 25-Nov. 3 **R** \$165 **NR** \$175 42396

## Level Up Track and Field (Ages 10-13)

Young athletes challenge themselves and strive for new personal bests while being introduced to team concepts in a variety of track and field events: races, long jump, and more.

### Lions Park

Friday, 7:00-8:00 PM Aug. 27-Nov. 5 **R** \$165 **NR** \$175 42402

## Meadows Park Kickball Special! (Grades 4-8)

Outside, classic, local, perfect! Collect your neighborhood friends and join our fall 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 Baseball Field

**No Class** Sep. 5

**R** \$150 **NR** \$160

Sunday, 11:30 AM-12:30 PM Aug. 22-Oct. 31 42393

# Hot Shots Sports

## 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	Nov. 22	
Monday, 4:15-5:00 PM	Sep. 13-Oct. 25	R \$84 NR \$94	42232	
Monday, 4:15-5:00 PM	Nov. 1-Dec. 13	R \$72 NR \$82	42243	

## 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!

### Melas Park

Wednesday, 3:45-4:30 PM	Sep. 15-Oct. 27	R \$84 NR \$94	42251
-------------------------	-----------------	----------------	-------

## Hot Shots Sports Tots Basketball (Ages 3-5)

Children are introduced to the game of basketball in a safe, fun and exciting environment. Filled with activities and games specifically designed to increase balance, body awareness, motor skills, hand eye coordination, listening skills and the ability to follow directions. Basketball fundamentals covered include shooting, passing and dribbling.

Central Community Center		No Class	Nov. 27	
Saturday, 10:15-11:00 AM	Sep. 18-Oct. 30	R \$84 NR \$94	42235	
Saturday, 10:15-11:00 AM	Nov. 6-Dec. 18	R \$84 NR \$94	42236	

## 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.

Central Community Center		No Class	Nov. 27	
Saturday, 9:15-10:00 AM	Sep. 11-Oct. 30	R \$84 NR \$94	42244	
Saturday, 9:15-10:00 AM	Nov. 6-Dec. 18	R \$72 NR \$82	42245	

### Melas Park

Thursday, 3:45-4:30 PM	Sep. 16-Oct. 28	R \$84 NR \$94	42256
------------------------	-----------------	----------------	-------

## Home School P.E. (Ages 4-10)

Home School P.E. will rotate through a variety of sports activities and games to provide sport fundamentals, strength and mobility training, as well as social growth and team participation. Students will participate in age appropriate activities that include fitness, team building games, and sport specific skills. This class is a great way to get your child up and moving, learning new skills, trying new activities and making friends!

RecPlex	No Class	Nov. 26
---------	----------	---------

### Ages 4-6

Friday, 9:30-10:30 AM	Sep. 17-Oct. 29	R \$84 NR \$94	42233
Friday, 9:30-10:30 AM	Nov. 5-Dec. 17	R \$72 NR \$82	42241

### Ages 7-10

Friday, 10:30-11:30 AM	Sep. 17-Oct. 29	R \$84 NR \$94	42234
Friday, 10:30-11:30 AM	Nov. 5-Dec. 17	R \$72 NR \$82	42242

## Hot Shots Sports Striker Tot Soccer (Ages 4-6)

The Strikers level is the top level of classes for your young soccer star. In this class, players develop a close familiarity with the ball and learn the importance of always having it under control. Being geared towards getting your child ready for future soccer experiences, the Strikers level class tests players in a more challenging environment working on 1v1 and team exercises. By the end of class your child develops: landing on their shooting foot, precision shots vs. power shots, trapping the ball in the air, and field awareness.

### Melas Park

Tuesday, 4:15-5:00 PM	Sep. 14-Oct. 26	R \$84 NR \$94	42248
-----------------------	-----------------	----------------	-------

## Hot Shots Sports Baseball Skills Clinic (Ages 6-9)

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 gloves, and be ready for a fun, fast paced learning environment.

### Melas Park

Wednesday, 4:30-5:30 PM	Sep. 15-Oct. 27	R \$84 NR \$94	42252
-------------------------	-----------------	----------------	-------

## 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!

### Melas Park

Thursday, 4:30-5:30 PM	Sep. 16-Oct. 28	R \$84 NR \$94	42254
------------------------	-----------------	----------------	-------

## Hot Shots Sports Game Time 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.

### Melas Park

Thursday, 5:30-6:30 PM	Sep. 16-Oct. 28	R \$84 NR \$94	42255
------------------------	-----------------	----------------	-------

## Hot Shots Sports Nerf & Dodgeball Battle (Ages 8-12)

Each week we will play many different Nerf Elite battle games, including an all-out battle. Come experience this Classic basement game in an arena style team game. All guns, ammo and eye protection will be provided. You can bring your own gun or eye wear if you want. There will be a different theme every week. The first class will be a school color's theme.

Central Community Center		No Class	Nov. 27	
Saturday, 12:00-1:00 PM	Sep. 11-Oct. 30	R \$84 NR \$94	42246	
Saturday, 12:00-1:00 PM	Nov. 6-Dec. 18	R \$72 NR \$82	42247	



## 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.

### Melas Park

Wednesday, 5:30-6:30 PM Sep. 15-Oct. 27 **R \$84 NR \$94** 42253

## Hot Shots Sports Soccer Skills Clinic

### 101 (Ages 7-9)

Players are introduced to the fundamentals of soccer tactics such as passing the ball, offensive and 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.

### Melas Park

Tuesday, 5:00-6:00 PM Sep. 14-Oct. 26 **R \$84 NR \$94** 42249

### 201 (Ages 10-13)

In the next stage of their progression, players increase their playing stamina and speed in an up-tempo game like atmosphere. The clinic's specific technique training involves strength and placement shooting, landing on the shooting foot, precision passing, settling the ball with various body parts and advanced fundamentals and skill maneuvers. Most importantly, players are taught game concepts that will improve their decision-making and overall game.

### Melas Park

Tuesday, 6:00-7:00 PM Sep. 14-Oct. 26 **R \$84 NR \$94** 42250

## 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 Nov. 22 & Nov. 27

Monday, 5:00-6:00 PM Sep. 13-Oct. 25 **R \$84 NR \$94** 42230

Monday, 5:00-6:00 PM Nov. 1-Dec. 13 **R \$72 NR \$82** 42237

Saturday, 11:00 AM-12:00 PM Sep. 11-Oct. 30 **R \$84 NR \$94** 42239

Saturday, 11:00 AM-12:00 PM Nov. 6-Dec. 18 **R \$72 NR \$82** 42240

### 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 Nov. 22

Monday, 6:00-7:00 PM Sep. 13-Oct. 25 **R \$84 NR \$94** 42231

Monday, 6:00-7:00 PM Nov. 1-Dec. 13 **R \$72 NR \$82** 42238



## LOOKING FOR A FALL ICE HOCKEY PROGRAM?

- Learn to skate programming and skills for beginners starting as early as three years old
- Competitive hockey instruction and league play for more advanced skaters
- All ages through high school
- Professional coaching at all levels including goaltending

[www.nwchargers.org](http://www.nwchargers.org)

See our website for information that best suits your player's profile or contact us with questions

Chris Kaspar, Hockey Director [ckaspar@nwchargers.org](mailto:ckaspar@nwchargers.org)





## 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](http://iskc.com) for more information or call us at 847-359-0666

**No Class** Nov. 27



### 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.

**Mt. Prospect Central Community Center** 1000 W. Central Rd., Mount Prospect

Beg/Cont	Wednesday, 4:00-4:45 PM	Sep. 8-Dec. 15	<b>R \$180 NR \$190</b>	42204
Int/Adv (Instr perm)	Wednesday, 4:45-5:30 PM	Sep. 8-Dec. 15	<b>R \$180 NR \$190</b>	42205

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

Beg/Cont	Thursday, 6:00-6:45 PM	Sep. 9-Dec. 23	<b>R \$180 NR \$190</b>	42206
----------	------------------------	----------------	-------------------------	-------

**River Trails Middle School** 1000 Wolf Rd., Mt. Prospect

Beg/Cont	Saturday, 9:00-9:45 AM	Sep. 11-Dec. 18	<b>R \$168 NR \$178</b>	42207
Novice (2-3 ses)	Saturday, 9:55-10:40 AM	Sep. 11-Dec. 18	<b>R \$168 NR \$178</b>	42208
Int/Adv (Red belts & up)	Saturday, 10:50-11:50 AM	Sep. 11-Dec. 18	<b>R \$193 NR \$203</b>	42209

### 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	Sep. 9-Dec. 23	<b>R \$180 NR \$190</b>	42222
Prpl-Blk Int/Adv	Thursday, 8:00-9:00 PM	Sep. 9-Dec. 23	<b>R \$180 NR \$190</b>	42223

**River Trails Middle School** 1000 Wolf Rd., Mt. Prospect

No Exp Beg	Saturday, 9:15-10:15 AM	Sep. 11-Dec. 18	<b>R \$168 NR \$178</b>	42224
Red-Blu Cont	Saturday, 9:15-10:15 AM	Sep. 11-Dec. 18	<b>R \$168 NR \$178</b>	42225
Grn-Prpl Novice	Saturday, 10:20-11:35 AM	Sep. 11-Dec. 18	<b>R \$193 NR \$203</b>	42226
Brown Int	Saturday, 10:20-11:35 AM	Sep. 11-Dec. 18	<b>R \$193 NR \$203</b>	42227
Black Adv	Saturday, 11:40 AM-1:10 PM	Sep. 11-Dec. 18	<b>R \$217 NR \$227</b>	42228

**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

No Experience Beg	Tuesday, 6:30-7:30 PM	Sep. 7-Dec. 14	<b>R \$180 NR \$190</b>	42210
Cont 1+ Ses	Tuesday, 6:30-7:30 PM	Sep. 7-Dec. 14	<b>R \$180 NR \$190</b>	42211
Ylw-Blk Int/Adv	Tuesday, 6:30-8:00 PM	Sep. 7-Dec. 14	<b>R \$233 NR \$243</b>	42212

**Mt. Prospect Central Community Center** 1000 W. Central Rd., Mount Prospect

Wht&Red Beg/Con	Wednesday, 5:30-6:30 PM	Sep. 8-Dec. 15	<b>R \$180 NR \$190</b>	42217
Org-Grn Int	Wednesday, 6:30-7:30 PM	Sep. 8-Dec. 15	<b>R \$180 NR \$190</b>	42218
Prpl-Blk Adv	Wednesday, 7:30-9:00 PM	Sep. 8-Dec. 15	<b>R \$233 NR \$243</b>	42221

**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

White Beg	Tuesday, 8:05-9:05 PM	Sep. 7-Dec. 14	<b>R \$180 NR \$190</b>	42213
Red-Blu Cont	Tuesday, 8:05-9:05 PM	Sep. 7-Dec. 14	<b>R \$180 NR \$190</b>	42214
Grn-Blk Int/ Adv	Tuesday, 8:05-9:35 PM	Sep. 7-Dec. 14	<b>R \$233 NR \$243</b>	42215

**Mt. Prospect Central Community Center** 1000 W. Central Rd., Mount Prospect

Wht&Red Beg/Con	Wednesday, 5:30-6:30 PM	Sep. 8-Dec. 15	<b>R \$180 NR \$190</b>	42216
Org-Grn Int	Wednesday, 6:30-7:30 PM	Sep. 8-Dec. 15	<b>R \$180 NR \$190</b>	42219
Prpl-Blk Adv	Wednesday, 7:30-9:00 PM	Sep. 8-Dec. 15	<b>R \$233 NR \$243</b>	42220



# Adult Leagues



## New! Adult Bags League (Ages 18+)

Join us for our new Adult Bags League! Teams will play three games up to 21 points each night, with the possibility of teams playing doubleheaders. At the conclusion of regular season play, a single elimination playoff will be held. Cash prizes will be awarded to top finishes in regular season & playoffs. A cash bar will be available during league play. Team registrations only with team roster max of 5 players per team.

**Registration Deadline Sep. 7**

**Friendship Park Conservatory**

**No Games** Nov. 25 or Dec. 2

Thursday, 6:30-10:30 PM Sep. 16-Dec. 16 **Fee** \$75 42272



## Fall Men's Basketball Leagues (Ages 18+)

Eight game regular season schedule for all teams followed by a single elimination playoff. Teams provide numbered jerseys with color chosen at registration on a first-come, first-served basis. Team registration only.

**Registration Deadline Sep. 13**

**All games played at Central Community Center** **Fee** \$650

**B/C** Sunday, 9:00 AM-12:00 PM Sep. 19-Nov. 21 42381

**C** Tuesday, 6:30-9:30 PM Sep. 21-Nov. 23 42383

## Fall Adult Softball Leagues (Ages 18+)

Register early for this popular league. Ten game season with possible weekly double headers. Team registration only on a first-come, first-served basis. Men's Leagues play 16" & Co-Ed plays 14". To secure your team's spot, contact Brad Wessel at bwessel@mppd.org.

**Registration Deadline Aug. 13**

**Leagues held at Kopp Park** **Fee** \$650

**16" C league** Monday, 7:00-9:20 PM Aug. 23-Oct. 25 41741

**16" A league** Tuesday, 7:00-9:20 PM Aug. 24-Oct. 26 41742

**16" C league** Wednesday, 7:00-9:20 PM Aug. 25-Oct. 27 41743

**14" Coed League** Thursday, 7:00-9:20 PM Aug. 26-Oct. 28 41744

## Fall Adult Volleyball League (Ages 18+)

Come join the fun at the co-rec volleyball league! All are welcome regardless of ability. League has a 10 week schedule—three matches per game. Team registration is accepted only with a max of 12 teams per league. Games will be played at RecPlex.

**Registration Deadline Sep. 7**

**RecPlex** **Fee** \$325

Wednesday, 6:30-9:30 PM Sep. 15-Dec. 8 42384

## Beginner Pickleball (Ages 50+)

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

**Central Community Center**

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

Monday, 8:30-9:30 AM

Oct. 4-Nov. 1 42646

Monday, 8:30-9:30 AM

Nov. 8-Dec. 6 42647

## — Open Pickleball —

**Monday-Friday**

**9:00 AM–12:00 PM**

**Central Community Center**

**\$4 Daily Rate**

**\$30 Ten Play-Card**

**\$60 Twenty Play-Card**

# *Sweat It Out* FITNESS



## Fitness in the Park

Sunday, September 19

**Class Fee** \$10. All In members are free.

Group Fitness 10-Pack can be used.

Join us at the Veterans Memorial Bandshell for the second annual Fitness in the Park Event! Giveaways and snacks for all participants.

Please reserve your spot by utilizing the Reservation feature in your WebStore account. No walk-ups allowed.

### Boot Camp

**Instructor** Allison F.

7:30-8:15 AM

Get your Sunday started with a high intensity workout outdoors! This workout will include elements of cardio and strength. A mat is optional and a water bottle is strongly encouraged.

### Walk Live

**Instructor** Cheri K.

8:30-9:15 AM

Join Cheri as she brings Walk Live outdoors to Mt. Prospect! This aerobic walk class is conducted using the indoor walking techniques established and proven through the success of Leslie Sansone's Walk At Home programs. Cheri will refine this program to be used outdoors at Lions Park and add her twist to it!

### Zumba

**Instructor** Cheri K.

9:30-10:15 AM

A fusion of Latin and international dance themes, combining high energy dance moves and slower cardio intervals for a maximum calorie output.



## 90's Day Fitness

Dress in your wind breaker, leg warmers and sweat bands. Toss your hair in a scrunchy and grab your walkman. Everyone's gettin' jiggy September 14 as we celebrate RecPlex turning 30!

# Sep. 14



# Maximize *Your* Membership

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

**All recurring memberships receive discounts on specialty classes, personal training and more!**

**Visit [mppd.org](http://mppd.org) for RecPlex and CCC fitness center hours**

## 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.

# 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)



 **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**



## Healthy Lecture Series 2021

The Healthy Lecture Series is free to active members of the Mt. Prospect Park District and features four lectures per year on a variety of topics. All lectures in 2021 will be via Zoom. Registration is required to receive the Zoom link.

### Managing Stress

Wednesday, 6:00-7:00 PM Sep. 8 42569

### Diabetes

Wednesday, 6:00-7:00 PM Nov. 17 42570



# 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

## RecPlex and CCC Hours Starting Sep. 7

Monday-Friday 6:00 AM-9:00 PM  
Saturday 7:00 AM-2:00 PM  
Sunday 7:00 AM-1:00 PM



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.



847-255-5380

# Specialty Classes

## Boot Camp (Ages 13-Adult)

Join Maria for this fun full body workout plan and class! The class will consist of one high intensity interval training class per week on Monday evenings in addition to a workout plan for the remainder of the week to help reach your goals. Please bring a mat and water bottle to class each week.

<b>RecPlex</b>	<b>Studio 201</b>	<b>No Class</b> Sep. 6	
<b>Instructor</b> Maria			
Monday, 7:00-7:45 PM	Aug. 30-Oct. 11	<b>M</b> \$54 <b>NM</b> \$60	42622

## Belly Dance Fit & Flow (Ages 13-Adult)

Strengthen, lengthen and condition your body just like a belly dancer! Each class features a dynamic flow warm up, followed by muscle-group focused exercises and dance moves that we will build on through the session. We finish up with a great full body stretch that will have you ready for bed or ready for more!

<b>RecPlex</b>	<b>Studio 200</b>		
<b>Instructor</b> Mari			
Wednesday, 7:00-7:45 PM	Sep. 1-Oct. 20	<b>M</b> \$72 <b>NM</b> \$80	42409
Wednesday, 7:00-7:45 PM	Oct. 27-Dec. 15	<b>M</b> \$72 <b>NM</b> \$80	42410

## 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.

<b>RecPlex</b>	<b>Studio 201</b>		
<b>Instructor</b> Cheri			
Thursday, 6:30-7:15 PM	Aug. 26-Sep. 30	<b>M</b> \$60 <b>NM</b> \$67	42411
Thursday, 6:30-7:15 PM	Oct. 14-Nov. 18	<b>M</b> \$60 <b>NM</b> \$67	42412

## 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.

<b>RecPlex</b>	<b>Studio 201</b>	<b>No Class</b> Nov. 25	
<b>Instructor</b> Fran Z. (Senior Specialist)			
Tuesday, 9:00-9:45 AM	Aug. 31-Oct. 12	<b>M</b> \$65 <b>NM</b> \$73	42403
Both Days, 9:00-9:45 AM	Aug. 31-Oct. 14	<b>M</b> \$98 <b>NM</b> \$109	42404
Thursday, 9:00-9:45 AM	Sep. 2-Oct. 14	<b>M</b> \$65 <b>NM</b> \$73	42405
Tuesday, 9:00-9:45 AM	Oct. 19-Nov. 30	<b>M</b> \$65 <b>NM</b> \$73	42406
Both Days, 9:00-9:45 AM	Oct. 19-Dec. 2	<b>M</b> \$91 <b>NM</b> \$101	42407
Thursday, 9:00-9:45 AM	Oct. 21-Dec. 2	<b>M</b> \$56 <b>NM</b> \$63	42408

# 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.

	<b>1 Session</b>	<b>3-Pack</b>	<b>6-Pack</b>
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.

	<b>1 Session</b>	<b>3-Pack</b>	<b>6-Pack</b>
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.





# 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! Attendance at the first class is very important to casting. One parent is required to attend a short meeting the first night of class at 6:30 PM.

During production week dress rehearsals are at Lions Recreation Center, Monday, Nov. 29 through Thursday, Dec. 2, times to be announced. Two performance dates at Lions Recreation Center: Friday, Dec. 3 at 7:00 PM and Saturday, Dec. 4 at 2:00 PM. Ticket information will be available in mid-November.

**Instructor** Colleen Kaminiski

**RecPlex** **No Class** Nov. 24

### Kids on Stage Jr (Ages 5-7)

Wednesday, 5:30-6:30 PM

Sep. 22-Dec. 1 **R** \$120 **NR** \$130 42439

### Kids on Stage (Ages 8-16)

Wednesday, 6:45-8:30 PM

Sep. 22-Dec. 1 **R** \$185 **NR** \$195 42440

## 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 Cultural Arts at 847-640-1000 with any questions.

### Central Community Center

<b>Instructor</b> Ryan Y.	<b>R</b> \$150 <b>NR</b> \$160	
Monday, 3:00-8:00 PM	Sep. 20-Nov. 1	42441
Monday, 3:00-8:00 PM	Nov. 8-Dec. 20	42442



## Mt. Prospect Community Band (Ages 18+)

Love to make music? The Mt. Prospect Park District invites musicians to join the Mt. Prospect Community Band. There are no auditions for membership; however, we are seeking accomplished musicians. Music and percussion equipment are provided. New and existing members must enroll seasonally. Come play with us...contact madams@mppd.org for more information.

### RecPlex

Monday, 7:00-8:45 PM Sep. 13-Dec. 6 **Fee** \$40 40780



2019 Fairest of Them All  
Photo courtesy of Sam Duray

# DANCE

## Fall is the perfect time to return to dance!

2021 Fall Terms begins Wednesday, September 8

**No Classes** Nov. 24-27

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

### Fall Term Registration Guide    Costume Fees

All dancers First Grade and above, who wish to participate in the April/May recitals, must register during the Fall term.

Classes for new dancers and early elementary levels have a recommended grade in the class description.

Junior, Intermediate and Advanced classes are based on dancer progress and placement. Returning students from the 2020-21 curriculum year will receive dance class placement via email mid-August.

If your dancer was enrolled prior to March 2020 and is interested in returning to dance this Fall, or is new to the program, please call Amy to discuss placement at 847-640-1000.

Fall registration fees reflect tuition and the annual Spring recital costume fee. Winter/Spring term registration are tuition only for most performance classes (Advanced Ballet will include pointe dance costume fee).

Fall registration fees for Pre-Ballet, Mini Medley and Kindergarten Combo classes are tuition only. The recital costume fee for these classes is included with the Winter/Spring term.

Princess Ballerinas, Parent & Tot, Dad/Daughter Ballet, Adult dance classes and Master Ballet Class Series are non-recital classes and do not include a costume fee.

MT. PROSPECT  
SCHOOL OF  
CLASSICAL  
*Ballet*

Studio  
**Impulse**  
Tap • Jazz    Contemporary • Hip Hop

## Dance Studio Safety Protocols and Zoom Class Requests

Dancers who aren't feeling well or have to quarantine should stay home and may request access to class via Zoom as needed. To request a Zoom link please contact Amy at 847-640-1000 ext. 207.

Dancers who prefer to continue via Zoom may register for in person classes. Please contact Amy to coordinate requests for a Zoom-only dancer.

Lions Recreation Center will only allow registered dancers into the building.

Please visit [mppd.org/programs-events/dance](http://mppd.org/programs-events/dance) for detail on safety protocols for in person dance classes.

As protocols evolve this document is updated.





## August Offering Daddy/Daughter Ballet

Dads, join your budding ballerina in the studio for a class designed just for the two of you! Make great memories playing fun ballet games, leaping, jumping and turning together. No experience necessary, just a desire to have fun with your dad/daughter. Daughters should wear ballet class attire (leotard and tights and ballet shoes) and dads can dress in workout attire and socks.

**Lions Recreation Center**

**Preschool-Grade 2**

Saturday, 9:00-9:30 AM    Aug. 14-Aug. 28    **R \$26 NR \$36**    42454

## Parent and Tot Dance (Ages 2½-4½ With Parent)

Dance with your child while having fun learning creative movement and playing dance games. Parents and tots wear comfortable clothing and ballet slippers or socks with rubber grips on the bottom. Register under the child's name.

**RecPlex**

Saturday, 9:00-9:30 AM    Sep. 11-Dec. 4    **Instructor** Vanessa M.    **R \$102 NR \$112**    42501

## Princess Ballerinas (Born by Sep. 1, 2018)

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**

### Session 1

Tuesday, 10:30-11:00 AM	Sep. 14-Oct. 19	<b>Instructor</b> Caryn H.	<b>R \$51 NR \$61</b>	42456
Friday, 4:30-5:00 PM	Sep. 10-Oct. 15	<b>Instructor</b> Vikki B.	<b>R \$51 NR \$61</b>	42458
Saturday, 8:30-9:00 AM	Sep. 11-Oct. 16	<b>Instructor</b> Vikki B.	<b>R \$51 NR \$61</b>	42460

### Session 2

Tuesday, 10:30-11:00 AM	Oct. 26-Nov. 30	<b>Instructor</b> Caryn H.	<b>R \$51 NR \$61</b>	42457
Friday, 4:30-5:00 PM	Oct. 22-Dec. 3	<b>Instructor</b> Vikki B.	<b>R \$51 NR \$61</b>	42459
Saturday, 8:30-9:00 AM	Oct. 23-Dec. 4	<b>Instructor</b> Vikki B.	<b>R \$51 NR \$61</b>	42462

## Mini Medley

(Preschool)

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, 10:45-11:30 AM  
Sep. 11-Dec. 4  
**R \$126 NR \$136**    42503

Monday, 11:00-11:45 AM  
Sep. 13-Nov. 29  
**R \$126 NR \$136**    42502

## Pre-Ballet (Born by Sep. 1, 2017-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

#### Kindergarten

Tuesday, 9:30-10:15 AM Sep. 14-Nov. 30 **Instructor** Caryn H. **R** \$126 **NR** \$136 42464

#### Preschool (Born by Sep. 1, 2017)

Tuesday, 11:15 AM-12:00 PM Sep. 14-Nov. 30 **Instructor** Caryn H. **R** \$126 **NR** \$136 42465

#### Preschool/Kindergarten

Thursday, 4:30-5:15 PM Sep. 9-Dec. 2 **Instructor** Caryn H. **R** \$126 **NR** \$136 42466

Friday, 5:15-6:00 PM Sep. 10-Dec. 3 **Instructor** Vikki B. **R** \$126 **NR** \$136 42468

Saturday, 10:30-11:15 AM Sep. 11-Dec. 4 **Instructor** Vikki B. **R** \$126 **NR** \$136 42467

## Introduction to Ballet

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

#### Grade 1

Monday, 5:15-6:15 PM Sep. 13-Nov. 29 **Instructor** Linda B. **R** \$198 **NR** \$208 42472

#### Grades 1 & 2

Wednesday, 5:00-6:00 PM Sep. 8-Dec. 1 **Instructor** Rachel V. **R** \$198 **NR** \$208 42469

Saturday, 9:15-10:15 AM Sep. 11-Dec. 4 **Instructor** Vikki B. **R** \$198 **NR** \$208 42470

Tuesday, 6:20-7:20 PM Sep. 14-Nov. 30 **Instructor** Caryn H. **R** \$198 **NR** \$208 42473

#### Grades 2

Monday, 4:00-5:00 PM Sep. 13-Nov. 29 **Instructor** Linda B. **R** \$198 **NR** \$208 42471

## 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

#### Junior 1

Monday, 4:00-5:00 PM Sep. 13-Nov. 29 **Instructor** Tara S. **R** \$198 **NR** \$208 42476

Tuesday, 5:15-6:15 PM Sep. 14-Nov. 30 **Instructor** Tara S. **R** \$198 **NR** \$208 42480

#### Junior 2

Monday, 5:15-6:15 PM Sep. 13-Nov. 29 **Instructor** Tara S. **R** \$198 **NR** \$208 42477

Tuesday, 4:00-5:00 PM Sep. 14-Nov. 30 **Instructor** Tara S. **R** \$198 **NR** \$208 42478

#### Junior 3

Thursday, 5:30-6:30 PM Sep. 9-Dec. 2 **Instructor** Linda B. **R** \$198 **NR** \$208 42475

Tuesday, 4:15-5:15 PM Sep. 14-Nov. 30 **Instructor** Amy H. **R** \$198 **NR** \$208 42479

## 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 Orchestis, musical theater productions, or other dance opportunities where technical dance training is important.

### RecPlex

Tuesday, 7:15-8:15 PM Sep. 14-Nov. 30 **Instructor** Allison B. **R** \$203 **NR** \$213 42493



## 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

**Instructor** Vanessa M.

Saturday, 9:45-10:30 AM

Sep. 11-Dec. 4

**R** \$126 **NR** \$136 42504

Monday, 10:00-10:45 AM

Sep. 13-Nov. 29

**R** \$126 **NR** \$136 42505

Thank you JD Event Photography for posed photos



# 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** Caryn H.

Saturday, 9:00-10:00 AM

Sep. 11-Dec. 4

**R \$198 NR \$208 42474**



# 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, 4:00-7:15 PM

Sep. 8-Dec. 1

**R \$218 NR \$228 42497**

## 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

Monday, 6:30-7:45 PM

Sep. 13-Nov. 29

**Instructor** Linda B.

**R \$209 NR \$219 42481**

Thursday, 4:00-5:15 PM

Sep. 9-Dec. 2

**Instructor** Linda B.

**R \$209 NR \$219 42483**

#### Intermediate 2

Thursday, 6:45-8:15 PM

Sep. 9-Dec. 2

**Instructor** Caryn H.

**R \$218 NR \$228 42484**

#### Intermediate 2/3

Wednesday, 6:15-7:45 PM

Sep. 8-Dec. 1

**Instructor** Rachel V.

**R \$218 NR \$228 42482**

#### Intermediate 3

Thursday, 6:45-8:15 PM

Sep. 9-Dec. 2

**Instructor** Linda B.

**R \$218 NR \$228 42485**

## 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, 8:00-9:30 PM

Sep. 13-Nov. 29

**Instructor** Linda B.

**R \$218 NR \$228 42489**

#### Advanced 1/2 (ballet & pointe)

Wednesday, 8:00-9:30 PM

Sep. 8-Dec. 1

**Instructor** Rachel V.

**R \$218 NR \$228 42487**

#### Advanced 2 (ballet & pointe)

Monday, 6:30-8:00 PM

Sep. 13-Nov. 29

**Instructor** Amy H.

**R \$218 NR \$228 42491**

#### Advanced 2/3 (ballet & pointe)

Thursday, 8:15-9:45 PM

Sep. 9-Dec. 2

**Instructor** Linda B.

**R \$218 NR \$228 42488**

#### Advanced 3 (ballet & pointe)

Monday, 8:15-9:45 PM

Sep. 13-Nov. 29

**Instructor** Amy H.

**R \$218 NR \$228 42492**

Wednesday, 7:30-9:15 PM

Sep. 8-Dec. 1

**Instructor** Amy H.

**R \$221 NR \$231 42486**

#### Advanced Open (ballet & pointe)

Saturday, 3:15-4:45 PM

Sep. 11-Dec. 4

**Instructor** Rachel V.

**R \$218 NR \$228 42490**

## 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 for placement.

### Lions Recreation Center

#### Intermediate Tech

Tuesday, 5:30-6:45 PM

Sep. 14-Nov. 30

**Instructor** Sue L.

**R \$144 NR \$154 42494**

#### Advanced Tech

Tuesday, 7:00-8:30 PM

Sep. 14-Nov. 30

**Instructor** Sue L.

**R \$153 NR \$163 42495**

#### Advanced Tech & Intermediate Pointe

Tuesday, 7:00-9:00 PM

Sep. 14-Nov. 30

**Instructor** Sue L.

**R \$198 NR \$208 42496**

## 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

Tuesday, 6:15-7:00 PM    Sep. 14-Nov. 30    **Instructor** Allison B.    **R** \$186 **NR** \$196    42506

## 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, 6:30-7:15 PM    Sep. 8-Dec. 1    **Instructor** Sandy S.    **R** \$186 **NR** \$196    42511

#### Junior 3

Thursday, 4:00-4:45 PM    Sep. 9-Dec. 2    **Instructor** Kim K.    **R** \$186 **NR** \$196    42512

## 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

Thursday, 5:00-6:00 PM    Sep. 9-Dec. 2    **Instructor** Kim K.    **R** \$203 **NR** \$213    42514

#### Intermediate 3/4

Tuesday, 8:30-9:30 PM    Sep. 14-Nov. 30    **Instructor** Allison B.    **R** \$203 **NR** \$213    42513

## 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.

### Advanced Open

### RecPlex

Thursday, 6:15-7:15 PM    Sep. 9-Dec. 2    **Instructor** Kim K.    **R** \$203 **NR** \$213    42515

### Lions Recreation Center

Saturday, 12:45-1:45 PM    Sep. 11-Dec. 4    **Instructor** Rachel V.    **R** \$203 **NR** \$213    42516

## 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

Wednesday, 5:30-6:15 PM    Sep. 8-Dec. 1    **Instructor** Sandy S.    **R** \$186 **NR** \$196    42508

### Lions Recreation Center

#### Intermediate

Sunday, 4:00-4:45 PM    Sep. 12-Dec. 5    **Instructor** Sandy S.    **R** \$191 **NR** \$201    42509

# 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.

### RecPlex

**Instructor** Vanessa M.

Monday, 4:15-5:15 PM

Sep. 13-Nov. 29

**R** \$203 **NR** \$213    42517

# 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.

Monday, 8:45-9:30 PM

Sep. 13-Nov. 29

**R** \$191 **NR** \$201    42510

# Tap & Jazz Combo

## (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.

### RecPlex

**Instructor** Micki S.

Monday, 6:30-7:30 PM

Sep. 13-Nov. 29

**R** \$198 **NR** \$208    42507

# 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.

### RecPlex

**Instructor** Kim K.

Thursday, 7:15-9:30 PM

Sep. 9-Dec. 2

**R** \$218 **NR** \$228 42520



## 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

Friday, 6:30-7:30 PM

Sep. 10-Dec. 3

**Instructor** Amy H.

**R** \$203 **NR** \$213 42521

#### Contemporary 2

Thursday, 5:30-6:30 PM

Sep. 9-Dec. 2

**Instructor** Caryn H.

**R** \$203 **NR** \$213 42524

#### Contemporary 3

Saturday, 10:15-11:15 AM

Sep. 11-Dec. 4

**Instructor** Caryn H.

**R** \$203 **NR** \$213 42526

#### Contemporary 4

Tuesday, 7:30-8:30 PM

Sep. 14-Nov. 30

**Instructor** Caryn H.

**R** \$203 **NR** \$213 42522

#### Contemporary 4/5

Friday, 4:15-5:15 PM

Sep. 10-Dec. 3

**Instructor** Amy H.

**R** \$203 **NR** \$213 42525

#### Contemporary 5

Saturday, 2:00-3:00 PM

Sep. 11-Dec. 4

**Instructor** Rachel V.

**R** \$203 **NR** \$213 42527

## 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.

### Beginning (Grades 1 & 2)

#### Lions Recreation Center

Saturday, 11:30-12:30 AM

Sep. 11-Dec. 4

**Instructor** Caryn H.

**R** \$198 **NR** \$208 42532

#### Junior 1/2

#### RecPlex

Thursday, 4:30-5:45 PM

Sep. 9-Dec. 2

**Instructor** Vanessa M.

**R** \$204 **NR** \$214 42530

Friday, 5:45-7:00 PM

Sep. 10-Dec. 3

**Instructor** Vanessa M.

**R** \$204 **NR** \$214 42531

## 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

Saturday, 12:30-1:30 PM

Sep. 11-Dec. 4

**Instructor** Vanessa M.

**R** \$203 **NR** \$213 42540

# 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.

### RecPlex

**Instructor** Micki S.

#### Intermediate

Monday, 7:40-8:40 PM

Sep. 13-Nov. 29

**R** \$203 **NR** \$213 42519

### Lions Recreation Center

**Instructor** Amy H.

#### Advanced

Friday, 5:20-6:20 PM

Sep. 10-Dec. 13

**R** \$203 **NR** \$213 42518



## Hip Hop

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

### Grades 5 & 6

#### RecPlex

Saturday, 1:30-2:15 PM	Sep. 11-Dec. 4	<b>Instructor</b> Vanessa M.	<b>R</b> \$191 <b>NR</b> \$201	42536
Monday, 5:30-6:15 PM	Sep. 13-Nov. 29	<b>Instructor</b> Vanessa M.	<b>R</b> \$191 <b>NR</b> \$201	42537

### Intermediate 1

#### RecPlex

Friday, 4:45-5:30 PM	Sep. 10-Dec. 3	<b>Instructor</b> Vanessa M.	<b>R</b> \$191 <b>NR</b> \$201	42533
----------------------	----------------	------------------------------	--------------------------------	-------

### Intermediate 2

#### RecPlex

Saturday, 11:45-12:30 PM	Sep. 11-Dec. 4	<b>Instructor</b> Vanessa M.	<b>R</b> \$191 <b>NR</b> \$201	42534
--------------------------	----------------	------------------------------	--------------------------------	-------

### Advanced

#### Lions Recreation Center

Saturday, 11:30-12:30 PM	Sep. 11-Dec. 4	<b>Instructor</b> Rachel V.	<b>R</b> \$203 <b>NR</b> \$213	42535
--------------------------	----------------	-----------------------------	--------------------------------	-------

## 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, 3:45-4:30 PM	Sep. 9-Dec. 2	<b>Instructor</b> Vanessa M	<b>R</b> \$191 <b>NR</b> \$201	42539
------------------------	---------------	-----------------------------	--------------------------------	-------

## Hip Hop For Guys

### (Grades 1-4)

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

**Instructor** Vanessa M.

Friday, 4:00-4:30 PM

Sep. 10-Dec. 3

**R** \$162 **NR** \$172 42538



## Adults

### Adult Jazz (Ages 18+)

Discover your rhythm and learn the fundamentals of jazz dance while enjoying a fun and unique workout set to popular music and Broadway favorites. Wear comfortable clothing which allows the body to move, jazz shoes or ballet slippers.

#### Lions Recreation Center

Thursday, 8:30-9:15 PM	Sep. 9-Dec. 2	<b>Instructor</b> Caryn H.	<b>R</b> \$126 <b>NR</b> \$136	42541
------------------------	---------------	----------------------------	--------------------------------	-------

### Adult Tap (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

**No Class** Nov. 24

### Beginning/Continuing

Wednesday, 7:30-8:15 PM	Sep. 8-Dec. 1	<b>Instructor</b> Sandy S.	<b>R</b> \$126 <b>NR</b> \$136	42542
-------------------------	---------------	----------------------------	--------------------------------	-------

### Beginning and Continuing Adult Ballet (Ages 18+)

Through traditional ballet class structure of barre work, center exercise and traveling across the floor, adult ballet classes help you dance your way to stronger, longer muscles, improve posture, flexibility, agility, balance and core strength in a supportive and upbeat environment.

**Lions Recreation Center** **No Class** Nov. 24

#### Beginning

Wednesday, 10:30-11:30 AM	Sep. 8-Dec. 1	<b>Instructor</b> Linda B.	<b>R</b> \$138 <b>NR</b> \$148	42498
---------------------------	---------------	----------------------------	--------------------------------	-------

### Beginning/Continuing

Tuesday, 8:35-9:35 PM	Sep. 14-Nov. 30	<b>Instructor</b> Linda B.	<b>R</b> \$138 <b>NR</b> \$148	42499
-----------------------	-----------------	----------------------------	--------------------------------	-------

## Meet Me at the Barre

### (Ages 18+)

The BALLET barre, of course! This low-impact ballet-based workout focuses on improving flexibility, stability, balance, posture and core strength, while developing a sense of camaraderie with other like-minded active adults. Participants should come to class in active wear that allows him or her to move freely and are encouraged to wear ballet slippers or socks with grips.

**No Class** Nov. 24

#### Lions Recreation Center

**Instructor** Linda B.

Wednesday, 9:30-10:15 AM

Sep. 8-Dec. 1

**R** \$126 **NR** \$136 42500

# Grab A Brush VISUAL ARTS

847-342-0573 | 1326 W. Central Road



New!  
**Art Club**  
(Ages 10-16)



## Kindergarten Art Adventure (Ages 5-6)

Join us for a creative adventure designed specifically for Kindergartners. We'll discover artistic outlets with art and crafts projects for all seasons. Painting, crafting, creating with clay, plaster art, watercolors, holiday decor and more! Emphasis is on providing a stress free complement to a kindergartner's day. Stay with us all year, no projects repeat.

**No Class** Nov. 25

Thursday, 1:30-2:45 PM	Sep. 9-Oct. 28	<b>Instructor</b> Susan Egea	<b>R</b> \$150 <b>NR</b> \$160	42421
Thursday, 1:30-2:45 PM	Nov. 4-Dec. 16	<b>Instructor</b> Susan Egea	<b>R</b> \$112 <b>NR</b> \$122	42422
Monday, 9:00-10:15 AM	Nov. 1-Dec. 13	<b>Instructor</b> Gillian W.	<b>R</b> \$131 <b>NR</b> \$141	43025

## Introduction to Art Academy (Grades 1-4)

Do you enjoy art at school and wish the class would last longer? This class introduces you to the world of art including a variety of art and craft projects. Class focuses on skill development and technique. A perfect class to supplement school art curriculum and grow your confidence. Stay with us all year, no projects repeat.

**No Class** Sep. 6, Oct. 11 & Nov. 25

Monday, 4:15-5:30 PM	Aug. 30-Oct. 25	<b>Instructor</b> Susan Egea	<b>R</b> \$136 <b>NR</b> \$146	42430
Thursday, 4:15-5:30 PM	Sep. 9-Oct. 28	<b>Instructor</b> Gillian W.	<b>R</b> \$155 <b>NR</b> \$165	42431
Monday, 4:15-5:30 PM	Nov. 1-Dec. 13	<b>Instructor</b> Susan Egea	<b>R</b> \$136 <b>NR</b> \$146	42432
Thursday, 4:15-5:30 PM	Nov. 4-Dec. 16	<b>Instructor</b> Gillian W.	<b>R</b> \$116 <b>NR</b> \$126	42433

## Intermediate Art Academy (Grades 5-8)

Explore the various mediums available, pencil, chalk, watercolor, acrylic and more while learning about concepts, such as, line, shape, texture and color. Direction is provided towards completed projects. A true enhancement and skill development to supplement school art curriculum. Stay with us all year, no projects repeat.

Tuesday, 4:15-5:45 PM	Sep. 7-Oct. 26	<b>Instructor</b> Leslie Menarik	<b>R</b> \$165 <b>NR</b> \$175	42413
Tuesday, 4:15-5:45 PM	Nov. 2-Dec. 14	<b>Instructor</b> Leslie Menarik	<b>R</b> \$145 <b>NR</b> \$155	42414

Work on self directed projects with the guidance of an Art Studio instructor as desired. No preplanned instruction or projects, just advice. We have some basic supplies you can use, glue, scissors, paint brushes, scrapbook paper, buttons, ribbon, and gems! Please no splatter or spray paint, grout, etc. inside the Art Studio. Depending on what supplies you require, we might have them available. Please ask us the week before or you need to bring them with you. Have a wonderful time creating and collaborating with your peers!

Wednesday, 4:15-6:00 PM

Sep. 29-Nov. 17

**R** \$128 **NR** \$138 42640

# Artsy Autumn

## The Witching Hour (Ages 5-10)

Join us for some mystical witchy fun! All our wicked projects are sure to give you a fright, and perhaps you might run into some witches and their cats like Sabrina and Salem! You're sure to cackle with delight!

Sunday, 1:00-3:30 PM Sep. 19 **R \$37 NR \$42** 42423

## The Haunted Studio (Ages 5-9)

Boo! The Studio has been taken over by ghosts! Who we gonna call? Ghost-artists! Come in for some ghoulishly good Halloween crafty fun. Craftin' makes us feel good!

Sunday, 1:00-3:30 PM Oct. 3 **R \$37 NR \$42** 42415

## Thanks for Thanksgiving Crafts

(Ages 5-10)

Looking for a way to show how thankful you are for your family? Come craft with us and bring home unique Thanksgiving keepsakes that will steal the show at dinner! Sorry turkey.

Sunday, 9:45 AM-12:15 PM

Nov. 14

**R \$37 NR \$42** 42436

Sunday, 1:00-3:30 PM

Nov. 14

**R \$37 NR \$42** 42435



# Holiday Head Start



Ornaments From 2020

## Mrs. Claus Ornament Workshop

(All Ages)

Saturday, Dec. 4

**R \$28 NR \$33**

Celebrate the magic of Christmas with an Art Studio favorite, Mrs. Claus' Ornament Workshop! With five unique ornaments per person registered, created by our in house designer, we guarantee you'll leave with ornaments that will have you singing, "O Christmas Tree, O Christmas Tree! How lovely are your branches!"

10:00-11:00 AM 42426

11:15 AM-12:15 PM 42427

12:30-1:30 PM 42428

1:45-2:45 PM 42429

## Beary Sweet Christmas!

(Ages 6-10)

Sunday, Dec. 5 | 4:00-6:00 PM

**R \$38 NR \$40** 42425

A short while back on the Studio steps - were a dozen sweet bears looking to rest! In the bears' box there was a small hidden note, "a home for Christmas would be the best gift of all," they wrote. Come to the Art Studio and "adopt" a bear, we'll make them treats so they won't have a care. What kind of treats you may ask? You'll just have to come see, a simple task! Stuffed bears are premade with accessories, so come on over and take one home with you!

## Frosty's Pajama Paint Party

(Ages 4-7)

Sunday, Dec. 12 | 4:00-6:00 PM

**R \$33 NR \$38** 42424

Frosty's back so he's throwing a party and you're invited! Put on your pajamas and come to the Art Studio for a magical "snowy" adventure! Will you love your winter creations? We "snow" it!



# Dads & Daughters, Mothers & Sons

Get creative with a date night at the Art Studio. Choose a project to paint and decorate. Work as a team and lend each other a hand as you complete your own masterpiece! Dress in paint clothes. Pizza and soft drinks at 6:00 PM followed by painting with a sweet treat to end the evening. Cost is per person, please register each parent and each child.



## Daddy Daughter Paint Night

Friday, Oct. 1 | 6:00-7:30 PM

Ages 4-14 With Adult

R \$20 NR \$23 42434



## Mother & Son Paint Night

Friday, Oct. 29 | 6:00-7:30 PM

Ages 4-14 With Adult

R \$20 NR \$23 42443



## Adults

### Watercolor for Adults (Ages 18+)

Jump into a pool of watercolors! Beginner and intermediate artists 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.

**Art Studio** R \$115 NR \$125

**Instructor** Gillian W.

Tuesday, 9:30 AM-12:00 PM Aug. 24-Oct. 19 42417

Tuesday, 9:30 AM-12:00 PM Oct. 26-Dec. 14 42418

### 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.

**Art Studio** R \$115 NR \$125

**Instructor** Leslie Menarik

Tuesday, 1:00-3:30 PM Aug. 24-Oct. 19 42419

Tuesday, 1:00-3:30 PM Oct. 26-Dec. 14 42420

### 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.

**Art Studio** R \$112 NR \$122

**Instructor** Leslie Menarik

Wednesday, 12:30-3:00 PM Aug. 25-Oct. 20 42620

Wednesday, 12:30-3:00 PM Oct. 27-Dec. 15 42621



# Grow FRIENDSHIP PARK CONSERVATORY

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



## Greenhouse Tours for Groups

Tuesday and Thursday Mornings  
By Appointment Only

Looking for a place to learn how to improve your green thumb? Whether it's a school field trip, scouts, or even an outing with the ladies, our knowledgeable staff is ready to answer any gardening or planting questions you have.



## Adult Workshops

### Farmhouse Planter (Ages 18+)

Create the focal point of your front porch with a special farmhouse planter. Choose from colorful fall favorites as you create your planter. These plants will love the cool, crisp weather and extend your growing season. Bring your creativity and your gardening gloves, all supplies provided! Enjoy complimentary warm cider and cookies, beer and wine will be available for purchase.

Wednesday, 7:00-8:30 PM	Sep. 22	<b>R</b> \$38 <b>NR</b> \$43	42447
Saturday, 9:30-11:00 AM	Sep. 25	<b>R</b> \$38 <b>NR</b> \$43	42448

### Winter Planter (Ages 18+)

Be ready for the holidays with your own festive and fragrant winter planter. This fun, hands-on class allows you to be creative while making a beautiful outdoor container for your home. Materials include beautiful spruce tips and fresh evergreens. All supplies provided. Enjoy complimentary warm cider and cookies, beer and wine will be available for purchase.

Monday, 7:00-8:45 PM	Nov. 15	<b>R</b> \$45 <b>NR</b> \$50	42444
Wednesday, 7:00-8:45 PM	Nov. 17	<b>R</b> \$45 <b>NR</b> \$50	42445
Saturday, 9:30-11:15 AM	Nov. 20	<b>R</b> \$45 <b>NR</b> \$50	42446



## Youth Programs

### NEW! Leaves, Seeds, Twigs Oh My!

Gather leaves, seeds and twigs as we explore nature and turn our natural finds into stunning works of art.

#### Ages 4-6

Monday, 9:30-11:00 AM	Oct. 4	<b>R \$18 NR \$20</b>	42549
Monday, 1:00-2:30 PM	Oct. 4	<b>R \$18 NR \$20</b>	42550
Tuesday, 9:30-11:00 AM	Oct. 5	<b>R \$18 NR \$20</b>	42552
Tuesday, 1:00-2:30 PM	Oct. 5	<b>R \$18 NR \$20</b>	42553

#### Ages 6-11

Monday, 4:30-6:00 PM	Oct. 4	<b>R \$18 NR \$20</b>	42551
Tuesday, 4:30-6:00 PM	Oct. 5	<b>R \$18 NR \$20</b>	42554

### NEW! Mom & Me Pumpkin Planter

(Ages 2-5 With Adult)

Kids, bring your Moms, Dads, Grandmas, you get the idea! Create a beautiful planter with a real pumpkin, Mums (may need to have some substitution depending on supply available) and accessories. We'll snack on a small pumpkin treat, discuss pumpkins and how they grow, and have a great time doing it! Please register one name per 2 people attending. Only 2 people per registration please.

Wednesday, 10:00-11:15 AM	Oct. 13	<b>R \$22 NR \$25</b>	42637
Wednesday, 1:30-2:45 PM	Oct. 13	<b>R \$22 NR \$25</b>	42638

### NEW!

## SpOoKy PLaNT sPeCtAcUlAr

Some plants are pretty to look at, but some are downright creepy! Carnivorous plants are some of the coolest in the plant world, and there are even carnivorous plants native to Illinois! We will explore the fascinating world of carnivorous plants, such as Venus Fly Traps, Butterwort, Sundew and Pitcher plants.

**R \$18 NR \$20**

#### Ages 4-6

Monday, 9:30-11:00 AM	Oct. 18	42555
Monday, 1:00-2:30 PM	Oct. 18	42556
Tuesday, 9:30-11:00 AM	Oct. 19	42558
Tuesday, 1:00-2:30 PM	Oct. 19	42559

#### Ages 7-11

Monday, 4:30-6:00 PM	Oct. 18	42557
Tuesday, 4:30-6:00 PM	Oct. 19	42560



### NEW!

## Pumpkin Spice and Everything Nice Pumpkin Planter!

What's in a pumpkin and how does it grow? We will learn all about pumpkins, make pumpkin treats and create a festive fall planter using a real pumpkin!

**R \$22 NR \$25**

#### Ages 3-11

Monday, 9:30-11:00 AM	Oct. 11	42543
Monday, 1:00-2:30 PM	Oct. 11	42544
Monday, 4:30-6:00 PM	Oct. 11	42545

#### Ages 3-5

Tuesday, 9:30-11:00 AM	Oct. 12	42546
Tuesday, 1:00-2:30 PM	Oct. 12	42547

#### Ages 6-11

Tuesday, 4:30-6:00 PM	Oct. 12	42548
-----------------------	---------	-------



### NEW! Haunted Atrium

All treats and no tricks in our "Haunted Atrium"! Come explore our indoor garden. Play fun Halloween games as we go on a scavenger hunt to collect treats!

#### Ages 3-6

Monday, 9:30-11:00 AM	Oct. 25	<b>R \$18 NR \$20</b>	42561
Tuesday, 9:30-11:00 AM	Oct. 26	<b>R \$18 NR \$20</b>	42564
Monday, 1:00-2:30 PM	Oct. 25	<b>R \$18 NR \$20</b>	42562
Tuesday, 1:00-2:30 PM	Oct. 26	<b>R \$18 NR \$20</b>	42565

#### Ages 6-12

Monday, 5:00-6:30 PM	Oct. 25	<b>R \$18 NR \$20</b>	42563
Tuesday, 5:00-6:30 PM	Oct. 26	<b>R \$18 NR \$20</b>	42566



# Take a Swing GOLF



MT. PROSPECT  
GOLF CLUB



[golfmtprospect.com](http://golfmtprospect.com) | 847-259-4200 | 600 See-Gwun Avenue

**Like and Follow us  
@MTPROSPECTGC**

## 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.

<b>Small Bucket \$6</b>	30-35 balls
<b>Medium Bucket \$11</b>	65-70 balls
<b>Large Bucket \$15</b>	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.

## Youth Lessons

### 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**

Monday/Wednesday, 4:15-5:00 PM      Sep. 13-Sep. 29      42301

### 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, 4:15-5:15 PM      Sep. 14-Sep. 30      42303

#### Ages 9-11

Monday/Wednesday, 4:15-5:15 PM      Sep. 13-Sep. 29      42302

## Mini-Group Private Lessons

Contact PGA Professional, Eric Pick at 847-380-1280 or [pickgolfer@pga.com](mailto:pickgolfer@pga.com)

### Youth

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

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

### Adult

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

2 people: \$280 each • 3 people: \$200 each  
4 or more people: \$180 each

# Explore and Learn EARLY CHILDHOOD



2018/2019 AM Kinderklub



## Fabulous Fall

(Ages 2½-4½ with Adult)

As summer ends we look forward to falling into fall. Let's gather to do fabulous fall projects, read stories and do festive fall activities. We will float like a leaf over to the gym for large motor activities to end the class.

### RecPlex

Friday, 10:30-11:30 AM Oct. 8-Nov. 19 **R \$91 NR \$101** **CANCELED**



## Ready, Set, Play! (Ages 2-4 With Adult)

Looking for something fun and engaging to do with your child that also helps prepare them for preschool? Join us for a fun, introductory experience to a preschool setting. Explore themes that

include circle time songs, books, crafts, group play and interaction time. Large motor play may be held outdoors. Please dress for the weather. Work one-on-one with your child in all of our activities. Parents may bring an infant less than 9 months in a carrier/stroller, if needed.

### RecPlex

Tuesday, 9:15-10:15 AM Aug. 24-Oct. 5 **R \$91 NR \$101** **CANCELED**  
Tuesday, 9:15-10:15 AM Oct. 12-Nov. 16 **R \$78 NR \$88** 42318

## Theme-A-Thon (Ages 2-4 With Adult)

Theme-A-Thon will take you and your child to explore different themes each week. Each class will provide crafts and activities, based on the theme. Instructor will let you know the theme ahead of time, if you want to dress up, or bring something to show and tell! Large motor activities may be held outside. Please dress for the weather.

### RecPlex

Wednesday, 9:15-10:00 AM Aug. 25-Oct. 6 **R \$70 NR \$80** **CANCELED**  
Wednesday, 9:15-10:00 AM Oct. 13-Nov. 17 **R \$60 NR \$70** 42320

## Movers

### Mini Movers (9-18 Months With Adult)

Let's get moving! Children will grow and learn while participating in free play and circle time activities. Circle time includes songs, finger plays and more. Free play allows children to use age-appropriate play equipment. Play, sing, and make new friends while enjoying this class with your little one.

### RecPlex

Monday, 9:15-10:00 AM Aug. 23-Oct. 4 **R \$60 NR \$70** **CANCELED**  
Monday, 9:15-10:00 AM Oct. 11-Nov. 15 **R \$60 NR \$70** 42314

### Mighty Movers (18-30 Months With Adult)

### RecPlex

Monday, 10:15-11:00 AM Aug. 23-Oct. 4 **R \$60 NR \$70** **CANCELED**  
Monday, 10:15-11:00 AM Oct. 11-Nov. 15 **R \$60 NR \$70** 42316

## All By Myself (Ages 2½-4½)

This class is a great introduction to a preschool format. Your child will enjoy singing songs, creating art projects, playing games and best of all meeting new friends! The first class will be with parents. Children must be able to participate without parent/caregiver for the remaining classes and be toilet trained.

### RecPlex

Wednesday, 9:00-10:15 AM Aug. 25-Sep. 29 **R \$90 NR \$100** **CANCELED**  
Wednesday, 9:00-10:15 AM Oct. 6-Nov. 17 **R \$105 NR \$115** **CANCELED**

## Stepping Stones To Being On My Own (24-36 Months With Adult)

Provide the perfect steps to becoming preschool ready. For the first 6 weeks, you will attend class with your child. For the remaining weeks, your child will be stepping on their own to becoming an independent preschooler. Following a typical preschool format, class continues through May 2022. Additional fees are required after the first 6 week installment. Participants do not need to be potty trained, but parents/caregivers will be contacted for changing diaper/pullup.

### Central Community Center

Friday, 9:45-11:15 AM Sep. 17-Oct. 22 **R \$90 NR \$100** **CANCELED**

## Lil Picasso (Ages 2-3 With Adult)

Have a blast with your child doing crafts (sometimes messy), listening to stories, sing songs and socializing with other children and parents. It's a perfect class for siblings to sign up together. Please bring a paint shirt for messy fun!

### RecPlex

Friday, 9:00-10:00 AM Aug. 27-Oct. 1 **R \$78 NR \$88** **CANCELED**

## Color Crazy (Ages 2-3 With Adult)

We'll get crazy with the colors of the rainbow. Class will enhance the participants world of colors through art, songs, stories, and more. The end of each class will involve movement games through large motor activities.

### RecPlex

Friday, 9:00-10:00 AM Oct. 8-Nov. 19 **R \$91 NR \$101** **CANCELED**

## Rock 'N' Kids

### Tot Rock (12-24 Months With Adult)

An introductory music and movement class with a large sensory component, tots will use hand-held rhythm instruments and play props to improve their motor skills and coordination while learning new songs and rhymes. Each class provides structured and unstructured time to explore. A different educational theme presented each session.

### RecPlex

### No Class Nov. 25

Thursday, 9:15-9:55 AM	Sep. 16-Oct. 21	<b>R \$69 NR \$79</b>	42307
Thursday, 9:15-9:55 AM	Nov. 4-Dec. 16	<b>R \$69 NR \$79</b>	42308

### Kid Rock I & II

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](http://rockitkids.com)

### RecPlex

### No Class Nov. 25

#### Kid Rock I (Ages 2-3 With Adult)

Thursday, 10:00-10:40 AM	Sep. 16-Oct. 21	<b>R \$69 NR \$79</b>	42309
Thursday, 10:00-10:40 AM	Nov. 4-Dec. 16	<b>R \$69 NR \$79</b>	42310

#### Kid Rock II (Ages 3-5 Without Adult)

Thursday, 10:45-11:25 AM	Sep. 16-Oct. 21	<b>R \$69 NR \$79</b>	<b>CANCELED</b>
Thursday, 10:45-11:25 AM	Nov. 4-Dec. 16	<b>R \$69 NR \$79</b>	42312

## 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 Nov. 26

### 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, 12:30-1:15 PM	Sep. 17-Nov. 5	<b>R \$135 NR \$145</b>	42194
Friday, 12:30-1:15 PM	Nov. 19-Dec. 17	<b>R \$75 NR \$85</b>	42195

### Level 1 (7-12 Months With Adult)

This joyful first Kindermusik experience, is a class like no other. From infants to walkers, we will enjoy instrument play, dance, exploration time, and together time celebrating milestones along the way. Share the joy of music together with your little one. You won't regret it.

Friday, 9:30-10:15 AM	Sep. 17-Nov. 5	<b>R \$135 NR \$145</b>	42196
Friday, 9:30-10:15 AM	Nov. 19-Dec. 17	<b>R \$75 NR \$85</b>	42197

### 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	Sep. 17-Nov. 5	<b>R \$135 NR \$145</b>	42198
Friday, 10:30-11:15 AM	Nov. 19-Dec. 17	<b>R \$75 NR \$85</b>	42199

### Level 3 (Ages 3-4½)

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

Friday, 1:45 AM-2:15 PM	Sep. 17-Nov. 5	<b>R \$135 NR \$145</b>	42202
Friday, 1:45 AM-2:15 PM	Nov. 19-Dec. 17	<b>R \$75 NR \$85</b>	42203

### Kindermusik Mixed (5 Months-Age 5 With Adult)

When you bring children of all ages together you get a dynamic and integrated learning experience for everyone. Join us where every child is welcome and a family's "together time" is celebrated and cherished.

Friday, 11:30 AM-12:15 PM	Sep. 17-Nov. 5	<b>R \$135 NR \$145</b>	42200
Friday, 11:30 AM-12:15 PM	Nov. 19-Dec. 17	<b>R \$75 NR \$85</b>	42201







# 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 class waitlists.**

**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 **FULL**

#### Tuesday/Thursday

Registration Fee R \$50 NR \$60 Monthly Fee R \$150 NR \$175 **FULL**

### 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 **FULL**

#### Tuesday/Thursday

Registration Fee R \$50 NR \$60 Monthly Fee R \$150 NR \$175 **FULL**

### 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 **CANCELED**

**Preparing Your Child for the Climb of Life**

**Now Hiring!** Visit [mppd.org](http://mppd.org) to apply

847-255-5380 | **39**

# Let Them Imagine YOUTH



## KinderKlub District 57

(District 57 Westbrook AM & PM Kindergarten)

KinderKlub is a Kindergarten Enrichment Program designed for Westbrook Kindergarten students. Register for 9:00 AM-1:00 PM KinderKlub if you were placed in PM Westbrook Kindergarten. Register for 12:00 PM-4:00 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. Please contact Kristina Winans if you are enrolled in AM KinderKlub and need add on hours of 7:00-9:00 AM, or if you are in PM KinderKlub and need add on hours of 4:00-6:00 PM for an additional monthly fee.

### RecPlex

#### Registration Fee \$50

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

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

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

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

Tuesday/Thursday, 9:00-1:00 PM

Tuesday/Thursday, 1:00-4:00 PM

**Monthly Fee** \$360

**Monthly Fee** \$360

**Monthly Fee** \$216

**Monthly Fee** \$216

**Monthly Fee** \$144

**Monthly Fee** \$144

**FULL**

**FULL**

**FULL**

**FULL**

**FULL**

**FULL**

## Kids Klub District 59

(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. Kids Klub is held at RecPlex. AM drop off at RecPlex begins at 7 AM, D59 transportation will pick up and bring students to school. PM pick up at RecPlex ends at 6 PM. D59 transportation will bring the students from school to RecPlex.

### Registration Fee \$50

**Monthly Fee Monday-Friday**

**AM** \$145

**PM** \$200

**Monthly Fee Monday/Wednesday/Friday**

**AM** \$100

**PM** \$120

**Brentwood**

**FULL**

**Forest View**

**FULL**

**Devonshire**

**FULL**

**Robert Frost**

**FULL**

**John Jay**

**FULL**

## Video Game Robotics (Ages 8-12)

Love building with LEGO®? Love video games? It all comes together with TechStars! You and your partner will create video games, and then use LEGO® Robotics kits to build a controller for your Scratch game. This special course lets you build robots with sensors that communicate and control your games. Build alligators, magic wands and watch as you bring them to life onscreen!

### Central Community Center

Monday, 6:00-7:15 PM Sep. 13-Oct. 4 **R \$93 NR \$103** 42304

## Dino Discovery (Ages 5-7)

Children will go on your own fossil dig, analyze and assemble skeleton pieces, just like a team of paleontologists. They'll learn about dinosaurs and the techniques used in extracting fossils as we make many discoveries in this hands-on class. To wrap it up, they'll create a documentary about your findings!

### Prospect Heights Park District 110 W. Camp McDonald Rd.

Monday, 6:00-7:00 PM Oct. 18-Nov. 8 **R \$75 NR \$85** 42305

## Minecraft Madness (Ages 8-12)

Explore the world of Minecraft, one of the most popular video games in history, offers an amazing world of endless possibilities. Let your imagination transform your Minecraft experience into a unique world YOU create! Students will discover how to expand their worlds' possibilities using popular game-enhancing mods. Build traps, arrow launchers, faster rail systems and more & participate in building challenges! Learn fundamentals of computer networking through this unique Minecraft experience that also allows you and your friends to work in multiplayer mode as you mine, craft and build together to survive.

### River Trails Park District

### Burning Bush Community Center 1313 Burning Bush Ln.

**No Class** Nov. 22

Monday, 6:00-7:15 PM Nov. 15-Dec. 13 **R \$93 NR \$103** 42306

## Chess Scholars (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. There will also be a chess competition with prizes at the end of the session!

### Central Community Center

Saturday, 11:00 AM-12:00 PM Oct. 2-Nov. 6 **R \$115 NR \$125** 42639

## 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

Thursday, 6:45-7:40 PM Sep. 16 **R \$25 NR \$35** 42263

Monday, 5:00-5:55 PM Nov. 22 **R \$25 NR \$35** 42264

## Off School SPECIALS

Registration closes two weeks prior to each Off School Special

### Grades K-5

Leave the fun to us. Enjoy daily themes, games, crafts and more!

**RecPlex 7:30 AM-6:00 PM**

**Fee \$55**

Tuesday, Sep. 7 **CANCELED**

Thursday, Oct. 7 42322

Friday, Oct. 8 42323

Monday, Oct. 11 42324

Tuesday, Nov. 2 42325

Monday, Nov. 8 42326

## RoboThink (Grades 1-5)

Enjoy the challenge of an academically oriented STEM program focused on coding and robotics for budding, intermediate and advanced students. Using motors, sensors, gears and mainboards, students build and code robot creations of all shapes, sizes and functions.

Through trained instructors and STEM workbooks, students apply engineering and coding concepts to solve challenges, provide solutions and build creative robots. No experience required. You may purchase robotic equipment for \$120 at class completion.

### Central Community Center

Tuesday, 4:00-5:30 PM Aug. 31-Oct. 19 **R \$200 NR \$210** 42267

Tuesday, 4:00-5:30 PM Oct. 26-Dec. 14 **R \$200 NR \$210** 42268

## RoboThink-Coding I (Grades 1-5)

Strongly recommended for those who've completed the RoboThink class; this is the first class of the systematic coding curriculum using robots and computers. Students build advanced robots and learn to control them with their own codes. Students utilize Loop, If else, and other software programming. You may purchase robotic equipment for \$120 at class completion.

### Central Community Center

Tuesday, 5:30-7:00 PM Aug. 31-Oct. 19 **R \$200 NR \$210** 42269

Tuesday, 5:30-7:00 PM Oct. 26-Dec. 14 **R \$200 NR \$210** 42270

## Glitzzy Girlz: Girls Just Wanna Have Fun Night Out (Ages 4-10)

Gather friends and sign up for this great class of much needed girls time to make up! Our staff will be doing makeovers with Hair, Make-up and Nails. Each girl will decorate a cool craft with painting, jewels and fun personalization. Each girl also designs her very own jewelry charm bracelet with awesome beads and charms. Our staff then leads a high energy dance party and gets the party started with great music! Each girl leaves with a glam gift! Celebrate again!

### Central Community Center

Thursday, 6:00-7:15 PM Oct. 28 **R \$34 NR \$44** 42192



# Just Keep Swimming AQUATICS

## RecPlex Pool

847-640-1000

420 W. Dempster Street

### Daily Fees

R \$7 NR \$10

With Fitness Pass \$3

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

### Lap Swim (Ages 18+)



#### Reserve a Lap Lane

Utilize the Reservation feature on your WebStore account to browse available time slots and reserve your spot. Each swimmer is allowed a max of 2 time slots per day. Check-in at the front desk no more than 30 min. before your reservation.

Can't make it to your reservation? That's okay! Cancellations are available up to 2 hours before your scheduled start time.

Reservations are released on a one week rolling schedule and begin daily at noon.

### Updated Pool Hours Starting September 7

Monday-Friday	6:00 AM-9:00 PM
Saturday	8:00 AM-2:00 PM
Sunday	8:00 AM-12:00 PM

For current hours visit [mppd.org](http://mppd.org)



## Post Season Hours

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

### August 8-September 6

#### Monday-Friday

5:00-8:00 PM

#### Saturday, Sunday & Labor Day

11:00 AM-6:00 PM

### 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.

## 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 by utilizing the Reservation feature in your WebStore account prior to your trip to the pool.

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.

# Aquafit Unlimited



Fall Schedule Begins  
Tuesday, Sep. 7

Classes held at RecPlex

Purchase a single month or  
recurring membership and  
come to all the classes we offer!

**Lap Swim included in Aquafit  
Unlimited membership!**

Daily Drop-In	\$10
Recurring Membership	<b>R \$60 NR \$70</b>
Single Month Fee	<b>R \$70 NR \$80</b>

## Personal Training!

Contact Linda Zalewski 847-640-1000 x230

\$25/half hour session with our experienced Aqua Fitness instructors

## Low Intensity

**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.

**Light** Find comfort in exercising in the pool, loosening your limbs and joints to increase cardiovascular fitness, strength & flexibility.

## Medium Intensity

**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.

**Ease** Increase cardiovascular fitness, strength & flexibility. The water provides high-resistance, yet low impact environment that challenges you while toning your body and strengthening your heart.

**Jog** This no-impact aerobics workout is a blend of cardio and resistance training, incorporating water weights and noodles.

**Shallow/Jog Combo** Using both shallow and deep training techniques you can experience low & no-impact cardio exercises without subjecting your body to additional wear and tear. Strengthen your muscles and leave feeling strong and refreshed.

## High Intensity

**Power** This popular mild-impact routine includes aerobics, strengthening & toning exercises. Focused on bringing up your heart rate with cardio and strength exercises often using pool resistance equipment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 AM <b>Ease</b>	9:00-10:00 AM <b>Power</b>	9:00-9:45 AM <b>Ease</b>	9:00-10:00 AM <b>Power</b>	9:00-10:00 AM <b>Jog</b>
9:00-10:00 AM <b>Jog</b>	10:15-11:00 AM <b>Aquabata</b>	9:00-10:00 AM <b>Jog</b>	10:15-11:15 AM <b>Arthritis</b>	10:15-11:00 AM <b>Ease</b>
10:15-11:15 AM <b>Arthritis</b>		10:15-11:00 AM <b>Light</b>		



# Swim Lessons at RecPlex

## Convenient Scheduling

Register all family swimmers in similar time slots

## Seamless Advancement

Your level can change—but your time won't!

## Full Service Swim Experience

Developing a lifelong love of swimming



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

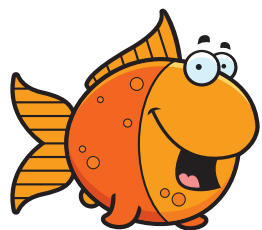
With the support of a loved one, tots gain confidence and practice skills. Little Minnows learn through songs and games which transitions them into swimming lessons without a caregiver. Swim diapers and plastic pants required.



Thursday, 6:50-7:20 PM	Sep. 9-Oct. 28	<b>R \$64 NR \$74</b>	42576
Sunday, 8:25-8:55 AM	Sep. 12-Oct. 31	<b>R \$64 NR \$74</b>	42577
Thursday, 6:50-7:20 PM	Nov. 4-Dec. 23	<b>R \$56 NR \$66</b>	42578
Sunday, 8:25-8:55 AM	Nov. 7-Dec. 19	<b>R \$48 NR \$56</b>	42579

### Goldfish Swim Academy (Ages 3-6)

Start your young swimmer out right as they begin to learn both supported and unsupported swimming skills along with water safety. The first opportunity to gain confidence in the pool without a caregiver.



Tuesday, 4:50-5:20 PM	Sep. 7-Oct. 26	<b>R \$88 NR \$98</b>	42580
Tuesday, 5:30-6:00 PM	Sep. 7-Oct. 26	<b>R \$88 NR \$98</b>	42581
Tuesday, 6:10-6:40 PM	Sep. 7-Oct. 26	<b>R \$88 NR \$98</b>	42582
Thursday, 5:30-6:00 PM	Sep. 9-Oct. 28	<b>R \$88 NR \$98</b>	42583
Thursday, 6:10-6:40 PM	Sep. 9-Oct. 28	<b>R \$88 NR \$98</b>	42584
Sunday, 10:20-10:50 AM	Sep. 12-Oct. 31	<b>R \$88 NR \$98</b>	42585
Sunday, 11:00-11:30 AM	Sep. 12-Oct. 31	<b>R \$88 NR \$98</b>	42586
Tuesday, 4:50-5:20 PM	Nov. 2-Dec. 21	<b>R \$88 NR \$98</b>	42587
Tuesday, 5:30-6:00 PM	Nov. 2-Dec. 21	<b>R \$88 NR \$98</b>	42588
Tuesday, 6:10-6:40 PM	Nov. 2-Dec. 21	<b>R \$88 NR \$98</b>	42589
Thursday, 5:30-6:00 PM	Nov. 4-Dec. 23	<b>R \$77 NR \$87</b>	42590
Thursday, 6:10-6:40 PM	Nov. 4-Dec. 23	<b>R \$77 NR \$87</b>	42591
Sunday, 10:20-10:50 AM	Nov. 7-Dec. 19	<b>R \$66 NR \$76</b>	42592
Sunday, 11:00-11:30 AM	Nov. 7-Dec. 19	<b>R \$66 NR \$76</b>	42593

## No Swim Lessons

Nov. 25-Nov. 28

### Shark Swim Academy (Ages 6-12)

Swimmers progress through 6 levels covering skills from beginner to advanced. Classes are tailored to children 6 and over and are developed to provide each child with the best learning experience possible. Water safety is taught alongside stroke technique. Swimmers are evaluated at the first class and placed in the appropriate level.



Tuesday, 4:45-5:35 PM	Sep. 7-Oct. 26	<b>R \$88 NR \$98</b>	42594
Tuesday, 5:45-6:35 PM	Sep. 7-Oct. 26	<b>R \$88 NR \$98</b>	42595
Thursday, 6:00-6:50 PM	Sep. 9-Oct. 28	<b>R \$88 NR \$98</b>	42596
Sunday, 10:30-11:20 AM	Sep. 12-Oct. 31	<b>R \$88 NR \$98</b>	42597
Tuesday, 4:45-5:35 PM	Nov. 2-Dec. 21	<b>R \$88 NR \$98</b>	42598
Tuesday, 5:45-6:35 PM	Nov. 2-Dec. 21	<b>R \$88 NR \$98</b>	42599
Thursday, 6:00-6:50 PM	Nov. 4-Dec. 23	<b>R \$77 NR \$87</b>	42600
Sunday, 10:30-11:20 AM	Nov. 7-Dec. 19	<b>R \$66 NR \$76</b>	42601

### Adult Swim Lessons (Ages 16-Adult)

Designed for men and women who wish to learn or improve their swimming skills, strokes and techniques. It's never too late to learn!

Tuesday, 6:45-7:45 PM	Sep. 7-Oct. 26	<b>R \$88 NR \$98</b>	42602
Tuesday, 7:45-8:45 PM	Sep. 7-Oct. 26	<b>R \$88 NR \$98</b>	42603
Tuesday, 6:45-7:45 PM	Nov. 2-Dec. 21	<b>R \$88 NR \$98</b>	42604
Tuesday, 7:45-8:45 PM	Nov. 2-Dec. 21	<b>R \$88 NR \$98</b>	42605



## Private Swim Lessons

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** Nov. 25-28

### Private Swim Lessons Tot (Ages 3-4)

→	<b>Tot Session 1</b>			
Thursday, 4:50-5:20 PM	Sep. 9-Oct. 28	<b>R</b> \$200 <b>NR</b> \$220	42606	
Sunday, 9:00-9:30 AM	Sep. 12-Oct. 31	<b>R</b> \$200 <b>NR</b> \$220	42607	
Sunday, 9:45-10:15 AM	Sep. 12-Oct. 31	<b>R</b> \$200 <b>NR</b> \$220	42608	
→	<b>Tot Session 2</b>			
Thursday, 4:50-5:20 PM	Nov. 4-Dec. 23	<b>R</b> \$175 <b>NR</b> \$190	42609	
Sunday, 9:00-9:30 AM	Nov. 7-Dec. 19	<b>R</b> \$150 <b>NR</b> \$165	42610	
Sunday, 9:45-10:15 PM	Nov. 7-Dec. 19	<b>R</b> \$150 <b>NR</b> \$165	42611	

### Private Swim Lessons Youth (Ages 5-12)

→	<b>Youth Session 1</b>			
Thursday, 4:40-5:10 PM	Sep. 9-Oct. 28	<b>R</b> \$200 <b>NR</b> \$220	42612	
Thursday, 5:20-5:50 PM	Sep. 9-Oct. 28	<b>R</b> \$200 <b>NR</b> \$220	42613	
Sunday, 9:00-9:30 AM	Sep. 12-Oct. 31	<b>R</b> \$200 <b>NR</b> \$220	42614	
Sunday, 9:45-10:15 AM	Sep. 12-Oct. 31	<b>R</b> \$200 <b>NR</b> \$220	42615	
→	<b>Youth Session 2</b>			
Thursday, 4:40-5:10 PM	Nov. 4-Dec. 23	<b>R</b> \$175 <b>NR</b> \$195	42616	
Thursday, 5:20-5:50 PM	Nov. 4-Dec. 23	<b>R</b> \$175 <b>NR</b> \$195	42617	
Sunday, 9:00-9:30 AM	Nov. 7-Dec. 19	<b>R</b> \$150 <b>NR</b> \$165	42618	
Sunday, 9:45-10:15 AM	Nov. 7-Dec. 19	<b>R</b> \$150 <b>NR</b> \$170	42619	



### Sharks Winter 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. Mt. Prospect Park District belongs to the Northern Illinois Winter Swim Conference, where boys and girls compete within their own age group at swim meets which take place on Saturday or Sunday afternoon/evenings. A swimmers age group shall be determined by their age at 11:59 PM on December 1 of the current season. Example: If a swimmer is 10 and will be 11 on December 2, he/she would swim in the 9-10 age group through the entire season.

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.

#### RecPlex

#### September 27-March 6

##### Ages 5-8

Monday/Wednesday/Friday 5:15-6:00 PM & Sunday 3:45-4:30 PM  
**R** \$500 **NR** \$525 42571

##### Ages 9 & 10

Monday/Wednesday/Friday 6:15-7:15 PM & Sunday 4:45-5:45 PM  
**R** \$550 **NR** \$575 42572

##### Ages 11-18

Monday/Wednesday 7:30-9:00 PM,  
Thursday 7:00-9:00 PM & Sunday 6:00-8:00 PM  
**R** \$630 **NR** \$655 42573

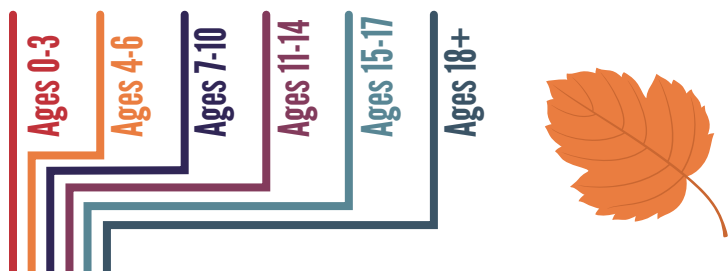
#### High School

<b>HS Girls</b>	<b>Dec.-March</b>	<b>R</b> \$300 <b>NR</b> \$325	42574
<b>HS Boys</b>	<b>Sep.-Nov. &amp; March</b>	<b>R</b> \$200 <b>NR</b> \$225	42575

For more information please contact  
Linda Zalewski at 847-640-1000 ext. 230  
or email [lzalewski@mppd.org](mailto:lzalewski@mppd.org)

# Index By Age

Follow the colored lines for class options in your age category



- (All Ages) **Mrs. Claus Ornament Workshop** p. 32
- (Newborn-12 Months) **Kindermusik Foundations** p. 38
- (5 Months-Age 5) **Kindermusik Mixed** p. 38
- (7-12 Months) **Kindermusik Level 1** p. 38
- (9-18 Months) **Mini Movers** p. 37
- (12-24 Months) **Tot Rock** p. 38
- (18-30 Months) **Mighty Movers** p. 37
- (18 Months-Age 3) **Little Minnows Parent and Tot** p. 44
- (20 Months-Age 3½) **Kindermusik Level 2** p. 38
- (24-36 Months) **Stepping Stones To Being On My...** p. 38
- (Ages 2-3) **Kid Rock I** p. 38
- (Ages 2-3) **Lil Picasso** p. 38
- (Ages 2-3) **Color Crazy** p. 38
- (Ages 2-4) **Parent Toddler Basketball** p. 12
- (Ages 2-4) **Parent Toddler Soccer** p. 12
- (Ages 2-4) **Parent Toddler Sports & Fitness** p. 12
- (Ages 2-4) **Parent Toddler T-Ball** p. 12
- (Ages 2-4) **Ready, Set, Play!** p. 37
- (Ages 2-4) **Theme-A-Thon** p. 37
- (Ages 2-5) **Mom & Me Pumpkin Planter** p. 35
- (Ages 2½-4½) **Parent and Tot Dance** p. 25
- (Ages 2½-4½) **All By Myself** p. 37
- (Ages 2½-4½) **Fabulous Fall** p. 37
- (Ages 3-4) **Private Swim Lessons Tot** p. 45
- (Ages 3-4) **Princess Ballerinas** p. 25
- (Ages 3-4½) **Kindermusik Level 3** p. 38
- (Preschool/Kindergarten) **Daddy/Daughter Ballet** p. 25
- (Ages 3-5) **Toddler Soccer** p. 12
- (Ages 3-5) **Hot Shots Sports-Pro Dribblers** p. 14
- (Ages 3-5) **Hot Shots Sports T-Ball Skills Clinic** p. 14
- (Ages 3-5) **Hot Shots Sports Tots Basketball** p. 14
- (Ages 3-5) **Mini Medley** p. 25
- (Ages 3-5) **Pre-Ballet** p. 26
- (Ages 3-5) **Kid Rock II** p. 38
- (Ages 3-6) **Goldfish Swim Academy** p. 44
- (Ages 3-11) **Pumpkin Spice and Everything Nice...** p. 35
- (Ages 3-12) **Haunted Atrium** p. 35

- (Ages 4-5) **Pre-K Soccer League** p. 10
- (Ages 4-5) **Golf Level 2 Beginning Youth Lessons** p. 36
- (Ages 4-6) **Green-White Soccer First Kick...** p. 9
- (Ages 4-6) **Hot Shots Sports Striker Tot Soccer** p. 14
- (Ages 4-7) **Shotokan Pre-Karate** p. 16
- (Ages 4-7) **Frosty's Pajama Paint Party** p. 32
- (Ages 4-10) **Home School P.E.** p. 14
- (Ages 4-11) **SpOoKy PIAnt sPeCtAcUIAr** p. 35
- (Ages 4-11) **Leaves, Seeds, Twigs Oh My!** p. 35
- (Ages 4-14) **Daddy Daughter Paint Night** p. 33
- (Ages 4-14) **Mother & Son Paint Night** p. 33
- (Boys Kindergarten) **Youth Outdoor Soccer League...** p. 10
- (Ages 5-6) **Kindergarten Art Adventure** p. 31
- (Ages 5-6) **Kindergarten Combo** p. 26
- (Girls Grades K-1) **Youth Outdoor Soccer League...** p. 10
- (Grades K-2) **Youth Basketball League** p. 11
- (Ages 5-7) **We Got Game Basketball Camp** p. 8
- (Ages 5-7) **Beginner Basketball** p. 12
- (Ages 5-7) **Beginner Flag Football** p. 13
- (Ages 5-7) **Beginner Soccer** p. 13
- (Ages 5-7) **Beginner Sports & Games** p. 13
- (Ages 5-7) **Beginner T-Ball Skills** p. 13
- (Ages 5-7) **Beginner Touch Football** p. 13
- (Ages 5-7) **Beginner Triple Play Sports** p. 13
- (Ages 5-7) **Kids on Stage Jr** p. 23
- (Ages 5-7) **Dino Discovery** p. 41
- (Ages 5-9) **The Haunted Studio** p. 32
- (Ages 5-10) **The Witching Hour** p. 32
- (Ages 5-10) **Thanks for Thanksgiving Crafts** p. 32
- (Ages 5-12) **We Got Game Super Sports Camp** p. 8
- (Ages 5-12) **Chess Scholars** p. 41
- (Ages 5-12) **Abracadabra-Let's do Magic!** p. 41
- (Ages 5-12) **Private Swim Lessons Youth** p. 45
- (Boys Grade 1) **Youth Outdoor Soccer League...** p. 10
- (Grades 1-2) **Introduction to Ballet** p. 26
- (Grades 1-2) **Beginning Jazz** p. 28
- (Grades 1-2) **Tap & Jazz Combo** p. 28
- (Grades 1-2) **Daddy/Daughter Ballet** p. 25
- (Ages 6-8) **Outdoor Fall Tennis Lessons** p. 9
- (Ages 6-8) **Rookie Basketball** p. 12
- (Ages 6-8) **Hot Shots Sports Junior Flag Football** p. 14
- (Ages 6-9) **Hot Shots Sports Baseball Skills Clinic** p. 14
- (Grades 1-4) **Introduction to Art Academy** p. 31
- (Ages 6-10) **Jazz Plus!** p. 29
- (Ages 6-10) **Hip Hop for Guys** p. 30
- (Ages 6-10) **Beary Sweet Christmas!** p. 32
- (Grades 1-5) **RoboThink** p. 41
- (Grades 1-5) **RoboThink-Coding I** p. 41
- (Ages 6-11) **Golf Level 2 Elementary School Youth...** p. 36
- (Ages 6-12) **Shark Swim Academy** p. 44





(Boys Grade 2) **Youth Outdoor Soccer League...** p. 10  
 (Girls Grades 2 & 3) **Youth Outdoor Soccer League...** p. 10  
 (Ages 7-9) **Rookie Soccer** p. 12  
 (Ages 7-9) **Hot Shots Sports Soccer Skills Clinic 101** p. 15  
 (Ages 7-9) **Hot Shots Sports Basketball Clinic 101** p. 15  
 (Ages 7-10) **Rookie Flag Football** p. 12  
 (Ages 7-10) **Rookie Touch Football** p. 12  
 (Ages 7-10) **Rookie Track and Field** p. 12  
 (Ages 7-12) **Green White Soccer Thanksgiving Camp** p. 8  
 (Ages 7-12) **Green White Soccer Winter Camps** p. 8  
 (Ages 7-14) **Shotokan Karate Parent/Child** p. 16  
 (Boys Grade 3) **Youth Outdoor Soccer League...** p. 10  
 (Grades 3-5) **Ballet Essentials for Beginners** p. 27  
 (Grades 3-6) **Boys Travel Basketball Tryouts** p.11  
 (Grades 3-6) **Girls Travel Basketball Tryouts** p.11  
 (Grades 3-6) **Youth Basketball League** p.11  
 (Grades 3-6) **Volleyball Instructional Classes** p. 13  
 (Ages 8-11) **We Got Game Dodgeball Tournament** p. 8  
 (Ages 8-12) **Hot Shots Sports Game Time Flag...** p. 14  
 (Ages 8-12) **Hot Shots Sports Nerf & Dodgeball Battle** p. 14  
 (Ages 8-12) **Hot Shots Sports Olympic Track & Field...** p. 15  
 (Ages 8-12) **Hot Shots Sports Basketball Clinic 201** p. 15  
 (Ages 8-12) **Junior Ballet** p. 26  
 (Ages 8-12) **Junior Jazz** p. 28  
 (Ages 8-12) **Video Game Robotics** p. 41  
 (Ages 8-12) **Minecraft Madness** p. 41  
 (Grades 3-8) **Volleyball Recreational League** p. 10  
 (Ages 8-13) **Basketball Workout** p. 12  
 (Ages 8-14) **We Got Game Volleyball Camp** p. 8  
 (Ages 8-14) **Shotokan Youth Karate** p. 16  
 • (Ages 8-16) **Kids on Stage** p. 23  
 (Boys Grade 4) **Youth Outdoor Soccer League...** p. 10  
 (Girls Grades 4-5) **Youth Outdoor Soccer League...** p. 10  
 (Ages 9-11) **Outdoor Fall Tennis Lessons** p. 9  
 (Grades 4-8) **Meadows Park Kickball Special!** p. 13  
 • • (Ages 9-Adult) **Private Guitar Lessons** p. 23  
 (Boys Grades 5-6) **Youth Outdoor Soccer League...** p. 10  
 (Grades 5-8) **Intermediate Art Academy** p. 31  
 (Ages 10-13) **Level Up Track and Field** p. 13  
 (Ages 10-13) **Hot Shots Sports Soccer Skills Clinic 201** p. 15  
 (Ages 10-13) **Hip Hop** p. 30  
 (Ages 10-16) **Art Club** p. 31  
 (Grades 5-12) **Rhythm Project** p. 28  
 (Grades 5-12) **Broadway Bound** p. 29  
 (Boys U11/12) **Travel Indoor Soccer League** p. 10  
 (Girls U11/12) **Travel Indoor Soccer League** p. 10  
 (Girls Grades 6-8) **Youth Outdoor Soccer League...** p. 10  
 (Ages 11-13) **Level Up Soccer** p. 13  
 (Ages 11-14) **Level Up Flag Football** p. 13  
 • (Grades 6-12) **Beginning & Continuing Teen Jazz** p. 28

(Boys Grades 7-8) **Youth Outdoor Soccer League...** p. 10  
 (Grades 7-8) **Youth Basketball League** p.11  
 (Ages 12-14) **Outdoor Fall Tennis Lessons** p. 9  
 (Ages 12-18) **Accelerated Intermediate Ballet** p. 26  
 (Ages 12-18) **Beginning Teen Hip Hop** p. 30  
 • (Ages 12-Adult With Previous Training) **Master Ballet...** p. 27  
 (Boys U13/14) **Travel Indoor Soccer League** p. 10  
 (Girls U13/14) **Travel Indoor Soccer League** p. 10  
 (Ages 13-Adult) **Boot Camp** p. 22  
 (Ages 13-Adult) **Belly Dance Fit & Flow** p. 22  
 (Ages 13-Adult) **POUND Fitness** p. 22  
 (Ages 15-Adult) **Outdoor Fall Tennis Lessons** p. 9  
 (Ages 15-Adult) **Outdoor Fall Tennis Lessons** p. 9  
 (Ages 15-Adult) **Shotokan Adult Karate** p. 16  
 (Ages 16-Adult) **Adult Swim Lessons** p. 44  
 (Ages 18+) **Adult Bags League** p. 17  
 (Ages 18+) **Fall Men's Basketball Leagues** p. 17  
 (Ages 18+) **Fall Adult Softball Leagues** p. 17  
 (Ages 18+) **Fall Adult Volleyball League** p. 17  
 (Ages 18+) **Watercolor for Adults** p. 33  
 (Ages 18+) **Exploring Pastels** p. 33  
 (Ages 18+) **Oil Painting Studio Time** p. 33  
 (Ages 18+) **Farmhouse Planter** p. 34  
 (Ages 18+) **Winter Planter** p. 34  
 (Ages 18+) **Mt. Prospect Community Band** p. 23  
 (Ages 50+) **Beginner Pickleball** p. 17  
 (Ages 55+) **Silver Workout** p. 22







# CELEBRATE

**WITH A PARTY AT  
MT. PROSPECT PARK DISTRICT**

[\*\*mppd.org/parks-facilities/birthday-parties\*\*](http://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.

## **Studio Arts & Crafts Party** (Ages 5-16)

**\$20-\$23/Child • Max of 15 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 45 minutes long. Masks required. Call the Art Studio for details, 847-342-0573.

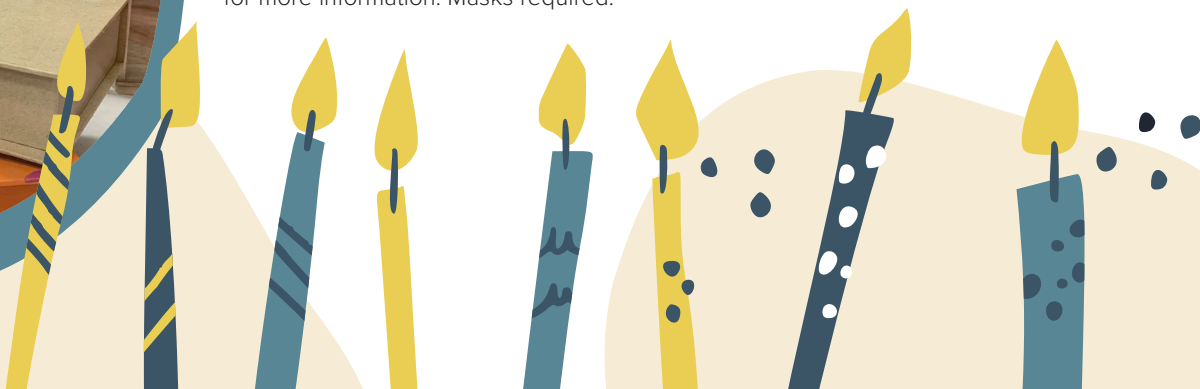
### **DIY Art Studio Party Kits Also Available!**

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

## **Sports Party** (Ages 5-13)

**\$200 • Max of 14 Children • Max of 2 Adults**

Private gym for one hour of organized games and sports with Hot Shots staff. The remaining 30 minutes will be spent in a party room. The party room is booked for the full 1.5 hours of the party. Food and decorations are not included. Please call 847-255-5380 for more information. Masks required.



# Facilities

Check [mppd.org](http://mppd.org) for current facility hours

## Central Community Center

1000 W. Central Road • 847-255-5380

Starting Sep. 7 Monday-Friday 6:00 AM-9:00 PM

Saturday 7:00 AM-2:00 PM Sunday 7:00 AM-1:00 PM

Conveniently located approximately one mile from the Mt. Prospect Metra station, this beautiful facility offers a 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.

## Mt. Prospect Golf Club

600 See-Gwun Avenue • 847-259-4200

[golfmtprospect.com](http://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 100 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](http://mppd.org/facility/friendship-park-conservatory) for further details including facility photos. For Rentals email Rebekah Grant [rgrant@mppd.org](mailto:rgrant@mppd.org).



## RecPlex

420 W. Dempster Street • 847-640-1000

Starting Sep. 7 Monday-Friday 6:00 AM-9:00 PM

Saturday 7:00 AM-2:00 PM Sunday 7:00 AM-1:00 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.

## 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 5-16. Offering a wide variety of summer, school-year, and holiday programs.

## 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.

**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](http://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. Lonnquist 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. Lonnquist 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](http://mppd.org)





# Register in person or online at [mppd.org](http://mppd.org)



**Fall Registration Begins August 9**  
**Winter Registration Begins November 8**

## 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.



### Make a Reservation

Visit [webstore.mppd.org](http://webstore.mppd.org) and click on **Reservations**. Choose from a list of programs, classes and events that require reservations. In order to secure a time slot make sure to complete the **checkout** process. You will receive a confirmation email.

### 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](http://mppd.org).)

### Refunds

View our refund policy at [mppd.org/refund](http://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.

### 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](http://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](http://www.nwsra.org).





