



2023

WINTER SPRING

PROGRAMS
& EVENTS



Register online

www.communityparkdistrict.org

Resident registration begins **Thursday, December 1**

Non-Resident registration begins **Thursday, December 8**

Calendar of EVENTS



Resident Registration begins at 8:30 am	Thursday, December 1
Non-resident Registration begins at 8:30 am	Thursday, December 8
Daddy Daughter Date Night	Friday, February 10
Mother Son Magic Night	Friday, March 17
Easter Egg Hunt	Saturday, April 1
Family Trivia Night	Thursday, April 20
Veteran's Memorial Ceremony	Saturday, May 27

The Community Park District Board of Commissioners is comprised of five commissioners elected by Park District residents to serve unpaid, four-year terms. The Board governs, on behalf of residents, all activities of the Park District.

Regular Park Board meetings are held on the second Monday of each month at the Recreation Center, 1501 Barnsdale Road, at 6:30 pm. Your attendance is both welcome and encouraged.



BOARD OF PARK COMMISSIONERS

Lucy Stastny, President **Robert Corte**, Vice President
Peggy Ronovsky, Commissioner **Alex Zuck**, Secretary
Tim Ogden, Treasurer

STAFF

Jessica Cannaday, CPRP

Executive Director

Zak Kerby, CPRP

Superintendent of Recreation

Zack Hughes

Building & Grounds Supervisor

Jackie Newton

Recreation Manager

Amanda Seidel

Marketing & Operations Manager

Rachel Demes

Finance & Administrative Coordinator

Laura Raimondi

Executive & Human Resource Assistant

Phil Mesi

Finance Consultant

Filemon Sanchez

Parks 1, Lead Mechanic

Olga Viramontes

Lead Custodian

Park District Office & Recreation Center

1501 Barnsdale Road

La Grange Park, IL 60526

Phone: (708) 354-4580

Fax: (708) 354-4577

Website: www.communityparkdistrict.org

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Park District Office Hours
Monday–Friday 8:30am–5pm

PROGRAM ICONS



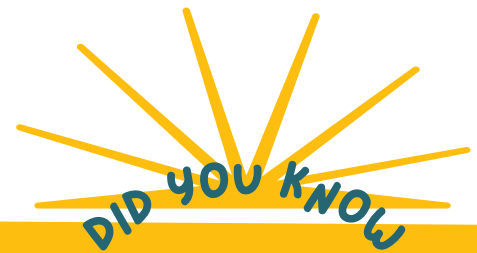
ENRICHMENT CLASSES:

This icon represents a program that will extend the Ready Teddy Preschool day. These classes are either preceding or immediately following preschool. Class descriptions and times are detailed within this brochure. Classes are open to all preschoolers, whether or not they attend Ready Teddy Preschool.



CO-OP PROGRAMMING:

This icon indicates a co-op program. Please make a note of the location when you register for a class.



The "Library of Things" makes a day at Memorial Park a Breeze.

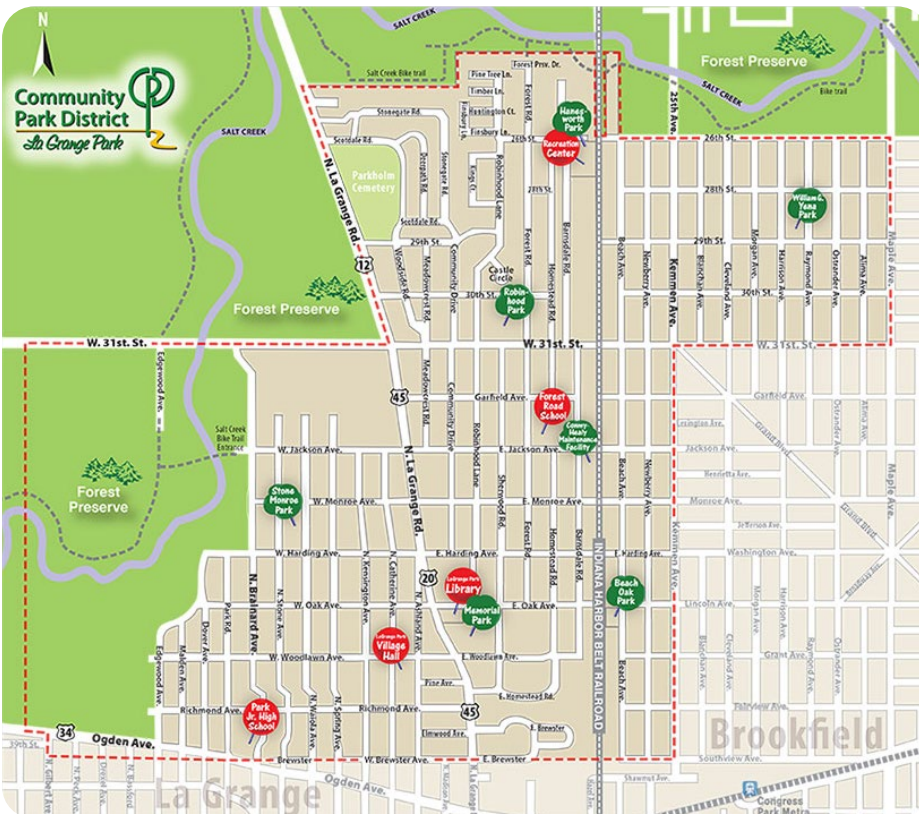
From yoga mats and bocce balls to bubble machines, if you're spending a day at Memorial Park, the La Grange Park Library's Library of things may have what you need to help you make the best of your visit. Do you need a karaoke machine for a party, want some binoculars for a ball game, or have interest in Instant Pots or air fryers. Check them (along with dozens of other cool things) out from the La Grange Park Library's Library of Things! Visit lplibrary.org/things to see a complete list and check on availability. Visit our Childrens Services Department for a list of items for children.

Park District Office & Recreation Center
1501 Barnsdale Road
La Grange Park, IL 60526
Phone: (708) 354-4580
Fax: (708) 354-4577

Website: www.communityparkdistrict.org

PROGRAM LOCATIONS 🔍

- RECREATION CENTER**
 Park District Office (LP)
 1501 Barnsdale Road, La Grange Park
- MEMORIAL PARK**
 La Grange Road at Woodlawn, LP
- ROBINHOOD PARK**
 30th and Robinhood Lane, LP
- BEACH-OAK PARK**
 Beach and Oak Avenues, LP
- STONE-MONROE PARK**
 Stone and Monroe Avenues, LP
- WILLIAM G. YENA PARK**
 29th and Harrison Avenue, LP
- HANESWORTH PARK**
 26th and Barnsdale Road, LP
- PARK JUNIOR HIGH SCHOOL**
 333 N. Park Road, LP
 Corner of Brainard and Ogden Avenues
- RECREATION CENTER**
 La Grange (LG)
 536 East Avenue, La Grange
- LYONS TOWNSHIP HIGH SCHOOL – SOUTH CAMPUS GYM**
 4900 Willow Springs Road,
 Western Springs
- RECREATION CENTER**
 Western Springs (WS)
 1500 Walker Street,
 Western Springs



PARK LOCATIONS

- MEMORIAL PARK**
 132 Oak Avenue
- ROBINHOOD PARK**
 30th and Robinhood Lane
- HANESWORTH PARK**
 26th and Barnsdale Road
- BEACH-OAK PARK**
 Beach and Oak Avenues
- WILLIAM G. YENA PARK**
 29th and Harrison Avenue
- STONE-MONROE PARK**
 Stone and Monroe Avenues

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Executive Director's Letter – Winter/Spring 2023

Last year, the Community Park District of La Grange Park made three BIG new year's resolutions: (1.) Listen To You, (2.) Initiate Big Park Improvements, and (3.) Improve Accessibility. As we close out 2022, I am amazed by the impact our board and staff has made by focusing on these initiatives.

Listen To You – We implemented a full year of feedback into our comprehensive Master Plan, which was approved on August 8, 2022. This plan is a roadmap for the next 5 years of operational and capital goals. You can check out the full plan here: <https://www.communityparkdistrict.org/about/master-plan>
In addition, based on what you have asked for, we have added several NEW programs starting this season, including:

- Adult Nerf Warz (Yes, it's finally happening!)
- A full day, 5-day Pre-K classroom in Ready Teddy for the 2023/24 School Year
- Increased 55 and over adult programming including Out on the Town Lunches and trips

Initiate BIG Park Improvements – In September of 2022, we applied for a \$600,000 OSDLAD grant to help offset funding needs for a complete overhaul of Yena Park. The park district has comprehensive plans for both Yena and Beach Oak Parks (which can be found in our Master Plan, see link above). We hope to break ground on both projects in 2023.

We are also proud to have brought on a dedicated ballfield specialist in the Spring of 2022. The addition to this position to our park's maintenance team has greatly improved the safety and aesthetics of our ballfields. Thanks in part to Little League, there were also significant improvements made to Hanesworth Park this past season.

Improve Accessibility – Not only have we tackled ADA Transition Plan improvements through the Yena and Beach Oak Park renovation plans, but we also added a dedicated inclusion specialist to our team for the 2022/23 Ready Teddy School Year. This position helps to evaluate students that may require additional assistance, provides support to teachers and students as needed, serves as a one-on-one inclusion aide, provides social and emotional assistance for all students, and evaluates our curriculum and implements changes and modifications to ensure every child has an incredible learning experience here at the Community Park District.

As we move into 2023, we will focus on implementing our new mission of supporting a healthy and inclusive community by positively impacting physical, social, emotional, and environmental well-being for all our residents and neighbors.

To achieve this important mission, we will keep the following core values at the forefront of our planning and implementation as we develop and improve programs, services, and spaces:

Community Wellness
Preserve Park Land
Dedicated to Transparency
Leadership
Generational Opportunities
Play for All

If you have any suggestions for the parks, programming, or facilities, please do not hesitate to reach out to me directly.

We look forward to seeing you in the parks!

Jessica Cannaday, CPRP
Executive Director
Community Park District of La Grange Park

jcannaday@communityparkdistrict.org
708-354-4580



special EVENTS



DADDY DAUGHTER DATE NIGHT

[REGISTER](#)

Hear ye, hear ye! The Community Park District summons all Kings and their Princesses for a gala evening of fun. For one magical night, the Recreation Center will be transformed into a dreamy ballroom. Guests will enjoy pizza and other light refreshments as they dance the night away to music provided by a professional DJ. Don your finest attire, hop into your carriage, and join us for a memorable evening. A photo booth with fun props will also be available so you will have a keepsake to take home! **AGE: 3-8 years with adult**

Date	Day	Time	R/NR
2/10	F	6:30-8:30pm	\$40/\$50 (\$17 each add'l daughter)

📍 Recreation Center, 1501 Barnsdale, LP

MOTHER SON MAGIC NIGHT

[REGISTER](#)


A special night with Mom will be something your son will remember forever. Your “magical night” will include a magic show, snacks, music and a special “trick” photo souvenir to take home. **AGE: 3-8 years with adult**

Date	Day	Time	R/NR
3/17	F	6:30-8:30pm	\$30/\$40 (\$10 each add'l son)

📍 Recreation Center, 1501 Barnsdale, LP

FAMILY TRIVIA NIGHT

[REGISTER](#)


Go head to head with your friends and “foes” in this family friendly Trivia Tournament! Join us for a fun and exciting night of competition with games, prizes and more! Refreshments will be provided.

Date	Day	Time	R/NR
4/22	Sa	6:30-8:30pm	\$10

📍 Recreation Center, 1501 Barnsdale, LP



special EVENTS



free! HUNT FOR THE GOLDEN EGG

We're ready to welcome Spring with some fun and would like for you to join us! Starting spring break week Monday, March 27th thru Friday, March 31st there will be (1) golden egg hidden in each of our (6) parks. Families may search for eggs during park hours (sunrise to sunset). If you are one of the lucky ones to find the Golden Egg, head over to the Community Park District for your prize & Facebook post. Limit one Golden Egg per family. **Age: 8 years old & younger**

Date	Day	Time	R/NR
3/27-3/31	M-F	Sunrise-Sunset	FREE

📍 Memorial Park, Yena Park, Stone-Monroe Park, Beach-Oak Park, Robinhood Park & Hanesworth Park

free! EASTER EGG HUNT

Kids bring your baskets and get ready for fun. The Easter Bunny will be on hand at Memorial Park for picture taking before hunting for eggs begins. Please bring your own camera for pictures. Each age group will have a designated area with a special egg hidden amongst them. The hunt schedule will be: 3 years and under 10am, 4-5 years old, 10:10am, 6-8 years old 10:20am. Hop on down and join us at 10am sharp, in the event of rain, this event will be cancelled.

Age: 8 years old and younger

Date	Day	Time	R/NR
4/1	Sa	10am SHARP!	FREE

📍 Memorial Park



ADULT EASTER EGG HUNT

REGISTER



Join us for the 1st Inaugural Adult Easter Egg Hunt at Memorial Park. This outdoor hunt will feature eggs redeemable for prizes, gift cards, and more! Price includes 2 drink tickets per person, pizza, and access to the hunt. Bring a basket and a flashlight! This event is welcome to those 21 and up. **Age: 21+**

Date	Day	Time	R/NR
3/31	F	6:30pm	\$20 individual/\$35 couple

📍 Memorial Park

special EVENTS

Fridays in May; exact dates to be announced in April.

Check the library or our website www.communityparkdistrict.org for more information.



free! PICNIC IN THE PARK

The Community Park District and La Grange Park Library are excited to provide this fun, and FREE program. Caregivers and children from birth and up are invited to join a member of the La Grange Park Library for a fun story time at one of our beautiful parks!

📍 Memorial Park

free! TEDDY BEAR PICNIC



Bring your Favorite Teddy Bear and join The Community Park District and La Grange Park Library for a fun story time and get out and enjoy some nature.

📍 Beach Oak Park



free! TEA PARTY IN THE TREES



Bring your favorite person and your favorite plush toy! The Community Park District and La Grange Park Library are excited to provide this fun, and FREE new program. Caregivers and children from birth and up are invited to join us for a Tea Party and story while soaking up some sunshine.

📍 Yena Park



special EVENTS



SAVE THE DATE: ARBOR DAY 2023
FRIDAY, APRIL 28TH

Arbor ADVOCATES

Join the effort! The Arbor Advocates are a citizen advisory group dedicated to helping the Community Park District in its mission to protect, preserve, and improve our tree population in La Grange Park. For more information, or to find out how you can help email arboradvocates@communityparkdistrict.org

Arbor Advocates meet the 1st Wednesday of each month at 6pm at the La Grange Park Public Library.

save the date MEMORIAL DAY

VETERANS MEMORIAL SERVICE
SATURDAY, MAY 27TH AT 10AM

📍 VETERANS MEMORIAL PARK





SCHOOL YEAR
SEPTEMBER 11, 2023 - MAY 17, 2024



Preschool Coordinator: Jill Cannizzo

Our preschool is designed for children ages 2-5 years.
Our curriculum is based on a non-repetitive 4-year cycle.

The Illinois Early Childhood Standards and Benchmarks are implemented into our innovative learning curriculum. Registration will open in February. Additional info is available in our Parent Handbook found on our website.

Fall 2023 Registration:

Registration for School Year 2023-2024 requires a non-refundable registration fee of \$50.00.

Proof of residency is required for La Grange Park residents (Ex: water, gas or electric bill). All necessary paperwork can be picked up prior to registration at the Recreation Center or can be found on our Community Park District website.

Registration applications will be accepted as follows:

Current preschool class **resident** families will be on Monday, February 13th at 8:30 am.

All **resident** families will be on Tuesday, February 14th at 8:30 am.

Current preschool class **non-resident** families will be on Thursday, February 16th at 8:30 am.

Registration is open to **all** on Friday, February 17th at 8:30 am.

Before and After Care Programs:

Before and after school care is an optional program which can be combined with our Ready Teddy Preschool Classes. This program is offered 8 am to 5pm (ABC is not offered on party days or school days off). Schedule is based on needs of students. Students of Ready Teddy can register for the ABC program on their designated class days. Limit of 4 hours per day. Information is available by calling the Ready Teddy Preschool hotline at 708-354-4157.



Teddy Toddlers, 2-Year-Old Program

Here is the perfect opportunity to get your toddler acquainted with other children while taking a small step into preschool. Socializing with others, music, and simple art projects will all be part of the fun! Children must be ready to stay in class without a parent. Session is 13 weeks.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee R/NR (Tuition is paid per session)</u>
Friday	9/15-12/15	8:45-10:15am	\$200/\$210
		10:45-12:15pm	\$200/\$210
Skip: 11/24			
Friday	1/13-4/14	8:45-10:15am	\$200/\$210
		10:45-12:15pm	\$200/\$210

2 ½ Early 3-Year-Old Program

During the early years, socializing with others is an important part in preparing for school. Learning centered play will aid in enhancing social skills and self-esteem. Each child will be introduced to ABC's, shapes, numbers, and colors!

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee R/NR (Tuition is paid monthly)</u>
Monday/Wednesday	9/11-5/15	8:45-10:45am	\$146/\$156
		11:15-1:15pm	\$146/\$156
Tuesday/Thursday	9/12-5/16	8:45-10:45am	\$146/\$156
		11:15-1:15pm	\$146/\$156
Tuesday/Thursday	1/9-5/16	8:45-10:45am	\$146/\$156
		11:15-1:15pm	\$146/\$156





3-Year-Old Program

This three-day program focuses on preschool readiness skills through social, emotional, and physical activities such as daily art projects, music and gym time. Each child will dig deeper into learning their ABC's, colors, and numbers!

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee R/NR (Tuition is paid monthly)</u>
Mon/Wed/Fri	9/11-5/17	8:30-10:30am	\$150/\$160
		11-1pm	\$150/\$160
		1:30-3:30pm	\$150/\$160

4 & 5 Pre-Kindergarten Program

This program is designed to promote reading and math readiness. In preparation for Kindergarten, each student will build confidence while working on their social and emotional skills. Art, music, roleplaying, and tablet centers are all a part of the fun!

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Fee R/NR (Tuition is paid monthly)</u>
Monday – Friday	9/11-5/17	8:45-2:45pm	\$624/\$634
Monday – Friday	9/11-5/17	8:30-11:30am	\$312/\$322
		12:30-3:30pm	\$312/\$322
Monday – Thursday	9/11-5/16	8:30-11:30am	\$254/\$264
		12:30-3:30pm	\$254/\$264
Monday – Thursday	9/11-5/16	8:45-2:45pm	\$508/\$518





CREATIVE STEAM

REGISTER

Sponsored By: Huntington Learning Center 333 N LaGrange Road, LP

Instructor: Tara Keller

Science, Technology, Engineering, Arts, and Math are infused together for a fun and interactive learning experience. Using a variety of materials, we will discover, create, experiment and design, preparing students for concepts in their future classrooms! **Age: 3-5 Years**

Day	Date	Time	Fee R/NR
M	1/9-2/13	10:30-11:15am 11:30-12:15pm 1-1:45pm	\$50/\$60 \$50/\$60 \$50/\$60
		3:30-4:15pm	\$50/\$60
Skip: 1/16			
M	2/27-3/20	10:30-11:15am 11:30-12:15pm 1-1:45pm 3:30-4:15pm	\$50/\$60 \$50/\$60 \$50/\$60 \$50/\$60
M	4/3-5/8	10:30-11:15am 11:30-12:15pm 1-1:45pm 3:30-4:15pm	\$50/\$60 \$50/\$60 \$50/\$60 \$50/\$60

Skip: 4/10

📍 Recreation Center, 1501 Barnsdale, LP



ROCKET READERS

REGISTER

Sponsored By: Huntington Learning Center 333 N LaGrange Road, LP

Instructor: Tara Keller

Empower emergent readers as they explore literary concepts. Each day is filled with phonics fun and language skills through games, rhymes, and "hands-on" activities. Sessions can be repeated, new material each time!

Age: 4-5 Years

Day	Date	Time	Fee R/NR
Tu	1/10-2/14	11:30-12:15pm	\$59/\$69
Tu	2/21-3/21	11:30-12:15pm	\$59/\$69
Tu	4/4-5/9	11:30-12:15pm	\$59/\$69

📍 Recreation Center, 1501 Barnsdale, LP



LITTLE CHEFS

REGISTER

Instructor: Tara Keller

Learn to handle basic kitchen tools and follow simple steps to create healthy and yummy treats! Safety and accuracy will be emphasized. Our curriculum follows a strict peanut free diet. If the participant has food allergies, please list all allergies on registration form. Notify Park District office as well! (708-354-4580) **Age: 3-5 Years**

Day	Date	Time	Fee R/NR
W	1/11-2/15	10:30-11:15am 11:30-12:15pm 1-1:45pm 3:30-4:15pm	\$50/\$60 \$50/\$60 \$50/\$60 \$50/\$60
W	2/22-3/22	10:30-11:15am 11:30-12:15pm 1-1:45pm 3:30-4:15pm	\$50/\$60 \$50/\$60 \$50/\$60 \$50/\$60
W	4/5-5/10	10:30-11:15am 11:30-12:15pm 1-1:45pm 3:30-4:15pm	\$50/\$60 \$50/\$60 \$50/\$60 \$50/\$60

📍 Recreation Center, 1501 Barnsdale, LP



MICKEY MATH

REGISTER

Sponsored By: Huntington Learning Center 333 N LaGrange Road, LP

Instructor: Tara Keller

Fun with numbers! Each child can develop a positive attitude toward math and numbers at an early age! Curriculum is designed for this age group including games and learning activities that will prepare each student for the classroom! Sessions can be repeated, new material each time! **Age: 4-5 Years**

Day	Date	Time	Fee R/NR
Th	1/12-2/16	11:30-12:15pm	\$59/\$69
Th	2/23-3/23	11:30-12:15pm	\$59/\$69
Th	4/6-5/11	11:30-12:15pm	\$59/\$69

📍 Recreation Center, 1501 Barnsdale, LP

HIGH FIVE SPORTS REGISTER

Instructor: Tara Keller

This class is meant to get out those mid-day wiggles and introduce fitness through play! The kiddos will play games, be introduced to a variety of sports, and build friendships! Sharing, throwing, and catching will all be a part of play for this beginning age group. Required: Gym Shoes. **Age: 3-5 Years**

Day	Date	Time	Fee R/NR
F	1/13-2/17	10:30-11:15am	\$59/\$69
		11:30-12:15pm	\$59/\$69
		1-1:45pm	\$59/\$69
		3:30-4:15pm	\$59/\$69
Skip: 2/10			
F	2/24-3/24	10:30-11:15am	\$59/\$69
		11:30-12:15pm	\$59/\$69
		1-1:45pm	\$59/\$69
		3:30-4:15pm	\$59/\$69
Skip: 3/3			
F	4/14-5/12	10:30-11:15am	\$59/\$69
		1:30-12:15pm	\$59/\$69
		1-1:45pm	\$59/\$69
		3:30-4:15pm	\$59/\$69

 Recreation Center, 1501 Barnsdale, LP



MESSY ME REGISTER

Sponsored By: Huntington Learning Center 333 N LaGrange Road, LP

Instructor: Jill Cannizzo

A child's first class with Mom! Dress for a mess as we will be playing with sand and water, finger painting, and more! Lots of fun and activities designed for these little beginners! **Age: 2.5-3 Years**

Day	Date	Time	Fee R/NR
Fri	4/21-5/19	8:45-9:15pm	\$20/\$30

 Recreation Center, 1501 Barnsdale, LP



Spring BREAK CAMP

No need to spend the week at home! Grab your water bottles and gym shoes and get ready for a week filled with fun and games! Kiddos will participate in arts and crafts, physical fitness and other recreational activities! **Age: 3-8 Years**

Day	Date	Time	Fee R/NR
M-F	3/27-3/31	9-12:30pm	\$145/\$155
		12:30-4pm	

 Recreation Center, 1501 Barnsdale, LP

REGISTER





MISS ANGIE'S ROCKING TOTS

REGISTER

Instructor: Miss Angie

Participate with your toddler in singing, chanting, moving, dancing, listening, and playing percussion instruments. Activities will bridge the natural connection between music and movement; improve listening abilities and increase exposure and appreciation to different types of music. Class is designed for child and adult to participate in together. **Age: 13 months to 36 months**

Day	Date	Time	Fee R/NR
T	1/10-2/14	9:00-9:45am 10:00-10:45am	\$75/\$85 \$75/\$85
T	2/28-4/11	9:00-9:45am 10:00-10:45am	\$75/\$85 \$75/\$85
Skip: 3/28			
T	4/25-5/30	9:00-9:45am 10:00-10:45am	\$75/\$85 \$75/\$85

📍 Recreation Center, 1501 Barnsdale, LP

MIGHTY MUSIC MAKERS

REGISTER

Instructor: Miss Angie

Celebrate your child's growing independence through fun music and movement activities. These classes will work on the child's attention and self-expression and include singing, chanting, moving, focused listening, musical games, exploring musical instruments, creative movement, and storytelling. A variety of musical types will be included to widen your child's exposure and appreciation of different musical types. Class is designed for child and adult to participate together. **Age: 3-5 Years**

Day	Date	Time	Fee R/NR
T	1/10-2/14	11:00-11:45am	\$75/\$85
T	2/28-4/11	11:00-11:45am	\$75/\$85
Skip: 3/28			
T	4/25-5/30	11:00-11:45am	\$75/\$85

📍 Recreation Center, 1501 Barnsdale, LP



The Community Park District of LaGrange Park Footlight Player

Presents

LEGALLY BLONDE

The Musical™



Legally Blonde JR. follows the transformation of Elle Woods as she tackles stereotypes, snobbery and scandal in pursuit of her dreams. When Elle's boyfriend, Warner, dumps her and heads to Harvard, claiming she's not "serious" enough, Elle takes matters into her own hands, crafting a showy song-and-dance personal essay and charming her way into law school. Befriending classmate, Emmett, and spunky hairdresser, Paulette, along the way, Elle finds that books and looks aren't mutually exclusive. As Elle begins outsmarting her peers, she realizes that law may be her natural calling after all.



Ages: 8-18 years old

Fee: \$199 (Due by January 14th)

Auditions: Saturday, December 17th from 9am-5pm

Call Backs: Sunday, December 18th from 9am-5pm

NOTE: All auditions **MUST** be scheduled by Tuesday, December 6th. Auditions are scheduled on a first come first serve basis.

Spots/roles are limited. We will have 10 auditions (individual) scheduled for each 1-hour time slot. Video auditions are permitted if there is a conflict preventing attendance on the day of auditions, email Spencer before sending in a video.

Audition materials to prepare will be sent in an email following your request along with a designated audition time. To schedule an audition and request a time slot, please email Spencer Clark at sclark@communityparkdistrict.org.

AUDITIONS will be held at the Community Park District Recreation Center (1501 Barnsdale Road, LP).

REHEARSALS will be held at the Community Park District Recreation Center and are typically held on Saturdays from 12-4 pm and Sundays from 12-4 pm

Conflicts should be stated on the rehearsal form filled out at the time of audition. All undocumented conflicts will be counted as an absence. Cast members are allowed **ONLY 2** unexcused absences.

Rehearsal schedule will be emailed out prior to the start of rehearsals on Saturday, January 7th.

**TECH
WEEK**

APRIL 12TH-APRIL 13TH. TECH WEEK IS MANDATORY.

Performance Dates: Friday, April 14th 7:30 pm, Saturday, April 15th at 2:00 pm and 7:30 pm, Sunday, April 16th at 2:00 pm. Performances will be located at Park Junior High School, La Grange Park.

YOUTH DANCE CLASSES

Dance Instructor: M. Ritacco

A variety of dance instruction for girls and boys of all ages where participants will have fun learning new steps and routines while gaining grace, poise, and self-confidence.

DANCE MOVEMENT FOR THREE'S (3 YEAR OLDS)

This class offers younger children an exciting and fun introduction to the world of dance. Emphasis is on having fun through a variety of activities using music interpretation, movement, and imaginative thinking.

DANCING FOURS (4 YEAR OLDS)

This class offers your dancer a glimpse in to three forms of dance. We will explore the basics of ballet, tap and jazz. This class is great for your first-time dancer as well as dancers who have little to no experience. Dancers must have tap shoes or a hard sole shoe for tap.

BALLET

Ballet is the foundation of dance; it helps to build a strong base for all other dance styles. Positions, technique, and musicality are learned from ballet and applied to all other dance styles.

TAP

Tap is a percussive footwork that develops a dancer's rhythm, style and sound.

JAZZ

Jazz is a classic dance and is incorporated in everything from Lyrical to Hip Hop to musical theater and tap.

LYRICAL

Lyrical combines ballet and jazz with a little contemporary. This dance style helps the dancer express themselves through movement.

HIP-HOP

Strength, agility, and coordination. Hip Hop is full of high energy moves, and yet sometimes it is in learning the small moves that make this style so intricate.

MUSICAL THEATER DANCE LYRICAL DANCE /HIP HOP

As a musical theatre performer, you will want to be well trained in all forms of dance. Ballet, Tap, Jazz, Theatrical (Broadway), ballroom, and even hip-hop.

INTERMEDIATE/ADVANCED TAP

Tap is a percussive footwork that develops a dancer's rhythm, style, and sound. 5+ consecutive tap years needed, or instructor permission.

ATTIRE:

Proper dance attire is suggested (leotard and tights, or dance top and pants for girls, shorts or sweatpants and tee shirts for boys).

Proper footwear for each class required (ballet, jazz, tap shoes, and a gym or fitness shoe for Hip Hop).

Creative Movement participants may wear ballet, jazz or gym shoes.



YOUTH DANCE CLASSES

REGISTER

Date	Class	Age	Day	Time	R/NR
1/17-5/2 Skip 1/24 & 3/28	Dancing Four's	4	Tu	3:30-4:15pm	\$152/\$162
1/17-5/2 Skip 1/24 & 3/28	Ballet/Tap/Jazz	5-6	Tu	4:15-5:15pm	\$160/\$170
1/17-5/2 Skip 1/24 & 3/28	Ballet/Tap/Hip Hop	7-8	Tu	5:15-6:15pm	\$160/\$170
1/17-5/2 Skip 1/24 & 3/28	Contemporary/Hip Hop	11+	Tu	7:00-8:15pm	\$160/\$170
1/17-5/2 Skip 1/24 & 3/28	Intermediate/Advance Tap	10+	Tu	6:15-7pm	\$155/\$165
1/19-5/4 Skip 1/26 & 3/30	Dance Movement for Three's	3	Th	3:30-4:00pm	\$148/\$158
1/19-5/4 Skip 1/26 & 3/30	Tap/Ballet/Jazzy Hip Hop	8-9	Th	4:00-5:00pm	\$160/\$170
1/19-5/4 Skip 1/26 & 3/30	Musical Theater/Hip Hop/Lyrical	10+	Th	5:00-6:15pm	\$160/\$170

**Ms. Michele reserves the rights to place dancers in the appropriate class according to ability.*



RECITAL DAY

SATURDAY, MAY 13TH ♦ TIME TBD ♦ PARK JR. HIGH

Tickets go on sale the week of April 14th.

Adults (18 & Older): \$10.00 Students: \$5.00

Children 5 & Under: Free

Costume fees are included in the cost of the program.
One costume per dancer regardless of multiple dances.



Summer CAMP

Resident Registration Thursday, February 16th
Non-Resident Registration Thursday, February 23rd



ciao hola
BONJOUR

All language classes are instructed by Language In Action, Inc.

I SPEAK SPANISH [REGISTER](#)

Expand your child's world! Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. Each session will cover new and exciting material!

Ages: 3-6 Years

Day	Date	Time	Fee R/NR
Th	1/19-2/23	4:30-5:15pm	\$75/\$85
Th	4/20-5/25	4:30-5:15pm	\$75/\$85

📍 Recreation Center, 1501 Barnsdale, LP

Join us right from your living room as we explore new cultures and learn the French and Italian languages via the interactive Zoom platform! Each session covers new material. Taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class. **Ages: 7-11 Years**

I SPEAK ITALIAN [REGISTER](#)

Day	Date	Time	Fee R/NR
W	3/1-4/5	6-7pm	\$75/\$85

📍 Zoom

I SPEAK FRENCH [REGISTER](#)

Day	Date	Time	Fee R/NR
M	3/13-4/17	5-5:45pm	\$75/\$85

📍 Zoom

VAMANOS YOUTH SPANISH [REGISTER](#)

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

Ages: 6-11 Years

Day	Date	Time	Fee R/NR
Th	1/19-2/23	5:30-6:15pm	\$75/\$85
Th	4/20-5/25	5:30-6:15pm	\$75/\$85

📍 Recreation Center, 1501 Barnsdale, LP

MATINÉE MOVIE CLUB REGISTER

Instructor: Staff

Same gathering, just a new name! We'll meet at the Recreation Center every 2nd Monday for a movie and light meal (pizza, sandwiches). Participants get to vote on the movie for the next month, which ranges from new releases to timeless classics. Please call our office at 708-354-4580 to place your name on the mailing list. **Age: 55 and better**

Dates	Day	Time	Fee R/NR
1/9	M	10am-12pm	\$8
2/13	M	10am-12pm	\$8
3/13	M	10am-12pm	\$8
4/10	M	10am-12pm	\$8
5/8	M	10am-12pm	\$8

📍 Recreation Center, 1501 Barnsdale, LP

SECRETARY OF STATE MOBILE UNIT REGISTER

REGISTER

The IL Secretary of State Mobile Unit will be coming to Community Park District! Complete with cameras for new identification cards and drivers' licenses, the mobile unit is your one stop shop without having to leave town to go to the DMV. Vision screening and vehicle renewal stickers are also available. Sorry, no road tests will be available. **Age: 55 and better**

Dates	Day	Time	Fee R/NR
1/11	W	10am-2pm	Free

📍 Recreation Center, 1501 Barnsdale, LP



OUT ON THE TOWN LUNCHES REGISTER

Instructor: Staff

Allow us to whisk you away from La Grange Park to some of Chicagoland's best eats, without having to drive yourself! These trips are designed with mobility and comfort in mind. Participation fee will cover transportation expenses only, unless otherwise noted. Participants are expected to pay individual tabs at the restaurant. Participation fee is required to attend this program. Approximate entrée price listed near restaurant. **Age: 55 and better**

Dates	Day	Time	Fee R/NR	Location	Entrée cost:
2/16	Th	11:00am	\$10	Baked Apple (Downers Grove)	\$10-20
3/16	Th	11:00am	\$10	Manny's Deli (Chicago)	\$20-30
4/20	Th	11:00am	\$10	Ivy restaurant (Wheaton)	\$20-30
5/18	Th	11:00am	\$10	Edelweiss Restaurant (Norridge)	\$10-20

📍 Pickup and Drop off at Recreation Center, 1501 Barnsdale, LP



BINGOCIZE REGISTER

Instructor: White Crane Wellness Center

Bingocize® combines exercise and health information with the familiar game of bingo. Participants complete a series of strategically inserted exercises designed to increase or decrease the intensity and volume of exercise. Health education questions can also be inserted into the game, depending on the particular group of older adults. Participants rest while numbers are called for the bingo game, then complete more strategically inserted- exercises (e.g. range of motion, strengthening, cardiovascular) or health education questions, rest during number calling, and so on. This pattern is continued until a participant wins the game. The winners are awarded their choice of prizes. The distribution of prizes will be discussed before the start of your program. The Bingosize series is comprised of 20 classes per series, with each class lasting approximately 60 minutes. **Age: 55 and better**

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Fee R/NR</u>	<u>Register by:</u>
2/13-6/26	M	10:00am	FREE	2/6

📍 Recreation Center, 1501 Barnsdale, LP

PINOCHLE CLUB

Do you want to join fellow card players in a friendly game of Pinochle? Come to the Recreation Center and play a few hands of this very fun and social game. No Registration Required. **Age: 55 and better**

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Fee R/NR</u>
Ongoing	Th	12:00-2:00pm	Free

📍 Recreation Center, 1501 Barnsdale, LP



LET'S GO PLACES!



Instructor: Z. Kerby

The Community Park District has a long history of providing day trips to destinations outside the Lagrange Park boundaries. We look to expand our programming by providing day trips to destinations that offer unique and memorable experiences for all.

📍 **Pickup and Drop off at Recreation Center, 1501 Barnsdale, LP**

Grand Victoria Casino REGISTER

Feeling lucky? Take a ride with us to Elgin's Grand Victoria Casino! Enjoy your favorite games and hopefully come home a winner! Fee covers transportation only. Restaurant and deli on site will be available for lunch options. **Age: 55 and better**

Dates	Day	Time	Fee R/NR	Register by:
2/23	Th	11am–4pm	\$15/25	2/9

Garfield Park Conservatory REGISTER

For over 110 years, the Garfield Park Conservatory has been a green oasis amongst the concrete jungle of the Chicago's downtown. We'll start by enjoying the Conservatory's many exotic displays including the annual Spring flower show. From there, we will head to Spinning J, one of the few remaining soda fountains left in Chicagoland. Lunch is not included. **Age: 55 and better**

Dates	Day	Time	Fee R/NR	Register by:
3/30	Th	11am-3pm	\$25/35	3/16

Frank Lloyd Wright Home & Unity Temple Tours REGISTER

Frank Lloyd Wright used his first home to experiment with design concepts that contain the seeds of his architectural philosophy. Unity Temple is a National Historic Landmark, exemplifying Wright's theory of organic design. They just so happen to be around the corner from one another! Tag along as we take a guided tour of his first home, break for lunch and enjoy a guided tour of the Unity Temple Tour. Lunch is not included. **Age: 55 and better**

Dates	Day	Time	Fee R/NR	Register by:
4/27	Th	11am-3pm	\$50/60	4/13

Illinois Railway Museum REGISTER

All Aboard! Trains, transit, and tracks as far as the eye can see! Located in Union, Illinois, the Illinois Railway Museum is the largest museum in the USA and runs demonstrations of many working trains. From 1800's steam engines & pullman cars, to recently retired CTA red line trains, there is something everyone will enjoy. After departing the Recreation Center, we will stop at Alpine Subs to grab sandwiches. Food options at the museum are limited. A cooler will be available on the bus for everyone. Fee includes Alpine sandwich, transportation, and museum entry. **Age: 55 and better**

Dates	Day	Time	Fee R/NR	Register by:
5/20	Sa	10am-4pm	\$45/55	5/5

 **DOG OBEDIENCE**

Instructor: Barb Clish

*Just because a dog is not giving you the response you're looking for, doesn't mean he is a hard dog."
- Ivan Balabanov*

BEGINNER CLASS [REGISTER](#)

Is your dog becoming a little monster and driving you crazy? If you are tired of being kept up all night from constant barking, if your home furnishings and personal belongings are being chewed up, or just want to master basic commands, sign up for this class!

For beginners only, the first class will be a two-hour mandatory orientation from 7-9:00pm, without your dog.

Dogs: Must be at least 4 months old. Handlers: Old enough to handle dog in a group setting.

Day	Date	Time	Fee R/NR
Th	1/5-3/2	7-8pm	\$125-135

📍 Recreation Center, 1501 Barnsdale, LP

INTERMEDIATE CLASS [REGISTER](#)

You must have completed the beginner course with our trainers Barb Clish/Mary Keeffe or elsewhere. Our trainers have the right to evaluate your dog, to ensure they are placed in the proper training class. Your dog will need to hold a solid sit stay, down stay and come on recall.

Day	Date	Time	Fee R/NR
Th	1/12-3/2	8-9pm	\$125-135

📍 Recreation Center, 1501 Barnsdale, LP



BEGINNER HORSEBACK RIDING REGISTER

Instructor: New Traditions Riding Academy, LLC

You will learn to master the walk, sitting and posting trot, steering basic maneuvers such as circles and reverses, standing up in the stirrups at the walk, walk without the stirrup irons, halt, reverse both on the wall and through the center of the ring, mount and dismount correctly, switch whip correctly, basic, grooming skills and attend a youth group meeting **Age: 7 Years and older**

Day	Date	Time	R/NR
M	1/2-1/30 4/24-5/22	4:30-5:30pm	\$250
W	1/4-2/1 4/26-5/24	4:30-5:30pm	\$250
Sa	1/7-2/4 4/29-5/27	2:30-3:30pm	\$250

 New Traditions Riding Academy, 10100 S. Kean Ave, Palos Hills, IL

SAFE SITTER REGISTER

Instructor: BSR Solutions, INC

Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises. **Age: 11-13 Years**

Day	Date	Time	R/NR
Sa	2/18	9-3pm	\$105/\$115
Sa	5/20	9-3pm	\$105/\$115

 Recreation Center, 1501 Barnsdale, LP

DINOSAUR DIG REGISTER

Instructor: Staff

Dig up some fun as children discover dinosaurs! We may even discover dinosaur eggs! Don't miss out on the games, crafts, and snack. All supplies included on this excavation. **Age: 3-5 Years**

Day	Date	Time	R/NR
Sa	3/4	9:30-10:30am 11-12pm	\$27/\$35

 Park District of LaGrange Rec Center, LG

LUCKY LEPRECHAUNS

Instructor: Staff REGISTER

Come to the park district to celebrate St. Patrick's Day! During this afternoon event we will make a creative St. Patrick's Day craft and play games! We may even go on a hunt for a pot of gold! Remember to wear green! A snack and drink are included. **Age: 4-7 Years**

Day	Date	Time	R/NR
Th	3/16	3:45-5pm	\$27/\$35

 Park District of LaGrange Rec Center, LG

WONDER ROBOTICS: CREATE AND CODE REGISTER

Instructor: Kidz2Pros

It's never too early for children to learn programming for robotics, through challenges and tasks with DASH, their Wonder robot. Through simple drag-and-drop coding, kids easily and quickly see their code in action! **Age: 5-6 Years**

Day	Date	Time	R/NR
Th	3/9-4/27	5:05-6:05pm	\$177/\$230

 Park District of LaGrange Rec Center, LG



LEGO MASTERS: STRUCTURES AND CREATIVE CHALLENGES

Instructor: Kidz2Pros **REGISTER**

This course presents kids with specific engineering challenges tailored for young minds, such as making and testing a LEGO bridge. Instructors will emphasize the importance of patience, iteration, and utilizing feedback, while helping kids improve their fine motor skills. This is the perfect program to inspire young engineers.

Age: 5-6 Years

Day	Date	Time	Fee R/NR
Th	3/9-4/27	4-5pm	\$177/\$230

📍 Park District of LaGrange Rec Center, LG

SPORTS SCIENCE

REGISTER

Instructor: Snapology

In this class children will learn the science behind their favorite sports. Students will learn about momentum, energy, measurement, air pressure, and much more as they perform simple experiments related to sports. Perfect for both sports and science lovers, this fun interactive program exercises both the body and the mind. Co Op LG & WS.

Age: 7-14 Years

Day	Date	Time	R/NR
Tu	2/14-3/14	4-5pm	\$103/\$134

📍 Park District of LaGrange Rec Center, LG

POKEMANIA



REGISTER

Instructor: Snapology

Come join Snapology for Pokemania. Students will build and explore the world of Pokemon as they create their own gyms, battles, and even their very own generation of Pokemon. Children will also learn about real world science as they learn about their habitats of the Pokemon. Your child will have a blast becoming the best pokemon trainer ever. **Age: 5-12 Years**

Day	Date	Time	R/NR
Sa	2/18-3/18	11:15-12:15pm	\$103/\$134

📍 Park District of LaGrange Rec Center, LG

HARRY POTTER SCIENCE

REGISTER

Instructor: The Whole Child

Come to Hogwart's School of Witchcraft & Wizardry. Join the Wizardry class and learn how to cast spells and mix potions! We'll be making potions that actually work and we'll be doing experiments and crafts as well! **Ages: 5-12 Years**

Day	Date	Time	R/NR
M	1/23-3/20	4-5pm	\$210/\$273

📍 Park District of LaGrange Rec Center, LG

VET SCIENCE

REGISTER

Instructor: The Whole Child

Do you love animals? Come to vet school and learn about all the animals! Learn how to perform pet exams, first aid treatments, and mock surgeries. We'll have live pet encounters too! **Ages: 5-12 Years**

Day	Date	Time	R/NR
W	1/25-3/22	4-5pm	\$210/\$273

📍 Park District of LaGrange Rec Center, LG



BEGINNING VOICE

REGISTER

Instructor: American Music Institute

In a non-competitive, nurturing environment, learn to sing great songs from musical theater, Disney, pop songs, etc. This voice class is perfect for kids who love to sing but may not be ready for private lessons. Young singers learn how to sing together, harmonize, musical traditions, and create beautiful music in a relaxing and healthy environment.

Age: 6-12 Years

Day	Date	Time	Fee R/NR
Tu	1/17-2/21	4-5p	\$109/\$142
	2/28-4/4	4-5p	\$109/\$142

📍 Park District of LaGrange Rec Center, LG



BEGINNING GUITAR

REGISTER

Instructor: American Music Institute

This guitar class is set up for beginning students and will teach them how to play and jam with their peers. Emphasis is placed on having fun while learning! Along with guitar playing essentials, students will learn guitar skills through playing classic pop songs. Essential guitar skills and basic note-reading are taught in a fun, supportive setting that allows students to develop at their own pace.

Note: Instruments are not provided.

Age: 6-12 Years

Day	Date	Time	Fee R/NR
Tu	1/17-2/21	5:05-6:05pm	\$109/\$142
	2/28-4/4	5:05-6:05pm	\$109/\$142

📍 Park District of LaGrange Rec Center, LG



MAGIC CLASS

REGISTER

Instructor: Gary Kantor

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. While tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided, and each child will receive a magic kit to take home. Children are grouped by age and learn age-appropriate tricks. Brand new tricks taught at each class. **Age: 5-12 Years**

Day	Date	Time	R/NR
W	2/1	5-5:55pm	\$22/\$27
Tu	3/14	6:45-7:40pm	\$22/\$27
W	5/17	5-5:55pm	\$22/\$27

📍 Recreation Center, WS



VALENTINE'S DAY WITH YOUR AMERICAN GIRL DOLL

REGISTER

Instructor: Ultimate Classes & Parties

Come to this unique Valentine's class and bring along your American Girl Doll or any other similar sized doll. Enjoy decorating a special two-piece holiday outfit and adorable pink, red and white jewelry. Then take a trip to the beauty shop where we will add colorful clips and ribbons to your doll's hair just in time for Valentine's Day. Your favorite doll will simply look adorable! **Age: 3-10 Years (3-5 must be accompanied with an adult)**

Day	Date	Time	Fee R/NR
F	2/10	6:30-7:30pm	\$36/\$45

📍 Recreation Center, WS





 **SPRINGTIME SWEETS & TREATS** REGISTER

Instructor: Ultimate Classes & Parties

Do you have a sweet tooth? If so, this is the perfect class!! Each child will use their creative skills to create an entire tray of special cookies and cupcakes. The class will include a baker's hat for your child to decorate, a variety of frosting colors, and a wide array of sprinkles and toppings to add to the fun. We will then add a candy border for a special masterpiece. Each child will go home with enough goodies to feed the entire family. Sign up for this yummy class today! **Age: 5-10 Years**

Day	Date	Time	R/NR
F	4/21	6:30-7:30pm	\$34/\$42

 Recreation Center, WS



 **MODEL SHIP BUILDING**

REGISTER

Instructor: R. Magin

Learn to assemble plastic ship models from kits and craft materials. Have fun customizing your model and building a diorama to show it at sea. Each week, a different part of the model ship will be cut out, glued together and painted. Learn to safely use simple tools, plastic cement and paint supplies (brush and spary). **Ages: 8-12 Years**

Day	Date	Time	R/NR
W	4/19-5/24	4-5pm	\$46/\$58

 Recreation Center, WS



 **PARENT & CHILD MAKING MEMORIES FOR MOM** REGISTER

Instructor: GLITZY GIRLZ

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

Ages: 3-10 Years with parent

Day	Date	Time	R/NR
M	5/8	6-7pm	\$34/\$42

 Recreation Center, WS

 **HAPPY BIRTHDAY AMERICAN GIRL DOLL**

REGISTER

Instructor: ULTIMATE CLASSES & PARTIES

Kids, don't miss this special American Girl Doll birthday party in honor of your favorite doll! (Similar sized dolls are also welcome) All participants will enjoy decorating a special birthday outfit, jewels, and crown for their doll along with a birth certificate. A party wouldn't be complete without decorating yummy cupcakes to enjoy with juice. Sign up today for this VERY POPULAR class! **Ages: 3-10 Years (3-5 must be accompanied by an adult)**

Day	Date	Time	R/NR
F	3/3	6:30-7:30pm	\$37/\$46

 Recreation Center, WS



WORK HARD.

PLAY HARD.

HAVE FUN.





★ BEGINNER TUMBLING

REGISTER

Instructor: M. Dawson

Our next step for those tiny tumblers, this class will focus on proper technique and reinforce movements learned in pre-tumbling. Students will develop functional strength that will aid them as they advance toward gymnastics. Please bring a water bottle to class. **Age: 6-7 Years**

Date	Day	Time	R/NR
1/22-3/19	Su	8:45-9:30am	\$70/\$80
4/16-5/21	Su	8:45-9:30am	\$47/\$57

📍 Recreation Center, 1501 Barnsdale, LP

★ PRE-TUMBLING **REGISTER**

Instructor: M. Dawson

Start out learning the proper way to perform rolls, handstands, and cartwheels. This class is a great introduction to tumbling, and it opens the door to gymnastics possibilities. Please bring a water bottle to class. **Age: 4-6 Years**

Date	Day	Time	R/NR
1/13-3/10	F	4:30-5:15pm	\$70/\$80
Skip: 2/10			
1/22-3/19	Su	10:00-10:45am	\$70/\$80
Skip: 3/17			
4/14-5/19	F	4:30-5:15pm	\$47/\$57
4/16-5/21	Su	10:00-10:45am	\$47/\$57

📍 Recreation Center, 1501 Barnsdale, LP

★ PARENT-TOT TUMBLING

REGISTER

Instructor: M. Dawson

Toddlers can develop body awareness, balance, flexibility, and coordination while having fun doing gymnastics. Parents assist with skills in a safe and caring environment. Please bring a water bottle to class. **Age: 2-3 Years with parent or caregiver**

Date	Day	Time	R/NR
1/13-3/10	F	5:15-5:45pm	\$70/\$80
Skip: 2/10			
1/22-3/19	Su	9:30-10:00am	\$70/\$80
Skip: 3/17			
4/14-5/19	F	5:15-5:45pm	\$47/\$57
4/16-5/21	Su	9:30-10:00am	\$47/\$57

📍 Recreation Center, 1501 Barnsdale, LP

🏈 LITTLE LYONS SOCCER CAMP **REGISTER**

Instructor: Little Lyons Soccer Club

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

Date	Age	Day	Time	R/NR
1/14-2/18	3-5	Sa	12-12:45pm	\$56/\$66
1/14 - 2/18	6-8	Sa	1-2pm	\$56/\$66
Skip: 2/4				
📍 Park Jr High, 325 N. Park Ave, LP				
4/7 - 5/6	3-5	W	4-4:45pm	\$56/\$66
4/7 - 5/6	6-8	W	5-6pm	\$56/\$66

📍 Grass field behind the Recreation Center, 1501 Barnsdale Road, LP

NERF WARZ

REGISTER



Instructor: Staff

Participants will battle in our Nerf Battleground, consisting of obstacles and barriers for a fun, safe activity that involves strategy and physical fitness. Please bring one dart gun and we will supply the Nerf N-Strike foam darts and eye protection for all participants. Battle modes consist of capture the flag, elimination, zombies and many more!

Date	Ages	Day	Time	R/NR
1/18	5-8	W	4:00-5:00pm	\$10/\$15
	9-12		5:00-6:00pm	\$10/\$15
2/15	5-8	W	4:00-5:00pm	\$10/\$15
	9-12		5:00-6:00pm	\$10/\$15
3/15	5-8	W	4:00-5:00pm	\$10/\$15
	9-12		5:00-6:00pm	\$10/\$15
4/19	5-8	W	4:00-5:00pm	\$10/\$15
	9-12		5:00-6:00pm	\$10/\$15
5/17	5-8	W	4:00-5:00pm	\$10/\$15
	9-12		5:00-6:00pm	\$10/\$15

📍 Recreation Center, 1501 Barnsdale, LP

GET GRIT GET GREAT

REGISTER



Instructor: R. Cavaliere

Youth today face an increasingly complex set of challenges, but many have not yet been taught the mental tools of grit to meet these pressures and perform optimally. This introductory clinic, developed by a psychologist, a teacher and a coach, will teach your child those mental tools of grit. Going one step further, unlike any other course, your child will practice those tools while playing games and engaging in activities to ultimately develop their own personal approach.

Your child will learn how to be more confident, to focus, work through anxiety, prepare to win, be a teammate, keep their cool and quickly recover from a setback or "failure."

Join others that have taken the clinic and become a Gritter! Registration includes materials, t-shirt, and poster upon completion.

Dates	Day	Time	Age	R/NR
2/21-3/21	Tu	7:00-7:55pm	8-11	\$175/\$185
	Tu	8:00-8:55pm	12-14	\$175/\$185

📍 Recreation Center, 1501 Barnsdale, LP

KIDS FIRST BASKETBALL CLASS

REGISTER

Instructor: Kids First Sports Safety Inc.

Let's Hoop it up! This Basketball Program focuses on fundamentals! Basketball Games & Preparation; Parents have called Kids First Sports Safety Mandatory before playing the most injury prone youth sport. Players will be fulfilled with new basketball skills and safety techniques to make them game ready. Program offers: Skills Contest & Championship Basketball game. PLUS, techniques on Shooting, Dribbling, Passing, floor spacing, basketball safety awareness and sportsmanship. Please bring a full water bottle to class.

Ages: 6-12 Years (Separated within the camp)

Date	Day	Time	R/NR
1/14-2/11	Sa	12:00-1:00pm	\$79/\$89
2/18-3/18	Sa	12:00-1:00pm	\$79/\$89

📍 Park Jr High School

4/15-5/20 Sa 9:00-10:15am \$109/\$119

📍 Memorial Park, LP





KIDS KARATE CLUB

[REGISTER](#)

Instructor: Sensei Eric and Sensei Marie

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

Kids Karate Club uniforms are required and are available at www.KidsKarate.com or from the instructor at class (needed by the second week of class). Parents may participate with their children at no cost other than purchasing a parent helper karate club uniform. **For more info visit: www.KidsKarate.com**
Please bring a water bottle to class. **Age: 4-14 Years**

Date	Day	Time	R/NR	Level
1/14-3/4	Sa	9:00-9:45am	\$76/\$86	Beginner
1/14-3/4	Sa	9:50-10:35am	\$76/\$86	Advanced
Testing Date: 3/11				
3/18-5/6	Sa	9:00-9:45am	\$76/\$86	Beginner
3/18-5/6	Sa	9:50-10:35am	\$76/\$86	Advanced
Testing Date: 5/13				



📍 Recreation Center, 1501 Barnsdale, LP



KIDS FIRST FLAG FOOTBALL CLASS

[REGISTER](#)

Instructor: Kids First Sports Safety Inc.

Are you ready for some football! - Combining flag football fundamental preparation with flag football games. Excellent Coaches will teach football player techniques with body balance safety positioning giving a player confidence to enjoy the game of football. The first two weeks are dedicated to understanding the game through team competitive drills of how to play various positions. Flag Football games will be played once the Coach feels everyone is ready to play. A championship game will conclude the program. Please bring a full water bottle to class. **Age: 6-12 Years**

Date	Day	Time	R/NR
4/15-5/20	Sa	10:30-11:45am	\$109/\$119

📍 Grass field behind the Recreation Center, 1501 Barnsdale Road, LP



KIDS FIRST BADMINTON PROGRAM

[REGISTER](#)

Instructor: Kids First Sports Safety Inc.

Badminton anyone? This instructional program prepares players to be successful playing Badminton. Excellent coaches plan strategic drills and games that will increase skills by focusing on fundamentals. This program looks at different grips, racket positioning, serving, body balance, first directional movement, and sportsmanship. Please bring a full water bottle to class.

Age: 7-14 Years (separated within the camp)

Date	Day	Time	R/NR
1/14-2/11	Sa	11:00-12:00pm	\$79/\$89
2/18-3/18	Sa	11:00-12:00pm	\$79/\$89

📍 Park Jr High School

KIDS FIRST BASEBALL & SOFTBALL FUNDAMENTALS

REGISTER


Instructor: Kids First Sports Safety Inc.

Batter up, it's a HIT! This program uses soft baseballs, and softballs that kids will feel confident using throughout this program. Coaches will challenge players through fun competitive baseball and softball drills. Players will focus on skills that maximize player potential. Players will experience batting, fielding, pitching, base running, and catching. Please bring a full water bottle to class.

Date	Day	Time	Ages	R/NR
1/14-2/11	Sa	9:00-10:00am	5-6	\$79/\$89
	Sa	10:00-11:00am	7-11	\$79/\$89

 Park Jr High School

4/15-5/20 Sa 12:45-2:00pm 6-12 \$109/\$119

 Grass field behind the Recreation Center, 1501 Barnsdale Road, LP

KIDS FIRST TRACK & FIELD

REGISTER

Instructor: Kids First Sports Safety Inc.


Run with a SMILE! - Gain Speed, Quickness, and Agility thru Track & Field Events. Excellent Coaches will focus on teaching sprints, hurdles, jumps, distance running, and throws in a safe and fundamental way. The camp consists of Body Balance Techniques; speed, quickness and agility drills, producing a quicker, safer more powerful performer. A wide variety of timed events will take place during each day, concluding with an event Championship Series on the final day. Please bring a full water bottle to class.

Age: 6-8, 9-14 (Separated within the camp)

Date	Day	Time	R/NR
1/14-2/11	Sa	1:00-2:00pm	\$122/\$132

 Park Jr High School

4/15-5/20 Sa 11:45-12:45pm \$99/\$109

 Grass field behind the Recreation Center, 1501 Barnsdale Road, LP

NERF FLAG FOOTBALL

REGISTER

Instructor: Sports R Us

Tackle the fun with this instructional, non-contact class. Using mini-sized nerf-like footballs along with the introduction of flags, players will learn the skills to get them started in football. Along with the core skills of passing and catching, players will learn the rules, positions on the field, as well strategies for both offense and defense. Games will be played at the end of each class.

Age: 5-7 years old

Date	Day	Time	R/NR
2/25-3/25	Sa	10:00-10:50am	\$63/\$72

Skip: 11/26

 Park Jr High School

BASKETBALL TRAINING CAMP

REGISTER

Instructor: Sports R Us

This 6-week basketball class will help you get to the next level. We will enhance the basics you may have learned, along with advancing your skills that will concentrate on more teamwork and game strategies. Our speed, agility, and jump training session is built to make our participants faster, stronger, and more agile athletes. We use SKLZ equipment for our class which is highly recommended by multiple coaches and trainers. A scrimmage game will be played at the end of each class. **Age: 7-9 years old**

Date	Day	Time	R/NR
1/14-2/11	Sa	11:00-12:00pm	\$63/\$72

 Park Jr High School

SOCCER & T-BALL

REGISTER

Instructor: Sports R Us

This class is perfect for little ones who are full of energy and parents who are looking for an introduction to soccer and t-ball. Socialization, teamwork, following directions, key motor skills and having fun will be the focus in this non-competitive environment. For the two weeks of class, we will focus on soccer skills and the second two weeks we will work on baseball skills. The last class will be a fun game of each sport. A fun game will be played at the end of each class.

Ages: 3-4 Years (accompanied by a parent or guardian)

Date	Day	Time	R/NR
1/14-2/11	Sa	9:00-9:50am	\$63/\$72
2/25-3/25	Sa	9:00-9:50am	\$63/\$72

📍 Park Jr High School

LIL PINT BASKETBALL

REGISTER

Instructor: Sports R Us

Slam dunk fun in this pint-sized class. With the use of age-appropriate equipment, participants will start building the fundamentals for simple drills. Participants will learn skills in passing, shooting, dribbling, and rules of the game. Teamwork, participation, and good sportsmanship are all stressed throughout the class. Games will be played at the end of each class.

Ages: 5-6 Years

Date	Day	Time	R/NR
1/14-2/11	Sa	10:00-10:50am	\$63/\$72

📍 Park Jr High School

PEE WEE BASKETBALL CAMP

REGISTER

Instructor: Sports R Us

Slam dunk fun in this pint-sized class. With the use of age-appropriate equipment, participants will start building the fundamentals for simple drills. Participants will learn skills in passing, shooting, dribbling, and rules of the game. Teamwork, participation, and good sportsmanship are all stressed throughout the class. Games will be played at the end of each class. **Ages: 3-4 Years**

Date	Day	Time	R/NR
4/22-5/20	Sa	4:00-4:45pm	\$63/\$72

📍 Memorial Park Basketball Court

T-BALL TRAINING CAMP

REGISTER

Instructor: Sports R Us

Bases will be loaded with incredible excitement and fun-filled activities to get your child on deck with the game of baseball. In this non-competitive environment, children will have a ball learning how to hit off a tee, running bases, playing catch, as well as having opportunity to learn various field positions. Participants should bring their own glove for familiarity. A game will be played at the end of each class. **Ages: 5-6 Years**

Date	Day	Time	R/NR
4/22-5/20	Sa	5:00-5:50pm	\$63/\$72

📍 Memorial Park Basketball Court



GYMNASTICS 101 REGISTER

Instructor: Sports Kids Inc

Four events will be covered in this introductory class. Age-appropriate tricks for bar, vault, floor and rings will be introduced. Students can learn the basic movements for each event in a well-supervised and safe environment. Please bring a labeled water bottle. **Ages: 4-6 Years**

Date	Day	Time	R/NR
1/9-2/6	M	6:30-7:30pm	\$54/\$64
1/12-2/9	Th	6:30-7:30pm	\$54/\$64
2/13-3/13	M	6:30-7:30pm	\$54/\$64
2/16-3/16	Th	6:30-7:30pm	\$54/\$64
3/20-4/24	M	6:30-7:30pm	\$54/\$64
3/23-4/27	Th	6:30-7:30pm	\$54/\$64

Skip: 3/27, 3/30

📍 L.T. South Campus Gymnastics Gym, LG

GYMNASTICS 102 REGISTER

Instructor: SportsKids Inc

This class is an advancement from Gymnastics 101 with more technique. Prerequisite for this class is to perform a successful cartwheel, swing and supports on the bars, and squat on the vault. Please bring a labeled water bottle. **Ages: 5-7 Years**

Date	Day	Time	R/NR
1/9-2/6	M	6:30-7:30pm	\$54/\$64
1/12-2/9	Th	6:30-7:30pm	\$54/\$64
2/13-3/13	M	6:30-7:30pm	\$54/\$64
2/16-3/16	Th	6:30-7:30pm	\$54/\$64
3/20-4/24	M	6:30-7:30pm	\$54/\$64
3/23-4/27	Th	6:30-7:30pm	\$54/\$64

Skip: 3/27, 3/30

📍 L.T. South Campus Gymnastics Gym, LG

BOYS BEGINNER GYMNASTICS REGISTER

Instructor: SportsKids Inc

This beginner class will cover basic skills and safety techniques for each event. Boys will cover the 6 Olympic Events: floor, parallel bars, low bar, vault, pommel horse, and rings. Please bring a labeled water bottle. **Ages: 7-10 Years**

Date	Day	Time	R/NR
1/9-2/6	M	7:30-8:30pm	\$54/\$64
2/13-3/13	M	7:30-8:30pm	\$54/\$64
3/20-4/24	M	7:30-8:30pm	\$54/\$64

Skip: 3/27

📍 L.T. South Campus Gymnastics Gym, LG

GIRLS BEGINNER GYMNASTICS REGISTER

Instructor: SportsKids Inc

Basic skills on the vault, bars, floor, low beam and more. Many lead-up progressions will be taught to help a gymnast have a good core knowledge of the sport. Please bring a labeled water bottle. **Ages: 7-10 Years**

Date	Day	Time	R/NR
1/12-2/9	Th	6:30-7:30pm	\$54/\$64
2/16-3/16	Th	6:30-7:30pm	\$54/\$64
3/23-4/27	Th	6:30-7:30pm	\$54/\$64

Skip: 3/30

📍 L.T. South Campus Gymnastics Gym, LG



★ TUMBLING FOR BEGINNERS

[REGISTER](#)

Instructor: SportsKids Inc

Start out learning the proper way to perform rolls, handstands, and cartwheels. A great way to have an introduction to tumbling and to open the door to gymnastics possibilities. Please bring a labeled water bottle. **Ages: 7-18 Years**

Date	Day	Time	R/NR
1/12-2/9	Th	6:30-7:30pm	\$60/\$70
2/16-3/16	Th	6:30-7:30pm	\$60/\$70
3/23-4/27	Th	6:30-7:30pm	\$60/\$70

Skip: 3/30

📍 L.T. South Campus Gymnastics Gym, LG

★ TUMBLING FOR CHEERLEADING

[REGISTER](#)

Instructor: SportsKids Inc

The focus for this group will be on tumbling skills, specifically for cheerleading. Round-offs, walkovers, flip-flops, standing back tucks, and running tumbling. Students must have basic tumbling skills before entering this class: bridges, cartwheels, and handstands. Students will work according to their level. **Ages: 9-18 Years**

Date	Day	Time	R/NR
1/12-2/9	Th	7:30-8:30pm	\$60/\$70
2/16-3/16	Th	7:30-8:30pm	\$60/\$70
3/23-4/27	Th	7:30-8:30pm	\$60/\$70

Skip: 3/30

📍 L.T. South Campus Gymnastics Gym, LG

★ TUMBLING ON

[REGISTER](#)

Instructor: SportsKids Inc

This class continues the tumbling skills past handstands and cartwheels to limbers, walkovers, handsprings, and possibly flip-flops. Round-offs and pirouettes will also be included. Please bring a labeled water bottle. **Ages: 9-18 Years**

Date	Day	Time	R/NR
1/9-2/6	M	7:30-8:30pm	\$60/\$70
2/13-3/13	M	7:30-8:30pm	\$60/\$70
3/20-4/24	M	7:30-8:30pm	\$60/\$70

Skip: 3/27

📍 L.T. South Campus Gymnastics Gym, LG

🏐 VOLLEYBALL CAMP

[REGISTER](#)

Instructor: Sports R Us

BUMP! SET! SPIKE! These and other skills are learned in this class for both boys and girls. This class starts off with the basic skills and will advance week to week accordingly. Teamwork, participation, and good sportsmanship are our top priorities. Games will be played at the end of each class.

Ages: 8-10 Years

Date	Day	Time	R/NR
4/22-5/20	Sa	6:00-7:00pm	\$63/\$72

📍 Memorial Park Volleyball Court

🌸 SPIRIT KIDS

[REGISTER](#)

Instructor: M. Dawson

Get in the spirit of cheerleading and pom poms by learning a variety of basic jumps, kicks, mounts, chants, cheers, and 'pom' routines. Each class will also include stretches, warm-ups, exercises encouraging strength, balance, and endurance, and the practice of simple tumbling skills. Through trusting others, your child will experience the fun and importance of being part of a team. Loose clothing and gym shoes recommended. **Age: 6 and older**

Date	Day	Time	R/NR
1/13-3/10	F	5:45-6:30pm	\$59/\$69
4/14-5/19	F	5:45-6:30pm	\$39/\$49

Skip: 2/10 & 3/7

📍 Recreation Center, 1501 Barnsdale Road, LP

FAMILY NERF BATTLEGROUND!

REGISTER

Instructor: Staff

Now welcoming all ages to the Nerf Battleground! Have fun and take cover as you navigate obstacles and barriers for a fun, safe activity that involves strategy and physical fitness. Bring a Nerf blaster for each of you and we will supply the Nerf N-Strike foam darts. Eye protection needs to be worn by youth participants. Battle modes consist of capture the flag, elimination, zombies and many more! Registration Fee covers one child and one guardian. **Ages: 7 and older**

Date	Day	Time	R/NR
2/6	M	6:00-7:00pm	\$20/\$30



📍 Recreation Center, 1501 Barnsdale Road, LP

PICKLEBALL BEGINNER

REGISTER

Instructor: Ed Susmilch / Jose Sosa / Barb Neidigh

If you've never played Pickleball before, this is designed especially for you! Taught by experienced instructors, this course will cover the basics of Pickleball rules, terminology, primary skills, coordination, beginner court time, and more. These sessions help develop technique and strategy for social play. Equipment provided or bring your own. Every attempt will be made to make up classes cancelled due to weather. Please bring a water bottle to class. **Age: 18 and older**

Dates	Day	Time	R/NR
4/10- 4/24	M	12:00-1:30pm	\$68/\$78
4/10- 4/24	M	1:30-3:00pm	\$68/\$78
4/12- 4/26	W	6:00-7:30pm	\$68/\$78
4/12- 4/26	W	7:30-9:00pm	\$68/\$78
5/10- 5/24	W	6:00-7:30pm	\$68/\$78
5/10- 5/24	W	7:30-9:00pm	\$68/\$78

📍 Memorial Park Pickleball Courts

PICKLEBALL ADVANCED BEGINNER

REGISTER

Instructor: Ed Susmilch / Jose Sosa

If you have taken the beginner pickleball class and want to continue to improve your game, learn new skills and develop your playing strategy, this class is for you! Some of the intermediate skills covered in this class include comfort zone, dinks, footwork for dinks, push it forward, keep it low, third shot drop, lobs, overhands, court positioning, and playing with a partner. Equipment provided or bring your own. Every attempt will be made to make up classes cancelled due to weather. Please bring a water bottle to class. **Age: 18 and older**

Dates	Day	Time	R/NR
4/10- 4/24	M	6:30-8:00pm	\$68/\$78
5/9- 5/23	Tu	6:30-8:00pm	\$68/\$78

📍 Memorial Park Pickleball Courts



MEN'S INDOOR WIFFLEBALL LEAGUE

[REGISTER](#)

Get the guys together and leave the mitts at home. This league will consist of 3 players per team on the field at a time. Season will consist of 8 regular season games. Wiffleball is played with a live ball, with specific landmarks for homeruns, etc. Games played to six innings or time limit. Registration Fee is per team of 8. Cash prizes are awarded to 1st and 2nd place finishers for the season. Games are self-officiated with a scorekeeper onsite. **Age: 18 and older**

Date	Day	Time	R/NR	Register by
1/18	W	Games Start at 6:30pm	\$160/\$185	1/11

📍 Park Jr High School

WOMEN'S 14" SLOW-PITCH SOFTBALL LEAGUE

[REGISTER](#)

Grab your friends, make a team, and come on out at Hanesworth Park this year to compete in slow-pitch softball! Games will be played Monday nights, weather dependent, beginning May 8th. Season will consist of 10 regular season games plus single elimination tournament. Cash prizes are awarded to 1st and 2nd place finishers for the regular season and the 1st and 2nd place in post-season tournament. Games are officiated by a patched umpire with a scorekeeper onsite. **Age: 16 and older**
Coaches Meeting: 5/1 at 6:30pm on Zoom – Link will be sent out after deadline

Date	Day	Time	R/NR	Register by
5/8	M	Games Start at 6:15	\$485/\$535	4/30

📍 Hanesworth Park South Baseball Field



ADULT INDOOR PICKLEBALL LEAGUE

REGISTER

Players must know how to play, keep score, and know the basics. Each season will consist of 6 games, followed by one final week against evenly matched competition. Games consist of (3) matches to 11. Games are self-officiated. Players will register as a team of 2 but must sign up for the league individually. All games are doubles format. Registration deadline is a week before the start of the season. Awards will be given to the top 4 teams in the standings at the end of the season. Captains' information will go out one week ahead of the season start date. **Age: 18 and older**

Dates	Day	Time	R/NR	Register by:
2/1-3/15	W	6:00-9:00pm	\$50/\$60	1/25

📍 Park Jr High School

ADULT OUTDOOR PICKLEBALL LEAGUE

REGISTER

Players must know how to play, keep score, and know the basics. Each season will consist of 6 games, followed by a playoff game against a similarly ranked team. Games consist of (3) matches to 11. Games are self-officiated. Players will register as a team of 2 but must sign up for the league individually. All games are doubles format. Registration deadline is a week before the start of the season. Trophies will go to the top 4 teams in the league. Captains' information will go out one week ahead of the season start date. Note: Start and End dates are weather dependent. **Age: 18 and older**

Dates	Day	Time	R/NR	Register by:
4/11	Tu	6:00-9:00pm	\$40/\$50	4/4

📍 Memorial Park Pickleball Courts



COMPETITIVE PICKLEBALL LEAGUE

REGISTER

Competition in town has raised the bar & so have we! Participants should be familiar with the USA Pickleball self-ranking system and consider themselves between 3.0- 4.0. This season will consist of 7 games, played weekly on Monday(s). Games consist of (3) matches to 11. Games are self-officiated. Players will register as a team of 2 but must sign up for the league individually. All games are doubles format. Registration deadline is a week before the start of the season. League prizes will be awarded to the top 4 teams at the end of the season. Captains' information will go out one week ahead of the season start date. Note: Start and End dates are weather dependent **Age: 18 and older**

Dates	Day	Time	R/NR	Register by:
5/1	M	6:00-9:00pm	\$55/\$65	4/24

📍 Memorial Park Pickleball Courts





BASIC YOGA REGISTER

Instructor: T. Mikuls

Yoga in the evening will produce a more restful night's sleep. Yoga brings tranquility, balance and strength to your life. We'll focus on meditation, breathing exercises, alignment, and basic yoga poses. Awaken your inner spirit with yoga philosophy and challenge your body to stretch. This class is suitable for all experience levels. Wear comfortable clothes. Bring a yoga mat, towel, and water bottle. **Age: 16 and older**

Dates	Day	Time	R/NR
1/11-2/15	W	6:30-7:30pm	\$49/\$59
2/22-3/29	W	6:30-7:30pm	\$49/\$59
4/5-5/10	W	6:30-7:30pm	\$49/\$59

📍 Recreation Center, 1501 Barnsdale Road, LP

YOGA FITNESS REGISTER

Instructor: T. Mikuls

Experience this slow flow yoga fitness class. The instructor leads you through a balanced approach to a toned and strong body. The class will begin with simple breathing exercises to release the thoughts and calm the mind. A warm-up of stretches will be followed by a slow stepping through yoga poses. We will work at the wall on balancing. Some Pilates and fitness balls, blocks, and straps will be used to strengthen both small and large muscles. Dress for comfort; bring a sturdy mat, and a water bottle. **Age: 16 and older**

Dates	Day	Time	R/NR
1/19-2/23	Th	8:30-9:30am	\$49/\$59
2/10-3/17	Th	8:30-9:30am	\$49/\$59
3/2-4/6	Th	8:30-9:30am	\$49/\$59
4/13-5/18	Th	8:30-9:30am	\$49/\$59

📍 Recreation Center, 1501 Barnsdale Road, LP

PILATES REGISTER

Instructor: M. Dawson

The Pilates method of body conditioning promotes physical harmony while providing a refreshing and energizing workout. The program focuses on the core postural muscles such as the abdomen, lower back, and hips, which help keep the body balanced and are essential to providing support for the spine. Please bring a mat & water bottle to class. **Age: 16 and older**

Date	Day	Time	R/NR
1/13-3/10	F	8:00-8:45pm	\$59/\$69
Skip: 2/10			
4/14-5/19	F	8:00-8:45pm	\$39/\$49

📍 Recreation Center, 1501 Barnsdale Road, LP

ADULT BALLET REGISTER

Instructor: M. Dawson

Reconnect with your grace and flexibility! This class is perfect for those who haven't danced in years or brand-new beginners. Learn proper ballet technique while improving muscle tone, balance, and memory. Ballet shoes are recommended, but not required. Please bring a water bottle to class. **Age: 16 and older**

Date	Day	Time	R/NR
1/13-3/10	F	7:15-8:00pm	\$59/\$69
Skip: 2/10			
4/14-5/19	F	7:15-8:00pm	\$39/\$49

📍 Recreation Center, 1501 Barnsdale Road, LP

CHAIR EXERCISE

REGISTER

Instructor: M. Dawson

Using exercise equipment doesn't have to be complicated or expensive! This class is designed for adults ages 50 & better to reduce arthritis pain and stiffness, build muscle around your joints, increase your energy, and prevent other health problems. Modifications will be made for those who are unable to perform certain moves.

Age: 18 and older

Date	Day	Time	R/NR
1/12-3/9	Th	9:00-9:45am	\$59/\$69
1/15-3/19	Su	11:00-11:45am	\$59/\$69
Skip: 2/12			
4/13-5/18	Th	9:00-9:45am	\$39/\$49
4/16-5/21	Su	11:00-11:45am	\$39/\$49

📍 Recreation Center, 1501 Barnsdale Road, LP

STRENGTH TRAINING WITH ABS

REGISTER

Instructor: M. Dawson

This strength training class is designed to increase your metabolism and help with muscle endurance by lifting weights. This intense but easy-to-follow workout will give you a total body workout. This class is great for burning fat and will have you feeling stronger by the end of the session. Please bring a mat to class. **Age: 18 and older**

Dates	Day	Time	R/NR
1/12-3/9	Th	10:40-11:15am	\$59/\$69
1/15-3/19	Su	7:20-7:50am	\$59/\$69
Skip: 2/12			
4/13-5/18	Th	10:40-11:15am	\$39/\$49
4/16-5/21	Su	7:20-7:50am	\$39/\$49

📍 Recreation Center, 1501 Barnsdale Road, LP

ZUMBA

REGISTER

Instructor: M. Dawson

Ditch the workout - join the party! ZUMBA has easy to follow moves and routines. Featuring interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA! Please bring a water bottle to class. **Age: 16 and older**

Date	Day	Time	R/NR
1/15-3/19	Su	8:00-8:45am	\$59/\$69
Skip: 2/12			
4/16-5/21	Su	8:00-8:45am	\$39/\$49

📍 Recreation Center, 1501 Barnsdale Road, LP

ADULT TAP WORKOUT

REGISTER

Instructor: M. Dawson

Tap is an upbeat dance form that is a great way to exercise your mind and body, so come along and join the fun! Class includes warm-ups, basic step, and traveling combinations. Tap shoes are required. Please bring a water bottle to class.

Age: 16 and older

Date	Day	Time	R/NR
1/13-3/10	F	6:30-7:15pm	\$59/\$69
Skip: 2/10			
4/14-5/19	F	6:30-7:15pm	\$39/\$49

📍 Recreation Center, 1501 Barnsdale Road, LP



2023 STRIVE GAMES REGISTER



Instructor: Strive Gym

Memorial Park will play host to our first Strive Games! This friendly competition will pit neighbor against neighbor in a test of strength, balance, and speed! Participants will sign up individually to compete in 8 distinct events, which culminates in an awards ceremony with trophy prizes. Games and prizes are subject to change upon enrollment. Dress to move around and bring a water bottle. **Age: 16 and older**

Dates	Day	Time	R/NR
4/22	Sa	9:00am-12:30pm	\$25/\$35

📍 Memorial Park, 132 Oak Ave, LP

30 DAY FITNESS PASS

REGISTER

Instructor: Strive

Experience unlimited classes and access to all Strive locations including the outdoor fitness court activities! Simply print your receipt and bring it to the Strive 4 Fitness La Grange Park location (712 E. 31st St.) and start living a healthier life today! Pass will begin at the first day of redemption at Strive 4 Fitness. No refunds or exchanges are available for this offering. **Ages: 16 and up**

Time	R/NR	📍 Strive for Fitness
Ongoing	\$79/\$89	712 E. 31st St, LP

PERSONAL TRAINING PACKAGE REGISTER

Instructor: Strive

Strive offers training programs for 8yrs and older. We have many individuals who want to improve their health and fitness while being coached weekly with a certified trainer. This package includes 2 weekly sessions at \$49 per session, minimum 3-month commitment. We pride ourselves on working with every level of fitness from someone who is beginning their fitness journey to the advanced athlete. We cater each session to YOU and help guide you to reach your specific and individualized goals! No equipment is needed; participants are encouraged to bring a water bottle to class. Participants are asked to bring their receipt to Strive in order to set up personal training appointments.

AGE: 16 and up

Time	R/NR
Ongoing	\$49 per session, 2x per week for 3 months

📍 Strive for Fitness - 712 E. 31st St, LP

10 PACK PUNCH CARDS

REGISTER

Instructor: Strive

Keep in shape with FUN classes that will change your body and free your mind. Visit <https://strive4fitness.us/schedule/> for the most up to date class times and locations. Simply print your receipt and bring it to the Strive 4 Fitness La Grange Park location (712 E. 31st St.) and start living a healthier life today! Punch cards expire (4) months after the purchase date. No refunds or exchanges are available for this offering.

Age: 16 and older

Time	R/NR
Ongoing	\$109/\$119

📍 Strive for Fitness 712 E. 31st St, LP



The Community Park District and Strive are working together to build strong community! When you purchase a Strive Punch Card through the Community Park District, Strive donates 50% of the proceeds to help improve the outdoor amenities in La Grange Park to help keep you and your family fit and active.

Experience FUN classes that will change your body and free your mind. Simply print your receipt and bring it to the Strive La Grange Park location (712 E. 31st St.) and start living a healthier life today! Punch cards expire (4) months after the purchase date. Visit strive4fitness.us/schedule/ for the most up to date class times and locations.



VETERANS

MEMORIAL



The Veterans Memorial was dedicated on September 20, 2014. Our Memorial is unlike many memorials in that it will continue to grow each year as memorial bricks are purchased and placed in the Memorial Plaza. The Community Park District of LaGrange Park's Veterans Memorial was built to honor ALL active duty and military veterans whether they served in times of conflict or times of peace. We feel that it is important to recognize all men and women who have served or are now serving because they never knew what tomorrow would bring as they protected America. There is no better way to honor your favorite active duty or military veteran than by placing a brick in his or her honor in our Plaza.

Memorial bricks can be purchased by submitting an order form found on the following page. You can also visit our website and download the form. If you have any questions you can call the park district office at 708-354-4580 and speak with Amanda Seidel.

In response to community requests, donors who have purchased a memorial brick for the plaza will have the opportunity to buy a replica brick that can be given as a gift or kept for their own special memorial. Special prices for replica bricks are as follows: 4x8 Bricks are \$60.00 and 8x8 Bricks are \$75.00. Brick orders are placed once during the year, with January 31st as the deadline for all orders. A replica brick form can be found on our website at communityparkdistrict.org.





VETERANS MEMORIAL FUND DONATION AND BRICK ORDER FORM

Donor's Name: _____ Phone # _____

Address: _____

Email Address: _____

Donation Amount (Check One) \$100 \$200 \$500 Other

Paid by (Check One) Check # _____ Visa Master Card

Check Payable To: Community Park District (For security, we will phone you for credit card info.)

Any donation over \$500 will have On Site Recognition & Two 8x8 Bricks

\$ 200 One 8" x 8" or Two 4" x 8" Bricks
 \$ 100 One 4" x 8" Brick

Any donation is greatly appreciated. Donations of \$100 or more are invited to order an engraved paver brick(s) to honor the contributions of a family member or friend. All inscriptions are in capital letters and centered for uniformity and readability. **Please use the correct grid below to provide your engraving instructions.**

Please use this form if ordering a 4"x8" brick

Please use this form if ordering an 8"x8" brick

NEW: Replica Brick(s) A Replica Brick may be added to your order. A 4x8 Brick will be \$60.00 and an 8x8 Brick will be \$75.00 You can also-make arrangements to have your brick shipped to an alternate address. See Park District Staff for additional shipping and handling charges.

Replica Amount: _____ Shipping & Handling _____

PLEASE RETURN TO:


Community Park District of La Grange Park
 Veterans Memorial Brick Order
 1501 Barnsdale Road
 La Grange Park, IL 60526
 or: Fax: 708-354-4577
 or: akennedy@communityparkdistrict.org



LGP PARKS AND RECREATION FOUNDATION

Join Today.

Are you interested in making La Grange Park an even more beautiful, vibrant and inclusive place to live? If so, join the LGP Parks and Recreation Foundation. To find out more, email us at lgpparksandrecfoundation@gmail.com.

 @LGP_parksandrec_foundation

 LGP Parks and Recreation Foundation

A COMMITMENT TO TREES IS A COMMITMENT TO THE FUTURE



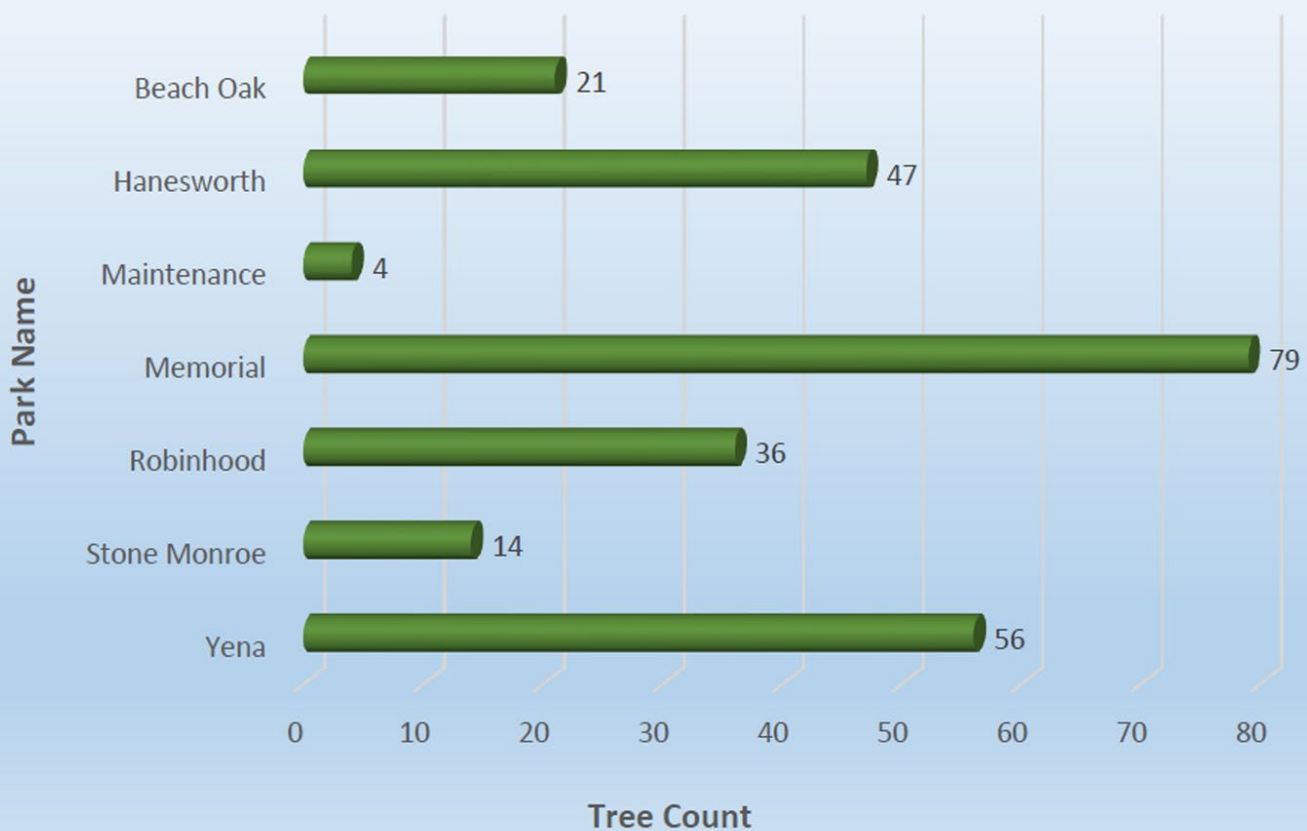
The Community Park District of La Grange Park was awarded a \$8,265 grant to complete a comprehensive tree inventory and develop a management plan to help us best care for our urban forest. Thanks to a strong relationship with the Village of La Grange Park, our public trees have been inventoried within the village's GIS system, giving us a comprehensive picture of what we currently have and the tools we need to work together to improve our tree canopy. This will provide an incredible and efficient historical resource that will impact our community for generations.

The park district will utilize the comprehensive tree management plan to better budget for tree planting and care, species diversification, staff training, pest control and disease mitigation. It will also provide opportunities for the park district and Village of La Grange Park to work more collaboratively on the development and care of La Grange Park's urban forest.

Urban trees are critical infrastructure for every community. They clean our air and our water, reduce flooding and heat, improve our mental and physical health and provide important habitats for birds and other wildlife.

The funds for this grant were provided by the United States Department of Agriculture (USDA) Forest Service through the Illinois Department of Natural Resources (IDNR) Urban and Community Forestry Core Grant Program and administered by The Morton Arboretum and the Chicago Region Trees Initiative (CRTI).

Tree Counts by Park





Memorial Tree & Bench Dedication Program

Honor a loved one, family member or a friend by participating in The LGP Parks and Recreation Foundation Tree & Bench Memorial Program.

Honoree's name and special message will be engraved on an elegant, durable cast bronze plaque with an attractive beveled border and placed by a newly planted tree or a new bench in a Community Park District park. Please complete this form in its entirety and submit along with a check made payable to: ***The LGP Parks and Recreation Foundation.***

Types of Dedications available:

Tree – \$900 (includes 4"x 9" plaque)

Bench – \$1,400 (includes 8"x3" plaque)

Tree Dedication Ceremonies – will be scheduled for either the spring or early fall months (April, May, September & October). Tree selections and available locations may vary year to year and support the park district's tree diversification program.

Bench Dedication Ceremonies – will be scheduled throughout the year, weather permitting. There is a minimum 60-day turnaround, pending weather conditions for all dedications.

Thank you for supporting the LGP Parks and Recreation Foundation Tree and Bench Dedication Program. The Foundation strives to improve the quality of life for La Grange Park residents. Your continued support is appreciated.

Donor's Name: _____

Address: _____

Phone: _____

Email: _____

Preferred Site Location: _____

**Please note: Donors will work with Park District Personnel to determine exact locations.*

Type of Dedication requested: Tree (\$900) Bench (\$1400) Both (\$2300)

Honoree's Name: _____

Special Message on Plaque: _____

*Please Note – The memorial bench plaque measures 8"x 3" accommodating up to two lines of text and the memorial tree plaque measures 8"x 6" accommodating up to four lines of text. **11/2021***

Registration Form

Insert this form, along with your check or money order payable to the Community Park District and drop off or mail to the Community Park District, 1501 Barnsdale Road, LaGrange Park, IL 60526. To pay by cash or credit card, visit the front desk during normal business hours. Credit cards are also accepted for most programs through on-line registration at www.communityparkdistrict.org.

PRIMARY CONTACT		EMAIL ADDRESS			
ADDRESS			CITY		ZIP
1ST NUMBER TO CALL	CIRCLE: <input type="radio"/> CELL <input type="radio"/> HOME <input type="radio"/> WORK	2ND NUMBER TO CALL	CIRCLE: <input type="radio"/> CELL <input type="radio"/> HOME <input type="radio"/> WORK	3RD NUMBER TO CALL	CIRCLE: <input type="radio"/> CELL <input type="radio"/> HOME <input type="radio"/> WORK
WOULD YOU LIKE TO RECEIVE TEXT ALERTS? <input type="radio"/> YES <input type="radio"/> NO IF YES, WHO IS YOUR CARRIER?					

Community Park District desires to meet the leisure needs of all our residents. We will do our best to accommodate requests.

1. Do you or a family member require special assistance? Yes No If Yes, please contact the office at 708-354-4580.

2. Are there any allergies the CPD needs to be aware of that would affect participation in class? Yes No

If Yes, please state allergies in writing and attach to the registration form.

PARTICIPANTS NAME	SEX	DATE OF BIRTH	AGE	PROGRAM NAME	SESSION (IF APPLICABLE)	FEE

PHOTO INFORMATION

On occasion, the park district staff or local newspaper photographers may take pictures of participants in our programs, classes or events. Please be aware that these pictures are only for Park District use, most likely in future catalogues, brochures, pamphlets, flyers, or for publication in a local newspaper including Facebook.

IMPORTANT INFORMATION

The Community Park District is committed to conducting its recreation program and activities in a safe manner and holds the safety of participants in high regard. The Community Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program/activity must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Recreational activities/programs are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen.

Depending on the particular activity, participant must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to outdoor and indoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for the Community Park District to guarantee absolute safety.

Total Due _____

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services/vehicle operation, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the risk of any and all injuries, damages or loss regardless of severity, that my child/ward or I sustain as a result of said participation. I further agree to waive and relinquish all claims I or my child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Community Park District, including its officials, agents, volunteers, and the employees (herein collectively referred as Community Park District of LaGrange Park).

I do hereby fully release and forever discharge the Community Park District from any and all claims for injuries, damages, or loss that minor child/ward or I may have or which may accrue to my child/ward or me and arising out or connected with, or in any way associated with this program/activity. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.


Signature _____

(If under 18 years of age, this form must be signed by a parent or guardian)

Date _____

Receipt # (For office use)

REGISTRATION INFORMATION:

- 1. Resident Registration:** Online and walk-in resident registration will begin on Thursday, August 4, at 8:30 am. To register online, go to www.communityparkdistrict.org. For walk-in registration, visit the Park District office at 1501 Barnsdale Road, during business hours. Residents may only register their own family members.
- 2. Non-resident Registration:** Online and walk-in registration for non-residents begins Thursday, August 11, at 8:30 am. To register online, go to www.communityparkdistrict.org. For walk-in registration, visit the Park District office during normal business hours.
- 3. First Come, First Served:** All programs have a minimum and maximum enrollment and will be filled on a first come, first served basis.
- 4. Program Waiting Lists:** Maximum enrollments for programs ensure quality and safety for all participants. Waiting lists will be established. Program rosters are monitored for withdrawals and waiting lists are contacted as spots become available. Residents on a waiting list are given priority when an enrollment becomes available.
- 5. Cancellations:** All classes are subject to cancellation if they do not meet the minimum enrollments a week before the class starts, unless otherwise noted. A full refund will be given.
- 6. Refund Policy:** A full refund will be issued if requested within five business days prior to the start of the class. A 20% administrative fee will be applied if request is received within four or fewer business days prior to the start of the class. Prorated refunds MAY be issued, once a class starts, in case of injury or illness. A physician's note may be required. No administrative fee will be applied for a medical release. The following EXCEPTIONS to all above rules apply: Ready Teddy Preschool registration fee and tuition, sports leagues fees, and contractual programs such as tickets to entertainment and special events and trips.
- 7. NSF:** A non-sufficient fund fee will apply, in the event that a program is paid for by a check and that check is returned to the District stamped NSF or Closed Account. A full payment will be required in cash or cashier's check before attendance in a class can continue. A fee will be added, up to \$25.00 for all checks returned.
- 8. Proof of Residency:** Proof of residency may be required to qualify for resident rates for program registration. A state ID or current utility bill is acceptable.
- 9.  Co-Op Programming:** If the graphic symbol appears next to a program title, it is a cooperative program and resident rates will apply to all agencies included.
- 10. Proof of Age:** The Community Park District reserves the right to require proof of age for participants when age is a factor.
- 11. Payment Methods:** We accept VISA, MasterCard, Discover, American Express, cash and checks. Proper ID might be required.
- 12. Absolutely NO money or registration will be accepted at any class site. All registrations must be processed and completed either online or at the Park District office during normal business hours.**

DISCLAIMER

The Community Park District of La Grange Park makes every effort to provide complete and accurate information about our programs contained within this brochure. If any error has occurred, the Park District has the right to revise, delete, or change any information it deems necessary.

FEE ASSISTANCE-SCHOLARSHIP FUND

If you are aware of any La Grange Park resident who is being denied the right to participate in recreation programs due to financial hardship, please call the Park District Office at (708) 354-4580. Requests will be considered on an individual basis and should be made as soon as possible. Funds are limited and distributed on an equal basis.

CODE OF CONDUCT

To ensure an enjoyable and safe program for all participants, the Community Park District has developed a code of conduct. Participants and spectators must:

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

Temporary removal or permanent suspension from the program and/or facility may result if behavioral standards are not maintained.

NOTE TO PARENT OR GUARDIAN

When present in the classroom with the assigned teacher, children are under the instructor's supervision. In all cases, it is understood that children eight years and older are responsible for their own behavior and whereabouts while they are at a program site. Parents should establish and discuss with their children both drop-off and pick-up arrangements, and guidelines relative to expectations of on-site conduct.

EMPLOYMENT OPPORTUNITIES

Stop by the Park District office and ask for an application. Available positions are based on programming needs. Please visit communityparkdistrict.org for more information.



ENRICHMENT CLASSES

This icon represents a program that will extend the Ready Teddy Preschool day. These classes are either preceding or immediately following preschool. Class descriptions and times are detailed within this brochure. Classes are open to all preschoolers, whether or not they attend Ready Teddy Preschool.

MEMORIAL PARK LIGHTED SIGN

Resident, non-profit groups may reserve a space on our lighted sign located on LaGrange Road and Woodlawn Avenue. You can download a lighted sign request form from our website at cpdlgp.org. If you need additional information, please call us at (708) 354-4580.

LIVING TREE MEMORIAL/BENCH MEMORIAL

A tree or park bench is offered through the Community Park District. If you would like to commemorate a date, person, event, or organization, you may have a tree planted or a park bench installed in one of our six beautiful parks. It is a thoughtful way to remember a loved one as well as beautify a park site. A nameplate honoring your loved one will also be placed on our "Tree of Life" Memorial Wall located in the Recreation Center. If you are interested or have any further questions, please contact us at 708-354-4580.

SAFETY FIRST!

Safety is of the utmost importance to us. Please report any safety hazards at any Park District property to the Park District office at 708-354-4580. In case of an immediate emergency and the Park District office is closed please call the La Grange Park Police at 708-352-2151 or dial 911.

NON-DISCRIMINATION

The Community Park District of La Grange Park is an Equal Opportunity Employer and does not discriminate based on race, color, national origin, sex, disability or age in the offering and administering any of its recreation programs, services, park areas, and facilities.

PETS IN THE PARKS POLICY

Animals - No person shall bring any animal in or upon any CPD property without first obtaining a permit from the CPD, unless enrolled in a park district sponsored dog training program. Service animals are excluded from this policy.

1. Dogs are strictly prohibited from all CPD events, except for special events where animals are part of the event with prior CPD approval; from all athletic fields, all tennis courts, all basketball courts; all playgrounds; and parks, except those designated as "Dog Friendly".
 2. CPD "Dog Friendly Parks" are defined as:
 - A. Memorial Park
 - B. Hanesworth Park
 - C. Robinhood Park
 - D. Stone Monroe Park
 3. No person owning or keeping a dog shall allow such dog to run freely in any park, including "Dog Friendly Parks."
 4. Dogs must be securely fastened and restrained by a leash not more than six feet in length at all times.
 5. Dog licenses and proof of vaccinations must be displayed on the dog's collar.
 6. No person owning or keeping a dog shall allow such dog to enter upon or remain upon any area of the park utilized as an athletic field, court, children's play area, or posted to prohibit dogs.
 7. Owners or keepers of dogs shall carry appropriate equipment to and shall immediately clean the dog's waste and deposit the waste in an appropriate waste receptacle.
 8. Aggressive or nuisance animals are prohibited from all parks.
 9. Dogs that exhibit aggressive behavior or nuisance barking, must be removed from the park immediately.
 10. Any person found in violation of this section shall be fined not less than \$50 or more than \$250
- Please notify us if you see violations of this policy by emailing jcannaday@communityparkdistrict.org.

SENIOR FRIENDS

The Park District hosts a Senior Friends group, which meets once a month. A variety of activities are planned each month. Call 708-354-4580 and give us your email address. We will send you information about the next scheduled meeting. If you do not have an email address, simply leave us your name and address and we will mail you the information.

RESIDENT POLICY

Non-resident enrollment into any Community Park District program is gladly accepted. Please make note of the following:

1. Non-residents will pay no more than \$10.00 additional for a program, or 50% of the program fee, whichever is the lesser amount (unless otherwise noted).
2. Non-resident registration begins one week after resident registration.
3. Residents on a waiting list are given priority when an enrollment becomes available.

Do not know if you are a Park District resident?

Any address within La Grange Park boundaries will have a 60526 zip code.

AGING CARE CONNECTIONS

Located in LaGrange, Aging Care Connections is a private, not-for-profit organization dedicated to making a difference in the lives of older adults and their families through community-based services that promote dignity, self-respect and independence. Aging Care Connections provides comprehensive services to adults age 60 and older, their caregivers, and their families in La Grange Park and 37 other communities in suburban Cook County. Our mission is "to enrich the quality of life in our community by providing older adults and their families with guidance and support that enhance the ability to age well" through programs delivered by a team of highly skilled, objective, and unbiased experts. Aging Care Connections is located at 111 West Harris Avenue, LaGrange and is open Monday – Friday, 8:30 a.m. to 4:30 p.m. If you have a question about aging, please stop by, call 708-354-1323 or email www.agingcareconnections.org for more information.

FRIENDS OF THE LIBRARY, LA GRANGE PARK

The La Grange Park Friends of the Library Book Shop is staffed entirely by volunteers. Presently, we have 25 volunteers, but could always use more. We save and recycle books, magazines, DVD's and CD's, selling them at modest prices and providing unsold materials free to community institutions. The shop hours are the same as the library hours and open when there is a volunteer present. To be sure the shop is open, or if you would like to become a volunteer, please call the Library at 708-352-0100.

LA GRANGE PARK LITTLE LEAGUE

Contact Little League President Nicholas Michaels (nicholas.michaels@gmail.com) or visit their website at www.lgplittleleague.com.

AYSO

American Youth Soccer Organization parent hotline (708) 930-3034, or visit their website at www.ayso300.org

VILLAGE FIELD CLUB (VFC)

The Village Field Club is a private pool. E-mail them at general@villagefieldclub.com

THE GARDEN CLUB OF LA GRANGE PARK

Club meetings are held at 12:00 on the first Monday of each month from October through June at the LaGrange Park Village Hall. Please call Irene Deyoung at 708-531-1143 for membership information.

LA GRANGE AREA NEWCOMERS AND NEIGHBORS ASSOCIATION

Welcome to La Grange Park! If you are a new resident and would like some additional information about La Grange Park or surrounding communities, please visit their website at www.lgnewcomers.com.

GREATER LA GRANGE AREA MOMS CLUB (GLAM)

This group welcomes working and at-home mothers in the La Grange Park area. This member-organized group holds activities during weekdays and in the evenings. They also lead several service projects throughout the year. For more information, please visit their website at: meetup.com/GLAM-Greater-La-Grange-Area-Moms-Club/.

THE LA GRANGE AREA HISTORICAL SOCIETY

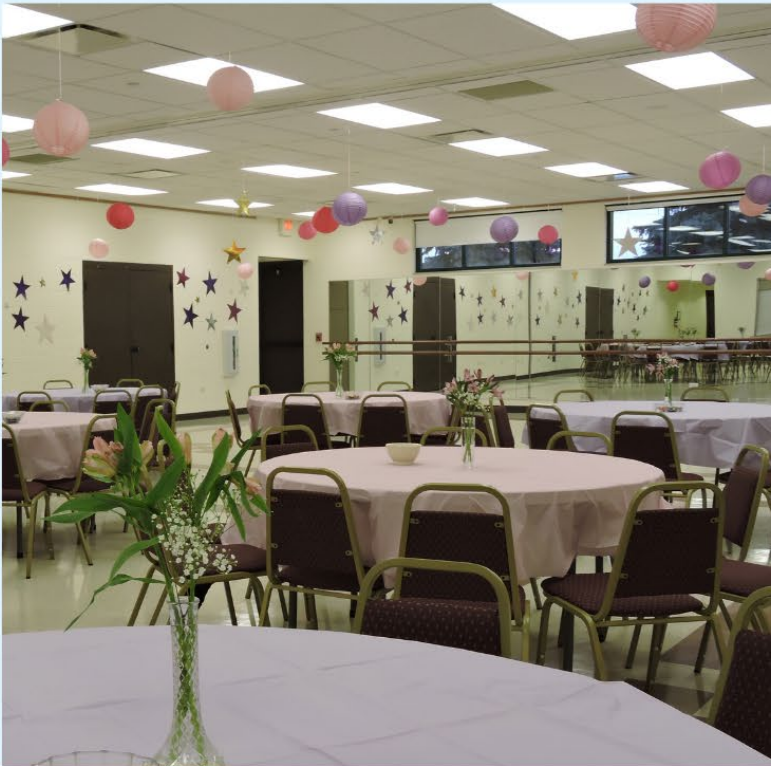
The society is devoted to the collection and dissemination of the history of the LaGrange area. The Vial House Museum is located at 444 S. La Grange Road, La Grange is open each Wednesday 9:30am-12pm & the last Sunday of the month 1pm-4pm. You can also make an appointment by using the contact form on their website or by calling 708-482-4248 for research, tours, and school groups. Please watch their website www.lagrangehistory.org or Facebook for information about the many special events they host throughout the year. Join today and experience the many benefits of membership including free admission to select programs and to receive their monthly newsletter.

INTERFAITH COMMUNITY PARTNERS

Interfaith Community Partners is a non-profit organization which provides transportation to older adults to physician appointments, grocery shopping, and other quality life errands like trips to the bank, hairdresser, and church. If you or a friend could benefit from these services or if you are able to volunteer to drive, please call Interfaith Community Partners at (708) 354-9328 or visit their website at <http://www.interfaithcommunitypartners.org>.

FACILITY RENTAL

Basic resident room rental fees begin at \$70.00 per hour for groups of 80 or fewer, \$95.00 per hour for groups of 81 to 120, and \$100.00 per hour for groups of 121-180, with a minimum of two-hour rentals required. Non-resident fees are slightly higher. (Rental hourly fees subject to change). Your fee includes the use of the room, kitchen and set up to your desired layout. For additional information, including a rental brochure and a list of additional fees, please contact the Park District at 708-354-4580. For online viewing, visit our website at www.communityparkdistrict.org, choose forms library, facility rental.



RENTALS

**Call for more information!
(708) 354-4580**

**For additional information, please
contact the Park District office or
visit our website at
www.communityparkdistrict.org**

.....

Planning your next event? Let the Community Park District host your next birthday, baby shower or family get together! Our Multi-Purpose Room is a great option for groups up to 150 guests. MPR Rentals include setup of provided tables & chairs, access to our full kitchen, and an onsite attendant to address any needs that may arise. Rental times must include all time needed including setup and take down of event.

.....



Take your family to the park! Community Park District offers several outdoor picnic spaces for your next gathering. Looking for a covered pavilion at Memorial Park, close to the sports? Or a quiet, tucked away picnic at Beach Oak Park? We have a setting that will fit any occasion. Please reach out in advance for larger gatherings to ensure we can accommodate your needs.

.....

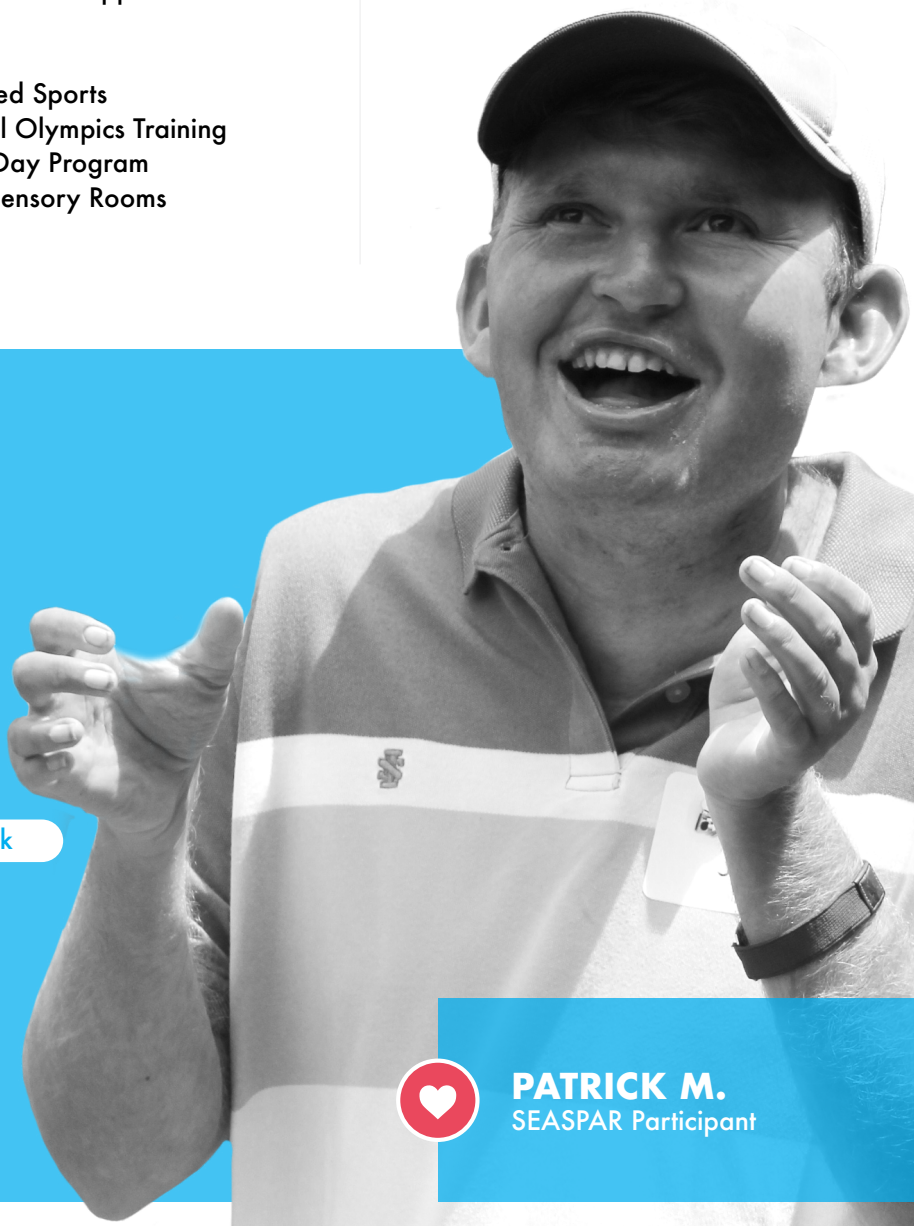


SEASPAR (the South East Association for Special Parks and Recreation) enriches the lives of people through recreation by providing programs and services for individuals with disabilities served by the **Community Park District of La Grange Park** and eleven other communities.

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

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

FUN
Designed
**FOR INDIVIDUALS WITH
DISABILITIES**



PATRICK M.
SEASPAR Participant

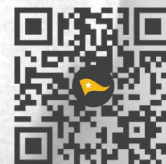


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