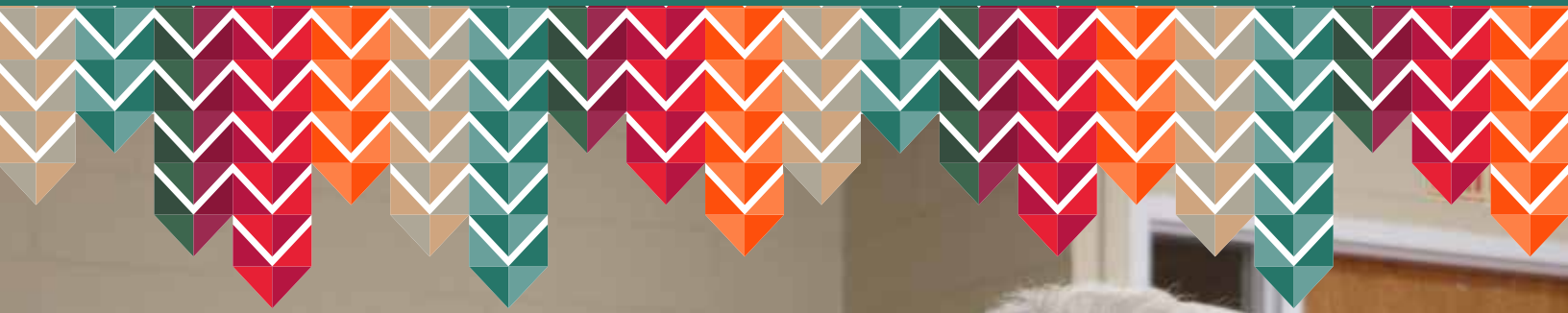


PARK RIDGE PARK DISTRICT

Programs & Events

Winter 2024



RESIDENT REGISTRATION:

Monday, December 11 | 7:30am online | 8:30am in person

NON-RESIDENT REGISTRATION:

Friday, December 15 | 8:30am online & in person

PRPARKS.ORG

847-692-5127

comment@prparks.org



Over 50 Years of Giving Thanks and Sending Best Wishes

to YOU, our Park Ridge community
of Friends and Clients

Craig and Nick Fallico



Your #1 Park Ridge Residential Real Estate Team

Team Fallico | 847.226.0834

TeamFallico.com | TeamFallico@dreamtown.com

Important Registration Information

Registration

Online registration is encouraged. It is simple to register in real-time with just a click!

If you are unable to register online and need in-person assistance:

Call (847) 692-5127 or email recreation@prparks.org. Walk-in registration is available at Maine Park Leisure Center, Centennial Fitness Center, and Centennial Activity Center.

In order to register online, visit prparks.org and click on the REGISTER button on the top right to enter the online registration site. Enter your username and password to log in. If you have registered for programs with the Park District in the past, you most likely already have an account. If needed, click the FORGOT PASSWORD button to reset your password. If the system cannot find your account, one needs to be created.

To create a new account, complete the [Family Information Form](#) and email it to recreation@prparks.org. Residents must also email photos of proof of residency materials for each member of your household. We ask that you secure your account or license numbers by redacting/crossing out completely prior to emailing.

Acceptable forms of proof of residency include:

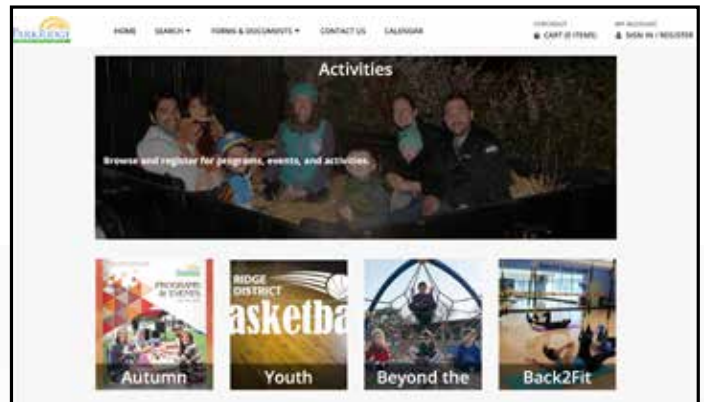
- Current driver's license
- Current utility bill (within the past 30 days)

Customer service will establish your account and email you with your username and password for use in registering online. Once you login for the first time, you should change your password.

Click to watch short tutorials:

Creating a
Household Account

How to Register Online



Your residency verification is valid for two years.

To check your expiration date, log in to your online account and view "My History" under "My Account". The valid date range is listed under Residency Verification.



To renew your residency verification pass or to verify a change in address, a current driver's license or a utility bill is required.

Options for renewing your residency verification pass:

1. Visit one of our registration offices during open hours (this is the preferred method to renew).
2. Email a photo of a current driver's license or utility bill to recreation@prparks.org. If you choose to email, we ask that you secure your account or license numbers by redacting/crossing out completely prior to emailing.

A current and valid residency verification pass will ensure the ability to register starting at resident registration dates and to continue receiving resident rates.

If you do not have an online username and password, please contact recreation@prparks.org for assistance.

Resident Registration Begins
Monday, December 11
7:30 am online & 8:30am in person

Non-Resident Registration Begins
Friday, December 15
8:30am online & in person

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**Resident Registration Begins
Monday, December 11**

7:30 am online at prparks.org
8:30am in person

**Non-Resident Registration Begins
Friday, December 15**

8:30am online & in person

Facilities & Program Locations

Program Locations

BAC – Brickton Art Center
CAC – Centennial Activity Center
CAQ – Centennial Aquatic Center
CFC – Centennial Fitness Center
CFC/p – Centennial Fitness Center Pool
CFC/fs – Centennial Fitness Center Fitness Studio
CFC/g – Centennial Fitness Center Gym
CFC/rac – Centennial Fitness Center Racquetball Courts
CFC/out – Centennial Fitness Center Outdoors (west side of building)
HP – Hinkley Pool
MPLC – Maine Park Leisure Center
MP/ds – Maine Park Dance Studio
MP/g – Maine Park Leisure Center Gym
OAK – Oakton Ice Arena
OBC – Oakton Batting Cages
PP – Paws Park
PROS – Prospect Park
PROS/cb – Paula Hassell O'Connor Community Building
SP – South Park
SP/ml – South Park Main Level
SP/ma – South Park Martial Arts Studio
SP/gs – South Park Gymnastics Studio
WNC – Wildwood Nature Center
WPC – Wildwood Program Center

Park Locations

CP – Centennial Park
HINK – Hinkley Park
HODG – Hodges Park
JCP – Jaycee Park
MP – Maine Park
NIRP – Ni-Ridge Park
NWP – Northwest Park
NEP – Northeast Park
SWP – Southwest Park
WP – Woodland Park

Centennial Activity Center (CAC)

100 S. Western Avenue, Park Ridge 847-692-3597

The Centennial Activity Center is home to the S.T.A.R. Membership, where active adults 55+ can partake in classes, games, luncheons, events, and trips. The Center also features spacious multi-purpose rooms, a kitchen, and stage available to rent. **See pages 25-34.**



Centennial Fitness Center (CFC)

1515 W. Touhy Avenue, Park Ridge 847-692-5129

The Centennial Fitness Center features fitness machines, a full gymnasium and elevated indoor walking track, a lap and leisure pool, racquetball courts, and more. Become a member and enjoy the many amenities. **See pages 20-24.**



Maine Park Leisure Center (MPLC)

2701 W. Sibley Street, Park Ridge 847-692-5127

Maine Park Leisure Center is the hub of the Park Ridge Park District. The classrooms of this renovated school building are alive with children, teen, and adult programs ranging from dance to cooking, sports to our preschool programs. It is also home to the Park District's registration offices.



Prospect Park (PROS)

733 N. Prospect Avenue, Park Ridge 847-692-5127

Prospect Park is the Park District's newest park and facility location. It is home to the Park District's administrative offices, Prospect Park Splash Pad, playground, performing arts area, athletic field, jogging track, and the Paula Hassell O'Connor Community Building, which is available for private rental. **See page 43.**



Oakton Sports Complex (OSC)

2800 W. Oakton Street, Park Ridge 847-692-3359

Home to Oakton Ice Arena, Oakton Driving Range, Oakton Batting Cages and Paws Park, this complex really does have something for everyone! **See pages 16-19.**



South Park Recreation Center (SP)

833 W. Talcott Road, Park Ridge 847-692-3556

With ample outdoor space, conveniently located South Park Recreation Center is the perfect place to host any type of event—personal or corporate. The main level features a large meeting room with a full kitchen. The lower floor is home to gymnastics and martial arts studios.



Wildwood (WNC/WPC)

529/531 Forestview Avenue, Park Ridge 847-692-3570

Wildwood Nature Center (WNC), located at 531 Forestview, houses our nature staff, live animals, and Nature Nook environmental playroom. This facility offers drop-in hours for nature discovery! Across the pathway is the Wildwood Program Center (WPC), located at 529 Forestview, which hosts our scheduled nature classes and camps. Outside these unique facilities, spend some time enjoying the Maine Park Ponds, Prairie, and Woodland. **See page 37-38.**



Staff Directory

Administrative Staff

Executive Director	Gayle Mountcastle	gmountcastle@prparks.org	847-692-3442
Superintendent of Business & Finance	Karen Larson	klarson@prparks.org	847-692-3406
Superintendent of Buildings & Grounds	Terry Wolf, CPSI, CPO	twolf@prparks.org	847-692-3516
Superintendent of Recreation	April Armer, CPRP	aarmer@prparks.org	847-692-3319
Marketing & Public Relations Director	Margaret Holler, CPRP	mholler@prparks.org	847-692-3346
Human Resources Director	Diane DiGangi, SPHR	ddigangi@prparks.org	847-692-3405
Executive Administrative Assistant	Mary Beth Golden	mgolden@prparks.org	847-692-3482

Support Staff

Accounting Manager	Lucy Loizzo	lloizzo@prparks.org	847-692-6916
Information Technology Director	Eileen O'Leary	eoleary@prparks.org	847-692-2464
Project Manager	Jennifer Meunier, PLA, CPSI	jmeunier@prparks.org	847-292-1258
Risk & Safety Manager	Jennifer Meyers	jmeyers@prparks.org	847-292-8902

Park District Board of Commissioners

The public is invited to attend Park Ridge Park District Board Meetings, which are held on the first and third Thursday of each month at 7:00pm at Prospect Park, Wohlers Hall, 733 N. Prospect Ave.

Members of the Board of Commissioners are elected by the public and responsible for setting policy for Park Ridge Park District. Current board members include:



Joan Bende



Rob Bowe



Cindy Grau



Melissa Hulting



Jennifer LaDuke



Brian Matza



John Tunnell

jbende@prparks.orgrbowe@prparks.orgcgrau@prparks.orgmhulting@prparks.orgjladuke@prparks.orgbmatza@prparks.orgjtunnell@prparks.org

OUR MISSION

Park Ridge Park District's mission is to enhance Park Ridge's quality of life by providing park and recreation opportunities for all residents while being environmentally and fiscally responsible.

Staff Directory

Throughout the brochure we have listed initials at the top of each description that refer to the staff member supervising that program. Feel free to contact us with any questions or concerns you may have.



Aquatics Manager

Ethan Williams (EW),
CPRP, CPO
847-692-8599
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Recreation Program Manager

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Wildwood Supervisor

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Aquatics Supervisor

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Nature Program Coordinator II

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Nature Program Coordinator II - Nature Preschool

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Special Events, Parties & Youth

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Regina Mundt (RM)
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Youth Programs

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Oakton Facilities Manager

Brent Dolan (BD), CAM
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bdolan@prparks.org



Centennial Activity Center Manager

Sarah Chuipek (SC)
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Oakton Facility Supervisor

Jordan Mann (JEM),
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Seniors & Adults

Eileen Gabriel-Galan
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egal@prparks.org



Customer Service Manager

Debbie Majchszak
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dmajchszak@prparks.org



Skating Director

Chris Knierim (CK)
847-292-8911
cknierim@prparks.org



Hockey Supervisor

Andy Pape (AP)
847-692-8596
apape@prparks.org

PARK RIDGE PARK DISTRICT



where
WORK
MEETS
play



Current Job Opportunities include:

- **Before & After School Program**
Counselors, Assistant Site Coordinator,
Site Coordinator
- **Aquatics**
- **Preschool & Early Childhood Positions**
- **Fitness Center Building Attendant**
- **Centennial Fitness Center**
Fitness Instructors & Personal Trainers
- **Recreation Programming**
Classes, Sports Leagues, Nature Center

**Working for the Park District gives you
more opportunities to play!**

Enjoy Employee Benefits valued up to \$6,000!
Fitness Center Membership
Indoor & Outdoor Pool Use
Buckets of Balls for the Driving Range
Classes & more!

We're Hiring Now!

**Visit prparks.org or scan code to
View **ALL** of our
Job Openings and
APPLY TODAY!**



Special Events



New Year's Eve Around the World

Ages 5-9

MO

Join us as we celebrate New Year's Eve Traditions from around the world. Did you know in Denmark it is custom to break plates to celebrate or in Ireland the tradition is to throw bread at the walls? In some counties they do not even recognize Dec 31st as New Year's Eve! We hand you your passport and travel around the world to partake in different celebration traditions which include crafts, games, and tasting different foods. We will email participants a detailed list of the food we will be tasting prior to the program. **MPLC**

Activity	Day	Date	Time	R/NR
5151230-01	Th	Dec 28	10:00am-11:30am	\$22/\$32

New Year's Eve in a Box

Ages 3 & Up

MO

Say good bye to 2023 and hello to 2024! We supply everything your family needs to celebrate and ring in the new year safely from home. The box includes five party hats, noise makers, horns, party poppers, and beads. You'll also receive a bottle of sparkling grape juice, five champagne coupes, a family craft, supplies for a fun family science experiment, balloons, and a game to play as a family. Pick-up is Dec 27 and 28 from 9:00am-8:00pm. Kits are limited; sign up today! Fee is per box.

Activity	Day	Date	Time	R/NR
5151229-01	W/Th	Dec 27-28	9:00am-8:00pm	\$28/\$38



Science Night

Families

CR

Turn your family into scientists and explore fun science concepts with us! Make cool discoveries through experiments, projects, and play. Different activities each month. Please register only one member of your family. **WPC**
Winter Themes:

January - Ice Powers: Excavate frozen artifacts, build castles, create artwork, and crack, melt, and slide ice.

February - Color Science: Mix colors, make rainbows, and play with light.

Activity	Day	Date	Time	R/NR
1160503-03	M	Jan 15	4:00pm-5:00pm	\$20
1160503-04	M	Jan 15	6:00pm-7:00pm	\$20
1160503-05	M	Feb 19	4:00pm-5:00pm	\$20
1160503-06	M	Feb 19	6:00pm-7:00pm	\$20

Valentine's Party with the Animals

Ages 3-7 without adult

CR

Show your love for the animals! Create handmade Valentines for our cuddly friends and receive a Valentine from the animals to you! Spend time with our critters - feeding, petting, playing with them - and learn about animal bodies and animal care. **WPC**

Activity	Day	Date	Time	R/NR
1160210-05	M	Feb 12	6:00pm-7:30pm	\$16/\$20
1160210-06	Tu	Feb 13	6:00pm-7:30pm	\$16/\$20

Special Events



**SON & ME
MAGIC NIGHT**

Ages 3 & Up **MO**

Join us for a magical evening you will never forget! The evening includes dinner and a magic show that will have you laughing. Don't forget your camera as we will have a backdrop with photo props. Magician starts promptly at 6:45pm. Please register in advance; in-person registration is not accepted. Registration deadline: Jan 26. PROS/cb

Friday, February 2 • 6:00pm-7:45pm
\$23 R/\$40 NR • Activity #1150209-01



Daughter & Me

Royal Princess Ball

Ages 3 & Up **MO**

Hear ye, hear ye! You are invited to join us for an evening of dinner, dancing, and fun at this year's Royal Princess Ball. Attire is dress to impress and do not forget your camera. Registration fee is per person. Please register in advance; at-the-door registration is not accepted. Registration deadline: Feb 24. CAC

Friday, March 1 • 6:00pm-8:00pm
\$24 R/\$41 NR • Activity #1150302-01



Special Events

Valentine's Bash

Ages 1-13

JJ

Come to the pool for some family fun! Celebrate Valentine's Day with your friends, family, and loved ones on the pool deck. Play games and enjoy prize giveaways! Activities take place from 12:15pm-1:00pm, with open swim available after (open swim admission included in registration fee). This event takes place at the Centennial Fitness Center Pool; please bring a swimsuit. Children who cannot swim without assistance must have a parent or guardian in the water. **CFC/p**

Activity	Day	Date	Time	R/NR
1210107-01	Sa	Feb 10	12:15pm-1:00pm	\$9/\$12

St. Patrick's Day Splash **NEW!**

Ages 1-13

JJ

Come to the pool for some leprechaun fun! Celebrate St. Patrick's Day with your friends and family on the pool deck. Test your luck with some games and prize giveaways! Activities take place from 12:15pm-1:00pm, with open swim available after (open swim admission included in registration fee). This event takes place at the Centennial Fitness Center Pool; please bring a swimsuit (green preferred!). Children who cannot swim without assistance must have a parent or guardian in the water. **CFC/p**

Activity	Day	Date	Time	R/NR
1210117-01	Su	Mar 17	12:15pm-1:00pm	\$9/\$12



Leprechaun Hunt

Age 2 & Up

MO

Do you have the luck of the Irish on your side to catch Park Ridge's mischievous leprechaun? The Park District has the inside scoop and knows when the leprechaun will be running around Park Ridge, leaving a trail of green items and even some gold coins in people's front yards. Set a trap in your front lawn and see if you can catch him or her! Don't be surprised if he leaves green items and trinkets to find in your front lawn, along with some gold coins around your trap. This program is limited to Park Ridge residents only. **Registration deadline: Mar 1.**

Activity	Day	Date	Time	Fee
1150501-01	Th	Mar 14	Noon-3:00pm	\$18
1150501-02	F	Mar 15	Noon-3:00pm	\$18

It's Time for an Egg Hunt!



Spring Bunny Visit and Bunny Baskets

Ages 2 & Up

MO

The Bunny is at Maine Park and would love if you came to visit! The Bunny has a special Bunny Basket for you filled with a special craft, treats, bunny ears, 15 pre-filled eggs to have an egg hunt at home, and other fun surprises. Sign up for a time slot to visit the bunny, take a photo, and pick up your bunny basket. Visits will be about 5 minutes and you can come any time during your assigned timeslot. Fee is per basket. **MP**

Activity	Day	Date	Time	R/NR
2150312-01	Sa	Mar 16	9:00am-10:00am	\$27/\$37
2150312-02	Sa	Mar 16	10:15am-11:15am	\$27/\$37
2150312-03	Sa	Mar 16	11:30am-12:30pm	\$27/\$37

Eggs-stravaganza Egg Hunt

Ages 3-10

MO

Grab your basket and head over to Maine Park for a traditional egg hunt. Eggs will be filled with surprises like candy or a toy. Keep an eye out for other items on the egg hunt field. Hunt will be broken up by age groups and held outside. The hunt will start promptly at 1:30pm, so don't be late! In case of inclement weather, the event will move inside. **MP**

Activity	Day	Date	Time	R/NR
2150000-01	Sa	Mar 16	1:30pm-2:00pm	\$6/\$10

Bunny Hop Hunt at Home

MO

The Bunny is hopping around Park Ridge spreading spring cheer! Bunny helpers will leave two dozen eggs filled with candy and toys for you to find in your front lawn and leave a decoration to let you know the Bunny stopped by. Helpers will be out during the afternoon hiding eggs to create a fun surprise for your family. Fee is per house. An extra dozen eggs can be purchased for an additional fee. **MP**

Activity	Day	Date	Time	R/NR
2150320-01	W	Mar 20	Noon-3:00pm	\$15
2150320-02	Th	Mar 21	Noon-3:00pm	\$15
2150320-03	Extra Dozen Eggs			\$6

Flashlight Egg Hunt

Ages 7-11

MO

Hundreds of eggs filled with candy are hidden outdoors behind Maine Park. Find a Golden Egg and win a special prize such as gift cards and other cool stuff! Just bring your flashlight and a bag or basket to collect all your eggs. Pre-registration is required as this event sells out quickly. Grab your friends and hop on over to Maine Park! An email will be sent a few days prior with check-in location and information. **MP**

Activity	Day	Date	Time	R/NR
2150322-01	F	Mar 22	7:15pm-8:00pm	\$15

Teen Flashlight Egg Hunt

Ages 12-16

LG

Grab your flashlight and set out on a hunt for eggs hidden throughout the Wildwood Prairie. If you are lucky, your eggs will be filled with candy or maybe even a gift card! There is also time for some egg-cellent games. Don't forget your flashlight and a bag to collect all your eggs.

Registration deadline: March 15. WNC

Activity	Day	Date	Time	R/NR
2110311-20	F	Mar 22	7:15pm-8:00pm	\$15



Park District Facilities

Winter 2024



Outdoor Skating & Sledding
Page 14-15

**Oakton Ice Arena &
Figure Skating/Hockey**
Page 16-19

**Centennial Fitness Center &
Group Fitness**
Page 20-24

**Centennial Activity Center & Active
Adult Programs (S.T.A.R.)**
Page 25-34

Brickton Art Center
Page 35-36

Wildwood Nature Center
Page 37-38

Parties & Facility Rentals
Page 39-43

Outdoor Skating & Sledding

CENTENNIAL PARK • MAINE PARK
OAKTON PARK • SOUTH PARK



Outdoor Sledding

Sledding at Maine Park Bunny Hill

This hill is perfect sledding for ages 2-5. The small bunny hill is located at the south end of Maine Park, adjacent to the baseball diamond.

Sledding at Centennial Park

Sled at your own risk. Sleds only. No skis or snowboards allowed.

Sledding Rules

- Sledding can be dangerous and pose substantial risk. Use the hill at your own risk.
- Parents are responsible for their children. No supervision is provided.
- Use caution when sledding and be considerate of others.
- Sledding is only permitted on the north side of the hill designated for sledding.
- Please use steps to climb hill.
- Construction of ramps is not permitted.

SLEDDING HOURS

Sledding facilities are open December 20 through February 28 (weather permitting), Dawn - 9:00pm.

WEATHER GUIDELINES

Seasonal facilities are open when wind chill is above -20° F or temperature is above 10° F. Visit the [Facility & Field Conditions page](http://www.prparks.org/Facility%20Conditions) at www.prparks.org to check on which facilities are open or closed.



Outdoor Skating

**Outdoor ice rinks are open December 20 through February 28 (weather permitting).
Watch our Facebook page and website for updates!**

The ice rinks do not have a refrigeration system, so we rely 100% on the weather for the rinks to freeze. While this is not an exact process, generally we have found to make ice we need 3 days in a row with a high temperature below freezing, along with a long-term forecast staying at or below freezing. The air temp and cloud cover also has an impact on how quickly we can make the ice during the appropriate conditions.

Outdoor Skating at South Park

At South Park, two rinks are available for hockey and figure skating. Skate rental is not available.

South Park Rink Hours

Daily Dawn-9:00pm

South Park restrooms are available Dawn - 9:00pm.

Restrooms are located on the east side (baseball field side) of the facility.

South Park Ice Rink Rules

- Skate at your own risk.
- Restroom facilities are located on the East side of the building. Please remove skates or wear skate guards when accessing the restroom.
- Vandals will be prosecuted.
- The following behaviors are prohibited:
 - Fast, reckless skating or weaving
 - Throwing objects onto the rink
 - Smoking, alcohol, and loitering
 - Rough games and horseplay
 - Hockey nets
 - Slap shots or lifting the puck off the ice
- The Park District reserves the right to close the ice rinks at any time.

Outdoor Skating at Oakton Park

Outdoor skating is back at Oakton Park! Rink will be open daily, weather and ice conditions permitting. Skate rental is not available. Look for pop-up skating classes when weather permits. Please check www.prparks.org for more information and opening date.

Oakton Park Rink Hours

Monday-Friday 2:00pm-8:00pm
Saturday-Sunday 8:00am-Noon
2:00pm-8:00pm

Ice Rink Rules

- Skate at your own risk.
- Restrooms are available across the parking lot in the ice arena.
- Vandals will be prosecuted.
- The following behaviors are prohibited:
 - Fast, reckless skating or weaving
 - Throwing objects onto the rink
 - Smoking, alcohol, and loitering
 - Rough games and horseplay
 - Hockey nets
 - Slap shots or lifting the puck off the ice
- Hockey (training and drills only) is allowed in designated areas only.
- The Park District reserves the right to close the ice rink at any time.

Flag System for Outdoor Skating at South Park

GREEN FLAG
Good to Skate

The ice rink is swept and re-surfaced as needed. To ensure safety, rinks are monitored and checked daily. Flags are posted to let skaters know when conditions are safe.

RED FLAG
Do not Skate

At no time should you skate on a rink with a RED FLAG. Always check the flag upon arrival at the rink before going on the ice.

Private rentals are available for hockey training, figure skating, and broomball training. For more information, please contact Brent Dolan at bdolan@prparks.org.

WEATHER GUIDELINES

Seasonal facilities are open when wind chill is above -20° F or temperature is above 10° F. [Facility & Field Conditions page](#) at www.prparks.org to check on which facilities are open or closed.

In case of an emergency, please contact 911.

Call the Park District at 847-692-5127 for additional information or to report any unsafe situations at the outdoor rinks.



2800 W. OAKTON STREET • oaktonicearena@prparks.org

What's Next for the Oakton Renovation?



Estimated Project Timeline:

- Design Development through June 2023
- Construction Documents Development from June 2023 through January 2024
- Permitting from December 2023 through March 2024
- Bidding will be phased starting in Fall 2023
- Facility shuts down to prepare for construction March 2024
- Construction begins April 2024
- Project completed August 2025

For project updates, visit prparks.org.

Find Your Home...On the Ice!

Public Skate Sessions:

December 1, 2023 - February 25, 2024

Monday-Friday 11:00am-Noon

Friday 6:00pm-7:00pm

Saturday & Sunday 1:00pm-2:00pm

No Public Sessions: Dec 15 (6:00pm only), Dec 24-25, Jan 1

Please Note: Oakton Ice Arena reserves the right to cancel any public skating session for special events.

Daily Admission & Skate Rental Fees

Public Skate	\$6
Skate Rental	\$3

Public Skate Season Passes

2023-24 Passes are available online at www.prparks.org through December 31, 2023. 2023-2024 passes are valid through Feb 25, 2024.

Pass Type	Resident	Non-Resident
Individual	\$65	\$95
Additional Family Member	\$35	\$55

Daily Fee admissions cannot be applied towards the purchase of a season pass. Public Skating Group rates are available for schools, clubs, or groups of 10 or more. Contact Jordan Mann at jmann@prparks.org or 224-585-4860.

OFFICE HOURS

Monday-Friday 11:00am-3:00pm

For service outside of the office hours listed above, please email oaktonicearena@prparks.org.

FACILITY HOLIDAY CLOSURES

December 24 Closed

December 25 Closed

January 1, 2024 Closed

Scout Fun Badge



Looking for a fun outing for your scout group? Head out on the ice! Your visit includes 1 hour of skating with a Skating Instructor who will teach your group the basics of skating. Come early or stay after to watch our Zamboni resurface the ice! Free skate rental is included with your registration. Bring a bike helmet, gloves and/or mittens, and wear warm, comfortable clothing. Upon completion of class, each scout earns a Fun Badge!

Contact Jordan Mann at 224-585-4860 or jmann@prparks.org for scout outing availability.

Activity	Day	Date	Time	R/NR
1250408-00	Sa	Jan 6	1:00pm-2:00pm	\$15
1250408-01	Sa	Jan 27	1:00pm-2:00pm	\$15
1250408-02	Sa	Feb 10	1:00pm-2:00pm	\$15

Contact the Staff: We're Here to Help!

Oakton Facilities Manager
Brent Dolan (BD), CAM
847-692-8595
bdolan@prparks.org

Oakton Facilities Supervisor
Jordan Mann (JEM), CAM, CAO, CAP, CSD
224-585-4860
jmann@prparks.org

Skating Director
Chris Knierim (CK)
847-292-8911
cknierim@prparks.org

Hockey Supervisor
Andy Pape (AP)
847-692-8596
apape@prparks.org

Figure Skating

GENERAL FIGURE SKATING INFORMATION

We are excited to bring the Learn-to-Skate USA program to our Oakton skaters! This nationally recognized program provides our skaters access to valuable resources and the full backing of US Figure Skating and their Olympic athletes. LTS USA members receive level badges for passing tests, a magazine subscription, online training resources, as well as other 'swag' to keep your child excited about ice skating! Membership is \$20 annually and is required for all skaters in Oakton LTS classes. [Click here](#) to register for membership now. For any questions please contact skating director Chris Knierim at cknierim@prparks.org.

Registration deadline is 3 days prior to the start date. Due to space availability, please register BEFORE classes begin. Late registrants are subject to a \$5 late fee. Classes close when full and may be combined due to enrollment. The Skating Director reserves the right to move a skater into an appropriate class for his/her skill level.

Prerequisites: Skaters must have successfully completed a class and receive written approval to register for the next level. The Skating Director reserves the right to move students to the appropriate class level, regardless of registration.

Rental Skates: Rental skates are available for Snowplow Sam and Basic 1-2 skaters only. Skaters in all other levels need to provide their own skates.

Class Make-Ups: Contact Oakton Ice Arena only at oaktonicearena@prparks.org for class make-ups.

Note: Classes may be combined and/or canceled based on enrollment. Classes close when full.

Snowplow Sam 1

Ages 3-6

CK

Intro level class for skaters up to 6 years of age. Skaters learn to balance on skates, the proper methods of falling and getting up, marching, gliding, and dipping. Equipment: Biking helmet, gloves or mittens, and warm clothing. Skate rental is included in the registration fee. **OAK**

Activity	Day	Date	Time	R/NR
1251101-03	Th	Jan 4-Feb 22	5:30pm-6:00pm	\$120/\$135
1251101-05	Sa	Jan 6-Feb 24	11:25am-11:55am	\$120/\$135
1251101-06	Su	Jan 7-Feb 25	2:10pm-2:40pm	\$120/\$135

Snowplow Sam 2

Ages 4-6

CK

Two foot gliding, dipping, backward walking, forward swizzles, and beginning slow plow stops. Prerequisite: Passing Snowplow Sam 1 or Skating Director approval. Equipment: Biking helmet, gloves or mittens, and warm clothing. Skate rental is included in the registration fee. **OAK**

Activity	Day	Date	Time	R/NR
1251102-03	Th	Jan 4-Feb 22	5:30pm-6:00pm	\$120/\$135
1251102-04	Sa	Jan 6-Feb 24	11:25am-11:55am	\$120/\$135

Snowplow Sam 3 & 4

Ages 4-6

CK

Forward Skating, one-foot glides, swizzles, snowplow stops, backward swizzles, two-foot turns, and hops. Prerequisite: Passing Snowplow Sam 2/3 or Skating Director approval. Equipment: Biking helmet, gloves or mittens, and warm clothing. Skate rental is included in the registration fee. **OAK**

Activity	Day	Date	Time	R/NR
1251103-03	Th	Jan 4-Feb 22	5:30pm-6:00pm	\$120/\$135
1251103-04	Sa	Jan 6-Feb 24	11:25am-11:55am	\$120/\$135

Basic 1

Ages 6-18

CK

In this instructional class for the beginning skater ages 7 and up participants are taught proper technique on falling, getting up, and balance. Movements such as swizzles, gliding, stopping and marching are introduced. Equipment: Biking helmet, gloves or mittens, and warm clothing. Skate rental is included in the registration fee. **OAK**

Activity	Day	Date	Time	R/NR
1251201-01	Th	Jan 4-Feb 22	5:30pm-6:00pm	\$120/\$135
1251201-02	Sa	Jan 6-Feb 24	11:25am-11:55am	\$120/\$135
1251201-04	Su	Jan 7-Feb 25	2:10pm-2:40pm	\$120/\$135

Basic 2

Ages 6-18

CK

Skaters learn backward swizzles, two-foot turns, snowplow stop from speed, extended one-foot glides, and backward two-foot glides while maintaining and strengthening skills from previous levels. Prerequisite: Passed Basic 1 and/or approval from Skating Director. Equipment: Biking helmet, gloves or mittens, and warm clothing. Skate rental is included in the registration fee. **OAK**

Activity	Day	Date	Time	R/NR
1251202-01	Th	Jan 4-Feb 22	5:30pm-6:00pm	\$120/\$135
1251202-03	Sa	Jan 6-Feb 24	11:25am-11:55am	\$120/\$135

Basic 3

Ages 6-18

CK

Skaters learn maneuvers such as, but not limited to, forward stroking, forward pumps, backward snowplow stops, two-foot turns, and backward one-foot glides. Prerequisite: Passed Snowplow Sam 3/4 or Basic 2. Equipment: Figure skates, gloves or mittens, and skating attire. **OAK**

Activity	Day	Date	Time	R/NR
1251300-00	Th	Jan 4-Feb 22	4:55pm-5:25pm	\$120/\$135
1251300-01	Sa	Jan 6-Feb 24	10:35am-11:20am	\$145/\$160

Figure Skating

Basic 4

Ages 6-18

CK

Skaters learn backward maneuvers such as, but not limited to, forward outside and inside edges, forward crossovers, backward pumps, backward one-foot glides, beginning two-foot spin. Prerequisite: Passed Basic 3 and/or approval from Skating Supervisor. Equipment: Figure skates, gloves or mittens, and skating attire. **OAK**

Activity	Day	Date	Time	R/NR
1251303-00	Th	Jan 4-Feb 22	4:55pm-5:25pm	\$120/\$135
1251303-01	Sa	Jan 6-Feb 24	10:35am-11:20am	\$145/\$160

Basic 5

Ages 6-18

CK

Skaters learn transitional maneuvers such as, but not limited to, backward outside and inside edges, backward crossovers, outside three-turns, and hockey stops. Prerequisite: Passed Basic 4 and/or approval from Skating Supervisor. Equipment: figure skates with skate guards, gloves or mittens, and skating attire. **OAK**

Activity	Day	Date	Time	R/NR
1251306-00	Th	Jan 4-Feb 22	4:55pm-5:25pm	\$120/\$135
1251306-01	Sa	Jan 6-Feb 24	10:35am-11:20am	\$145/\$160

Basic 6

Ages 6-18

CK

Skaters learn transitional maneuvers such as, but not limited to, inside mohawks, inside three-turns, backward stroking, and T-stops. Prerequisite: Passed Basic 5 and/or approval from Skating Supervisor. Equipment: figure skates with skate guards, gloves or mittens, and skating attire. **OAK**

Activity	Day	Date	Time	R/NR
1251307-00	Th	Jan 4-Feb 22	4:55pm-5:25pm	\$120/\$135
1251307-01	Sa	Jan 6-Feb 24	10:35am-11:20am	\$145/\$160

LTS Power

Ages 6-18

CK

This class is for skaters in Basic 3 - Free Skate 4 to supplement their regular LTS classes. Skaters work on strength, power, edge control, and skating skills. **OAK**

Activity	Day	Date	Time	R/NR
1251400-00	Th	Jan 4-Feb 22	4:55pm-5:25pm	\$120/\$135

Pre-Free Skate & Free Skate 1

Ages 8-18

CK

Skaters work on advanced skills such as backward crossovers, backward edges, mohawks step sequences, one-foot upright spins, mazurkas, waltz jumps, half flips, toe loops, and backward three-turns. Prerequisite: Passed Basic 6/Pre-Free Skate and/or approval from Skating Supervisor. Equipment: Figure skates, gloves or mittens, and skating attire. **OAK**

Activity	Day	Date	Time	R/NR
1251401-01	Sa	Jan 6-Feb 24	9:45am-10:30am	\$145/\$160



Free Skate 2 & 3

Ages 8-18

CK

Skaters work on advanced skills such as alternating spirals, backward inside three-turns, back spins, half Lutz, Salchow, Waltz three-turns, loop jumps, and jump combinations. Prerequisite: Passed Free Skate 1/2 and/or approval from Skating Supervisor. Equipment: Figure skates, gloves or mittens, and skating attire. **OAK**

Activity	Day	Date	Time	R/NR
1251403-01	Sa	Jan 6-Feb 24	9:45am-10:30am	\$145/\$160

Free Skate 4 & Up

Ages 8-18

CK

Skaters work on advanced skills such as power three-turns, change-foot spins, sit spins, half loop jumps, and flip jumps. Prerequisite: Passed Free Skate 3 and/or approval from Skating Supervisor. Equipment: Figure skates, gloves or mittens, and skating attire. **OAK**

Activity	Day	Date	Time	R/NR
1251405-00	Sa	Jan 6-Feb 24	9:45am-10:30am	\$145/\$160

On The Edge Class

Ages 6-18

CK

This class is for skaters in Free Skate 1 and above to supplement their regular LTS classes. Skaters work on steps and turns, edge control, and general skating skills. **OAK**

Activity	Day	Date	Time	R/NR
1251410-00	Sa	Jan 6-Feb 24	10:35am-11:20am	\$145/\$160

Oakton Edge Skating Academy

Join our Olympic coaching staff and enjoy training opportunities for competitive figure skaters.

From learning to skate to learning to FLY - that's the Oakton Edge.

For more information, contact Chris Knierim, Director of Skating, at cknierim@prparks.org or 847-292-8911 or visit www.prparks.org.



GENERAL HOCKEY INFORMATION

Registration deadline is 3 days prior to the start date. Due to space availability, please register BEFORE classes begin. Late registrants are subject to a \$5 late fee. Classes close when full and may be combined due to enrollment. The Hockey Supervisor reserves the right to move a skater into an appropriate class for his/her skill level.

Prerequisites: Skaters must have successfully completed a class and receive written approval to register for the next level. The Hockey Supervisor reserves the right to move students to the appropriate class level, regardless of registration.

Rental Skates: Rental skates are available for Pre-Hockey skaters only. Skaters in all other levels need to provide their own skates.

Class Make-Ups: Contact Oakton Ice Arena only at oaktonicearena@prparks.org for class make-ups.

Note: Classes may be combined and/or canceled based on enrollment. Classes close when full.



Pre-Hockey

Ages 3-8

JEM

Entry level of instruction for first time skaters. Participants learn to march, how to fall properly, and how to glide on two feet. Prerequisite: None. Required Equipment: Helmet (preferably hockey helmet with face cage), gloves. Free skate rental for Pre-Hockey participants. **OAK**

Activity	Day	Date	Time	R/NR
1260010-02	F	Jan 5-Feb 23	5:00pm-5:30pm	\$120/\$135
1260010-03	Sa	Jan 6-Feb 24	Noon-12:30pm	\$120/\$135
1260010-04	Su	Jan 7-Feb 25	2:10pm-2:40pm	\$120/\$135

Hockey 1

Ages 4-12

JEM

Participants perfect the forward stride, as well as the fundamentals of the hockey stop. Other elements include backwards skating and turns. Prerequisite: Passing Pre-Hockey or Hockey Supervisor's approval. Required Equipment: Hockey helmet, gloves, hockey skates, skate guards. Skate rental is available. **OAK**

Activity	Day	Date	Time	R/NR
1260011-02	F	Jan 5-Feb 23	5:00pm-5:45pm	\$155/\$170
1260011-03	Sa	Jan 6-Feb 24	Noon-12:45pm	\$155/\$170

Hockey Advanced Classes

Ages 4-12

JEM

A comprehensive skills class designed to teach the fundamentals of the game. Players work on skating, passing, puck handling, shooting, and game concepts. Prerequisite: Passing Hockey 1 or Hockey Supervisor's approval. Required Equipment: Full hockey gear, skate guards. **OAK**

Activity	Day	Date	Time	R/NR
1260012-00	F	Jan 5-Feb 23	5:00pm-5:45pm	\$155/\$170
1260012-01	Sa	Jan 6-Feb 24	Noon-12:45pm	\$155/\$170

Hockey Express Prospects

Ages 4-8

JEM

Ready to take the next step? This class is perfect for motivated players ages 4-8 who want to start learning the game of hockey! Each class includes a 30 minute cross-ice scrimmage and a 30 minute off-ice training session. Players learn basic positioning, attacking/defending concepts, and much more! Pairs perfectly with Hockey 1 and/or Hockey Advanced classes. Required Equipment: Full hockey gear. **OAK**

Activity	Day	Date	Time	R/NR
1260026-00	Su	Jan 7-Feb 25	2:10pm-3:20pm	\$160/\$175



TRAVEL PROGRAM

Since 1985

Northern Express Hockey Club has been a respected and successful travel hockey program in Park Ridge Illinois as well as North America.

Express Hockey prides itself on offering top level coaching, maximum ice time for reasonable rates. In addition to hockey skills, the Express places a high emphasis on respect and appreciation for the game of hockey.

For more information contact

**Brent Dolan | prexpresshd@yahoo.com
northernexpresshockey.org**



1515 W. TOUHY AVENUE • 847-692-5129

Community. Fitness. Fun.



Membership Options to Fit Your Needs • No Initiation Fees • Flexible Payment Options

BECOME A MEMBER TODAY!

Our membership options are the right fit for the entire family. Choose an annual membership and keep committed to your well-being. Short-term memberships are available for those looking for flexibility. There is no initiation fee!

Centennial Fitness Center Membership Includes:

- Top-of-the-Line Cardio & Strength Equipment
- Indoor Walking/Running Track
- Double Gymnasium
- Indoor Lap & Leisure Pools
- Hot Tub & Sauna
- Member pricing on Personal Training and Group Fitness Classes
- Stretching Area
- Racquetball Court
- Pickleball & Badminton scheduled open play times
- Mini Lockers to store your keys, wallet, phone
- Locker Rooms and Showers available

HOURS

Monday-Thursday 5:30am-9:00pm
Friday 5:30am-8:00pm
Saturdays & Sundays 7:00am-5:00pm

HOLIDAY HOURS

December 24 7:00am-1:00pm
December 25 Closed
December 31 7:00am-1:00pm
January 1, 2023 Closed

NON-MEMBER DAILY DROP-IN Effective January 1, 2024

Youth & Adult \$10 R / \$15 NR

The daily fee provides individuals ages 13 & older with unlimited daily use of the Fitness Center, track, racquetball courts, open gym, and the indoor pool. Individuals 12 & under have unlimited access to open gym and the indoor pool. Teens ages 13-15 require a parent waiver on file prior to accessing the fitness center. Youth ages 11-12 are permitted to use the fitness center and track if they are within arm's length of parent. Each guest must pay the daily fee to be allowed in any area of the facility except the lobby. Parents/legal guardians observing participants in pre-registered programs are not required to pay the daily fee.

NOTE: Drop-ins under the age of 18 need a waiver signed by their parents on file.

[Download the Youth Drop-In Waiver](#)

TEEN FITNESS ORIENTATION

All teens ages 13-15 need to take our Teen Fitness Orientation in order to be allowed upstairs on the fitness floor. This orientation goes over safety and etiquette on the fitness floor.

[Register for Teen Fitness Orientation](#)

MEMBER APPRECIATION DAY

Monday, December 11 - All Day!



FREE Stop by and receive a free t-shirt!
Sponsored by Allstate – Tunnell Insurance Agency



Enjoy snacks throughout the day!
Sponsored by Lakeside Bank – Park Ridge



Allstate
Tunnell Insurance Agency
847-306-8660
tunnellagency@allstate.com



Lakeside Bank
It's about time.

Contact the Staff: We're Here to Help!

Centennial Fitness Center Manager
Justin Schuring (JS)
847-692-5136
jschuring@prparks.org

Member Services Supervisor
Brian Johnson (BJ)
847-692-5139
bjohnson@prparks.org

Fitness Supervisor
Regina Mundt (RM)
847-692-5149
rmundt@prparks.org

Aquatics Manager
Ethan Willimas (EW)
847-692-8599
ewilliams@prparks.org

Aquatics Supervisor
Jenna Jezek (JJ)
847-292-8921
jjezek@prparks.org

Centennial Fitness Center

MEMBERSHIP OPTIONS

ANNUAL MEMBERSHIPS <i>Effective January 1, 2024</i>	Monthly Fee
All Access (CFC Membership + Unlimited Group Fitness)	\$86
Individual/Corporate (Age 13-64)	\$45
Daylight Savings (M-F, 9am-3pm)	\$27
Senior (Ages 65 & over)	\$36
Youth - Pool & Gym (Ages 9-12)	\$29
Add-On: Age 12 & under*	\$21
Add-On: Age 13 & over*	\$28
Private Locker*	\$15

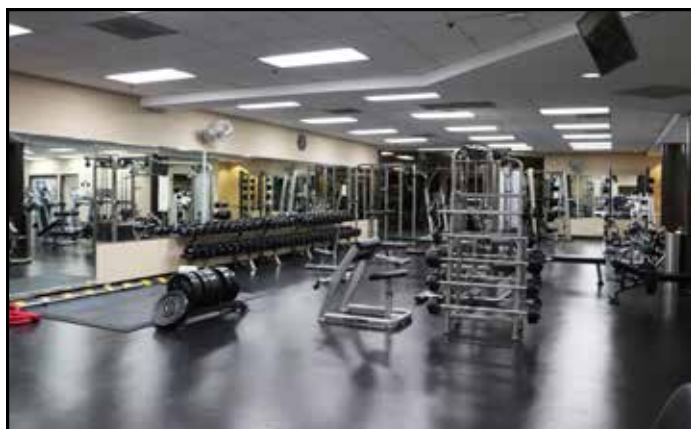
*Must have a Base Membership (Individual/Daylight/Senior/Youth) to Add-On.

Family Definition: Parent(s), civil union partners, and unmarried children age 25 and under residing at the same address. Patrons age 11-12 are welcome to use the second floor within an arm's length of a parent/legal guardian.

Fees are per month paid for an annual term through EFT. Additional information can be found at prparks.org. **Please bring a voided check to set up your monthly EFT.** If you prefer to deduct your membership dues from a credit card, each member on your membership plan will incur an additional \$1 per month fee per member.

SHORT TERM MEMBERSHIPS <i>Effective January 1, 2024</i>	Fee
Individual 6-Month	\$315
Individual 3-Month	\$175 (\$150 Student)
Individual 1-Month	\$78 (\$63 Student)
Individual 1-Week	\$44

Short Term Memberships must be paid in full and are consecutive.



ADDITIONAL FITNESS OPTIONS

Unlimited Group Fitness Pass

Fee: \$75 per month

The more classes you attend, the more you save! Plus, you'll never have to worry about how many classes you have left on your Fitness Class Pass. This is also a great way to try a new class. You'll never get bored with your fitness routine! Please see the front desk staff to assist you with your purchase. Centennial Fitness Center Membership is not required.

Private Locker Rental

Fee: \$15 per month (\$180 per year)

Store your items in our Adult Only Locker Room instead of having to tote your gym items daily. Enjoy luxurious amenities in a quiet and comfortable environment that is equipped with cable T.V. You must be a current fitness center member to purchase a private locker rental.

Centennial Fitness Center Meet-Up Groups

With your Fitness Center Membership, you are welcome to join these meet-up groups. Non-members, purchase a day pass for \$4 R/\$5 NR and join the group!

For details, call Justin Schuring at 847-692-5136.

Badminton	Tuesday, Thursday, Friday	9:00am-10:30am
Pickleball	Sunday	7:00am-10:00am
<i>(Fall-Spring)</i>	Monday-Friday	10:30am-12:30pm





Upgrade to All Access or Unlimited Group Fitness Membership and get access to **CFC ON DEMAND!**

[Click this ad to check out the On Demand site now!](#)

Personal Training

Our Personal Trainers are here to develop a workout just for you!

Looking for some professional and experienced guidance to help you with your personal health and fitness goals? We have both In-Person Personal Training and Virtual Personal Training available. Contact Regina Mundt at rmundt@prparks.org today to set up your first appointment with a trainer. We offer 30, 45, and 60-minute sessions, as well as partner training, to work with your goal, schedule, and budget.

Meet Our Personal Trainers



Tom Bard: Tom is an ISSA (International Sports Sciences Association) certified personal trainer, ISSA certified youth coach, and an ISSA certified nutritionist. Tom has been training for five years, and can use many variations of workouts and mediums to fit specific needs of clients. Tom is a very resourceful trainer and likes to utilize all fitness center resources available for clients, including the indoor pool and outdoors. Whatever goal you set for yourself, Tom can help you achieve it. **Available: upon request.**



Hector Moreno: Hector is a certified personal trainer through NASM (National Academy of Sports Medicine) with CES (corrective exercise specialist) certification. He is an ONNIT certified instructor and has experience in barbell, kettlebell, maces, sandbags, TRX, free-weights, calisthenics, medicine ball, and myofascial release. Hector has 20+ years of sports experience, 14+ years playing Ultimate Frisbee, and he has a background coaching young athletes. No cookie cutter programs - every program revolves around the individual's needs and goals. He is dedicated to helping people move more efficiently and keeping them in the gym injury free. **Available: upon request.**



Sue Gleeson: Susan is a NASM Certified Personal Trainer. She is certified as an Integrative Movement Specialist—a program designed to help her meet the client's specific needs. She has been a trainer for 20 years and has worked with children on swim teams as well as seniors. Her passion is trying to figure out how her interaction with a client can improve their well-being—whether it is weight loss, improving sports performance, or working through imbalance issues. **Available: upon request**



Roberta Smaha: Liberal Arts Degree. 20+ Years Personal Training experience. NASM, ACE Certified Personal Trainer. Specializes in Senior Strength Training, Weight Loss, Pre/Post Natal, Senior Fitness.



Janet Glowen: Bachelor's Degree in Nutrition. NASM Certified Personal Trainer. Former competitive body builder. Specializes in Weight Loss, Strength Training, Body Building, TRX, Circuits, Boxing. **Available: Monday-Friday mornings, afternoons, evenings; weekends upon request**



Cheryl Targos: A.C.E. Certified Personal Trainer, Group Exercise Instructor & Senior Fitness Specialist, YogaFit 500 Hour RYT. Cheryl has 30+ years of experience in fitness and wellness coaching. She will help guide you to establish a realistic goal(s) and work with you to develop a safe, fun, customized program to help you experience success. Specializes in Senior Fitness, Functional Fitness, Fall Prevention, Weight Management, and Trauma Sensitive Yoga. **Available: upon request**



Teri Habetler: BS in Athletic Training, Sports Medicine and Psychology. Certified Personal Trainer, Kids in Active Movement, and several group fitness formats. Specializes in youth programming. **Available: upon request.**



Djordje (George) Trifunovic: Djordje is an ACE certified Personal Trainer. He has a background in Athletic Training/Sports Medicine, working with active people of all ages. He got into weight lifting in high school and never looked back. Health & Fitness went from a hobby to a passion and then a career where he can help people achieve their goals. **Available: late afternoon, evening, weekend**

POD WORKOUTS

Exercise in a group workout format that allows you, your family, friends and/or neighbors to have the fitness studio and one of our group fitness and/or personal trainers to yourself! We have rowers, spin bikes, weights, TRX straps, Bosu balls, kettlebells, ropes, and the space to set up the perfect workout for your group. We work with you to coordinate the day, time, format, equipment, and coach. Contact Regina Mundt for more information at 847-692-5149.

Group Minimum: 4 per group

Fee: \$120 per person for 6 weeks
(1 session per week)

\$200 per person for 6 weeks
(2 sessions per week)



Please visit prparks.org for our current class schedule. Schedule is subject to change based on participation.

Group Fitness

To participate in group fitness classes, you will need to do two things:

1. PURCHASE A CLASS PASS

Class passes are available for a single class, or you can purchase a pass with 10 classes included. The Unlimited Group Fitness Pass is a great value if you'd like to attend several classes a month! When you check-in onsite at the class, your pass will be deducted for your participation in class.

Fees for Class Passes are as follows (effective January 1, 2024):

CLASS PASS FEES	Single Class	10-Pass	20-Pass
Individual (Age 13-64)	\$13	\$110	\$200
Individual, Member Discount	\$11	\$80	\$152
Senior (Age 65 & over)	\$12	\$95	\$178
Senior, Member Discount	\$9	\$75	\$140

UNLIMITED GROUP FITNESS PASS

\$75/month

With the Unlimited Group Fitness Pass, you'll never have to worry about how many classes you have left on your Fitness Class Pass. Centennial Fitness Center Membership is not required. CFC On Demand video library is included with Unlimited Group Fitness membership.

You can purchase a class pass at the front desk of the Centennial Fitness Center before your class, or you can purchase it ahead of time with our online registration system.

[CLICK HERE TO PURCHASE ONLINE](#)

2. RESERVE YOUR SPOT IN GROUP EX PRO

An advance reservation is required for each single class you would like to attend. You can reserve your spot using the Group Ex Pro schedule below. Scroll down to the class you would like to take, and click on the Sign Up link (or you can click on the square with the pencil icon next to the class title). The first time you use this system, you will need to create a login with your name, email, and a password. Then it will walk you through reserving your spot. [Click here to learn more about using Group Ex Pro.](#) You may see a message requiring you to enable cookies. [Click here to learn how to enable cookies.](#)

[VIEW THE SCHEDULE & RESERVE YOUR SPOT IN CLASS](#)

Fitness Class Cancellation Policy: We require 2 hours notice to cancel your participation in a fitness class. If you do not provide 2 hours, one class will be deducted from your class pass package.



What should you bring to class?

- Bring your own sweat towel
- A water bottle to be sure you stay hydrated
- A mat or towel if you have one.

We Kindly Request:

Don't workout if you're sick. If you are experiencing cold or flu symptoms, have a fever, or have been exposed to someone with COVID-19: Stay home and protect other participants and staff.

Help us keep our equipment safe for others. Please wipe down your equipment after use.

SMART START

2024

FITNESS

Stay tuned for a series of 30 minute introductory group fitness classes to get your new year off to a smart start!

No time to get to the Fitness Center?
Take classes with your favorite instructors
ON DEMAND!
Click here to learn more!

Make time to workout while your preschooler enjoys Animal Yoga!

See page 47

Specialty Group Fitness

» SPECIALTY CLASSES ARE NOT INCLUDED ON THE FITNESS CLASS PASS «

Joints in Motion

Ages 18 & Up

RM

Joints in Motion is a class designed to improve daily activities for persons with arthritis, fibromyalgia, osteoporosis, osteopenia and other mobility-limiting conditions. Led by personal trainer Janet Glowen, class includes functional exercises focusing on balance and flexibility. May be done seated or standing. **CFC**

Activity	Day	Date	Time	M/NM
1225119-01	Tu	Jan 9-Jan 30	1:00pm-1:45pm	\$49/\$57
1225119-02	Tu	Feb 6-Feb 27	1:00pm-1:45pm	\$49/\$57
1225119-03	Tu	Mar 5-Mar 26	1:00pm-1:45pm	\$49/\$57

Tai Chi for Health

Ages 18 & Up

RM

The gentle flowing movements of Tai Chi safely strengthen the body and provide mental relaxation. It is a low impact approach to fitness that can help ease the pain and stiffness of arthritis, and improve diabetes and other chronic conditions. Increase flexibility, muscle strength, heart and lung activity, posture, and improve balance to prevent falls. Practice at your own pace and have fun! **CFC**

Activity	Day	Date	Time	M/NM
1225102-01	Th	Jan 11-Feb 15	1:00pm-1:45pm	\$73/\$85
1225102-02	Th	Feb 22-Mar 28	1:00pm-1:45pm	\$73/\$85

LaBlast Line Dancing **NEW!**

Ages 18 & Up

RM

Easy-to-learn dances including disco, foxtrot, samba, paso doble, and more get you moving to all four walls in no time at all. All dances are partner-free and can be done anywhere, making LaBlast® Line Dance the next social dance revolution. Put a smile on your face and join the fun! **CFC**

Activity	Day	Date	Time	M/NM
1225103-01	Tu	Jan 9-Feb 13	7:00pm-8:00pm	\$73/\$85

Yoga for Osteoporosis

Ages 18 & Up

RM

New research shows that yoga helps prevent osteoporosis by improving bone density with postures for strength, stability, and agility. It improves your physical balance and flexibility, which means you're less likely to fall and break something. Poses to boost bone health are held as long as comfortably possible, between 12-72 seconds with suggested variations and modifications as necessary. This series builds body-awareness, alignment, and better postural habits. It also protects joints while stimulating bones with dynamic practices that include movement; and it includes a focus on balance to promote confidence and fall prevention. All are welcome, no prior yoga experience is required. Instructor: Cindy Dienhart, RYT 500, Certified Yoga Teacher for Osteoporosis. **CFC**

Activity	Day	Date	Time	M/NM
1225118-01	M	Jan 15-Feb 19	1:00pm-2:00pm	\$73/\$85
1225118-02	M	Feb 26-Apr 1	1:00pm-2:00pm	\$73/\$85

Functional Training for Optimal Pickleball Performance **NEW!**

Ages 18 & Up

RM

Improve power, speed, and agility with this program designed specifically for pickleball athletes. Focus on strength, core conditioning, and multi-planar movements needed to optimize your on-court performance. Class is led by Janet Glowen, personal trainer. **CFC**

Activity	Day	Date	Time	M/NM
1225107-01	F	Jan 12-Feb 16	12:30pm-1:15pm	\$73/\$85

Zumba Gold **NEW!**

Ages 18 & Up

RM

Perfect for those who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The class introduces easy-to-follow Zumba® choreography focusing on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance! **CFC**

Activity	Day	Date	Time	M/NM
1225104-01	F	Jan 12-Feb 16	1:30pm-2:15pm	\$73/\$85

Family & Youth Fitness Classes

Family Yoga

Ages 5 & Up

RM

Bring the family to practice in our Family Yoga class led by Greg Brzozowski, certified YogaFit Kids and Yoga instructor. It is a wonderful opportunity to introduce the benefits of yoga to adults and children. Improve strength, flexibility, coordination, and posture. Learn to relax and open up to a peaceful state of mind and body. Register each person individually; fee is per person. **SP**

Activity	Day	Date	Time	R/NR
1225111-01	M	Jan 8-Feb 12	6:30pm-7:15pm	\$49/\$57
1225111-03	M	Feb 19-Mar 25	6:30pm-7:15pm	\$49/\$57

Speed and Agility Training for Youth

Ages 6-11

RM

This class focuses on developing a baseline of speed and agility skills and overall athleticism that will carry over into almost all sports. Special attention is placed on developing proper movement patterns, which is incorporated into training. An athletic background is not necessary, and all that's needed is a desire to learn, get better, and have fun!

Activity	Day	Date	Time	R/NR
1225121-01	Tu	Jan 9-Feb 13	4:15pm-5:05pm	\$89
1225121-02	Th	Jan 11-Feb 15	4:15pm-5:05pm	\$89

CENTENNIAL ACTIVITY CENTER

100 S. WESTERN AVENUE • 847-692-3597



Home of the S.T.A.R. Membership - Join us Today!



Enjoy the activities and amenities at the Centennial Activity Center by becoming a member! S.T.A.R. membership begins at age 55. Enjoy the center's programs and amenities including:

- Active Adult programs, events and trips at discounted rate
- Drop-in social center
- A variety of free clubs for many interests and hobbies
- Monthly newsletter
- Free Lending Library
- Members' art displays
- Games & table tennis
- Free Medical Lending Closet
- Full service kitchen, meeting rooms, stage, and sound system

**S.T.A.R. Members can begin registering for all
Active Adult programming on December 11.
Non-Member registration begins on December 16.**

OFFICE HOURS

Monday-Thursday 8:30am-5:00pm
Friday 8:30am-4:30pm

HOLIDAY HOURS

December 25 & 26 Closed
January 1 & 2 Closed

S.T.A.R. MEMBERSHIP FEES

Join any time! Membership runs one year from date of purchase.

	Resident	Non-Resident
Single	\$50	\$70
Couple	\$76	\$104
Over 90 Single	\$25	\$35
Over 90 Couple	\$37	\$52

Couple memberships must be two people living at the same address.

Non-members may join us and pay a \$3 drop-in fee to participate in free member programs. One great experience, and you'll want to be a member, too!

Contact the Staff: We're Here to Help!

Centennial Activity Center Manager
Sarah Chuipek (SC)
847-692-3035
schuipek@prparks.org

Recreation Supervisor, Seniors & Adults
Eilleen Gabriel-Galán
847-692-3007
egalan@prparks.org



Weekly Drop-In Fun!

Open to members. Non-members pay \$3 daily admission.

Day	Time	Class	Fee
M	9:00am-Noon	Mah Jongg	Free
	1:00pm-4:00pm	Table Tennis	Free
	2:30pm-3:30pm	Uketones	Free
	Anytime	Cards & Games	Free
Tu	10:00am-11:00am	Science for the Inquisitive Mind (3rd Tues of the month)	Free
	12:30pm-4:15pm	Bunco (1st & 3rd Tues of the month)	\$1
	1:00pm-4:00pm	Table Tennis	Free
	1:00pm-4:00pm	Social Worker (1st & 3rd Tues of the month)	Free
	Anytime	Cards & Games	Free
W	9:00am-Noon	Mah Jongg	Free
	1:00pm-4:00pm	Table Tennis	Free
	1:00pm-4:15pm	Gamers	Free
	Anytime	Cards & Games	Free
Th	1:00pm-3:00pm	Book Worms (1st Thurs of the month)	Free
	1:00pm-4:00pm	Table Tennis	Free
	1:00pm-4:00pm	Sit & Stitch	Free
	Anytime	Cards & Games	Free
F	9:00am-Noon	Duplicate Bridge	Free
	12:30pm-4:15pm	Gamers	Free
	1:00pm-4:00pm	Table Tennis	Free

S.T.A.R. CLUBS

UKETONES

Mondays, 2:30pm-3:30pm

Join the group with your ukulele and practice songs. Led by S.T.A.R. member, Peggy Mistak.

SCIENCE FOR THE INQUISITIVE MIND

3rd Tuesday of the month, 10:00am-11:00am

Explore Science topics specifically for the non-scientist. No math, no homework, no quizzes! Just intriguing, accessible insights. No science background required - in fact, that just might be preferred. Led by S.T.A.R. member, Dr. Robert Dwyer.

STREET SMART SENIORS

Park Ridge Police Department

3rd Tuesday of the month, 9:00am

The Police are back bringing you monthly topics to keep you aware of things going on in our community and the greater Chicago area. Coffee and pastries are provided. Free

Activity	Day	Date	Time
1230811-01	Tu	Jan 16	9:00am
1230811-02	Tu	Feb 20	9:00am
1230811-03	Tu	Mar 19	9:00am

BOOKWORMS

1st Thursday of the month, 1:00pm-3:00pm

Love to read? Join us once per month for a discussion pertaining to a variety of books. Led by S.T.A.R. member, Mary Loise.

SIT & STITCH

Thursdays, 1:00pm-4:00pm

Gwen Jaeger leads this group of quilters, cross stitchers, hand stitchers, embroiders, and sewers of all kind – even applique quilting! Bring your project or other stitching along for an afternoon of inspiration and camaraderie. Gwen is on hand to help with any questions you might have.

TABLE TENNIS

Monday-Friday, 1:00pm-4:00pm

Friendly competition - all levels welcome!

Do you have any special talent that you want to share, an interest in volunteering, or suggestions for new clubs or programs? All ideas are welcome!

Email egalan@prparks.org



Special Events

Boxing Day **NEW!**

If you want to have some light-hearted fun, join us for Boxing Day! S.T.A.R. member, Christine Provost, is bringing this post-Christmas tradition, which is celebrated by many in Great Britain and some Commonwealth countries, to the Centennial Activity Center. This event is similar to a White Elephant Gift Exchange. To participate, register and bring one new, unwanted item wrapped in newspaper or a paper bag. Laughs are sure to happen! Snacks and drinks are provided. **Registration is required. CAC**

Activity	Day	Date	Time	Fee
1230102-01	M	Jan 8	1:00pm-2:00pm	Free

Celebrate Lunar New Year! **NEW!**

with Frances Mai-Ling

Welcome in the Year of the Dragon and celebrate the arrival of Spring! Enjoy delicious Chinese cuisine and learn about what makes Lunar New Year a lot of fun to celebrate. **Registration deadline: Jan 5. CAC**

Activity	Day	Date	Time	M/NM
1230103-01	M	Jan 15	12:30pm-2:15pm	\$28/\$30
1230103-02	M	Jan 15	1:15pm-2:15pm	\$12/\$14 (Show Only)

Souptastic Surprise! **NEW!**

Savor some favorite classic winter soups to warm your heart on a cold winter's day. You won't want to miss this fun and delicious mystery soup day that also includes a scrumptious dessert! **Registration deadline: Jan. 17. CAC**

Activity	Day	Date	Time	M/NM
1230104-01	F	Jan 26	Noon-1:00pm	\$15/\$18

Lost Chicago Department Stores **NEW!**

with Leslie Goddard

For decades, Chicago was home to some of America's grandest department stores. Clustered along a mile-long stretch of State Street, stores like Marshall Field's; Carson Pirie Scott; Sears; Wieboldt's; Montgomery Ward; and Goldblatt's set new standards for retail innovation, customer service, and visual display. Generations of Chicagoans trekked to these stores for holiday shopping, celebrations, and fun. In this illustrated lecture, historian and author Leslie Goddard, Ph.D., revisits Chicago's fabulous retail emporiums and explores their rise and fall. Lunch on Sloppy Joe's, mac and cheese, potato chips, and dessert. **Registration deadline: Jan 22. CAC**

Activity	Day	Date	Time	M/NM
1230105-01	M	Jan 29	12:30pm-2:00pm	\$28/\$30
1230105-02	M	Jan 29	1:00pm-2:00pm	\$12/\$14 (show only)

Love & Unmentionables, Oh My! **NEW!**

Celebrate Valentine's Day with a delicious lunch and sweets followed by a uniquely entertaining program, "Speaking of Unmentionables: The Rise & Fall of Ladies' Underwear" with Ellie Carlson. Menu includes lasagna, penne marinara pasta, marinara meatballs, Caesar salad, rolls, and dessert. **Registration deadline: Feb 5. CAC**

Activity	Day	Date	Time	M/NM
1230106-01	M	Feb 12	12:30pm-2:15pm	\$28/\$30
1230106-02	M	Feb 12	1:15pm-2:15pm	\$12/\$14 (show only)

Oscar Party **NEW!**

Join us for lunch as we celebrate the 96th Academy Awards honoring motion pictures released in 2023. Our surprise guest presenter, who is an award-winning screenwriter, associate professor in Cinema and Television Arts, and an instructor in film comedy at Second City's Film School at Chicago's famed Second City, will share clips and review this year's films and personalities. You will also get to vote on who you believe will win in each category, and the person(s) with the most correct wins a prize. Menu announced in the S.T.A.R. Newsletter. **Registration deadline: Feb 22. CAC**

Activity	Day	Date	Time	M/NM
1230107-01	Th	Feb 29	12:30pm-2:45pm	\$28/\$30
1230107-02	Th	Feb 29	1:15pm-2:45pm	\$12/\$14 (show only)

St. Patrick's Day Luncheon **Sponsored by Alteas Health**

Featuring Harrington's Corned Beef Dinner

Celebrate St. Patrick's Day with fun, fellowship, an abundance of green, and a little taste of Ireland! Harrington's will be back with their traditional corned beef and cabbage lunch. Once you've gotten your fill of traditional Irish fare, sit back and enjoy Terry Byrne, an Irish American singer/songwriter whose music is a mix of Irish, country and rock, and who also performs regularly at Harp & Fiddle. Register early as this luncheon is sure to fill up fast! **Registration deadline: Mar 6. CAC**

Activity	Day	Date	Time	M/NM
1230108-01	W	Mar 13	12:30pm-2:15pm	\$35/\$38
1230108-02	W	Mar 13	1:15pm-2:15pm	\$12/\$14 (show only)

Easter Brunch & Hunt **Sponsored by Chestnut Square**

Great food, good conversation, and the highly anticipated Egg Hunt is the perfect way to celebrate Easter! Indulge in all your breakfast favorites without the hassle of dishes. Menu announced in the S.T.A.R. Newsletter. **Registration deadline: Mar 20. CAC**

Activity	Day	Date	Time	M/NM
1230109-01	W	Mar 27	10:00am-Noon	\$35/\$38

Luncheons

Just Lunch

Looking to enjoy good company and a delicious catered meal? Look no further! Lunch is provided by a local restaurant. After Just Lunch, stay for a new movie. Check with the front desk for meal and movie selection. **CAC**

Activity	Day	Date	Time	M/NM
1230304-01	M	Feb 5	Noon-1:00pm	\$15/\$16
1230304-02	M	Mar 4	Noon-1:00pm	\$15/\$16

S.T.A.R. Movies & Games

Oscar Series

Join us to enjoy four Oscar nominated movies with fresh popcorn. Check with the front desk for movie titles. We'll also be throwing an Oscar Party on February 29. See page 27 for more details. **CAC**

Activity	Day	Date	Time	M/NM
1230404-01	M	Jan 22	1:00pm-3:00pm	\$3/\$4
1230404-02	M	Feb 5	1:00pm-3:00pm	\$3/\$4
1230404-03	M	Feb 19	1:00pm-3:00pm	\$3/\$4
1230404-04	M	Feb 26	1:00pm-3:00pm	\$3/\$4

Bingo and Pizza

B-I-N-G-O is a fun game of chance that anyone can play. Visit with all your friends as you play a few rounds of bingo. Dessert and pizza is served. **CAC**

Activity	Day	Date	Time	M/NM
1230305-01	W	Jan 17	12:30pm-2:30pm	\$13/\$15
1230305-02	W	Feb 21	12:30pm-2:30pm	\$13/\$15
1230305-03	W	Mar 20	12:30pm-2:30pm	\$13/\$15

Poker Tournament

Play poker and win some prizes! Snacks are provided. **CAC**

Activity	Day	Date	Time	M/NM
1230514-01	Th	Jan 18	1:00pm-4:00pm	\$8/\$10
1230514-02	Th	Feb 15	1:00pm-4:00pm	\$8/\$10
1230514-03	Th	Mar 21	1:00pm-4:00pm	\$8/\$10



Centennial Game Show

There is no better way to spend a Wednesday afternoon than competing against your friends for some friendly game show fun! Test your knowledge of classic game shows such as *Who Wants to Be a Millionaire*, *Wheel of Fortune*, and *Family Feud*. Enjoy a delicious seasonal treat as you win prizes and hone in on your skills! Survey says, it will be a great day to play! Dessert is served. **CAC**

Activity	Day	Date	Time	M/NM
1230533-01	W	Feb 7	2:00pm-3:00pm	\$4/\$6
1230533-02	W	Mar 6	2:00pm-3:00pm	\$4/\$6

Registration deadline is one week before programs begin unless otherwise noted.

Educational Seminars

Boost Your Brain Health

With Mary Bielski, RN, MSN, EdD

Research has shown that decision-making skills improve as we age. Discover how to keep your mind sharp, healthy, and fit in this interactive 8-week class. This series provides you with exercises to enhance brain health, address management of other factors such as sleep, nutrition, supplements, and so much more! **CAC**

Activity	Day	Date	Time	M/NM
1230308-01	M	Jan 22-Mar 11	1:00pm-2:00pm	\$40/\$56

Soup Making

Sponsored by Summit of Uptown

The winter can be cold and dreary, but there's nothing like a warm bowl of delicious soup to get through the long winter season. Chef Jacob Rock will lead you through a soup making class. Includes two soups, bread, and dessert. **CAC**

Activity	Day	Date	Time	M/NM
1230303-01	W	Jan 31	11:00am-1:00pm	\$8/\$10

Heart Health

Sponsored by Alteas Health

February is the month of hearts and love! But, do you know what makes a healthy heart and the best ways to keep it healthy? Alteas Health walks you through helpful tips on nutrition, exercise, risks, and factors that effect your heart. A small snack is served. **CAC**

Activity	Day	Date	Time	M/NM
1230307-01	Tu	Feb 13	10:00am-11:00am	FREE

Downsizing & Real Estate 101

Sponsored by HomeSmart Realty

HomeSmart Realty walks you through where to start in downsizing, decluttering, and understanding the real estate market. All your questions will be answered and you'll leave feeling prepared for the next chapter of living! A small snack is served. **CAC**

Activity	Day	Date	Time	M/NM
1230309-01	Th	Feb 22	10:00am-11:00am	FREE

Dealing with Alzheimer's & Dementia

Sponsored by Amada Senior Care

Dealing with or trying to get an Alzheimer's or Dementia diagnosis can be overwhelming. Along with their director of nursing, Amada Senior Care will walk you through the basics of care, science behind the diagnosis, supports available, and how to stay informed. Put your mind at ease and learn the facts during this emotional time. A small snack is served. **CAC**

Activity	Day	Date	Time	M/NM
1230310-01	Th	Mar 28	10:00am-11:00am	FREE



Native Garden Design & Care

Learn about a sustainable gardening style that helps promote healthy soil, runoff water absorption, and habitat for birds and pollinators. Native Garden Design and Care covers the basics of design and bed preparation, plant palettes for different levels of sun and moisture, and techniques for keeping these otherwise known "wildflowers" looking tidy for front yard landscaping. Immerse yourself in an evening of native trees, shrubs, and perennials that are fantastic for nature and your curb appeal. Instructor: Sara Strother, a certified Cook County Master Naturalist and the owner of Planted Green LLC. **CAC**

Activity	Day	Date	Time	M/NM
1230311-01	Tu	Feb 20	7:00pm-9:00pm	FREE

Registration deadline is one week before programs begin unless otherwise noted.

Fitness Classes

Yoga for Aging Well

This mat yoga class focuses on building strength, agility, balance, and flexibility. This is a more active class for seniors that includes floor, seated, and standing postures. Participants must be able to get up and down from the floor on their own. Instructor: Jodi Fedoruk. **CAC**

Activity	Day	Date	Time	M/NM
1230601-01	M	Jan 8-Feb 12	10:15am-11:00am	\$48/\$60
1230601-02	M	Feb 19-Mar 25	10:15am-11:00am	\$48/\$60

Mindful Chair Yoga

In this class, we combine mindfulness practices with yoga movements that help you find strength, flexibility, and balance while seated and standing. All experience levels are welcome. Class size is limited, so sign up today. Instructors: Jodi Fedoruk (Tues), Cindy Dienhart (Thurs). **CAC**

Activity	Day	Date	Time	M/NM
1230602-01	Tu	Jan 9-Feb 13	10:15am-11:00am	\$48/\$60
1230602-02	Th	Jan 11-Feb 15	10:15am-11:00am	\$48/\$60
1230602-03	Tu	Feb 20-Mar 26	10:15am-11:00am	\$48/\$60
1230602-04	Th	Feb 22-Mar 28	10:15am-11:00am	\$48/\$60

Gentle Exercise with a Therapy Dog

Bobbie and her therapy dog, Bella, team up to improve your body and mind with gentle movements. This class is appropriate for those with arthritis and chronic conditions and offers gentle cardio, strength training, flexibility, balance and meditation which can be done seated or standing. Instructor: Bobbie Adams. **CAC**

Activity	Day	Date	Time	M/NM
1230521-01	Tu	Jan 9-Feb 13	12:30pm-1:15pm	\$48/\$60
1230521-02	Tu	Feb 20-Mar 26	12:30pm-1:15pm	\$48/\$60

FUNctional Fitness

Join us Wednesday and Friday mornings for a combo of cardio and resistance training. The perfect way to start each day! Instructor: Maria Nickolson (Wed) and Meghan Cashman (Fri). **CAC**

Activity	Day	Date	Time	M/NM
1230610-01	W	Jan 10-Feb 14	9:00am-10:00am	\$36/\$48
1230610-02	F	Jan 12-Feb 16	9:00am-10:00am	\$36/\$48
1230610-03	W	Feb 21-Mar 20	9:00am-10:00am	\$30/\$40
1230610-04	F	Feb 23-Mar 29	9:00am-10:00am	\$36/\$48

Seated Pelvic Core Fusion - Cardio

This exercise class utilizes the Pelvicore Pro, weights, and bands to improve total body function. Core training and balance reaction is emphasized. This class is mainly chair based, but also includes exercises standing and with chair support, depending on modifications needed for participants. Instructor: Tina Christie. **CAC**

Activity	Day	Date	Time	M/NM
1230611-01	Tu	Jan 9-Feb 13	9:10am-10:00am	\$36/\$48
1230611-02	Tu	Feb 20-Mar 26	9:10am-10:00am	\$36/\$48

Seated Pelvic Core Fusion – Flexibility

This functional movement class strengthens and lengthens your muscles to improve total body function, utilizing the Pelvicore Pro and therapy bands for mobility, stability, and flexibility. Class is chair based, but may include standing with chair support, depending on modifications needed for participants. Instructor: Michele Crump. **CAC**

Activity	Day	Date	Time	M/NM
1230611-03	W	Jan 10-Feb 14	10:30am-11:30am	\$36/\$48
1230611-04	W	Feb 21-Mar 20	10:30am-11:30am	\$30/\$40

Tai Chi for Arthritis and Chronic Conditions

Tai chi helps improve flexibility, muscle strength, heart and lung activity, posture, and balance to prevent falls. Enjoy the class at your own pace standing or seated. Instructor: Bobbie Adams. **CAC**

Activity	Day	Date	Time	M/NM
1230603-01	F	Jan 12-Feb 16	11:30am-12:15pm	\$48/\$60
1230603-02	F	Feb 23-Mar 29	11:30am-12:15pm	\$48/\$60

Movers & Shakers

Low Impact Dance Fitness

Learn easy-to-follow choreography that focuses on balance, range of motion, and coordination. Not only will you enjoy dance cardio, but light strength training as well. Come ready to sweat, and prepare to leave empowered and feeling strong. The moves are low impact and the perfect way to get you moving and shaking! Instructor: Maria Nicholson. **CAC**

Activity	Day	Date	Time	M/NM
1230608-01	M	Jan 8-Feb 12	9:00am-10:00am	\$48/\$60
1230608-02	M	Feb 19-Mar 25	9:00am-10:00am	\$48/\$60

Meditation

Meditation can help you reduce anxiety and help you cope with stress. It can eliminate pain, help you sleep well, and so much more. With meditation learn to achieve inner peace and tranquility in your life! Instructor: Joany Binder. **CAC**

Activity	Day	Date	Time	M/NM
1230615-01	Tu	Jan 9 & 23	11:00am-Noon	\$16/\$20
1230615-02	Tu	Feb 13 & 27	11:00am-Noon	\$16/\$20
1230615-03	Tu	Mar 12 & 26	11:00am-Noon	\$16/\$20

Registration deadline is one week before programs begin unless otherwise noted.

Special Interest Classes

Adult Art (Ages 18 & Up)

Our instructor guides students in all media, including sketching, pastels, watercolor, oils, and acrylics. New students should bring a pencil and sketch pad to the first class. Instructor: Linda Khan. **CAC**

Activity	Day	Date	Time	Fee
1120113-01	Th	Jan 11-Feb 29	9:00am-Noon	\$64

Adult Art Studio Workshop (Ages 18 & Up)

Studio Workshop is for more independent artists. Continue to work on your current "masterpiece" or try something new. Set up a still life, work from a model, try a different technique or medium, and participate in group critiques. Instructor: Linda Khan. **CAC**

Activity	Day	Date	Time	Fee
1120114-01	W	Jan 10-Feb 28	12:30pm-3:30pm	\$64

S.T.A.R. Art Workshop

Calling out your inner Picasso! Our talented instructor can bring out the best in you artistically! All ability levels are welcome. Instruction is in acrylics. Instructor: Rae Penzin. **CAC**

Activity	Day	Date	Time	M/NM
1230501-01	M	Jan 8-Feb 12	10:00am-Noon	\$60/\$72
1230501-02	M	Feb 19-Mar 25	10:00am-Noon	\$60/\$72

Zentangle Art **NEW!**

Bring out the artist inside you with Zentangle! This 4-week class teaches the mindfulness practice of Zentangle Art, which is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn the step-by-step process that combines "elemental strokes" such as dots, lines, simple curves, and orbs to create your own original, unique, and beautiful Zentangle images. No experience required. All supplies included. Instructor: Robin Moss. **CAC**



Activity	Day	Date	Time	M/NM
1230529-01	Tu	Mar 5-Mar 26	1:00pm-2:00pm	\$40/\$45

Birdhouse Making

with Ted Sigg

In this 2-hour class, Ted Sigg leads you through the step-by-step process to build three of your own birdhouses – a wren house, goldfinch house, and a nesting platform for robins and mourning doves. No experience necessary and all materials and use of tools is provided. **CAC**

Activity	Day	Date	Time	Fee
1230530-01	Th	Mar 14	10:00am-Noon	\$15



Plant Box Making

with Ted Sigg

In this 2-hour class, build a plant box with a rack that holds four, 4" round flower pots. The plant box can be decorated and used inside, while the rack and flower pots can be used outside, if desired. All materials for the plant box, flower pots, potting soil, and seedlings are provided. If you desire, you can bring your own seeds or seedlings. Decorating of the plant box is on your own. **CAC**

Activity	Day	Date	Time	Fee
1230531-01	Tu	Mar 19	6:00pm-8:00pm	\$25

Beginning Mah Jongg

Are you interested in learning all about the hype around Mah Jongg, an ancient Chinese tile game? Would you like to keep your mind active and keep dementia at a distance? Then this game is for you! Game play taught is based on the American Standard Way. All supplies are included for game play. This is a contracted class. Instructor: Joyce DeWinter. **CAC**

Activity	Day	Date	Time	M/NM
1230522-01	Th	Feb 1-Mar 21	1:00pm-3:00pm	\$64/\$80

Intermediate Mah Jongg

Enhance your skills and learn more game play with this follow-up class to our beginner session. Game play taught is based on the American Standard Way. All supplies are included for game play. This is a contracted class. Instructor: Joyce DeWinter. **CAC**

Activity	Day	Date	Time	M/NM
1230524-01	W	Feb 7-Mar 27	1:00pm-3:00pm	\$64/\$80

We are offering CPR/AED Certification!

See page 61

Beginning Ukulele

If you have always wanted to play a musical instrument but think it is too late to start now, this is the class for you! The ukulele is becoming one of the most popular instruments among people of all ages. It is also one of the easiest to learn. Learn basic chords and strums and play a song by the end of the first lesson. Instructor: Peggy Mistak. **CAC**

Activity	Day	Date	Time	M/NM
1230516-01	M	Jan 8-Feb 26	1:30pm-2:15pm	\$80/\$96

Beginner Plus Ukulele

Feeling rusty after a long break or need to refresh your skills? Have no fear because Ukulele class is here! Refresh your skills and review anything giving you trouble. This is a continuation of Beginning Ukulele. Instructor: Peggy Mistak. **CAC**

Activity	Day	Date	Time	M/NM
1230502-01	M	Mar 4-Mar 25	1:30pm-2:15pm	\$40/\$48

Yoga + Flower Arranging

Let this flower arranging class boost your mood, stimulate your intellect, and engage your senses while improving your motor function and dexterity. To get your creative juices flowing, we begin class with yoga followed by guided instruction to help you create your own beautiful floral arrangements for the holidays! Cost includes instruction and all supplies. **CAC**

Activity	Day	Date	Time	Fee
1230528-01	Th	Feb 8	10:30am-11:30am	\$24
1230528-02	Th	Mar 21	10:30am-11:30am	\$24

Reader's Theatre

It's a casting call! This group brings storytelling and radio theatre to life! It is a theatre of imagination where you do not have to memorize scripts, but, rather, get into the full meaning of different plays, and even put on a short play. Your instructor is a degreed working director/actor/and educator in theatre. Broadway, here we come! Instructor: Allison Sword. **CAC**

Activity	Day	Date	Time	M/NM
1230507-01	Th	Jan 11-Feb 15	11:30am-12:30pm	\$72/\$84

Improv Games and Scenes

Students learn the fundamentals of improvisation through fun and energizing games that encourage them to break outside of their comfort zones and embrace their inner kid again! This class involves no memorization, just a willingness to create, play, laugh, connect, let loose, and try something new while practicing mental stimulation and flexibility. Class involves some movement. This is a contracted class. Instructor: Allison Sword. **CAC**

Activity	Day	Date	Time	M/NM
1230520-01	Th	Feb 22-Mar 28	11:30am-12:30pm	\$72/\$84



S.T.A.R. Tap Classes

Shuffle, hop, toe, flap, and ball-change! Learn how to be the next Gregory Hines or Ann Miller. Brush up on what you already know and add on to your repertoire. Instructor: Jeannine Pilolla. **CAC**

Activity	Day	Date	Time	M/NM
1230605-01	Tu	Jan 9-Feb 13	12:30pm-1:30pm	\$36/\$48
1230605-02	Tu	Jan 9-Feb 13	1:45pm-2:45pm	\$36/\$48
1230605-03	Tu	Feb 20-Mar 26	12:30pm-1:30pm	\$36/\$48
1230605-04	Tu	Feb 20-Mar 26	1:45pm-2:45pm	\$36/\$48

Intermediate Sewing (Ages 18 & Up)

Gwen Jaeger takes you a step further with our sewing skills and hones in on specific projects. Please note this class is for experienced sewers. A sewing machine is required for the class. **CAC**

Activity	Day	Date	Time	Fee
1230527-01	M	Jan 8-Feb 12	6:30pm-8:00pm	\$60
1230527-02	M	Feb 19-Mar 25	6:30am-8:00pm	\$60

Day Trips All trips depart from CAC

Mystery Meals

Mystery meals takes you on a progressive journey for a day of eating. Start mid-morning with an appetizer to tide you over. Then head to a surprise restaurant for a unique lunch experience. Finally finish out the day with something sweet to end the adventure. Please note the restaurant locations are a mystery and revealed on the day of the event. Food is included in the fee. **Registration deadline: Jan 17.**

Activity	Day	Date	Time	M/NM
1230903-01	W	Jan 24	10:00am-4:00pm	\$65/75

Jersey Boys

Fireside Theatre, Fort Atkins, WI

Jersey Boys follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Winner of the Tony Award for Best Musical, *Jersey Boys* takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Enjoy electrifying performances of chart-topping hits including, "Sherry," "Big Girls Don't Cry," and "My Eyes Adored You," which took The Four Seasons to the Rock 'n' Roll Hall of Fame. Select one entrée from a choice of seared pork ribeye, steamed salmon, or creole chicken. **Registration deadline: Dec 29.**

Activity	Day	Date	Time	M/NM
1230901-02	Th	Feb 1	8:15am-6:30pm	\$140/\$150

Mitchell Park Domes

Milwaukee, WI

The Mitchell Park Horticultural Conservatory, better known as The Domes, is a living museum filled with plants from across the globe. Explore the Domes with a Park Naturalist who will share their knowledge in a 1-hour guided tour of the Mitchell Park Domes Train Show. After the tour you will have an additional 30 minutes to visit a favorite dome and the gift shop. Following the Domes, we'll lunch at a Miss Katie's Diner, a 1950s themed diner featuring a menu of classic American fare. **Registration deadline: Feb 16.**

Activity	Day	Date	Time	M/NM
1230901-03	W	Feb 28	9:30am-3:30pm	\$69/\$79

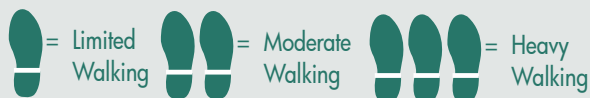


Harley-Davidson Museum

Ride along an epic trip through time at the Harley-Davidson Museum, a 20-acre, park-like campus where you'll discover the culture and history through stories and interactive exhibits that celebrate expression, camaraderie, and love for the sport in a guided Spotlight Tour. View an unrivaled collection of Harley-Davidson motorcycles and memorabilia, and lunch afterwards at MOTOR Bar & Restaurant. Lunch is not included in the fee. **Registration deadline: Feb. 23.**

Activity	Day	Date	Time	M/NM
1230901-04	Tu	Mar 5	9:30am-3:30pm	\$59/\$69

Day Trip Walking Guide:



**See the S.T.A.R. Newsletter
for additional day trips!**



LET'S EAT! DINING OUT TRIPS

Ages 55 & Up

SG

Try out restaurants near and far, and leave the driving to us! Each month we visit a different restaurant, and you get to choose what you order. Your cost simply includes the price of transportation; meal cost is on your own. If you want to meet at the restaurant, please let the front desk know. Register early to secure your seat!

Tom's Steakhouse

Melrose Park, IL

Tom's Steak House is an iconic steak house that has stood at the same location since 1952, providing great cuts of USDA prime aged steaks along with pork chops, chicken, and ribs, as well as a variety of fresh fish and seafood.

Activity	Day	Date	Time	M/NM
1230902-01	Th	Jan 4	11:00am-3:00pm	\$7/\$8

Venuti's

Addison, IL

Relaxed, family-friendly atmosphere offering affordable classic homemade Italian food where each pasta dish is made from scratch from recipes that have been handpicked from the Venuti family as well as new ones from their renown chef. This restaurant combines old world flavor with a modern twist.

Activity	Day	Date	Time	M/NM
1230902-02	Th	Feb 8	11:00am-3:00pm	\$7/\$8

The Local Kitchen + Tap

Schaumburg, IL

A casual dining hotspot that works closely with local vendors to deliver high-quality food and beverages in a fun and inviting atmosphere. From bakeries and butcher shops to distilleries and breweries – you will know that the items on your table are from local vendors in and around the area.

Activity	Day	Date	Time	M/NM
1230902-03	Th	Mar 7	11:00am-3:00pm	\$7/\$8

Extended Travel Opportunities with Collette Tours

2024 Travel Preview: Shades of Ireland & Greece Island Hopper

Join us as we learn more about the 2024 Shades of Ireland and 2025 Greece Island Hopper trips with Collette Vacations.

Activity	Day	Date	Time	Fee
1230204-01	W	Feb 7	1:00pm	FREE

Please contact Sarah Chuipek at schuipek@prparks.org or 847-692-3035 for more information on extended travel.

2024 International Tour: Shades of Ireland

September 7-16, 2024 (10 Days)

Tour highlights include: Dublin, Irish Evening, Choice on Tour: Dublin City Bus or Walking Tour, Kilkenny, Waterford, Choice on Tour: Waterford Crystal Factory or Waterford Medieval Museum and Wine Vault, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, Castle Stay. Add on trips to London and Edinburgh. <https://gateway.gocollette.com/link/1186950>



2024 International Tour: Greece Island Hopper

April 24-May 4, 2025 (11 Days)

You're on your way to Greece – where Mediterranean sunshine and bright blue waters meet eons of creative ingenuity and an everlasting legacy. Feel the energy of the past and allow the ocean breeze to ruffle your hair – this is the picture-perfect getaway you've always dreamt of. Tour highlights includes Athens, Taverna Dinner Show, Acropolis, The Parthenon, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri, Wine Tasting, and more!





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BRICKTON CLASSES ARE HELD AT THE CENTENNIAL ACTIVITY CENTER

Youth Programs

The Kids & I

Ages 2-5 with adult

SC

Adults and pint-sized artists come together to create masterpieces! We use a variety of art mediums and techniques such as clay, watercolors, collage, and pastels, with the focus on the colorful process of art. It's a great way for caregivers to bond with children creatively! In order to provide the best quality time with your child, we ask that you refrain from bringing other children to class. **CAC**

Activity	Day	Date	Time	R/NR
1090111-01	Sa	Jan 13-Mar 16	9:30am-10:20am	\$191/\$195
1090111-02	M	Jan 8-Mar 11	9:00am-9:50am	\$191/\$195
1090111-03	Th	Jan 11-Mar 14	9:00am-9:50am	\$191/\$195

Creative Kids

Ages 3-5

SC

Join a Brickton classic! Tots come to have some fun learning the basics of creating art. We paint, draw, glue, cut paper, and form clay. These small artists are learning and progressing while having a colorfully good time! **CAC**

Activity	Day	Date	Time	R/NR
1090113-01	M	Jan 8-Mar 11	10:00am-10:50am	\$191/\$195
1090113-02	Th	Jan 11-Mar 14	10:00am-10:50am	\$191/\$195

Kids' Clay

Ages 5-8

SC

Calling all clay-crazy kids! We use hand building techniques as we create pinch pots, animals, tiles, masks, unusual objects, and vessels in this fun class! Safe glazes are used to add color to your work. Each week offers a new project. There is no such thing as too much clay! **CAC**

Activity	Day	Date	Time	R/NR
1090120-01	Tu	Jan 9-Mar 12	4:00pm-4:50pm	\$191/\$195

See & Draw

Ages 5-8

SC

Finally, a class to introduce the fundamentals of drawing to younger children and help them grow in their understanding, ability, and confidence. We use visuals to strengthen our artistic hand-eye coordination as we explore the fundamentals of drawing. Each week we pick an object, animal, or scene and learn how to draw it. **CAC**

Activity	Day	Date	Time	R/NR
1090117-01	W	Jan 10-Mar 13	4:00pm-4:50pm	\$191/\$195

Adventures In Art

Ages 5-8

SC

This class is a staple in our curriculum for a reason! Here is a wonderful opportunity for this age group to get their hands in a little bit of everything. Learn a bit about every art medium, such as drawing, clay, watercolor, and sculpture. We use ink, graphite, pastel, paints, and clay as we really get our creativity pumping! Projects change every session. **CAC**

Activity	Day	Date	Time	R/NR
1090119-01	Sa	Jan 13-Mar 16	10:30am-11:20am	\$191/\$195
1090119-02	M	Jan 8-Mar 11	4:00pm-4:50pm	\$191/\$195

Contact the Staff:
We're Here to Help!

Brickton Art Center Director
Alyssa Harris
847-823-6611
bricktondirector@gmail.com

Brickton Art Center

Paint It All!

Ages 5-8

SC

Explore different kinds of paints, from watercolors to acrylics, and create colorful projects on a variety of surfaces like canvas, foil, rocks, clay and more! If you love to paint and explore, then this is the class for you! **CAC**

Activity	Day	Date	Time	R/NR
1090112-01	Th	Jan 11-Mar 14	4:00pm-4:50pm	\$191/\$195

Mixed Media

Ages 8-12

SC

"Mixed Media" simply means using many different material on one art piece. This is a project-based class using a wide variety of media: paints, oil pastels, chalk pastels, mod podge, and watercolors. Students are exposed to media using these materials. **CAC**

Activity	Day	Date	Time	R/NR
1090114-01	M	Jan 8-Mar 11	5:00pm-6:00pm	\$191/\$195

Cool Clay

Ages 8-12

SC

This fun class is designed to challenge older children. We do a variety of projects which use the basic techniques of ceramics and grow from there. Students are led in a series of projects and work with glazes as well. **CAC**

Activity	Day	Date	Time	R/NR
1090122-01	Tu	Jan 9-Mar 12	5:00pm-6:00pm	\$191/\$195

Drawing For Older Children

Ages 8-12

SC

The instructor uses exercises and projects to encourage practice of drawing fundamentals and helps children grow in their understanding, ability, and confidence. We use visuals to strengthen our artistic hand-eye coordination as we explore still life and portrait drawing. **CAC**

Activity	Day	Date	Time	R/NR
1090134-01	W	Jan 10-Mar 13	5:00pm-6:00pm	\$191/\$195

Painting On Canvas

Ages 8-12

SC

Learn the proper way to paint on canvas using acrylic paints. From priming your canvas, creating an undertone, transferring images, and more! You will be painting like an expert in no time. Students create one larger canvas and a couple smaller pieces. **CAC**

Activity	Day	Date	Time	R/NR
1090118-01	Th	Jan 11-Mar 14	5:00pm-6:00pm	\$191/\$195

Brickton Birthday Parties

Host your next birthday at Brickton! We offer tons of fun projects for kids' parties. We recommend contacting the center 3-5 weeks ahead to secure a date/time. Price is \$35 per child for a 1.5 hour party (minimum of 3 and maximum of 8).

Email Alyssa at bricktondirector@gmail.com for details.

Tween Pottery & Wheel Throwing

Ages 10-14

SC

This class introduces students to throwing on the potter's wheel and more advanced hand building techniques. Pieces are fired and glazed. **CAC**

Activity	Day	Date	Time	R/NR
1090121-01	Tu	Jan 9-Mar 12	6:30pm-8:00pm	\$231/\$235

Painting & Drawing Studio

Ages 10-14

SC

For all levels of experience and run as a studio session, students explore their own ideas for painting and drawing, using a variety of drawing and paint techniques and mediums. The instructor works briefly with students as a group, and then works with students individually while they develop their ideas. **CAC**

Activity	Day	Date	Time	R/NR
1090128-01	Th	Jan 11-Mar 14	6:30pm-8:00pm	\$231/\$235

Adult Fine Art Classes

Creative Ceramics

Ages 15 & Up

SC

Whether you are an old pro or have never touched clay, there is a place for you in this wonderful class! Learn and refine clay hand building skills using coil and slab, pinch, and drape construction techniques to create relief and three-dimensional ceramic forms. Learn the basics of forming pottery on the wheel. Color glazes are used for embellishment. Use your own creative ideas to design functional and decorative art works for you and your home! **CAC**

Activity	Day	Date	Time	R/NR
1090127-01	M	Jan 8-Mar 11	7:00pm-9:00pm	\$271/\$275

Creative Space Studio

Ages 15 & Up

SC

Are you looking to enhance your creativity? Are you already creative but just need to set aside some time for yourself and your art? This studio class is for anyone looking for a creative outlet. Each week we have a new material or method for you to explore and create a finished product. You can also use this studio time to work on any project you've been meaning to do, and you will have access to our materials and one of our dynamic teachers who can give you feedback or assistance. **CAC**

Activity	Day	Date	Time	R/NR
1090131-01	W	Jan 10-Mar 13	7:00pm-9:00pm	\$271/\$275

Private Lessons

Brickton offers private lessons in a variety of media such as ceramics, drawing, painting, and mixed media for artists of all ages who want individual guidance. Lessons can be customized to fit your interests and schedule.

Email Alyssa at bricktondirector@gmail.com for details.

WILDWOOD

PARK RIDGE PARK DISTRICT

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Wildwood is the Park Ridge Park District's Hidden Gem - Explore it Today!

Enjoy the Beauty of Nature!

Inside at the Wildwood Nature Center (531 Forestview Ave.)

Stop in at the Wildwood Nature Center during our open hours to visit our animals, including turtles, frogs, snakes, salamanders, and well as rabbits, guinea pigs, and bearded dragons. Learn and play in our Nature Nook, our educational area complete with books, puzzles, puppets, and activities. Each month we explore a different nature topic. Also inside is a restroom, drinking fountain, and first aid. Feel free to ask questions of our talented naturalist staff about any plants or animals that you see.



From March to October, take part in our **Access to Fishing and Pond Dipping** program. Check out fishing poles and pond dipping nets in the nature center to explore the Wildwood ponds. Fishers need to bring their own bait and have a valid fishing license if over 18, and everything in the pond is catch and release. Help keep the pond safe for people, plants, and wildlife, and be sure to clean up any garbage and fishing line.

Inside the Wildwood Program Center (529 Forestview Ave.)

Our program center is home to three classroom spaces for our nature programming, family classes, scout programs, school group field trips, nature camps, and birthday parties.



Outside and Around Wildwood

From dawn to dusk, venture out and around Wildwood on paved paths that encircle the pond, a crushed gravel path that wanders through the prairie, and a woodchipped walk traversing the woodland. Wildwood is nestled on 8 acres where you can discover the diversity of native trees, flowers, and plants. Catch a glimpse of animals including variety of reptiles, amphibians, insects, and numerous songbirds and waterfowl. Learn about the plants and animals through the interpretive signage and living field guide garden. Enjoy the other amenities and overlook the prairie on the Sam Biardo Observation deck, unwind on the labyrinth, and tell time with your shadow at human sun dial.

Admission to the Wildwood Nature Center is FREE.

The hiking trails, prairie, and ponds are open daily from dawn until dusk. Please note, public restrooms are not available when the Nature Center is closed. Restrooms are available across the street at the Maine Park Leisure Center.

NATURE CENTER VISITING HOURS

While the Wildwood Program Center is currently open for programs, events, and birthday parties, the Wildwood Nature Center is still closed for expansion of our new facility. **Check prparks.org for the opening date.**

Upon reopening, hours will be as follows:

Tuesday-Thursday 10:00am-6:00pm
Saturday 10:00am-4:00pm

HOLIDAY HOURS

December 24. Closed
December 25. Closed
December 31. Closed
January 1, 2024 Closed

Wildwood Expansion Update

We anticipate reopening the Wildwood Nature Center Animal Room and Nature Nook at 531 Forestview Ave. in mid-December.

For project updates, please visit prparks.org.



Contact the Staff: We're Here to Help!

Wildwood Supervisor
Jenny Clauson (JC)
847-692-3570
jclauson@prparks.org

Nature Program Coordinator II
Cara Ruffo (CR)
847-692-3570
cruffo@prparks.org

Nature Program Coordinator II - Nature Preschool
Molly Kowalski (MK)
847-692-3570
mkowalski@prparks.org

Nature Program Coordinator I - Nature Preschool
Maggie Martin
847-692-3570
mmartin@prparks.org

Wildwood Program Center

Early Childhood (with Adult)		DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR
Wild Ones (Ages 1-2 w/ Adult)		See page 45	M	Jan 22-Mar 18	9:00am-10:00am	1160101-02	\$78/\$116
			M	Jan 22-Mar 18	10:30am-11:30am	1160101-03	\$78/\$116
			M	Jan 22-Mar 18	4:00pm-5:00pm	1160101-04	\$78/\$116
Cow Pokes (Ages 2-3 w/ Adult)			F	Jan 19-Feb 9	9:00am-10:00am	1160106-05	\$40/\$63
			F	Jan 19-Feb 9	10:30am-11:30am	1160106-06	\$40/\$63
Safari Stories (Ages 2-3 w/ Adult)			F	Feb 16-Mar 8	9:00am-10:00am	1160107-05	\$40/\$63
		F	Feb 16-Mar 8	10:30am-11:30am	1160107-06	\$40/\$63	
Early Childhood (without Adult)		DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR
Nature's Two-Riffic (Ages 2-3)		See page 47	W	Jan 10-Mar 20	9:30am-11:00am	1160212-03	\$195/\$262
Toddler Tree School (Ages 2-3 as of 9/1/23)			Tu/Th	Jan 9-May 16	9:15am-11:15am	1160215-02	\$810/\$990
Nature PlaySchool (Ages 3-4 as of 9/1/23)		See page 51	M	Jan 8-May 13	9:00am-11:30am	1160310-01	\$340/\$413
			W	Jan 10-May 15	9:00am-11:30am	1160310-03	\$408/\$495
			F	Jan 12-May 10	9:00am-11:30am	1160310-05	\$385/\$468
Nature Friends (Ages 3-6)		See page 47	Th	Jan 11-Mar 21	9:00am-11:30am	1160201-05	\$251/\$307
			Th	Jan 11-Mar 21	12:30pm-3:00pm	1160201-06	\$251/\$307
			Th	Jan 11-May 16	9:00am-11:30am	1160201-11	\$408/\$495
			Th	Jan 11-May 16	12:30pm-3:00pm	1160201-12	\$408/\$495
Science Kids (Ages 3-6)			M	Jan 8-Mar 18	12:30pm-3:00pm	1160202-03	\$205/\$252
			Tu	Jan 9-Mar 19	9:00am-11:30am	1160202-07	\$251/\$307
			Tu	Jan 9-Mar 19	12:30pm-3:00pm	1160202-08	\$251/\$307
			M	Jan 8-May 13	12:30pm-3:00pm	1160202-11	\$340/\$413
			Tu	Jan 9-May 14	9:00am-11:30am	1160202-12	\$408/\$495
			Tu	Jan 9-May 14	12:30pm-3:00pm	1160202-13	\$408/\$495
Valentine's Party with the Animals (Ages 3-8)		See page 9	M	Feb 12	6:00pm-7:30pm	1160210-05	\$16/\$20
			Tu	Feb 13	6:00pm-7:30pm	1160210-06	\$16/\$20
Youth Programs		DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR
Adventure Club (Ages 5-12)		See page 58	W	Jan 17-Feb 14	3:30pm-5:00pm	1160417-05	\$68/\$68
			W	Feb 21-Mar 20	3:30pm-5:00pm	1160417-06	\$68/\$68
Disaster Squad: Rescue Team (Ages 6-12)			Th	Jan 18-Mar 14	4:00pm-5:30pm	1160436-01	\$123/\$188
Rangers in Training (Ages 10-15)			F	Jan 12-Feb 9	4:00pm-5:00pm	1160407-01	\$48/\$74
			F	Feb 16-Mar 15	4:00pm-5:00pm	1160407-02	\$48/\$74
Families		DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR
Science Night: Ice Powers		See page 9	M	Jan 15	4:00pm-5:00pm	1160503-03	\$20 per family
			M	Jan 15	6:00pm-7:00pm	1160503-04	\$20 per family
Science Night: Color Science			M	Feb 19	4:00pm-5:00pm	1160503-05	\$20 per family
			M	Feb 19	6:00pm-7:00pm	1160503-06	\$20 per family

There's more fun in store at Wildwood!
Check out our Nature Preschool on pages 51-53.

Wildwood Birthday Parties

Host a Birthday Party at Wildwood!

Our fun nature and animal-inspired parties are a unique way to celebrate your next event. Choose from any of the "Wild" themes below!

Party Fee: \$200 Resident / \$235 Non-Resident for 2-hour party

Tiny Tots Animal Adventure Party Ages 3-4

Free play with animal themed activities, create a craft, enjoy an animal story, and go on an outdoor hike. Our adventure continues as we visit the animal room to pet and feed our animal friends. Dress for an adventure.

Max: 15 children / 30 total people

Diggin' Dino Party Ages 4-9

Dig into our Dinosaur Party as you excavate bones and explode volcanoes. The party also features an outdoor nature hike and a trip to the animal room to see distant dinosaur cousins and more.

Max: 15 children / 30 total people

Animal Party Ages 5-10

Have wild fun at the Animal Party as you and your guests meet two of our animals during an indoor animal show. The party also features time to eat any food, cake or drinks (non-alcoholic) you bring, an outdoor nature hike, and a trip to the animal room to visit all the rest of our animal friends. Dress for an adventure.

Max: 20 children / 30 total people

Weird, Wacky Science Party Ages 5-12

Create, concoct, and explode! Children enjoy three weird, wacky science experiments such as making sidewalk paint, magic goop, slime, soda explosions, and more. The party also features an outdoor nature hike and a visit to the animal room. Please dress for a mess.

Max: 15 children / 25 total people

Incredible Insect Party Ages 5-12

Meet Wildwood's cool and creepy crawlers at the Incredible Insects Party. We'll arm you and your guests with magnifying glasses and bug catchers as you search the pond and prairie for insects. Enjoy a visit from Wildwood's insects and learn all about our 6 legged friends as you play a fun game. The party also features an outdoor nature hike and a visit to the animal room. Dress for an adventure.

Max: 20 children / 30 total people

Outdoor Gamer Party Ages 5-12

Children enjoy playing field games like Zombie Tag, a game of Clue, or Scavenger Hunts for our younger friends, and hiking around the prairie, pond, and woodland. End your celebration around the Campfire Circle (or Pavilion fireplace) roasting food such as hot dogs and s'mores. Party includes program leaders, firewood, and cooking sticks. Patrons are responsible to provide food to roast around the campfire.

Max: 20 children / 30 total people

Availability: March through November

About Your Wildwood Party Package

- Parties are typically held Saturdays and Sundays from 11:00am-1:00pm or 2:00pm-4:00pm, and during available times Monday-Friday. If these times do not match your schedule, please contact us and special arrangements can be made.
- You are responsible for refreshments, decorations, and paper products. (No alcoholic beverages are allowed in any Park Ridge Park District open spaces, parking lots, or parks at any time.)
- Parties should be scheduled at least one month in advance. Full payment is required at time of reservation.
- Parties are held in the Maple Room inside at Wildwood with trips to the animal room and an outdoor hike.
- Parties are geared toward engaging and educating the children attending, large amounts of adults in attendance can detract from the intended experience. If you are interested in a large family party, consider a Park District Room Rental with the Traveling Party Option.
- Wildwood Pavilion (if available) can be added on to your Wildwood Birthday Party package for an additional fee (\$57/\$114 for 2 hours) . Pavilion capacity 50 (however this outdoor space is not lightning safe).

To find out more information or to book a party, contact our Wildwood party expert, Jenny Clauson, at jclauson@prparks.org.

Campfire Birthday Party Ages 7-12

Children enjoy playing games, hiking around the prairie, pond and woodland, and roasting food around the campfire such as hotdogs and s'mores. Party includes program leaders, firewood, and cooking sticks. Patrons are responsible for providing food to roast around the campfire.

Max: 20 children / 30 total people

Fishing Birthday Party Ages 7-12

Have a "reel" good time at your Fishing Birthday Party. You and your guests will learn the parts of a pole, practice casting a line, and try your hand at catching the big one. Fisher-friends cast, reel, and catch fish for approximately one hour. Fishing poles, equipment, bait, and party leaders to remove the fish from the hook are all included. The party also features an outdoor nature hike and small group trips to the animal room.

Max: 10 children / 20 total people

Availability: April through October

TRAVELING PARTY OPTION:

Traveling Animal Show

Love the animals? They can come to your Park District party! Wildwood's animals can travel to your Park Ridge Park District indoor room rental for a 1-hour animal show that includes an animal presentation, animal interaction, and learning from animal artifacts. Animal friends vary based on feeding schedule and other factors.

\$130 Resident / \$155 Non-Resident

Maine Park Birthday Parties

BIRTHDAY PARTIES AT MAINE PARK

All parties are 1½ hours (except The Stage School parties, which are 2 hours) and include:

- Private room
- Tables and chairs
- 30-minute set-up time prior to your party
- Party attendant

Parties are available:

- Saturdays between 11:00am-5:00pm
- Sundays between 1:00pm-5:00pm

Please note that certain dates and times may not be available for parties. No party dates Jan 1, Mar 25-Apr 1.

For more information and to book a party, please complete a [Maine Park Party Package Inquiry Form](#) or contact Meghan O'Neill at 847-292-8906 or moneill@prparks.org.

BIRTHDAY PARTY THEMES:

Bounce House Party

Jump and laugh with your friends with our Bounce House party. This party includes a large bounce house for 1 hour with an attendant to watch the bounce house. Additional bounce house or upgrades can be added for additional fees.

Children Guest Maximum: 25 / Guest Total Maximum: 40

Party Fee: \$375 Resident / \$450 Non-Resident

Jigglejam Party

Sign and dance along with an interactive 45-minute concert by Jodi Koplin of Jigglejam.

Children Guest Maximum: 25 / Guest Total Maximum: 40

Party Fee: \$375 Resident / \$450 Non-Resident

Magic Party

Amaze and wow all your friends with a very interactive 45-minute performance with comedy, mystery, and magic.

Children Guest Maximum: 20 / Guest Total Maximum: 30

Party Fee: \$450 Resident / \$525 Non-Resident

Character Visit

Imagine a visit from your favorite princess, prince, or superhero! Visit lasts one hour and is filled with meet and greets, games, storytelling, singing, and more.

Children Guest Maximum: 15 / Guest Total Maximum: 30

Party Fee: \$375 Resident / \$450 Non-Resident

Dance Party

Your guests have their own professional dance instructor for 45 minutes to lead them in dance games and, of course, special party dances that are age appropriate! (i.e. Limbo, Freeze Dance, Chicken Dance, Macarena, and more).

Children Guest Maximum: 15 / Guest Total Maximum: 20

Party Fee: \$375 Resident / \$400 Non-Resident

Playground Party (Available June to October)

Enjoy your very own fenced-in outdoor playground! The playground is closed to the public during the duration of your party and is accessible from our playground party room.

Children Guest Maximum: 30 / Guest Total Maximum: 50

Party Fee: \$300 Resident / \$375 Non-Resident

The Stage School Parties

Give your child a birthday they will never forget! Each of our 2-hour themed parties comes with original magical stories, unforgettable characters, and delightful music! All lead by a Stage School Party Host in full costume ready to entertain and engage your child's guests! Our Party Host teaches all party goers a short story and song (complete with costumes and props!) which will be performed for parents at the end of the party!

Ages 4-7 Themes:

- Super Heroes Unite! Knights and Princesses
- Pirate Adventure
- Jungle Safari

Children Guest Maximum: 15

Party Fee: \$375 Resident / \$450 Non-Resident

Ages 7-12 Themes:

- Disco Diva
- Journey to Hogwarts
- Spy Escape
- Masters of the Galaxy

Children Guest Maximum: 20

Party Fee: \$375 Resident / \$450 Non-Resident

Birthday Parties

BIRTHDAY PARTIES AT CENTENNIAL FITNESS CENTER

Athletic Party Ages 5-13

Your 1½ hour private party includes 1 hour activity and 30 minutes in our party room, set up, take down and clean up, and coaches for athletic themes. Themes for Athletic Parties: Basketball, Dodgeball, Kickball, Soccer, Flag Football, Floor Hockey, Nerf Battle. Additional options include: Capture the Flag, Whiffle Ball, Relay Races. Within the hour activity time, up to three sports can be played.

\$335 R/\$428 NR

Capacity 14 guests, call or email for pricing over 14 guests

Indoor Pool Rentals All Ages

Rent the Centennial Fitness Center pool for a private pool party, available on Saturdays and Sundays after 5:00pm only. Private pool rentals include the entire pool deck: the lap pool, leisure pool, baby pool and slide, hot tub (Ages 16+), and the outdoor patio. It also includes staff, lifeguards, and a manager.

\$160 R/\$240 NR per hour

Capacity 162

Add on our party room! \$60 R/\$90 NR per hour

For more information or to book a party, please call 847-692-5167 or email rentals@prparks.org.



BIRTHDAY PARTIES AT OAKTON ICE ARENA

Ice Skating Party Package All Ages

2½ hour package includes:

- 1½ hours in multi-purpose room and kitchen area (refrigerator, stove, sink)
- 1 hour of ice time during public session for up to 10 skaters (option to add on more skaters)
- Free skate rental

\$150 R/\$215 NR

(\$4 per additional person after 10 skaters—a savings of \$5/skater)

Optional Skating Instruction: \$40 half hour private instruction

For extra fun and safety, have an instructor assist your child and their guests (up to 10 skaters) for the first 30 minutes of public skate. For groups over 10, extra instructors can be added for an additional \$40 per instructor. Instructor fee must be paid at the time of reservation.

To book your party, please email oaktonicearena@prparks.org or download a [Facility/Park Rental Application](#).

BRICKTON ART CENTER BIRTHDAY PARTIES

Host your next birthday at Brickton Art Center! We offer tons of fun projects for kids' parties. We recommend contacting the center 3-5 weeks ahead to secure a date/time.

\$35 per child for a 1.5 hour party (minimum of 3 and maximum of 8)

To book your party, please email Alyssa at bricktondirector@gmail.com.



Picnic & Pavilion Rentals

PICNIC & PAVILION RENTALS

A variety of picnic areas and pavilions are available for rent throughout the Park District. Some rentals may require a permit. Fees are based on location and residency. Call the Maine Park front desk at 847-692-5127 for details.

About Your Outdoor Rental

- Pavilion Rental time options: 11:00am-3:00pm or 4:00pm-8:00pm
- Picnic Rental time options: 9:00am-2:00pm or 3:00pm-8:00pm
- Gas grills are allowed at Woodland Park, Wildwood, and Prospect Park Pavilions. Stationary charcoal grills are provided at Centennial Park, Northwest Park, and Prospect Park picnic areas.

To find out more information or to reserve a pavilion or picnic area call 847-692-5127.

Picnic & Pavilion Rental Rates

PICNIC LOCATION

	Resident (25+ group)	Non-Resident (any size group)
Prospect Park (50 guest max)	\$19/5 hr.	\$120/5 hr.
Northwest Park (200 guest max)	\$19/5 hr.	\$120/5 hr.

Stationary charcoal grills are available.

PAVILION LOCATION

	Resident	Non-Resident (any size group)
Centennial Park Pavilion (50 guest max)	\$60/4 hr.	\$120/4 hr.
Prospect Park Pavilion (30 guest max)	\$60/4 hr.	\$120/4 hr.
Wildwood Nature Center Pavilion* (65 guest max)	\$114/4 hr.	\$228/4 hr.
Centennial Park Pavilion (50 guest max)	\$60/4 hr.	\$120/4 hr.
Woodland Park Pavilion (50 guest max)	\$60/4 hr.	\$120/4 hr.

***The Wildwood Pavilion has a wood-burning fireplace!**

There is an additional fee of \$28 for firewood.



PROSPECT PARK PERFORMING ARTS AREA

Did you know there is a performing arts area at Prospect Park? Complete a Special Event Application to rent this outdoor space.

\$100 R/\$200 NR (for a 4 hr time block)

Contact Debbie Majchszak at 847-692-3247 for more information or submit a [Special Event Permit Application](#).



Professional Photos

Permits are required to take professional photos on Park District property. The cost of this permit is \$100 per year.

To begin the permit process, call 847-692-5127 or fill out a [Facility/Park Rental Application](#).



Facility Rentals

Park Ridge Park District Facility Rentals

The Park District offers rental rooms suitable for a meeting, birthday party, family reunion, baby or bridal showers, a company basketball game, or any group function. Please note that additional liquor permit, event insurance, and fee is required for providing or serving alcohol.

Our facility staff is here to assist you with personalized service in order to find what will work best for you. Fees vary based on the facility, room size, and individual group needs. Please visit www.prparks.org to fill out a [Facility/Park Rental Application](#).

Centennial Activity Center
100 S. Western Ave. | Rentals: (847) 692-3597



Centennial Fitness Center
1515 W. Touhy Ave. | Rentals: (847) 692-5167



Maine Park Leisure Center
2701 W. Sibley St. | Rentals: (847) 692-5127



South Park Recreation Center
833 Talcott Rd. | Rentals: (847) 692-5127



Facility Rental Rates

All rates are per hour.

SMALL FACILITIES (Classroom size)	Capacity	R/NR
Centennial Activity Center (Activity Rooms 2 & 4)	15	\$30/\$45
Centennial Fitness Center (Multi-Purpose Room)	50	\$60/\$90
Maine Park	40	\$30/\$45
Prospect Park (Paula Hassell O'Connor Community Building – Rooms A,B)	40	\$48/\$72

LARGE FACILITIES	Capacity	R/NR
Centennial Indoor Pool	162	\$160/\$240
Oakton (Olympic Room)	60	\$48/\$72

BANQUET FACILITIES	Capacity	R/NR
Prospect Park (Paula Hassell O'Connor Community Building – Full Room)	120	\$87/\$131
South Park (Main Room)	130	\$87/\$131
Centennial Activity Center (Multipurpose Room)	140	\$87/\$131

GYMNASIUM	Capacity	R/NR
Centennial Fitness Center (Full Gym, 2 full courts)	300	\$155/\$233
Centennial Fitness Center (½ Gym, 1 full court)	150	\$78/\$117
Maine Park	75	\$49/\$74

Outdoor aquatic facilities rental and party information will be available in the Spring Brochure.

Call one of our friendly party specialists to book your private event today!

Oakton Sports Complex
2800 W. Oakton St. | Rentals: (224) 585-4860



Paula Hassell O'Connor Community Building
733 N. Prospect Ave. | Rentals: (847) 692-5127
Rental Availability:
Morning until 3:00pm and Afternoons starting at 5:00pm



General Recreation

Winter 2024



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Jigglejam Music



Ages 6-42 months with Adult

BP

Get ready to wiggle, JIGGLE, and giggle! Join the Jigglejam dance party and sing along to Jodi's imaginative tunes and classic favorites. Shakers, puppets, bubbles, and more surprises add to the JiggleFUN. As a children's educator and entertainer, Koplin has Jigglejammed with families all over Chicagoland and beyond for 25+ years. Through the magic of music your kids develop rhythm, language, fine and gross motor skills in a nurturing safe environment. Every child present must be registered. Want to bring siblings? Register them both for the older class. Visit www.jodijigglejam.com for more information on Jigglejam Music! **MPLC**

Ages 6-16 months

Activity	Day	Date	Time	R/NR
1130101-01	Tu	Jan 16-Mar 19	11:15am-Noon	\$183/\$278
1130101-02	W	Jan 17-Mar 20	9:15am-10:00am	\$183/\$278
1130101-03	Th	Jan 18-Mar 21	11:15am-Noon	\$183/\$278

Ages 12-24 months

Activity	Day	Date	Time	R/NR
1130101-04	Tu	Jan 16-Mar 19	10:15am-11:00am	\$183/\$278
1130101-05	W	Jan 17-Mar 20	10:15am-11:00am	\$183/\$278
1130101-06	Th	Jan 18-Mar 21	9:15am-10:00am	\$183/\$278

Ages 24-42 months

Activity	Day	Date	Time	R/NR
1130101-07	Tu	Jan 16-Mar 19	9:15am-10:00am	\$183/\$278
1130101-08	W	Jan 17-Mar 20	11:15am-Noon	\$183/\$278
1130101-09	Th	Jan 18-Mar 21	10:15am-11:00am	\$183/\$278

Toddlers-N-Action

Ages 12-24 months with Adult

BP

Music, friends, and a lot of action! Have a blast while crawling through tunnels, practicing balance, and playing with bean bags, balls, and parachutes, plus so much more! Meet new friends and join us for this fun playgroup with your toddler. This class is recommended for walkers. No class Jan 15, Feb 19. **MPLC**

Activity	Day	Date	Time	R/NR
1130107-01	M	Jan 8-Mar 18	9:30am-10:30am	\$95/\$146
1130107-05	F	Jan 12-Mar 22	9:30am-10:30am	\$116/\$178

Toddler Yogies **NEW!**

Ages 12-27 months with Adult

BP

This class provides stretching, breathing, and bonding with your toddler. Build new connections with your little one while providing a warm touch through yoga flow and open body poses. Did you know that yoga can help improve sleep? Join our certified Momma Baby Yoga instructor for a peaceful morning. Bring a yoga mat to class. No class Mar 28. **MPLC**

Activity	Day	Date	Time	R/NR
1130119-01	Th	Jan 11-Feb 15	10:15am-11:00am	\$109/\$167
1130119-02	Th	Feb 22-Mar 21	10:15am-11:00am	\$91/\$140

Mini Gym

Ages 16-28 months with Adult

BP

Come for an energetic morning in the gym. This interactive program includes circle time, free play, rhythm instruments, and bubbles! Your child learns and grows through songs and visual stimulation. All children attending class must be registered. **MPLC**

Activity	Day	Date	Time	R/NR
1130109-01	W	Jan 10-Mar 20	9:30am-10:30am	\$142/\$216

Wild Ones

Ages 1-2 years with Adult

JC

Spark the natural curiosity in your "Wild One" as we take in the beauty of the natural world. Discover snow, ice, fur, and other winter wonders with free play, outdoor nature walks (weather permitting), crafts, songs, themed activities, and visit to the animals each week. Dress for a mess. No class Feb 19. **WPC**

Activity	Day	Date	Time	R/NR
1160101-02	M	Jan 22-Mar 18	9:00am-10:00am	\$78/\$116
1160101-03	M	Jan 22-Mar 18	10:30am-11:30am	\$78/\$116
1160101-04	M	Jan 22-Mar 18	4:00pm-5:00pm	\$78/\$116

Jr Gym

Ages 28-36 months with Adult

BP

Come for an active morning in the gym. Children play, do crafts, sing songs, and participate in our circle time. All children must be registered to attend; only one adult may accompany children. **MPLC**

Activity	Day	Date	Time	R/NR
1130116-01	Th	Jan 11-Mar 21	9:30am-10:30am	\$142/\$216

Cow Pokes

Ages 2-3 with Adult

JC

Round up your little ones for a visit to the "farm". Discover different farm animals each week through stories, crafts, animal noises, and activities. We also greet the Wildwood animals each week, and venture outdoors on a short nature walk. **WPC**

Activity	Day	Date	Time	R/NR
1160106-05	F	Jan 19-Feb 9	9:00am-10:00am	\$40/\$63
1160106-06	F	Jan 19-Feb 9	10:30am-11:30am	\$40/\$63

Safari Stories

Ages 2-3 with Adult

JC

Head out on a safari adventure and search for creatures big, tall, and small that live on the other side of the world. Listen to an animal tale, create a craft, and enjoy safari animal inspired activities. We also greet the Wildwood animals each week, and venture outdoors on a short nature walk (weather permitting). **WPC**

Activity	Day	Date	Time	R/NR
1160107-05	F	Feb 16-Mar 8	9:00am-10:00am	\$40/\$63
1160107-06	F	Feb 16-Mar 8	10:30am-11:30am	\$40/\$63



Growing Up!

Ages 2-3 with Adult

BP

Growing up can be hard to do. Watch your child flourish into a pre-preschooler while you join them for this transitional class. Teachers provide a nurturing environment filled with play-based learning and social development. Be part of the next step and watch your child grow and develop some independent skills. Children learn how to follow teacher instruction and a class structure by playing with friends, doing crafts, and participating in circle time. By the end of the session, your child will be participating with friends independently and be on their way to preschool! **MPLC**

Activity	Day	Date	Time	R/NR
1130112-01	Tu	Jan 9-Mar 19	9:30am-10:30am	\$137/\$208

Wee Chefs

Ages 2-3 with Adult

BP

We provide easy, age-appropriate instruction in basic cooking combined with skill development in measuring, mixing, pouring, nutrition, safety, and following directions. Enjoy a new delicious creation each week. All children attending class must be registered. Please, only one adult in attendance per child. **MPLC**

Activity	Day	Date	Time	R/NR
1130114-02	Th	Jan 11-Feb 15	9:45am-10:45am	\$123/\$189
1130114-12	Th	Feb 22-Mar 21	9:45am-10:45am	\$116/\$177

Drop-In

Ages 16-26 months with Adult

BP

Play in the gym! This pay-as-you-go class has different play structures each week like bounce houses, ride on toys, and balls. Parents are responsible for their children. **MPLC**

Day	Date	Time	R/NR
F	Jan 12-Mar 22	9:15am-10:45am	\$5/\$8

Drop-In Punch Card Save time and money on your Daily Drop-In: Purchase a punch card and receive 6 classes for the price of 7!

Activity	Fee
1130121-01	\$30

Tot Rock & Kid Rock

Play with us! This interactive music, movement, and imagination class has everyone on their feet! All class procedures are designed to keep staff and students safe. Activities include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening and following directions skills. With a focus on STEAM learning, this program is a unique combination of music and learning. Don't miss out! Join us for musical fun that really can't be "beat"! For more information, visit www.rockitkids.com. **MPLC**

Tot Rock

Ages 12-24 months with Adult

BP

Activity	Day	Date	Time	R/NR
1130102-01	F	Jan 12-Feb 16	9:15am-9:55am	\$68/\$82
1130102-11	F	Feb 23-Mar 22	9:15am-9:55am	\$57/\$88

Kid Rock I

Ages 2-3 with Adult

BP

Activity	Day	Date	Time	R/NR
1130103-01	F	Jan 12-Feb 16	10:00am-10:40am	\$68/\$82
1130103-02	F	Feb 23-Mar 22	10:00am-10:40am	\$57/\$88

Baby Sign Language & Early Language

NEW!

Early communication is so important for you and your little one! Learn what to expect and how to elicit baby's first gestures, signs, and words and start communicating with your little one today. This class is taught by Olivia Hallagan, a pediatric speech-language pathologist who specializes in early language development. Join us in this fun and engaging new class while learning the strategies for language development through play, music, books, and movement. Visit our website at parkridgespeechtherapy.com to find out more about speech and language.

Toddler Talk

Ages 12-24 months with Adult

BP

Learn how to help your little one move from gestures and sounds to spoken words and phrases. Engage in language-rich play, music and literacy activities and practice language enhancing strategies.

Activity	Day	Date	Time	R/NR
1130122-01	Tu	Jan 9-Feb 13	9:30am-10:15am	\$111/\$169
1130122-02	Tu	Feb 20-Mar 19	9:30am-10:15am	\$92/\$152

Simple Signs

Ages 6-12 months with Adult

BP

Learn how to engage with your baby and promote language development including babbling, gestures, and baby sign language.

Activity	Day	Date	Time	R/NR
1130123-01	Tu	Jan 9-Feb 13	10:30am-11:15am	\$111/\$169
1130123-02	Tu	Feb 20-Mar 19	10:30am-11:15am	\$92/\$152

Twos on the Move

Ages 2-3 without Adult

BP

Each week we explore a new fun-filled theme while developing socialization, and fine motor skills and getting lots of support from our teachers. This program involves both individual play and group interaction. Patience and time helps your child overcome separation anxiety, learn to play with friends, and start their road to preschool! No class Jan 15, Feb 19. **MPLC**

Activity	Day	Date	Time	R/NR
1130201-01	M	Jan 8-Mar 18	9:30am-11:00am	\$152/\$231
1130201-02	Tu	Jan 9-Mar 19	9:30am-11:00am	\$185/\$281
1130201-03	W	Jan 10-Mar 20	9:30am-11:00am	\$185/\$281
1130201-04	Th	Jan 11-Mar 21	9:30am-11:00am	\$185/\$281
1130201-05	F	Jan 12-Mar 22	9:30am-11:00am	\$185/\$281

Toddler Tree School

Ages 2-3 without Adult (as of Sep 1, 2023)

CR

Does your toddler miss the cutoff for Nature Preschool or Nature PlaySchool? Toddler Tree School is an introductory class for two and three year olds. Tots explore nature through hikes, outdoor exploration, sensory activities, dramatic play, songs, stories, and art. No class Mar 26, 28. **WPC**

Registration Information: Priority Registration for students currently enrolled in the Fall session is Nov 13-Dec 10. New registration begins Monday, December 11 at 7:30am online or 8:30am in person.

Activity	Day	Date	Time	R/NR
1160215-02	Tu/Th	Jan 9-May 16	9:15am-11:15am	\$810/\$990

Nature's Two-riffic

Ages 2-3 without Adult

CR

Find out just how terrific nature is as you prepare for preschool! Discover animals, nature, and seasonal topics through songs, art, activities, games, stories, and walks outside at Wildwood. **WPC**

Activity	Day	Date	Time	R/NR
1160212-03	W	Jan 10-Mar 20	9:30am-11:00am	\$195/\$262

Stepping Stones

Ages 3-4 without Adult

BP

Did your child miss the cut off for preschool? Then sign up for Stepping Stones! This program provides hands-on activities through art, music, manipulative techniques, and dramatic play to enhance your child's independence through learning in a preschool setting. No class Jan 15, Feb 19. **MPLC**

Activity	Day	Date	Time	R/NR
1130202-01	M	Jan 8-Mar 18	9:30am-11:00am	\$136/\$207

Animal Yoga

Ages 3-4 without Adult

BP

Relax your afternoon away while posing like a dolphin and stretching like a cat. Did you know that many yoga moves actually mimic the shapes of animals? Children have time to pause and hit the reset button while building strength and balance. Learn and practice animal poses and work on achieving your inner zen. Peaceful surroundings help your child relax and stretch after a long day of play. Participants can bring their own mat or use one at the Centennial Fitness Center. Instructor: Carol R. **CFC**

Activity	Day	Date	Time	R/NR
1100217-01	W	Jan 10-Feb 14	3:00pm-3:45pm	\$109/\$167
1100217-02	W	Feb 21-Mar 20	3:00pm-3:45pm	\$91/\$140

**Want to extend your preschool day?
Sign up for the semester option!**

Science Kids

Ages 3-6 without Adult

CR

See the world through science goggles. Uncover the natural, physical and earth sciences with fun experiments, observations, games, crafts, and outdoor hikes. Different topics presented each season. No class Jan 15, Feb 19, Mar 25-26, Apr 1. **WPC**

Winter Session Only:

Activity	Day	Date	Time	R/NR
1160202-03	M	Jan 8-Mar 18	12:30pm-3:00pm	\$205/\$252
1160202-07	Tu	Jan 9-Mar 19	9:00am-11:30am	\$251/\$307
1160202-08	Tu	Jan 9-Mar 19	12:30pm-3:00pm	\$251/\$307

Full Semester:

Activity	Day	Date	Time	R/NR
1160202-11	M	Jan 8-May 13	12:30pm-3:00pm	\$340/\$413
1160202-12	Tu	Jan 9-May 14	9:00am-11:30am	\$408/\$495
1160202-13	Tu	Jan 9-May 14	12:30pm-3:00pm	\$408/\$495

Nature Friends

Ages 3-6 without Adult

CR

Experience the wonders of animals, plants, and the outdoors with fun games, crafts, experiments, and activities. We are all about hands-on learning and discovery and venture outside each day. Different topics each season. No class Mar 28. **WPC**

Winter Session Only:

Activity	Day	Date	Time	R/NR
1160201-05	Th	Jan 11-Mar 21	9:00am-11:30am	\$251/\$307
1160201-06	Th	Jan 11-Mar 21	12:30pm-3:00pm	\$251/\$307

Full Semester:

Activity	Day	Date	Time	R/NR
1160201-11	Th	Jan 11-May 16	9:00am-11:30am	\$408/\$495
1160201-12	Th	Jan 11-May 16	12:30pm-3:00pm	\$408/\$495



Learn and Play

Ages 3-4 without Adult

BP

Learn your letters, count with numbers. Enhance your child's preschool experience while exploring our community and natural surroundings. Exciting weekly themes prompt children to discover fun through stories, unique crafts, and projects. Don't miss out on play time fun while developing important life skills! **MPLC**

Activity	Day	Date	Time	R/NR
1130203-05	F	Jan 12-Mar 22	9:30am-11:00am	\$136/\$207

Letter Learners

Ages 3-4 without Adult

BP

A is for apple, B is for bus! Discover the letters of the alphabet through interactive stories and games in a small group setting. Work on letters and sounds while making crafts and working on phonemic awareness. Explore books and focus on literacy concepts to prepare for reading. Children must be age appropriate by September 1, 2023. **MPLC**

Activity	Day	Date	Time	R/NR
1130221-01	W	Jan 10-Mar 20	9:30am-10:30am	\$123/\$187

Kindergarten Korner

These classes are designed to complement the half day kindergarten school program. Join us for one of our creative classes that are aimed at strengthening and building upon concepts that students are working on in school. We provide a fun and playful environment to encourage learning, working on social growth, and most importantly, having fun!

Baking Buddies

Ages 4-6 without Adult

BP

Every week is a bake-off in Baking Buddies! Cookies, cupcakes, pretzels, and muffins! These are just a few of the things we are stirring up in the kitchen. Kids learn that baking is a science. Precise measurements, mixing, and frosting are all part of the fun. Experiment with colors, flavors, and decorating while creating delicious baked goods. Fee includes food supplies, an apron, a cookbook, and tastings! **MPLC**

Activity	Day	Date	Time	R/NR
1130214-01	W	Jan 10-Feb 14	1:00pm-2:30pm	\$203/\$303
1130214-11	W	Feb 21-Mar 20	1:00pm-2:30pm	\$171/\$255

Little Chefs

Ages 4-6 without Adult

BP

From tacos to guacamole we are stirring up a recipe for fun! Each week your child helps create a new and original recipe. Here is a chance for your little chef to use their cooking skills and self-expression to explore the use of foods. Fee includes food supplies, an apron, a cookbook, and tastings! **MPLC**

Activity	Day	Date	Time	R/NR
1130213-01	F	Jan 12-Feb 16	1:00pm-2:30pm	\$203/\$303
1130213-11	F	Feb 23-Mar 22	1:00pm-2:30pm	\$171/\$255

Kindergarten Bookworms

Ages 5-6 without Adult

BP

In a small group setting your kindergartner works on the fundamentals of beginning to read. Word sounds, letters, and word recognition are taught through games and our reading A-Z books. Have your child discover the joy of reading! Children must be age appropriate by September 1, 2023. **MPLC**

Activity	Day	Date	Time	R/NR
1130222-01	W	Jan 10-Mar 20	4:00pm-5:00pm	\$123/\$187



2701 W. SIBLEY STREET • 847-685-4400

Start your child on the
road to a lifelong love
of learning.

SUPERVISOR: Brooke Plofsky



Our Preschool offers structured, play-based programming for 2, 3, & 4-year-olds.

Our play-based Preschool Program emphasizes socialization and self-expression through an array of creative and fun preschool appropriate activities. Students have fun learning vital social and emotional skills through art, music, manipulatives, and many other hands on activities. Socialization is the main focus for our 2 & 3-year-old program. Our 4-year-old program prepares your little one for kindergarten by introducing academic concepts along with socialization.

Our current maximum staff to student ratio is 1:9 (max 16 for 2-year-old classrooms; max 18 students for 3 & 4-year-old classrooms).

2024-2025 School Year

2 Days/Week \$1,553 Resident / \$2,218 Non-Resident

3 Days/Week \$2,329 Resident / \$3,326 Non-Resident

5 Days/Week \$3,882 Resident / \$5,544 Non-Resident

Fees are subject to change.

Interested families may email Brooke Plofsky, Preschool Director, at bplofsky@prparks.org to receive registration information for Preschool.

Registration Info

Fall 2024 Online Registration Dates

Resident Registration

Friday, March 1, 2024 • 10:00am

Non-Resident Registration

Friday, March 15, 2024 • 10:00am

General Information

- Some classes may be full due to advanced registration for children currently enrolled in our Preschool Program.
- Birth Certificates, current Medical Report, and up to date Immunization Records are required for all students before the first day of school.
- Children must be age appropriate by September 1, 2024.
- All children must be completely toilet trained to participate.
- A \$100 non-refundable deposit is required at the time of registration. Balance due by August 16, 2024.
- School starts Tuesday, September 3, 2024.



Thursday, February 29

Maine Park Leisure Center, 2701 W. Sibley St.

Parents interested in registering their child for the Park Ridge Park District Preschool Program are invited to attend our Open House, from 10:00am-11:00am (parents only) or 5:30pm-7:00pm (families welcome).

2024 Preschool Programs

2-Year-Old Program

Step right in without Mom or Dad. Develop social skills and grow as an individual in this playful setting. There is something for everyone in this preschool class. Cook in the pretend kitchen, roll the cars and trains, build a tower, and make new friends. Nurturing teachers help your child with craft projects, outdoor adventures on the tot playground, and circle time fun. Little ones practice following simple directions and separation from parents/caregivers. All children must be completely toilet trained.

Class Days Time

M/W/F	9:00am-11:30am
Tu/Th	9:00am-11:30am

3-Year-Old Program

There's so much to do in so little time! Get an introduction to numbers, letters, shapes, and color recognition. Teachers facilitate everything through fun and games in this play-based classroom. Emphasis is placed on a wide range of child development stages including social-emotional, language, and cognitive, as well as fine and gross motor skills. All children must be completely toilet trained.

Class Days Time

M/W/F	9:00am-11:30am
M/W/F	12:30pm-3:00pm
Tu/Th	9:00am-11:30am
Tu/Th	12:30pm-3:00pm
M-F	9:00am - 11:30am

4-Year-Old Program

Practice your ABC's and 123's! This class is all about kindergarten readiness, problem solving, and making new friends. Our warm-hearted teachers provide a colorful and stimulating learning environment ready for creative imaginations and discovery. Throughout the year, we continue to work on many important skills including: self-help, social, emotional, gross and fine motor, along with academic skills expected for kindergarten. A Preschool Graduation Ceremony takes place in the spring.

Class Days Time

M/W/F	9:00am-11:30am
M/W/F	12:30pm-3:00pm
M-F	9:00am-11:30am
M-F	12:30pm-3:00pm



Playtime Pals - All-Day Option!

Students start their day in our morning Playtime Pals group filled with friends and fun! Class includes time for a snack and outdoor play. They then transition to their enrichment class, where they eat their parent-provided lunch and enjoy specialty activities before attending afternoon preschool. Our enrichment classes introduce pre-k skills, foster social growth, and offer gross motor time. Our teachers walk the children to each class throughout the morning until they arrive at afternoon preschool.

The schedule is as follows:

9:00am-11:15am	Playtime Pals
11:15am-12:30pm	Lunch and Enrichment Class
12:30pm-3:00pm	Afternoon Preschool

2024-2025 School Year Fees:

Mon/Wed/Fri	\$1,573
Tues/Thurs	\$1,048

*Fees subject to change. Enrichment classes and afternoon preschool are in addition to the prices above.

For more information, contact Brooke at bplofsky@prparks.org.

Our Preschool Program is certified by the Illinois Department of Children and Family Services (DCFS) and all our staff meet the qualifications set forth by this agency.

Extend Your Child's Preschool Day!

Enhance your child's learning with our optional enrichment classes. Our programs are for ages 3-4 and designed to stimulate and provide additional learning opportunities through hands-on experiences. Enrichment extends the preschool day 1 ¼ hours.

Class options will go out to registered preschool families over the summer. Stay tuned!

PARK RIDGE PARK DISTR NATURE Playschool & Preschool

529 FORESTVIEW • 847-692-3570

SUPERVISORS:

MOLLY KOWALSKI • EMAIL: mkowalski@prparks.org

MAGGIE MARTIN • EMAIL: mmartin@prparks.org

NATURE PLAYSCHOOL WINTER/SPRING 2024

Ages 3-4 as of September 1, 2023

MK

Hike the trails around the pond, prairie, and woodland, draw in journals, turn over logs to look for insects and worms, sled down hills and trek through the snow, and get to know the animals at Wildwood while developing lifelong learning skills. This program is predominantly outdoors. Nature PlaySchool rotates curriculum, exploring different seasonal nature and science topics. This allows your child to attend a unique program for two years. All children must be completely toilet trained to participate. No class Jan 15, Feb 19, Mar 25-29, Apr 1. **WNC**

Activity	Day	Date	Time	R/NR
1160310-01	M	Jan 8-May 13	9:00am-11:30am	\$340/\$413
1160310-03	W	Jan 10-May 15	9:00am-11:30am	\$408/\$495
1160310-05	F	Jan 12-May 17	9:00am-11:30am	\$385/\$468

Lunch Bunch

Ages 3-4 as of September 1, 2023

MK

Bring your peanut/tree nut free lunch to munch then enjoy free play indoors and outdoors after your meal. Children are escorted to and from lunch and the Nature Preschool/Playschool, Wildwood classes, or Maine Park Preschool program by staff. No class Jan 15, Feb 19, Mar 25-29, Apr 1. **MPLC**

Activity	Day	Date	Time	R/NR
1160340-01	F	Jan 12-May 10	11:30am-12:30pm	\$136/\$187
1160340-02	M	Jan 8-May 13	11:30am-12:30pm	\$120/\$165
1160340-03	Tu	Jan 9-May 14	11:30am-12:30pm	\$144/\$198
1160340-04	W	Jan 10-May 15	11:30am-12:30pm	\$144/\$198
1160340-07	Th	Jan 11-May 16	11:30am-12:30pm	\$144/\$198



School Day Extension Options

Science Kids

Ages 3-6 without Adult

CR

See the world through science goggles. Uncover the natural, physical and earth sciences with fun experiments, observations, games, crafts, and outdoor hikes. Different topics presented each season. No class Jan 15, Feb 19, Mar 25-26, Apr 1. **WPC**

Activity	Day	Date	Time	R/NR
1160202-11	M	Jan 8-May 13	12:30pm-3:00pm	\$340/\$413
1160202-12	Tu	Jan 9-May 14	9:00am-11:30am	\$408/\$495
1160202-13	Tu	Jan 9-May 14	12:30pm-3:00pm	\$408/\$495

Nature Friends

Ages 3-6 without Adult

CR

Experience the wonders of animals, plants, and the outdoors with fun games, crafts, experiments, and activities. We are all about hands-on learning and discovery and venture outside each day. Different topics each season. No class Mar 28. **WPC**

Activity	Day	Date	Time	R/NR
1160201-11	Th	Jan 11-May 16	9:00am-11:30am	\$408/\$495
1160201-12	Th	Jan 11-May 16	12:30pm-3:00pm	\$408/\$495

Looking for Full Day Preschool Options?
See Page 53



FALL 2024 REGISTRATION INFORMATION

Nature Playschool & Preschool

Ages 3-4 as of September 1, 2024

MK

Wildwood's nature focused program for children ages 3-4 infuses traditional readiness learning and preschool activities with an emphasis on the natural world and daily outdoor discovery. The curriculum incorporates the Illinois Early Learning and Development Standards. In addition to their ABC's and 123's, students hike the trails around the pond, prairie, and woodland, draw in their journals, turn over logs to look for insects and worms, and get to know the animals at Wildwood all while developing lifelong learning skills in the classroom and outside. Our programs rotate curriculum, exploring different seasonal topics. This allows your child to attend a unique program for two years. All children must be completely toilet trained to participate. Please dress for the weather; the students spend most of their day outdoors.



Nature Preschool: 2024-2025 School Year

Class Days	Time	Resident	Non-Resident
M/W/F AM	9:00am-11:30am	\$2,305	\$2,765
M/W/F PM	12:30pm-3:00pm	\$2,305	\$2,765
M-F AM	9:00am-11:30am	\$3,906	\$4,687
M-F PM	12:30pm-3:00pm	\$3,906	\$4,687
Tu/Th AM	9:00am-11:30am	\$1,601	\$1,921
Tu/Th PM	12:30pm-3:00pm	\$1,601	\$1,921

Nature Playschool: Fall 2024 (16 weeks)

Class Days	Time	Resident	Non-Resident
Tuesday AM	9:00am-11:30am	\$364	\$437
Thursday AM	9:00am-11:30am	\$364	\$437
Friday AM	9:00am-11:30am	\$364	\$437

Nature Preschool & Playschool fees are subject to change.

Lunch Bunch

Bring your peanut/tree nut free lunch to munch then enjoy free play indoors and outdoors after your meal. Children are escorted to and from lunch and the Nature Preschool/Playschool, Wildwood classes, or Maine Park Preschool program by staff. Choose 1-5 days per week, depending on your child's preschool schedule. (Child must be enrolled in a class that ends at 11:30am or begins at 12:30pm).

Offered Monday-Friday, 11:30am-12:30pm

Fall 2024 Online Registration Dates:

Resident Registration

Friday, March 1, 2024 • 10:00am

General Information

- Some classes may be full due to advance registration for children currently enrolled in our Nature Preschool Program.
- A \$100 non-refundable deposit is required at the time of registration. Balance is due by August 16, 2024.
- Children must be age appropriate by September 1, 2024.
- All Children must be completely toilet trained to participate.
- Tentative start date is Tuesday, September 3, 2024



Thursday, February 29

**Maine Park Leisure Center, 2701 W. Sibley St. and
Wildwood Program Center, 529 Forestview**

Parents interested in registering their child for Nature Playschool or Preschool are invited to attend our Open House, from 10:00am-11:00am (parents only) or 5:30pm-7:00pm (families welcome). Explore our indoor and outdoor classroom locations.

**Looking for Full Day Preschool Options?
See Page 53**

Full Day Preschool Options at the Park Ridge Park District

Did you know that the Park Ridge Park District offers TWO amazing preschool programs for your child? Looking to have your child attend school from 9:00am- 3:00pm? We have wonderful options to help build your child's day.

Both programs are housed within the Maine Park campus. Our staff will take your child from class to class ensuring smooth transitions throughout the day.

Full day options are only for students enrolled in 3 and 4-year-old classes in Preschool and all Nature Preschool and Playschool students. Registration for all classes, except for enrichment classes, begins on Friday March 1, 2024 at 10:00am.

All Traditional Play-Based Preschool

9:00am-11:15am

Playtime Pals

11:15am-12:30pm

Enrichment Classes & Lunch

12:30pm-3:00pm

PM Traditional Preschool

Does your child love sports? See page 68 for additional extended day preschool options!

All Nature Play-Based Preschool:

9:00am-11:30am

Choose from the options below:

AM Nature Preschool

AM Nature Playschool
(Tu, Th, or F)

Nature Friends (M)

Science Kids (W)

11:30am-12:30pm

Lunch Bunch

12:30pm-3:00pm

Choose from the options below:

PM Nature Preschool

Nature Friends (M)

Science Kids (W)

Wild Child (F)

Combination of Traditional and Nature Play-Based Preschool

Timeline #1

9:00am-11:30am

Choose from the options below:

AM Maine Park Preschool

AM Nature Preschool

AM Nature Playschool
(Tu, Th, or F)

Nature Friends (M)

Science Kids (W)

11:30am-12:30pm

Lunch Bunch

12:30pm-3:00pm

Choose from the options below:

PM Nature Preschool

PM Maine Park Preschool

Nature Friends (M)

Science Kids (W)

Wild Child (F)

Combination of Traditional and Nature Play-Based Preschool

Timeline #2

9:00am-11:15am

Playtime Pals

11:15am-12:30pm

Enrichment Classes & Lunch

12:30pm-3:00pm

Choose from the options below:

PM Nature Preschool

Nature Friends (M)

Science Kids (W)

Wild Child (F)



Beyond the Bell

Before & After School Program for Grades K-5

2023-24
School Year

The Park Ridge Park District's Before & After School Beyond the Bell Program is on-site at all **Park Ridge-Niles District 64 Elementary Schools: Carpenter, Field, Franklin, Roosevelt, and Washington.**

This program runs in conjunction with D64 school calendar.

Hours of Operation:

Before Care Mon-Fri, 7:00am-8:50am

After Care Mon, Tues, Thurs, Fri, 3:30pm-6:00pm
Wed, 2:40pm-6:00pm

Beyond the Bell provides a safe environment in a recreational setting for the student to develop in social skills, problem solving, and teamwork. Beyond the Bell helps students grow in character while learning respect, fairness, and responsibility.

Our experienced staff keeps things interesting by planning fun daily activities that may include, but are not limited to, art projects, board games, indoor/outdoor sports, large group games, gym time, and homework assistance.

REGISTRATION FOR 2023-24 SCHOOL YEAR:

Online Registration Information

Registration for the 2023-24 school year is currently open. Detailed registration instructions are available at www.prparks.org.

General Registration Information

- **Limited space is available for the 2023-24 school year in this very popular program.**
- A \$5 service fee per schedule change per participant will be charged to your credit card on file.
- Enrollment is limited, but continues throughout the school year if space is available.

For questions regarding Beyond the Bell, contact:

Robin Battaglia, Youth Coordinator

847-292-8901 • rbattaglia@prparks.org

Registration Information for the
2024-25 school year will be in
our Spring Brochure.

2023-2024 School Year Fees

Before Care	Fee
Monday Only	\$232
Tuesday Only	\$269
Wednesday Only	\$284
Thursday Only	\$284
Friday Only	\$277
After Care	Fee
Monday Only	\$331
Tuesday Only	\$384
Wednesday Only	\$526
Thursday Only	\$405
Friday Only	\$395



A HEALTHY PLATE MADE TO ORDER

Purchasing a Park District Youth License Plate for your vehicle is an easy way to show your support for healthy lifestyles. Twenty-five dollars from the sale and subsequent renewals of each plate goes toward park district youth programming focusing on health, fitness and nutrition. And, with vanity and personalized plates available... this healthy plate can be made to order.

Toll Free: 1-877-783-KIDS - www.4KIDSPlate.com

IAPD

We're Hiring BTB Site Coordinators, Assistant Coordinators & Counselors!

- » Our employees receive great program & facility benefits!
- » No evening or weekend hours!
- » Up to 30 hours/week; less hours if desired

Click this ad to view full job descriptions and apply today!

JOIN US ON YOUR DAYS OFF SCHOOL!

Ages 5-12

RB

Enjoy a fun-filled day off of school here at the Park District. We will fill the day with fun crafts, wacky science experiments, sports, games, Lego challenges and more! Don't forget to pack a nut-free lunch, snacks and reusable water bottle. If you need to extend the fun, you can choose to sign up for our After Care option. Please pack an extra nut-free snack if you wish for After Care. **MPLC**

School's Out Fun Club!

Activity	Day	Date	Time	Fee
1110606-02	M	Jan 15	8:00am-4:00pm	\$56
1110606-05	M	Feb 19	8:00am-4:00pm	\$56
1110606-28	F	Mar 8	8:00am-4:00pm	\$56

After Care:

1110606-03	M	Jan 15	4:00pm-6:00pm	\$17
1110606-06	M	Feb 19	4:00pm-6:00pm	\$17
1110606-29	F	Mar 8	4:00pm-6:00pm	\$17



Spring Break Camp

Activity	Day	Date	Time	Fee
1110606-08	M-F	Mar 25-Mar 29	8:00am-4:00pm	\$290

After Care:

1110606-09	M-F	Mar 25-Mar 29	4:00pm-6:00pm	\$85
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Youth Programs

Theater Classes

Premier Program:

Be Our Guest: An Enchanted Musical Tale

Ages 4-6

LG

Fun is the focus of this 90-minute class that dedicates 30 minutes each to singing, dancing, and acting. Your little star learns basic vocal technique, refines coordination while working on simple rhythm and dance moves, and explores stories and characters through fun drama games and activities. This Winter/Spring, join us for a magical adventure through the Peppermint Forest and the Gumdrops Mountains as a group of kids make a musical journey to the Candy Castle! Featuring delightful songs and a cast of characters that includes Mr. Mint, Lord Licorice, King Candy, and many more, *Candyland: The Musical* is a sweet treat for students and audiences alike! All students are placed in a role that allows them to shine. Performance for all classes will be held on Saturday, May 6. No class Apr 9.

Activity	Day	Date	Time	R/NR	Loc
1180105-01	Sa	Jan 20-May 5	9:00am-10:30am	\$475	CAC
1180105-02	Sa	Jan 20-May 5	10:45am-12:15pm	\$475	CAC
1180105-03	Su	Jan 21-May 5	1:30pm-3:00pm	\$475	MPLC
1180105-04	Th	Jan 25-May 5	3:30pm-5:00pm	\$475	MPLC

Creative Drama

Ages 5-8

LG

Give your child's imagination a boost! Students learn the fundamentals of acting through engaging games, imaginative play, and storytelling. Your child develops core skills such as speaking clearly in front of an audience, vocal projection, using their imagination on stage, concentration, and teamwork. Students perform a showcase of their work on the last day of the session. **CAC**

Activity	Day	Date	Time	R/NR
1180101-01	M	Jan 22-Mar 18	4:00pm-5:00pm	\$140

Sketch Comedy and Improvisation

Ages 9-14

LG

Learn the art of Sketch Comedy and Improv! Your child works with a professional teaching artist to develop and rehearse a combination of classic and original sketch comedy pieces. Students also dive into the art of improv through engaging games, scene work, and improvisational exercises. Fun and hilarity will certainly ensue! Students perform a showcase of their work on the last day of the session. **CAC**

Activity	Day	Date	Time	R/NR
1180102-01	M	Jan 22-Mar 18	5:15pm-6:15pm	\$140

We also offer Music Lessons!

See page 65



Musical Theatre: Singing

Ages 5-14

LG

Students work with a professional voice instructor to fine tune their singing skills. We work on a variety of musical theatre vocal styles, from classic to contemporary. Students improve their pitch, rhythm, and vocal range through group singing exercises. The students perform a showcase of their work on the last day of the session. **CAC**

Activity	Age	Day	Date	Time	R/NR
1180103-01	5-8	Tu	Jan 23-Mar 19	4:15pm-5:15pm	\$140
1180103-02	9-14	Tu	Jan 23-Mar 19	5:30pm-6:30pm	\$140

Musical Theatre: Dance

Ages 5-14

LG

Students work on a variety of dance styles used in musical theatre, including modern, jazz, hip hop, ballet, folk, plus many more! We learn choreography from a variety of classic and contemporary Broadway musicals and present a showcase of our work on the last day of the session. **CAC**

Activity	Age	Day	Date	Time	R/NR
1180104-01	5-8	W	Jan 24-Mar 20	4:00pm-5:00pm	\$140
1180104-02	9-14	W	Jan 24-Mar 20	5:15pm-6:15pm	\$140

The Company: Disney's Beauty and the Beast Jr.

Ages 6-16

LG

Students in The Company are divided into three groups based on age. They take a one hour class in each of our three disciplines: drama, singing, and dance. Your child works on vocal technique, trains in several dance styles, and hones their drama skills through improv exercises and script work. This Winter/Spring our students light up the stage in this captivating adaptation of Roald Dahl's fantastical tale. Featuring the enchanting songs from the 1971 film, in addition to a host of fun new songs, Roald Dahl's *Willy Wonka Jr.* is a scrumdiddlyumptious musical guaranteed to delight everyone's sweet tooth. Performance will be held on Saturday, May 6. No class Apr 9. **CAC**

Activity	Day	Date	Time	R/NR	Loc
1180106-01	Sa	Jan 20-May 4	10:00am-1:00pm	\$745	CAC
1180106-02	Sa	Jan 20-May 4	2:00pm-5:00pm	\$745	CAC
1180106-03	Su	Jan 21-May 5	1:00pm-4:00pm	\$745	MPLC

Youth Programs

4TH & 5TH GRADE NIGHT AT THE

POOL

4th and 5th graders, grab your swimsuit, towel, and friends and head over to the Centennial Fitness Center for a private pool party! CFC/p

Ages 9-11

Activity	Day	Date	Time	R/NR
1110720-01	F	Jan 19	7:00pm-8:30pm	\$8

Pre-registration is required; no at-the-door registration is accepted.

Technology Classes

Gears, Gears, Gears!

Ages 4½ -6

MO

Explore gears using Legos, as we work to find out how gears help make the world turn. We'll make projects that crank, mesh, pump, pull, tug or grind. All of which turn out to be very simple machines. **MPLC**

Activity	Day	Date	Time	R/NR
1110408-05	Th	Feb 1-Feb 22	6:00pm-7:00pm	\$80/\$120

Video Game Lab

Ages 7-12

MO

Let's create a game on the PC with Xbox controllers! We use a visual programming language, where students can learn about creativity, problem solving, and collaboration. It's not just about programming. Stretch your imagination to design and build fun-filled, challenging games. **MPLC**

Activity	Day	Date	Time	R/NR
1110408-06	Th	Feb 29-Mar 21	6:00pm-7:15pm	\$100/\$150

Youth Enrichment Classes

Magic! Magic! Magic!

Ages 5-12

MO

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks from the "Magic Team of Gary Kantor!" Amaze family and friends with tricks that involve cards, ropes, coins, and mind-reading. All materials are provided, and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age-appropriate. Additionally, you can sign up for this class again and again since brand new tricks are always taught at each session! Instructor: Magic Team of Gary Kantor. **MPLC**

Activity	Day	Date	Time	R/NR
1110206-01	Th	Jan 11	6:45pm-7:40pm	\$22
1110206-02	Th	Mar 7	6:45pm-7:40pm	\$22

Fashion Sewing

Ages 8-12

MO

Students learn the basics of hand sewing and machine sewing during this class. Students strengthen their sewing skills and focus on hand-eye coordination in this class. New and advanced sewers are welcome - the 5:00pm class is for beginners; the 6:00pm class is for both beginners and intermediate students. New projects each session. Returning students advance their skills and continue to work on new and challenging projects. Instructor: Ciao Bella Sewing. **MPLC**

Activity	Day	Date	Time	R/NR
1110811-01	Tu	Jan 9-Mar 19	5:00pm-6:00pm	\$300/\$453
1110811-02	Tu	Jan 9-Mar 19	6:00pm-7:00pm	\$300/\$453

Glitzzy Girlz: Winter Princess

Ages 5-10

MO

Beat the Winter slump and join Glitzzy Girlz (www.glitzzygirlz.com) for a night of glam with a unicorn rainbow fantasy theme. Our staff gives a pretty make-over complete with hairdo, make-up sparkle, and nail polish application. Decorate a unique craft with paints, stickers, embellishments and personalization. Design a beautiful beaded bracelet with a fantasy charm assortment. Staff will play music and provide props and a backdrop to take photos for parents before class ends. A glam goodie bag goes home with each participant. **MPLC**

Activity	Day	Date	Time	R/NR
1110801-01	Th	Feb 8	6:00pm-7:15pm	\$35/\$50

Youth Programs

Nature Classes

Disaster Squad: Rescue Team

Ages 6-11

CR

Rescue Team, get ready! Natural disasters approach, and rescue is needed! Learn the science behind earthquakes, tornados, hurricanes, and more. Then, engineer solutions to problems that natural disasters bring with them! **WPC**

Activity	Day	Date	Time	R/NR
1160436-01	Th	Jan 18-Mar 14	4:00pm-5:30pm	\$123/\$188

Adventure Club

Ages 6-11

CR

Calling together the Adventure Club - join Wildwood's naturalists for weekly outdoor excursions. Explore and discover nature through experiments, projects, and exploration. Class takes place outdoors as much as possible. Please pack a water bottle and dress to be comfortable outdoors. **WPC**

Activity	Day	Date	Time	R/NR
1160417-05	W	Jan 17-Feb 14	3:30pm-5:00pm	\$68
1160417-06	W	Feb 21-Mar 20	3:30pm-5:00pm	\$68

Rangers in Training

Ages 10-14

JC

Interested in being a ranger at Wildwood? Get a hands-on taste of what it's like to be a Wildwood ranger. Learn how to clean, feed, and care for the animals during this fun training session. **WPC**

Activity	Day	Date	Time	R/NR
1160407-01	F	Jan 12-Feb 9	4:00pm-5:00pm	\$48/\$74
1160407-02	F	Feb 16-Mar 15	4:00pm-5:00pm	\$48/\$74

Language Classes

American Sign Language - ASL **NEW!**

Ages 7-11

MO

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

Activity	Day	Date	Time	R/NR
1110820-03	Tu	Jan 16-Feb 20	5:45pm-6:25pm	\$100/\$101
1110820-04	W	Jan 17-Feb 21	5:00pm-5:45pm	\$100/\$101

Spanish Classes for Kids **NEW!**

Ages 7-11


MO

Join us from your living room as we explore new cultures and learn the Spanish language via the interactive Zoom platform! Younger children learn conversational Spanish through fun and interactive activities and music, while older children also learn some Spanish phonetics to begin reading and writing in Spanish. Each session covers new material. Taught live by a Language in Action, Inc. instructor. Zoom login information is emailed to participants before the first class. **MPLC**

Activity	Day	Date	Time	R/NR
1110821-03	M	Jan 22-Mar 4	5:30pm-6:15pm	\$100/\$101
1110821-04	M	Mar 11-Apr 15	5:30pm-6:15pm	\$100/\$101



Teen Programs




**HOLIDAY
MOVIE
IN PJs**

Ages 11-15 LG

Put on your coziest pajamas, bring a blanket, and enjoy a holiday movie at the O'Connor Building. Enjoy a screening Illumination's *The Grinch* with delicious hot cocoa and snacks. **Registration deadline: Dec 18. PROS/cb**

Activity	Day	Date	Time	R/NR
1110445-01	W	Dec 20	6:00pm-8:30pm	\$13



**K-1 SPEED
Teen Trip**

Ages 11-15 LG

Go kart racing will never be the same after racing at K-1 Speed! This indoor track is designed for a beginner as well as an experienced go karter. Race wheel-to-wheel with your friends at speeds approaching 45 mph! Transportation and adult supervision is provided. Must be 4'10" or taller. Additional details will be provided closer to the trip date. **Registration deadline: Feb 12. Departs from MPLC**

Location: K-1 Speed
2381 West Army Trail Road, Addison, IL 60101

Activity	Day	Date	Time	R/NR
1110446-01	M	Feb 19	1:00pm-4:00pm	\$83

**Middle School Night
at the Pool**

Ages 11-14 LG

Middle Schoolers, grab your swimsuit, towel, and friends and head over to the Centennial Fitness Center for a private pool party! Pre-registration is required; no at-the-door registration is accepted.

Activity	Day	Date	Time	R/NR
1110314-01	F	Feb 2	7:00-8:30pm	\$8
1110314-02	F	Mar 8	7:00-8:30pm	\$8



**Flashlight
TEEN EGG HUNT**

Ages 12-16 LG

Grab your flashlight and set out on a hunt for eggs hidden throughout the Wildwood Prairie. If you are lucky, your eggs will be filled with candy or maybe even a gift card! There is also time for some egg-cellent games. Don't forget your flashlight and a bag to collect all your eggs. **Registration deadline: March 15. WNC**

Activity	Day	Date	Time	R/NR
2110311-20	F	Mar 22	7:15pm-8:00pm	\$15

Teen Programs

Spring Break Skateboard Camp

Ages 7-12

LG

This camp is for beginner and intermediate skaters. Participants must bring a water bottle, skateboard, and helmet. Knee, elbow, and wrist guards are encouraged. Beginners learn how to start, stop, drop in, ollies, basic ramp riding, balance, and tricks. Intermediate riders are taught skills and tricks based on their abilities. For questions about equipment, email fpteamskateboard@yahoo.com. **HP/sp**

Activity	Day	Date	Time	R/NR
1110119-01	M-F	Mar 25-Mar 29	8:30am-11:00am	\$225

Safe@Home Training

Ages 10-12

LG

Our 90-minute Safe@Home class, sponsored by Safe Sitter®, helps your pre-teen be prepared for the responsibility of staying home alone. Through games and activities, this program provides information and skills practice related to important safety training including how to practice safe habits, navigate common household emergencies, and how to prevent and address illness and injury. Program includes a manual. *Due to the cost of books and materials needed for the class, refunds will not be given 1 week prior to the start of the class.* **MPLC**

Activity	Day	Date	Time	R/NR
1110116-01	W	Jan 10	4:00pm-5:30pm	\$67

Safe Sitter® Babysitting Training

Ages 10-14

LG

Sponsored by Safe Sitter®, this class gets your teen on the right track to become a babysitter. Participants learn how to care for a choking infant or child, basic first aid, personal safety, injury prevention, child care, how to prevent problem behavior, behavior management, ethics, and babysitting as a business. Program includes a manual and completion card. Participants should bring a baby-sized doll and lunch. *Due to the cost of books and materials needed for the class, refunds will not be given 1 week prior to the start of the class.* **MPLC**

Activity	Day	Date	Time	R/NR
1110115-01	Sa	Jan 20	9:00am-2:30pm	\$197

CPR/AED Certification

Ages 12-15

LG

Become a true hero by learning how to use an AED and perform CPR with confidence. Imagine the satisfaction of being able to help someone in need during a critical situation. Program includes the cost of a Certified Safe Sitter Instructor, a manual and completion card. Participants should wear comfortable clothes to move around. *Due to the cost of books and materials needed for the class, refunds will not be given 1 week prior to the start of the class.* **MPLC**

Activity	Day	Date	Time	R/NR
1110615-01	W	Jan 24	4:00pm-6:00pm	\$97



Cooking & Baking

Ages 10-14

LG

In this class, your tweens not only learn tips and tricks to make breakfast and dinner, but they also learn serving, hosting, and attending a meal at someone else's house. *Due to purchasing food needed for the class, refunds will not be given 3 days prior to the start of the class.* **CAC**

Activity	Day	Date	Time	R/NR
1110122-01	W	Feb 14-Feb 28	4:15pm-6:15pm	\$207

Inspire Teenpreneur

Ages 10-14

LG

Calling all tweens and teens with BIG IDEAS! The Kidpreneur® Certified Coach helps participants use creativity and innovation to discover their passion and business idea, take initiative, and create a business plan and brand for THEIR innovative idea (that doesn't depend on parent's involvement). Tweens must bring good ideas and a great attitude. **MPLC**

Activity	Day	Date	Time	R/NR
1110121-01	W	Mar 6-Mar 20	4:15pm-6:15pm	\$197

Spanish Classes for Middle School and Jr. High Students

NEW!

Ages 10-14

MO

This class is a great supplement to middle school or junior high Spanish classes or may also be taken by students not currently enrolled in a school Spanish class. Students learn Spanish grammar and communication skills that give them a strong foundation for high school Spanish. Classes are taught live by a Language in Action, Inc. instructor. Zoom login information is emailed to participants before the first class.

Activity	Day	Date	Time	R/NR
1110822-03	Tu	Jan 16-Feb 20	5:30pm-6:15pm	\$100/\$101
1110822-04	Tu	Feb 27-Apr 2	5:30pm-6:15pm	\$100/\$101

Adult Programs

Adult Art

Adult Art

Ages 18 & Up

EG

Our instructor guides students in all media, including sketching, pastels, watercolor, oils, and acrylics. New students should bring a pencil and sketch pad to the first class. Instructor: Linda Khan. **CAC**

Activity	Day	Date	Time	Fee
1120113-01	Th	Jan 11-Feb 29	9:00am-Noon	\$64

Adult Art Studio Workshop

Ages 18 & Up

EG

Studio Workshop is for more independent artists. Continue to work on your current "masterpiece" or try something new. Set up a still life, work from a model, try a different technique or medium, and participate in group critiques. Instructor: Linda Khan. **CAC**

Activity	Day	Date	Time	Fee
1120114-01	W	Jan 10-Feb 28	12:30pm-3:30pm	\$64

Creative Ceramics

Ages 15 & Up

SC

Whether you are an old pro or have never touched clay, there is a place for you in this wonderful class! Learn and refine clay hand building skills using coil and slab, pinch and drape construction techniques to create relief and three-dimensional ceramic forms. Learn the basics of forming pottery on the wheel. Color glazes are used for embellishment. Use your own creative ideas to design functional and decorative art works for you and your home! **CAC**

Activity	Day	Date	Time	Fee
1090127-01	M	Jan 8-Mar 11	7:00pm-9:00pm	\$271/\$275

Creative Space Studio

Ages 15 & Up

SC

Are you looking to enhance your creativity? Are you already creative but just need to set aside some time for yourself and your art? This studio class is for anyone looking for a creative outlet. Each week we have a new material or method for you to explore and create a finished product. You can also use this studio time to work on any project you've been meaning to do, and you will have access to our materials and one of our dynamic teachers who can give you feedback or assistance. **CAC**

Activity	Day	Date	Time	R/NR
1090131-01	W	Jan 10-Mar 13	7:00pm-9:00pm	\$271/\$275

We offer even more programs for adults age 55 & older!

See pages 25-34



Adult Special Interest

Intermediate Sewing

Ages 18 & Up

SC

Gwen Jager takes you a step further with our sewing skills and hones in on specific projects. Please note this class is for experienced sewers. A sewing machine is required for the class. **CAC**

Activity	Day	Date	Time	Fee
1230527-01	M	Jan 8-Feb 12	6:30pm-8:00pm	\$60
1230527-02	M	Feb 19-Mar 25	6:30am-8:00pm	\$60

CPR/AED Certification

Ages 18 & Up

LG

Become a true hero by learning how to use an AED and perform CPR with confidence. Imagine the satisfaction of being able to help someone in need during a critical situation! Program includes the cost of a Certified Safe Sitter Instructor, a manual, and completion card. Participants should wear comfortable clothes to move around. Due to the cost of books and materials needed for the class, refunds will not be given 1 week prior to the start of the class. **MPLC**

Activity	Day	Date	Time	Fee
1110615-02	Sa	Feb 3	9:00am-11:00am	\$97

Native Garden Design & Care

Ages 18 & Up

SC

Learn about a sustainable gardening style that helps promote healthy soil, runoff water absorption, and habitat for birds and pollinators. Native Garden Design and Care covers the basics of design and bed preparation, plant palettes for different levels of sun and moisture, and techniques for keeping these otherwise known "wildflowers" looking tidy for front yard landscaping. Immerse yourself in an evening of native trees, shrubs, and perennials that are fantastic for nature and your curb appeal. Instructor: Sara Strother, a certified Cook County Master Naturalist and the owner of Planted Green LLC. **CAC**

Activity	Day	Date	Time	M/NM
1230311-01	Tu	Feb 20	7:00pm-9:00pm	FREE

Indoor Swim Lessons



Park Ridge Park District is an independent authorized provider of Starfish Swimming!

The Starfish Swimming curriculum is designed for students ages 6-months to adult. Benchmarks are established at each stage in the program that combine both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team.



General Lesson Information

- Please read the new class descriptions and sign your child up for the level that most closely matches their ability.
- New students will be tested on the first day to ensure they are in a class that best suits their ability level
- During swim lessons, a pool manager is present to answer any questions. Any other questions regarding swim lessons should be directed to Jenna Jezek at 847-292-8921 or jjezek@prparks.org.
- Due to high enrollment and limited pool space, make-up lessons are not provided.
- We request that participants bring their own towel and goggles.

The Centennial Fitness Center is an Approved Training Center of the Starfish Aquatics Institute, Inc. The Starfish Swimming word mark, Starfish Swim School word mark, and Starlet logo are registered trademarks of the Starfish Aquatics Institute, Inc. The StarBabies, StarTots, Starfish Stroke School, and Starfish Swim Team word marks are trademarks of the Starfish Aquatics Institute, Inc.

StarBabies™ & StarTots™

Ages 6 months-3 with Adult

JJ

The purpose of this course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers are required. No class Feb 17-18. **CFC/p**

Activity	Day	Date	Time	R/NR
1210103-01	Tu/Th	Jan 9-Feb 1	5:55pm-6:25pm	\$83/\$131
1210103-02	Tu/Th	Feb 6-Feb 29	5:55pm-6:25pm	\$83/\$131
1210103-03	Tu/Th	Mar 5-Mar 21	5:55pm-6:25pm	\$62/\$99
1210103-04	Sa	Jan 20-Mar 16	10:30am-11:00am	\$83/\$131
1210103-05	Sa	Jan 20-Mar 16	11:05am-11:35am	\$83/\$131
1210103-06	Su	Jan 21-Mar 17	10:50am-11:20am	\$83/\$131

Starfish Swim School® for Preschoolers

Age 3-5 without parent

JJ

Designed to meet the needs of children ages 3 to 5, this course develops a high comfort level in the water and a readiness to swim, and for those children who are developmentally ready, it teaches functional swim skills. This class approaches teaching swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting. No class Feb 17. **CFC/p**

Activity	Day	Date	Time	R/NR
1210102-01	M/W	Jan 8-Jan 31	4:15pm-4:45pm	\$83/\$131
1210102-02	M/W	Jan 8-Jan 31	4:50pm-5:20pm	\$83/\$131
1210102-03	M/W	Jan 8-Jan 31	5:30pm-6:00pm	\$83/\$131
1210102-04	Tu/Th	Jan 9-Feb 1	4:00pm-4:30pm	\$83/\$131
1210102-05	Tu/Th	Jan 9-Feb 1	4:40pm-5:10pm	\$83/\$131
1210102-06	M/W	Feb 5-Feb 28	4:15pm-4:45pm	\$83/\$131
1210102-07	M/W	Feb 5-Feb 28	4:50pm-5:20pm	\$83/\$131
1210102-08	M/W	Feb 5-Feb 28	5:30pm-6:00pm	\$83/\$131
1210102-09	Tu/Th	Feb 6-Feb 29	4:00pm-4:30pm	\$83/\$131
1210102-10	Tu/Th	Feb 6-Feb 29	4:40pm-5:10pm	\$83/\$131
1210102-11	M/W	Mar 4-Mar 20	4:15pm-4:45pm	\$62/\$99
1210102-12	M/W	Mar 4-Mar 20	4:50pm-5:20pm	\$62/\$99
1210102-13	M/W	Mar 4-Mar 20	5:30pm-6:00pm	\$62/\$99
1210102-14	Tu/Th	Mar 5-Mar 21	4:00pm-4:30pm	\$62/\$99
1210102-15	Tu/Th	Mar 5-Mar 21	4:40pm-5:10pm	\$62/\$99
1210102-16	Sa	Jan 20-Mar 16	9:15am-9:45am	\$83/\$131
1210102-17	Sa	Jan 20-Mar 16	9:50am-10:20am	\$83/\$131

Indoor Swim Lessons

Starfish Swim School® for Youth

Ages 5-12

JJ

Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is self-paced but challenging. Swimmers who are beginners up to those starting rotary breathing should sign up for Swim School. *No class Feb 17.* **CFC/p**

Activity	Day	Date	Time	R/NR
1210101-01	M/W	Jan 8-Jan 31	4:50pm-5:25pm	\$87/\$137
1210101-02	Tu/Th	Jan 9-Feb 1	4:00pm-4:35pm	\$87/\$137
1210101-03	Tu/Th	Jan 9-Feb 1	4:40pm-5:15pm	\$87/\$137
1210101-04	M/W	Feb 5-Feb 28	4:50pm-5:25pm	\$87/\$137
1210101-05	Tu/Th	Feb 6-Feb 29	4:00pm-4:35pm	\$87/\$137
1210101-06	Tu/Th	Feb 6-Feb 29	4:40pm-5:15pm	\$87/\$137
1210101-07	M/W	Mar 4-Mar 20	4:50pm-5:25pm	\$65/\$104
1210101-08	Tu/Th	Mar 5-Mar 21	4:00pm-4:35pm	\$65/\$104
1210101-09	Tu/Th	Mar 5-Mar 21	4:40pm-5:15pm	\$65/\$104
1210101-10	Sa	Jan 20-Mar 16	10:30am-11:05am	\$87/\$137
1210101-11	Sa	Jan 20-Mar 16	11:15am-11:50am	\$87/\$137

Starfish Stroke School™

Ages 5-14

JJ

This course is for students who have achieved the green Swim School benchmarks. Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance. Swimmers should sign up for Stroke School if they can swim at least half a lap independently with some rotary breathing. *No class Feb 17.* **CFC/p**

Activity	Day	Date	Time	R/NR
1210105-01	M/W	Jan 8-Jan 31	4:50pm-5:25pm	\$87/\$137
1210105-02	Tu/Th	Jan 9-Feb 1	4:00pm-4:35pm	\$87/\$137
1210105-03	Tu/Th	Jan 9-Feb 1	4:40pm-5:15pm	\$87/\$137
1210105-04	M/W	Feb 5-Feb 28	4:50pm-5:25pm	\$87/\$137
1210105-05	Tu/Th	Feb 6-Feb 29	4:00pm-4:35pm	\$87/\$137
1210105-06	Tu/Th	Feb 6-Feb 29	4:40pm-5:15pm	\$87/\$137
1210105-07	M/W	Mar 4-Mar 20	4:50pm-5:25pm	\$65/\$104
1210105-08	Tu/Th	Mar 5-Mar 21	4:00pm-4:35pm	\$65/\$104
1210105-09	Tu/Th	Mar 5-Mar 21	4:40pm-5:15pm	\$65/\$104
1210105-10	Sa	Jan 20-Mar 16	10:30am-11:05am	\$87/\$137
1210105-11	Sa	Jan 20-Mar 16	11:15am-11:50am	\$87/\$137



Private Swim Lessons

Ages 3 & Up

JJ

We offer one-on-one private swim lessons, set to specific times and days of the week. Just pick the one that works for you. *No class Feb 17-18.* **CFC/p**

Activity	Day	Date	Time	R/NR
1210108-01	Tu/Th	Jan 9-Feb 1	5:20pm-5:50pm	\$221/\$305
1210108-02	Tu/Th	Jan 9-Feb 1	5:55pm-6:25pm	\$221/\$305
1210108-03	Tu/Th	Jan 9-Feb 1	6:30pm-7:00pm	\$221/\$305
1210108-04	Tu/Th	Feb 6-Feb 29	5:20pm-5:50pm	\$221/\$305
1210108-05	Tu/Th	Feb 6-Feb 29	5:55pm-6:25pm	\$221/\$305
1210108-06	Tu/Th	Feb 6-Feb 29	6:30pm-7:00pm	\$221/\$305
1210108-07	Tu/Th	Mar 5-Mar 21	5:20pm-5:50pm	\$166/\$230
1210108-08	Tu/Th	Mar 5-Mar 21	5:55pm-6:25pm	\$166/\$230
1210108-09	Tu/Th	Mar 5-Mar 21	6:30pm-7:00pm	\$166/\$230
1210108-10	Sa	Jan 20-Mar 16	9:15am-9:45am	\$221/\$305
1210108-11	Sa	Jan 20-Mar 16	9:50am-10:20am	\$221/\$305
1210108-12	Su	Jan 21-Mar 17	9:00am-9:30am	\$221/\$305
1210108-13	Su	Jan 21-Mar 17	9:35am-10:05am	\$221/\$305
1210108-14	Su	Jan 21-Mar 17	10:10am-10:40am	\$221/\$305

Riptides Off-Season

Ages 5-16

JJ

Past and potential Riptides are invited to participate in Riptides Off-Season. Swimmers can improve their technique and endurance in a non-competitive team environment. As a prerequisite, all swimmers must have freestyle and backstroke skills. Swimmers age 12 & up are required to have butterfly and breaststroke skills. Goggles are required, and swim caps are highly encouraged. **CFC/p**

Activity	Day	Date	Time	R/NR
1210207-01	M/W	Jan 8-Mar 20	4:00pm-4:45pm	\$232/\$387



Canine Programs

Puppy Kindergarten

Ages 12 & Up

JM

Teach your puppy how to socialize with others as well as adjust to a puppy collar, lead, and walk. Puppies learn words and positions of sit, down, stand, and come when called. Basic house control and commands are stressed.

First class is held Wednesday, January 10 at South Park Recreation Center at 7:30pm.

Please do not bring puppies to first meeting. Shot history and proof of negative fecal test within 6 months are required at the first meeting.

Note: Puppies are dogs 8 weeks to 5½ months. Instructor: Gloria Urquhart. **CAC**

Activity	Day	Date	Time	R/NR
1240101-01	W	Jan 10-Mar 6	7:00pm-7:55pm	\$85/\$120

Dog Obedience

Ages 12 & Up

JM

Learn to enjoy your pet through correct discipline and handling. Dogs learn basic commands and positions of sit, down, stand, come, and heel on a leash. Bad tempered dogs are not accepted.

First meeting of all classes is held on Wednesday, January 10 at South Park Recreation Center at 7:30pm.

Please do not bring dogs to the first meeting. Rabies, shot history, and proof of negative fecal exam within 6 months are required at first meeting. Beginners are dogs that have not had class instruction. Novice dogs are those that have had at least one beginner class at the Park Ridge Park District. **Note:** Dogs must be at least 6 months old.

Instructor: Gloria Urquhart

Location: Centennial Activity Center, 100 S. Western Ave.

Activity	Level	Day	Date	Time	R/NR
1240102-01	Beg	W	Jan 10-Mar 13	8:00pm-8:55pm	\$105/\$135

Instructor: Sheryl Phelps

Location: South Park, 833 Talcott Rd.

Activity	Level	Day	Date	Time	R/NR
1240102-02	Beg	W	Jan 10-Mar 13	7:00pm-7:55pm	\$105/\$135
1240103-01	Nov I	W	Jan 10-Mar 13	8:00pm-8:55pm	\$105/\$135
1240103-02	Nov II	W	Jan 10-Mar 13	9:00pm-9:55pm	\$105/\$135



PLEASE NOTE: The dog obedience classes are a series of classes designed to learn commands and obedience training. Dogs must attend and pass at least one of our Beginner Obedience class before proceeding to Novice. We do not specialize in aggression rehabilitation. If you have an aggressive dog, please contact Sarah Chuipek at 847-692-3035 prior to registration.

PARK RIDGE PARK DISTRICT PAWS PARK

Enjoy a day with your favorite pooch at our Members-Only outdoor space designed just for them!

Paws Park Hours:

Monday-Friday	7:00am-9:00pm
Saturday	8:00am-9:00pm
Sunday	9:00am-9:00pm

Paws Park Membership can be purchased at Maine Park Leisure Center or Oakton Ice Arena. For membership requirements, visit www.prparks.org.

\$65 Resident Dog (\$15 Additional Dog)

\$85 Non-Resident Dog (\$20 Additional Dog)

Tags valid September 1, 2023 through Spring 2024 (date TBD)*.

*Paws Park will close upon the start of construction at the Oakton Sports Complex. Members will be notified once a definitive date is determined. We are currently offering prorated memberships. Please contact the Ice Arena or Maine Park offices for details.



2800 W. Oakton Avenue • 847-692-3359

Music Lessons

Music Lessons (11-Week Session)

We offer a full range of music lessons for all abilities. Our skilled, professional instructors are passionate about staying current with the best teaching practices and passing on the art of music. Learn your instrument in a style that caters to your musical interest and unleashes your creativity! Lessons are open to beginner, intermediate, and advanced students. All books are included. Students must have their own instrument for all classes. Lessons are held Monday through Saturday at varying times. Prior to the start of class, our music instructor will email you to discuss your lesson day and time. All lessons are 30 minutes in length. Make-up classes for all music lessons take place only in the event of Park District cancellations.

Private Piano

Ages 6 & Up

LG

Class consists of instruction to teach basic theory. Each student then has the opportunity to practice their skills. Parents are given a weekly information sheet showing what the student has learned in class and what can be practiced at home. Each student works from a lesson book and a workbook. Necessary materials are included.

Private Drums

Ages 6 & Up

LG

Students hear, feel, and play a steady beat while learning the comparatives with fast/slow, high/low, and loud/quiet drumming. Students first learn the basics of timing. Drummers develop coordination and timing through a series of interactive exercises that keep the student involved and actively participating by playing along with the instructor. Necessary materials are included.

Private Violin/Viola

Ages 8 & Up

LG

Students play melody and chords with their instructor. Necessary materials are included.

Parent/Child Lesson

Ages 5-10 with Adult

LG

Learn an instrument along with your child! This class is for parents and children to learn piano, violin/viola, or drums together. No prior knowledge required. Necessary materials are included.



PRIVATE LESSONS

Date: Jan 8-Mar 23
No class: Jan 15, Feb 19

R/NR: \$370/\$555

Private Piano (Ages 6 & Up)	1190103-01
Private Drum (Ages 6 & Up)	1190104-01
Private Violin/Viola (Ages 8 & Up)	1190105-01
Parent/Child Lesson (Ages 5-10 with adult)	1190106-01



Non-Recital Dance

Adult/Tot Predance

Ages 18m-3y with Adult

LG

An excellent chance to expose your child to the magic of dance. Through games, songs, exercise, and activities your child learns how to participate in a group environment, as well as strengthening their movement patterns. A fabulous time for adult and tot! Instructor: Lindsay S. **MP/ds**

Activity	Day	Date	Time	R/NR
1100111-01	F	Jan 12-Mar 22	9:30am-10:00am	\$166/\$253
1100111-02	Th	Jan 11-Mar 21	6:00pm-6:30pm	\$166/\$253

Baby Ballet

Ages 2-3

LG

This beginner ballet class is an introduction into the world of dance. Dancers learn steps and terminology. This class is geared for all boys and girls who love to dance. This class is without adult. Instructor: Carol R. **MP/ds**

Activity	Day	Date	Time	R/NR
1100112-01	Tu	Jan 9-Mar 19	4:00pm-4:30pm	\$166/\$253

Teeny Tiny Tots

Ages 2-4

LG

This beginner ballet class incorporates steps and terminology with fun and exciting music. Participants enjoy using hula hoops, beanbags, and maracas. Participants are welcome to wear dance attire or comfortable clothes. **MP/ds**

Activity	Day	Date	Time	R/NR	Inst.
1100113-01	Tu	Jan 9-Mar 19	9:30am-10:00am	\$166/\$253	LS
1100113-03	Th	Jan 25-Mar 14	4:00pm-4:30pm	\$166/\$253	CR
1100113-02	F	Jan 12-Mar 22	10:05am-10:35am	\$166/\$253	LS

Ballet

Ages 3-6

LG

Young dancers are introduced to basic ballet skills, terminology, rhythm, and coordination. Lessons are practiced and developed through creative movement and music in a supportive and playful environment. **MP/ds**

Activity	Age	Day	Date	Time	R/NR	Inst.
1100115-05	3-6	M	Jan 8-Mar 18	3:55pm-4:25pm	\$166/\$253	CR
1100115-01	3-6	Tu	Jan 9-Mar 19	10:05am-10:50am	\$180/\$275	LS
1100115-02	3-6	F	Jan 12-Mar 22	10:45am-11:30am	\$180/\$275	LS
1100115-03	3-5	Sa	Jan 27-Mar 16	10:00am-10:30am	\$131/\$200	VK
1100115-04	4-6	Sa	Jan 27-Mar 16	10:45am-11:15am	\$130/\$200	VK

Bit Bop

Ages 4-6

LG

Bop around in this interactive mini jazz hip-hop class! We listen to upbeat songs and learn basic choreography. **MP/ds**

Activity	Day	Date	Time	R/NR	Inst.
1100121-01	Tu	Jan 9-Mar 19	10:55am-11:25am	\$166/\$253	LS
1100121-02	F	Jan 12-Mar 22	11:35am-12:05pm	\$166/\$253	LS
1100121-03	Tu	Jan 9-Mar 19	6:30pm-7:00pm	\$166/\$253	HR

Tap

Ages 4-6

Have fun learning how to hop, shuffle, heel-step in this beginner tap class. We focus on physical alignment, rhythm, simple dance technique and having fun. Dancers are encouraged to wear comfortable clothes (no jeans) and tap shoes. Instructor: Veronika K. **MP/ds**

Activity	Day	Date	Time	R/NR
1100118-01	F	Jan 26-Mar 15	4:15pm-4:45pm	\$121/\$185

Jazz

Ages 6-8

Have fun dancing to the latest music in an upbeat and exciting class! We focus on physical alignment, rhythm, and simple dance technique. Dancers are encouraged to wear comfortable clothes (no jeans) and jazz shoes. Instructor: Veronika K. **MP/ds**

Activity	Day	Date	Time	R/NR
1100126-01	Sa	Jan 27-Mar 16	11:30am-12:15pm	\$131/\$200

Lyrical

Ages 8-10

This free-flowing form of dance links ballet to jazz and teaches dancers to feel the music and move with the beat. Instructor: Veronika K. **MP/ds**

Activity	Day	Date	Time	R/NR
1100123-01	W	Jan 24-Mar 13	4:15pm-5:00pm	\$131/\$200

Barbie Dance Party **NEW!**

Ages 6-8

LG

Come to a fun-filled hour of dance, music, and games! Dancers learn a jazz combo and do activities inspired by the Barbie movies. Dancers are encouraged to wear a Barbie movie inspired outfit. Parents are welcome to watch the dancers showcase their combo during the last 10 minutes of class. Instructor: Veronika K. **MP/ds**

Activity	Day	Date	Time	R/NR
1100218-01	Th	Jan 4	10:00am-11:00am	\$16/\$24

Little Mermaid Dancing Fun **NEW!**

Ages 3-5

LG

Join us for a fun-filled hour dancing to The Little Mermaid. Dancers learn a short tap combo and play fun games to songs from the movie. Dancers are encouraged to wear Little Mermaid or other prince or princess outfits. Parents are welcome to watch the dancers showcase their combo during the last 10 minutes of class. Instructor: Veronika K. **MP/ds**

Activity	Day	Date	Time	R/NR
1100219-01	F	Jan 5	10:00am-11:00am	\$16/\$24

Athletics

Winter 2024



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Youth Athletics

Adult and Child Classes

Note: For all parent and child classes, both participants are included in the registration fee.

All Star Adult Tot Sports

Ages 2-3 with Adult

JD

Bond and have fun together learning a variety of sports! This class is great for improving simple motor skills such as catching, throwing, batting, shooting, passing, and running, and helps develop hand-eye coordination. Parents participate with the child as we play soccer, basketball, hockey, t-ball, football, and other sports. This is a great intro to the All Star programs! **CFC**

Activity	Day	Date	Time	R/NR
1013601-01	Sa	Jan 13-Mar 16	10:30am-11:15am	\$151/\$230

Hot Shots Sports Adult-Tot Tumbling

Ages 2-3 with Adult

JD

Your child's physical, mental, emotional, and social skills are developed through this fun and challenging class. Children are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic gymnastics and movement, participants experience their world in a whole new way and begin to understand how their bodies work. Wear loose fitting clothing, gym shoes and be prepared to have tons of fun! Parent or caregiver participation is required. **SP/g**

Activity	Day	Date	Time	R/NR
1011840-01	W	Jan 10-Mar 20	6:00pm-6:45pm	\$166/\$252
1011840-02	Th	Jan 11-Mar 21	9:15am-10:00am	\$166/\$252
1011840-03	Sa	Jan 13-Mar 16	11:15am-Noon	\$151/\$230

Hot Shots Sports Adult Tot Ninja Warriors

Ages 2-3 with Adult

JD

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Leap, hop, skip, run your way through obstacles and put your child's ninja skills to the test. This fun movement based class challenges your ninja to maneuver over and under objects. In addition, we play group games to further challenge their ninja skills. **SP/g**

Activity	Day	Date	Time	R/NR
1011862-01	Tu	Jan 9-Mar 19	6:00pm-6:45pm	\$133/\$203
1011862-02	Sa	Jan 13-Mar 16	9:00am-9:45am	\$121/\$185

Hot Shots Sports Adult-Tot Sports

Ages 2-4 with Adult

JD

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Motor skill activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. Parents or caregiver participation is required. **MP/g**

Activity	Day	Date	Time	R/NR
1011801-01	Tu	Jan 9-Mar 12	3:30pm-4:15pm	\$121/\$185



Preschool After Care Classes **NEW!**

These classes are designed to extend your child's preschool day! See pages 49-53 for our preschool options.

Hot Shots Lunch & Play

Ages 3-5

JD

Our coaches will pick up the children from preschool rooms and walk them to the gym, where they will have a snack first and play after. Children are introduced to a variety of sports including basketball, floor hockey, football, kickball, soccer, t-ball and other sports and group games. The goal is to provide the opportunity for each child to develop motor skills and nurture his/her growth socially through teamwork and good sportsmanship. Children eat lunch with the coaches, then play sports in the gym. No class Mar 26-29, Apr 25-26. **MP/g**

Activity	Day	Date	Time	R/NR
1011898-01	Tu	Jan 16-May 7	11:30am-1:30pm	\$363/\$549
1011898-02	W	Jan 17-May 8	11:30am-1:30pm	\$363/\$549
1011898-03	Th	Jan 18-May 9	11:30am-1:30pm	\$341/\$515
1011898-04	F	Jan 19-May 10	11:30am-1:30pm	\$341/\$515
1011898-05	Tu/Th	Jan 16-May 9	11:30am-1:30pm	\$600/\$904
1011898-06	W/F	Jan 17-May 10	11:30am-1:30pm	\$600/\$904

Hot Shots Lunch & Play Extended Day

Ages 3-5

JD

Our coaches will pick up the children from preschool rooms and walk them to the gym. We take learning to the next level in this interactive program consisting of physical activity, story time geared around sports stories, a snack break, and lessons about the body and nutrition. Players also learn proper fundamentals in the most popular sports including baseball, football, hockey, basketball, and soccer. This program is tailored for kids to socialize in an athletic setting focused on teamwork and fun. No class Mar 26-29, Apr 25-26. **MP/g**

Activity	Day	Date	Time	R/NR
1011899-01	Tu	Jan 16-May 7	11:30am-3:00pm	\$619/\$933
1011899-02	W	Jan 17-May 8	11:30am-3:00pm	\$619/\$933
1011899-03	Th	Jan 18-May 9	11:30am-3:00pm	\$580/\$875
1011899-04	F	Jan 19-May 10	11:30am-3:00pm	\$580/\$875
1011899-05	Tu/Th	Jan 16-May 9	11:30am-3:00pm	\$1037/\$1559
1011899-06	W/F	Jan 17-May 10	11:30am-3:00pm	\$1037/\$1559

Youth Athletics

Soccer

Hot Shots Sports Sweeper Soccer

Ages 3-4

JD

Sweepers is the beginning step in the development for your young soccer player. The focus of the Sweepers classes is FUNdamentals that are crucial for every budding soccer player. Players focus on foot placement while shooting, following through on their shot, manipulating the ball in creative ways, and defensive stance; all while participating in our fun games and adventure themed activities. **MP/g**

Activity	Day	Date	Time	R/NR
1011852-01	F	Jan 12-Mar 22	3:30pm-4:15pm	\$133/\$203

Hot Shots PeeWee Soccer League **NEW!**

Age 3-5

JD

In this extended version of our strikers soccer class, players receive an extra hour of practice and game time, as well as a Jersey. The first hour will focus on improving our fundamentals by doing drills and playing fun games. The last hour will focus on scrimmaging! Focused solely on player development, players get as many reps as possible both in practice and during games. **MP/g**

Activity	Day	Date	Time	R/NR
1011856-01	Su	Jan 14-Mar 17	10:30am-12:30pm	\$302/\$460

All Star Soccer

Ages 3-8

JD

This program keeps everyone active and engaged. Our lesson plan hides drills in fun games and uses association techniques that get down to the player's level. Soccer is an action-packed game, so there is no sitting and waiting! We cover simple foot skills, dribbling, passing, shooting, basic rules, and even work on spreading the field. This class keeps players active and prepares them for the next level of play. **CFC**

Activity	Age	Day	Date	Time	R/NR
1013606-01	3-4	Sa	Jan 13-Mar 16	1:30pm-2:15pm	\$151/\$230
1013606-02	4-6	W	Jan 10-Mar 13	4:00pm-5:00pm	\$151/\$230
1013606-03	4-6	Sa	Jan 13-Mar 16	2:15pm-3:15pm	\$151/\$230
1013606-04	6-8	W	Jan 10-Mar 13	5:00pm-6:00pm	\$151/\$230

Hot Shots Sports Strikers Soccer

Ages 4-6

JD

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

Activity	Day	Date	Time	R/NR
1011853-01	F	Jan 12-Mar 22	4:15pm-5:00pm	\$133/\$203

Hot Shots Sports Soccer 101

Ages 6-8

JD

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

Activity	Day	Date	Time	R/NR
1011854-01	F	Jan 12-Mar 22	5:00pm-6:00pm	\$166/\$252

Hot Shots Junior Soccer League **NEW!**

Age 6-8

JD

In this extended version of our soccer skills 101 class, players receive an extra hour of practice and game time, as well as a Jersey. The first hour will focus on improving our fundamentals by doing drills and playing fun games. The last hour will focus on scrimmaging! Focused solely on player development, players get as many reps as possible both in practice and during games. **MP/g**

Activity	Day	Date	Time	R/NR
1011857-01	Su	Jan 14-Mar 17	12:30am-2:30pm	\$302/\$460

Football

Hot Shots Sports Pee Wee Flag Football

Ages 4-6

JD

Develop early football skills such as rushing, receiving, and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the football beginner looking to understand the game, learn new skills, and have fun! No class Jan 15, Feb 19. **MP/g**

Activity	Day	Date	Time	R/NR
1011831-01	M	Jan 8-Mar 18	4:15pm-5:00pm	\$109/\$203

Hot Shots Sports Junior Flag Football

Ages 6-8

JD

Join the fun and start playing the nation's most loved game! Players are introduced to stance, receiving, rushing, blocking, and defense. Each week ends with a scrimmage encouraging teamwork and sportsmanship. Players always get to play either receiver or running back each week. Games focus on fundamentals and field concepts, as well as positions and mechanics. No equipment necessary! No class Jan 15, Feb 19. **MP/g**

Activity	Day	Date	Time	R/NR
1011832-01	M	Jan 8-Mar 18	5:00pm-6:00pm	\$136/\$207

Youth Athletics

Basketball

Hot Shots Sports Pro Dribblers

Ages 4-6

JD

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

Activity	Day	Date	Time	R/NR
1011823-01	W	Jan 10-Mar 20	4:15pm-5:00pm	\$133/\$203

All Star Basketball

Ages 3-8

JD

Our instructional program is designed to teach the game of basketball at a basic level while keeping players active and engaged. We play fun games to teach the importance of each skill learned. Our foundation technique focuses on basic mechanics to build confidence, then adds larger challenges as we progress. Footwork is an extremely important aspect of the game. This means no players are sitting! We work on dribbling with each hand, passing, shooting technique, and understanding basic offense and defense. *No class Jan 15, Feb 19.* **CFC**

Activity	Age	Day	Date	Time	R/NR
1013602-01	3-4	M	Jan 8-Mar 11	4:00pm-4:45pm	\$121/\$185
1013602-02	3-4	M	Jan 8-Mar 11	4:45pm-5:45pm	\$121/\$185
1013602-05	4-6	M	Jan 8-Mar 11	5:45pm-6:45pm	\$121/\$185
1013602-04*	4-6	Tu	Jan 9-Mar 12	4:00pm-5:00pm	\$151/\$230
1013602-03	4-6	Th	Jan 11-Mar 14	4:00pm-5:00pm	\$151/\$230
1013602-06*	6-8	Tu	Jan 9-Mar 12	5:00pm-6:00pm	\$151/\$230
1013602-07	6-8	Th	Jan 11-Mar 14	5:00pm-6:00pm	\$151/\$230

*Girls Only Classes

All Star 1st Grade Basketball League

Ages 6-7½

JD

This instructional basketball program gives players their first team experience as we focus on working together while improving each player's individual skills. We create 8 teams of 10 players. Each team has a rotating schedule and plays a one-hour game within the four-hour designated time. Each player receives a team jersey, schedule, and participation award. Our goal is to get these players off to the right start! **CFC**

Activity	Day	Date	Time	R/NR
1013609-01	F	Jan 12-Mar 15	4:00pm-8:00pm	\$181/\$275

Hot Shots Sports Basketball 101

Ages 6-8

JD

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

Activity	Day	Date	Time	R/NR
1011824-01	W	Jan 10-Mar 20	5:00pm-6:00pm	\$166/\$252



Hot Shots Sports Game Time Basketball

Ages 8-12

JD

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

Activity	Day	Date	Time	R/NR
1011825-01	W	Jan 10-Mar 20	3:15pm-4:15pm	\$166/\$252

**Become a better athlete with
Speed & Agility Training!**

See page 24

Youth Athletics



J Dreams Basketballing 101

Ages 8-10

JD

This program introduces your children to the game of basketball if they are beginners or if they need the know how to get to the next level. We teach basic skills of dribbling, passing, shooting, and defense. New individual challenges are presented to develop the importance of reaching goals. Modified basketballs help reach the next level. Lesson plan also incorporates pivoting, closeouts, and jump-stops. **MP/g**

Activity	Day	Date	Time	R/NR
1011013-01	Sa	Jan 13-Feb 10	12:30pm-2:00pm	\$151/\$230
1011013-21	Sa	Feb 17-Mar 16	12:30pm-2:00pm	\$151/\$230

J Dreams Basketballing 201

Ages 11-14

JD

This program advances your children into "game situation" drills and continue to build basketball fundamentals on an individual basis. We teach advanced skills and drills of dribbling, passing, finishing, shooting, and defense. Pairing games are played to show the importance of counter-moves! Lesson plan also incorporates reverse pivoting, closeouts, and jump-stops. **MP/g**

Activity	Day	Date	Time	R/NR
1011014-01	Sa	Jan 13-Feb 10	2:00pm-3:30pm	\$151/\$230
1011014-21	Sa	Feb 17-Mar 16	2:00pm-3:30pm	\$151/\$230

J Dreams Form Shooting and Finishing

Ages 12-16

JD

This class focuses on building shooting skills through "Form Shooting" and building confidence in finishing under defensive pressure. The goal of this class is to develop the player in every facet of shooting the basketball, in addition to training concepts to improve the strength, agility, and quickness of each player. Topics covered are form shooting, range finding, balance and footwork, shot selection, finishing in the paint, and explosive training for game winning performances. **MP/g**

Activity	Day	Date	Time	R/NR
1011015-01	Sa	Jan 13-Feb 10	3:30pm-5:00pm	\$151/\$230
1011015-21	Sa	Feb 17-Mar 16	3:30pm-5:00pm	\$151/\$230

Baseball & Softball

All Star T-Ball

Ages 3-6

JD

We engage all players no matter their skill level. Our coaching technique provides basic building blocks in a fun, safe environment. Players keep moving and learning, even while in the dugout! Mechanics and hand-eye coordination are the keys to early success. Players become more confident as we work on the proper mechanics of catching, throwing, fielding, base running, and batting. This program prepares players for level II, t-ball, or coach pitch leagues. **CFC**

Activity	Age	Day	Date	Time	R/NR
1013608-01	3-4	Sa	Jan 13-Mar 16	11:30am-12:15pm	\$151/\$230
1013608-02	4-6	Sa	Jan 13-Mar 16	12:15pm-1:15pm	\$151/\$230

Hot Shots Sports Minor League Baseball: Triple A

Ages 4-6

JD

The Triple A program builds on skills and rules learned in the Double A class and introduces more fundamental techniques and basic rules. **MP/g**

Activity	Day	Date	Time	R/NR
1011813-01	Tu	Jan 9-Mar 12	4:15pm-5:00pm	\$121/\$185

Hot Shots Sports Baseball Clinic 101

Ages 7-10

JD

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

Activity	Day	Date	Time	R/NR
1011814-01	Tu	Jan 9-Mar 12	5:00pm-6:00pm	\$151/\$230

Fencing

Fencing

Ages 5-17

JD

Learn the basics of sword-fighting and participate in an exciting new sport! Group classes include games, footwork exercises, and real fencing matches with all equipment provided. Fencing helps to develop agility, focus, muscle strength, coordination, and sportsmanship. This class is coached by a Master Fencing Instructor who is a former World Cup Champion and National US Fencing Team Coach.

Location: Fencing Center of Chicago, 111 S. Washington Ave.

Activity	Day	Date	Time	R/NR
1012801-01	F	Jan 12-Mar 15	5:00pm-6:30pm	\$301

Youth Athletics

Ninja Warrior Classes

Hot Shots Sports Adult Tot Ninja Warriors

Ages 2-3 with Adult

JD

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Leap, hop, skip, run your way through obstacles and put your child's Ninja skills to the test. This fun movement based class challenges your Ninja to maneuver over and under objects. In addition, we play group games to further challenge their Ninja skills. **SP/g**

Activity	Day	Date	Time	R/NR
1011862-01	Tu	Jan 9-Mar 19	6:00pm-6:45pm	\$133/\$203
1011862-02	Sa	Jan 13-Mar 16	9:00am-9:45am	\$121/\$185

Hot Shots Sports Tiny Ninja Warriors

Ages 3-4

JD

This course is perfect for young children looking to get involved in sports in a fun, safe way. Players take turns on various obstacles working on balance, gross and fine motor function, body control, hand dexterity and strength, and speed. This program is tremendous for helping players find a love of fitness and sports in an interactive and accessible environment where players can grow and have fun. Begin building confidence and a love for fitness and sports! **SP/g**

Activity	Day	Date	Time	R/NR
1011863-01	Tu	Jan 9-Mar 19	4:15pm-5:00pm	\$133/\$203
1011863-02	W	Jan 10-Mar 20	12:30pm-1:15pm	\$133/\$203
1011863-03	Sa	Jan 13-Mar 16	9:45am-10:30am	\$121/\$185

Hot Shots Sports Mini Ninja Warriors

Ages 4-5

JD

Leap, hop, skip, run your way through obstacles and put your child's Ninja skills to the test. This fun movement-based class challenges your Ninja to maneuver over and under objects. In addition, we play group games to further challenge their Ninja skills. **SP/g**

Activity	Day	Date	Time	R/NR
1011860-01	W	Jan 10-Mar 20	1:15pm-2:00pm	\$133/\$203
1011860-02	Th	Jan 11-Mar 21	4:15pm-5:00pm	\$133/\$203
1011860-03	F	Jan 12-Mar 22	10:30am-11:15am	\$133/\$203
1011860-04	Sa	Jan 13-Mar 16	10:30am-11:15am	\$121/\$185

Hot Shots Sports Junior Ninja Warriors

Ages 6-9

JD

Take everything you learned from Mini Ninja Warriors and test your Ninja skills with even more difficult obstacles to leap, hop, skip and run your way through. Group games put your Ninja skills to the test in this fun movement-based class. **SP/g**

Activity	Day	Date	Time	R/NR
1011861-01	Th	Jan 11-Mar 21	5:00pm-6:00pm	\$166/\$252
1011861-02	Th	Jan 11-Mar 21	6:00pm-7:00pm	\$166/\$252



Hot Shots Sports Amazing Ninja Warriors

Ages 9-11

JD

The ultimate stage in our Ninja Warriors program, players are exposed to challenging obstacles that require them to use every aspect of their strength and core. We teach simple gymnastics principles in order to conquer these incredible courses, and use gymnastics gear to ensure a difficult but safe environment. Players of all levels of athletic and sports backgrounds are able to participate, compete, and have fun in this program which focuses on personal growth, development, and fitness. Get ready to conquer the course! **SP/g**

Activity	Day	Date	Time	R/NR
1011864-01	Tu	Jan 9-Mar 19	5:00pm-6:00pm	\$166/\$252

Youth Athletics



Volleyball



Youth Volleyball Class

Ages 8-15

JD

Class concentrates on the fundamentals of passing, setting, and spiking. Players learn to overhand serve and play games.

Activity	Age	Day	Date	Time	R/NR	Loc
1011002-02	8-10	Th	Jan 11-Feb 8	6:00pm-7:30pm	\$151/\$230	CFC
1011002-22	8-10	Th	Feb 15-Mar 14	6:00pm-7:30pm	\$151/\$230	CFC
1011002-01	8-10	Sa	Jan 13-Feb 10	9:00am-10:30am	\$151/\$230	MP/g
1011002-21	8-10	Sa	Feb 17-Mar 16	9:00am-10:30am	\$151/\$230	MP/g
1011003-01	11-15	Sa	Jan 13-Feb 10	10:30am-Noon	\$151/\$230	MP/g
1011003-21	11-15	Sa	Feb 17-Mar 16	10:30am-Noon	\$151/\$230	MP/g

Youth Volleyball Skills, Drills & Scrimmage

Ages 11-15

JD

Improve your volleyball skills with 90 minutes of drills in setting, passing, overhand serving, and spiking. The lesson plan directs the use of individual training, pairing drills, and game situation development that help each student reach a new level. Instructors organize short games at the end of each class. The lesson plan also incorporates leadership and educational components. **CFC**

Activity	Day	Date	Time	R/NR
1011012-01	Tu	Jan 16-Feb 13	6:00pm-7:30pm	\$151/\$230
1011012-02	Th	Jan 11-Feb 8	7:30pm-9:00pm	\$151/\$230
1011012-21	Tu	Feb 20-Mar 19	6:00pm-7:30pm	\$151/\$230
1011012-22	Th	Feb 15-Mar 14	7:30pm-9:00pm	\$151/\$230

Youth Sports Variety

Hot Shots Sports Game Time Floor Hockey

Ages 8-12

JD

This class provides participants the opportunity to learn and play floor hockey in a safe and fun environment. Players learn positions, stick handling, and ball control in this fun, fast-paced class. In addition, players develop teamwork and sportsmanship while having fun competitive gameplay each week. Safety and having fun are a **MUST** when you step on the floor. Come ready to play! **MP/g**

Activity	Day	Date	Time	R/NR
1011805-01	Th	Jan 11-Mar 21	4:00pm-5:00pm	\$166/\$252

Hot Shots Sports Double Play: Floor Hockey and Sports Battle

Ages 8-12

JD

Double up on the activities and enroll in our Game Time Floor Hockey and Sports Battle at a discounted price! Players begin the night getting a great workout in a fun, competitive environment playing one of Chicago's favorite sports, then test their abilities in our innovative and engaging Sports Battle program in the second hour. **MP/g**

Activity	Day	Date	Time	R/NR
1011806-01	Th	Jan 11-Mar 21	4:00pm-6:00pm	\$249/\$380

Hot Shots Sports Battle: Nerf and Dodgeball

Ages 8-12

JD

This class features games from two of our most popular classes: Dodgeball and Nerf Elite Battle! All Nerf guns, ammo, and eye protection are provided. Dodgeball uses super soft balls and safety is stressed during game play. **MP/g**

Activity	Day	Date	Time	R/NR
1011858-01	Th	Jan 11-Mar 21	5:00pm-6:00pm	\$166/\$252



Pickleball Lessons

Adult Pickleball Clinic for Beginners

Ages 15 & Up

JD

This clinic Introduces new players to the basics of playing the game of pickleball. **CFC**

Activity	Day	Date	Time	R/NR
1060895-01	Tu	Jan 16	7:00pm-8:30pm	\$12
1060895-02	Tu	Feb 20	7:00pm-8:30pm	\$12
1060895-03	Tu	Mar 19	7:00pm-8:30pm	\$12

Pickleball Lessons - Beginner

Ages 18 & Up

JD

No prior or very limited pickleball experience is necessary. Introduction to rules and emphasis on stroke development are the main goals of this class. Please bring your own paddle to class. *No class Jan 15, Feb 19.* **CFC**

Activity	Day	Date	Time	R/NR
1060898-01	M	Jan 8-Mar 11	12:30pm-1:30pm	\$161
1060898-02	Tu	Jan 9-Mar 12	12:30pm-1:30pm	\$201
1060898-03	W	Jan 10-Mar 13	12:30pm-1:30pm	\$201
1060898-04	Th	Jan 11-Mar 14	12:30pm-1:30pm	\$201
1060898-05	F	Jan 12-Mar 15	12:30pm-1:30pm	\$201

Pickleball Lessons - Advanced Beginner

Ages 18 & Up

JD

Participants should be able to maintain a slow-paced rally of several shots. Emphasis is on stroke improvement and basic court strategy. Please bring your own paddle to class. *No class Jan 15, Feb 19.* **CFC**

Activity	Day	Date	Time	R/NR
1060899-01	M	Jan 8-Mar 11	1:30pm-2:30pm	\$161
1060899-02	Tu	Jan 9-Mar 12	1:30pm-2:30pm	\$201
1060899-03	W	Jan 10-Mar 13	1:30pm-2:30pm	\$201
1060899-04	Th	Jan 11-Mar 14	1:30pm-2:30pm	\$201
1060899-05	F	Jan 12-Mar 15	1:30pm-2:30pm	\$201



Pickleball Drop-In

Ages 13 & Up

JS

With your Fitness Center Membership, you are welcome to join the pickleball meet-up group at Centennial Fitness Center for FREE! Non-members pay \$4 R/\$5 NR per visit.

Pickleball is a great way to move, burn calories, and have fun, and it's one of the fastest growing sports as mentioned in *Time* Magazine. Equipment is provided.

Pickleball is limited to groups of four at a time. Hours are subject to change at any time. For more information on the Park Ridge Pickleball Club, please contact Bob Rhine at 847-269-1012 or rsrhine77@gmail.com.

Hours Available: (Fall/Winter/Spring)

- Sundays, 7:00am-10:00am
- Monday-Friday 10:30am-12:30pm



Adult Athletics

Men’s Basketball Leagues

Ages 18 & Up JD
The basketball leagues have a regular season and playoffs. The number of games played depends on the number of teams registered, but should be around 9-11 games. Monetary prizes are awarded for regular season champions and playoff winners. **Registration deadline: January 17. CFC/g**

Activity	Day	League	Date	Time	Team
1020100	W	Open	Jan 24-Apr 10	6:20pm-10:00pm	\$875

Co-Ed Volleyball League

Ages 18 & Up JD
Register for our co-ed volleyball league. Games are held at the Centennial Fitness Center with one referee per match. Space is limited, so register early. **Registration deadline: January 16. CFC/g**

Activity	Day	Date	Time	Team
1020110	Tu	Jan 23-Apr 9	7:30pm-10:00pm	\$380



Gymnastics



All gymnastics classes are taught by qualified staff and are designed to help children raise their self-confidence by improving their physical, mental, and emotional abilities. Your child is taught in a progressive, safe, and positive environment by professional coaches. Our staff follows the USA Gymnastics Safety Guidelines and is trained in proper skill progression. The instructors reserve the right to place students in appropriate levels.

Participants should wear loose, comfortable clothing which allows movement and flexibility.

Location: South Park Gymnastics Studio, Lower Level

Attire: *Preschool:* Instructors suggest shorts and t-shirts without snaps, buttons, or zippers, bare feet, no jewelry, and long hair tied back with soft ties.

Gymnastics: Shorts and t-shirts for boys, leotards for girls, bare feet, no jewelry, and long hair tied back with soft ties.

Note: There are no make-up classes.

Gymnastics Adult and Star

Ages 18 Months - 2 Years

JD

This class allows your little star to explore many different avenues of physical movement through basic tumbling and activities on a variety of equipment. This is an adult-assisted program; active wear is advised. Enjoy the interaction created for you and your child. *No class Mar 25-27. SP/gs*

Activity	Day	Date	Time	R/NR
1011501-01	M	Jan 8-Feb 26	9:15am-9:45am	\$121
1011501-02	Tu	Jan 9-Feb 27	9:15am-9:45am	\$121
1011501-03	W	Jan 10-Feb 28	9:15am-9:45am	\$121
1011501-21	M	Mar 4-Apr 29	9:15am-9:45am	\$121
1011501-22	Tu	Mar 5-Apr 30	9:15am-9:45am	\$121
1011501-23	W	Mar 6-May 1	9:15am-9:45am	\$121

Gymnastics Rising Stars

Ages 3-4

JD

Your star learns basic tumbling, bars, beam, vaulting skills, and movements associated with gymnastics at an appropriate level for their age. This class develops coordination, self-confidence, listening, strength, balance, and body awareness. Please note that children need to participate without parent assistance. *No class Mar 25-27. SP/gs*

Activity	Day	Date	Time	R/NR
1011502-01	M	Jan 8-Feb 26	9:55am-10:25am	\$126
1011502-02	Tu	Jan 9-Feb 27	9:55am-10:25am	\$126
1011502-03	W	Jan 10-Feb 28	9:55am-10:25am	\$126
1011502-21	M	Mar 4-Apr 29	9:55am-10:25am	\$126
1011502-22	Tu	Mar 5-Apr 30	9:55am-10:25am	\$126
1011502-23	W	Mar 6-May 1	9:55am-10:25am	\$126

Gymnastics Shooting Stars

Ages 4-5

JD

Shooting Stars introduces the first-time star to the sport and challenges returning stars to improve their skills. Fun and interesting challenges await your child in this class! *No class Mar 25-27. SP/gs*

Activity	Day	Date	Time	R/NR
1011503-01	M	Jan 8-Feb 26	10:35am-11:15am	\$137
1011503-02	Tu	Jan 9-Feb 27	10:35am-11:15am	\$137
1011503-03	W	Jan 10-Feb 28	10:35am-11:15am	\$137
1011503-21	M	Mar 4-Apr 29	10:35am-11:15am	\$137
1011503-22	Tu	Mar 5-Apr 30	10:35am-11:15am	\$137
1011503-23	W	Mar 6-May 1	10:35am-11:15am	\$137

NOTE: Children must be enrolled in class to be in the gymnastics studio.

Gymnastics

Hot Shots Sports Adult-Tot Tumbling

Ages 2-3 with Adult

JD

Your child's physical, mental, emotional, and social skills are developed through this fun and challenging class. Children are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic gymnastics and movement, participants experience their world in a whole new way and begin to understand how their bodies work. Wear loose fitting clothing, gym shoes and be prepared to have tons of fun! Parent or caregiver participation is required. **SP/gS**

Activity	Day	Date	Time	R/NR
1011840-01	W	Jan 10-Mar 20	6:00pm-6:45pm	\$166/\$252
1011840-02	Th	Jan 11-Mar 21	9:15am-10:00am	\$166/\$252
1011840-03	Sa	Jan 13-Mar 16	11:15am-Noon	\$151/\$230

Hot Shots Sports Tiny Tumblers

Ages 3-4

JD

This program is perfect for getting your child active and moving in a fun and safe setting. Children are introduced to basic gymnastics and tumbling movements to help them build coordination and body control. Players execute introductory acrobatic movements such as rolls, twists, handsprings, and somersaults, as well as other concepts the instructor deems appropriate after getting to know the class. Fun equipment and apparatus are used to provide participants with fun, challenging, but safe ways to become an amazing tiny tumbler! Wear loose fitting clothing, gym shoes, and be prepared to have tons of fun! **SP/gS**

Activity	Day	Date	Time	R/NR
1011844-01	W	Jan 10-Mar 20	4:15pm-5:00pm	\$166/\$252
1011844-02	Th	Jan 11-Mar 21	10:00am-10:45am	\$166/\$252
1011844-03	F	Jan 12-Mar 22	9:45am-10:30am	\$166/\$252
1011844-04	Sa	Jan 13-Mar 16	12:30pm-1:15pm	\$151/\$230

Titan Tumblers

Ages 3-5

JD

This program blends the technique of our tumbling classes with the fun, upbeat activities of our Ninja Warriors programs. Learn basic stance, rolls, somersaults, and twists for tumbling while also getting to end with exciting and fun obstacle courses to ensure a tremendous workout each class. Join us today to learn the basics of gymnastics while getting the thrill of being a Titan Warrior! No class Jan 15, Feb 19. **SP/gS**

Activity	Day	Date	Time	R/NR
1011845-01	M	Jan 8-Mar 18	7:00pm-7:45pm	\$136/\$207
1011845-02	W	Jan 10-Mar 20	11:45am-12:30pm	\$166/\$252
1011845-03	W	Jan 10-Mar 20	6:45pm-7:30pm	\$166/\$252
1011845-04	F	Jan 12-Mar 22	11:15am-Noon	\$166/\$252

Hot Shots Sports Mini Tumblers

Ages 4-5

JD

The next step in our tumbling program, the Mini Tumblers provides access for beginners, but also continues the development of those who have taken our Tiny Tumbler program. Players continue to refine basic movements, while also doing more combination movements and increasing their body control. New games and apparatus are introduced to continue to develop players, while ensuring gear is age-appropriate. Skill competitions are introduced to allow players to compete in a fun and interactive setting. Wear loose fitting clothing, gym shoes, and be prepared to have tons of fun! No class Jan 15, Feb 19. **SP/gS**

Activity	Day	Date	Time	R/NR
1011843-01	M	Jan 8-Mar 18	4:15pm-5:00pm	\$136/\$207
1011843-02	Th	Jan 11-Mar 21	10:45am-11:30am	\$166/\$252
1011843-03	Sa	Jan 13-Mar 16	1:15pm-2:00pm	\$151/\$230

Hot Shots Sports Gymnastics 101

Ages 6-8

JD

This introductory course exposes participants to the basics of gymnastics, working on balance and how to control their core and form. Participants learn how to properly invert themselves and do so in a safe, controlled manner, while also working on basic technique. There is no specific focus on any one aspect of gymnastics, but a broad study of what it takes to be a gymnast. We use skill competitions and individual challenges to provide a fun, safe, and interactive environment to learn and grow. Wear loose fitting clothing, gym shoes, and be prepared to have tons of fun! No class Jan 15, Feb 19. **SP/gS**

Activity	Day	Date	Time	R/NR
1011841-01	M	Jan 8-Mar 18	5:00pm-6:00pm	\$163/\$248
1011841-02	M	Jan 8-Mar 18	6:00pm-7:00pm	\$163/\$248
1011841-03	Sa	Jan 13-Mar 16	2:00pm-3:00pm	\$181/\$275
1011841-04	Sa	Jan 13-Mar 16	3:00pm-4:00pm	\$181/\$275

Hot Shots Sports Gymnastics 201

Ages 9-11

JD

This intermediate class works great for both beginners and those with a solid foundation of gymnastics form and technique. Participants focus on developing control and balance while learning more advanced concepts on how to control the body during handstands, handsprings, and cartwheels. Kids are exposed to a general knowledge of all the different events involved in gymnastics, and how each event requires a different skill set. **SP/gS**

Activity	Day	Date	Time	R/NR
1011842-01	W	Jan 10-Mar 20	5:00pm-6:00pm	\$199/\$302
1011842-02	Sa	Jan 13-Mar 16	4:00pm-5:00pm	\$181/\$275

Martial Arts

Illinois Shotokan Karate Club

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

- Uniforms and belt testing are options available through the ISKC instructor.
- Please note that the Youth, Parent/Child, and Adult classes may train together.
- Beginner students will not be permitted to register into the current session after the second class has met.
- Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required.
- Please visit www.iskc.com for more information or call us at 847-359-0666.

Pre Karate

Ages 4-6

JD

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

Activity	Level	Day	Date	Time	R/NR
1042201-01	Beginner (No Experience)	Sa	Jan 13-Mar 23	9:10am-9:55am	\$161/\$245
1042201-02	Intermediate/Advanced	W	Jan 10-Mar 20	4:50pm-5:35pm	\$161/\$245
1042201-03	Beginner/Continuer	W	Jan 10-Mar 20	4:00pm-4:45pm	\$161/\$245
1042201-04	Continuer (1 Prior Session)	Sa	Jan 13-Mar 23	10:00am-10:45am	\$161/\$245

Youth/Adult Karate

Ages 7 & Up

JD

Youth Karate: ISKC's Youth karate classes put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises included. Children increase their coordination, agility, and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules.

Adult Karate (15 Years & Older): Our Adult classes release tension, develop total body fitness, and build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance, and muscle tone, while improving core strength. Fee is per person. **SP/ma**

Activity	Level	Day	Date	Time	R/NR
1042202-01	Beg/Continuer (White-Red)	W	Jan 10-Mar 20	5:40pm-6:40pm	\$161/\$245
1042202-02	Novice (Orange-Blue)	W	Jan 10-Mar 20	6:45pm-7:45pm	\$161/\$245
1042202-03	Advanced (Brown-Black)	W	Jan 10-Mar 20	7:50pm-9:15pm	\$205/\$311
1042202-04	Intermediate (Green-Purple)	W	Jan 10-Mar 20	7:50pm-8:50pm	\$161/\$245
1042202-05	Beginner (White-Red)	Sa	Jan 13-Mar 23	10:45am-11:45am	\$161/\$245
1042202-06	Continuer (Orange-Yellow)	Sa	Jan 13-Mar 23	11:50am-12:50pm	\$161/\$245
1042202-07	Novice (Blue-Green)	Sa	Jan 13-Mar 23	1:00pm-2:00pm	\$161/\$245
1042202-08	Intermediate (Purple-3rd Brown)	Sa	Jan 13-Mar 23	2:00pm-3:00pm	\$161/\$245
1042202-09	Advanced (2nd Brown-Black)	Sa	Jan 13-Mar 23	3:00pm-4:00pm	\$161/\$245



Tae Kwon Do Jujitsu

Ages 7 & Up

JD

This is a comprehensive martial arts class that covers all strategies of self-defense including close range striking with hands and feet, stand up grappling and throws, in addition to ground self-defense based on Gracie Brazilian style. Students learn traditional martial art values. Jujitsu is a great exercise for children and their parents who desire to learn together. **SP/ma**

Activity	Day	Date	Time	R/NR
1042301-01	M	Jan 8-Mar 18	6:30pm-7:45pm	\$133/\$203
1042301-02	Th	Jan 11-Mar 21	6:30pm-7:45pm	\$133/\$203

Advanced Tae Kwon Do Jujitsu

Ages 7 & Up

JD

Students must be blue belt rank or higher. Students must be competent in International Taekwondo Federation (ITF) patterns up to blue belt rank. **SP/ma**

Activity	Day	Date	Time	R/NR
1042311-01	Tu	Jan 9-Mar 19	6:30pm-7:45pm	\$133/\$203

Scout Group Programs

Brickton Art Center Scout Badges

Potter Badge

Earn this badge in a fun, 1.5-hour session at Brickton Art Center. Our instructor covers topics required to earn the badge such as the history of ceramics, kiln operations, and hand building techniques. The scouts also have a hands-on experience working with clay by making and glazing their own coil pot. Projects are ready for pickup in 10-14 days.

Fee: \$12/scout (min 5/max 20)

Painting Badge

Learn to paint and color your world in this 1.5-hour session at Brickton Art Center. We help you earn your badge while creating a colorful self-portrait on 11x14 canvas.

Class covers how to:

1. Get inspired
2. Paint the real world
3. Paint a mood
4. Paint without brushes
5. Paint a mural

When you've earned this badge, you'll have new ideas about what to paint—and how to paint it.

Fee: \$12/scout (min 5/max 20)

Days and times can be arranged by emailing the Brickton Art Center Director, Alyssa Harris, bricktondirector@gmail.com.

Wildwood Scout & Community Programs

Wildwood offers Girl Scout programs for Daisies, Brownies, Juniors, and Cadettes, and Cub Scout programs for Lions, Tigers, Wolves, Bears, and Webelos that fulfill all the necessary requirements to earn a badge. We also offer general programs for scouts and other community groups.

General Programs

- Animals
- Fishing
- Hiking
- Outdoor Workdays/Clean-Ups
- Geocaching
- Eagle Scout Projects/Gold Award Projects
- Campfire

Booking A Program

Programs are usually scheduled on weekdays in the afternoons or evenings. We ask that you book your program by the 15th of the month before your program so we can schedule our staff. Programs booked after that date will have to wait for staff confirmation.

Visit www.prparks.org for more details, or contact Cara Ruffo at cruffo@prparks.org or 847-692-3570.

Oakton Ice Arena Scout Fun Badge

Looking for a fun outing for your scout group? Head out on the ice! Your visit includes 1 hour of skating with a Skating Instructor who will teach your group the basics of skating. Come early or stay after to watch our Zamboni resurface the ice! Free skate rental is included with your registration. Bring a bike helmet, gloves and/or mittens, and wear warm, comfortable clothing. Upon completion of class, each scout earns a Fun Badge! *Ice Arena Fun Badge dates are available in Fall and Winter only.*

Contact Jordan Mann at 224-585-4860 or jmann@prparks.org for scout outing availability.

Activity	Day	Date	Time	R/NR
1250408-00	Sa	Jan 6	1:00pm-2:00pm	\$15
1250408-01	Sa	Jan 27	1:00pm-2:00pm	\$15
1250408-02	Sa	Feb 10	1:00pm-2:00pm	\$15

Centennial Fitness Center Scout Swim Lane Rental

Does your scouting group need their aquatic merit badge? This program is designed for scout groups that need to fulfill their water safety requirements for their merit badge. This program is not designed to meet the requirements of the Boys Scouts of America Aquatics Badge.

- A maximum of 10 scouts can be accommodated and all scouts must be accompanied by a leader.
- All pool rules apply during Scout Swim.
- Fee: \$40 if the group just needs pool space and \$55 if they need a staff member to sign off on any requirements.

Contact Ethan Williams at 847-692-8599 or ewilliams@prparks.org for lane rental availability.



Park District Affiliates

THANK YOU TO OUR AFFILIATES FOR YOUR SUPPORT

The Park Ridge Park District recognizes that certain organizations exist within the community whose purposes are to serve and enhance recreational opportunities for a specific purpose and group. These organizations are separate and independent from the Park District and provide for their own leadership, organizational and operational structure. Although the stated missions of the organizations may differ, the contractual relationship between the Affiliate and the Park District creates a mutually beneficial environment in which to provide quality recreation for all the individuals served by the parties, as well as the general public. The Park District recognizes that at times it is in the best interest of the community that the Park District work with outside organizations in coordinating, integrating, and consolidating the planning and provision of recreational facilities and programs when basic functions are compatible and a public benefit may be derived. Through working relationships with outside organizations and joint efforts, each party can contribute to greater public service without relinquishing their separate identities or any of their individual responsibilities. The Park Ridge Park District thanks each affiliate organization for their contributions to the District and the community.

Park Ridge Garden Club

The Park Ridge Garden Club has been in existence since 1929 and is still “growing”. General meetings of the club are held at 7:00pm on the second Thursday of the month, September through June at the Centennial Activity Center. Visit us online for more club information at www.parkridgegardenclub.org.

Park Ridge Pickleball Club (PRPC)

PRPC is dedicated to promoting the sport of pickleball in Park Ridge. The club’s goals are to encourage pickleball play, teach its rules, and to grow participation in this active, easy-to-learn, and fun sport. We play indoors at the Centennial Fitness Center year-round and outdoors at Northeast Park, weather permitting. For more information, please contact Bob Rhine at 847-269-1012 or rsrhine77@gmail.com.

Northern Express Hockey Association

Northern Express Hockey Association is a not-for profit, family-oriented organization dedicated to the development of travel hockey in Park Ridge. The Express employs a paid, professional coaching staff that will develop your young hockey player. For more information, visit www.northernexpresshockey.org.

Park Ridge Speed Skating Club

The Park Ridge Speed Skating Club has been skating for fun, fitness, and competition for over 40 years. Our skaters range from 5 to 55 and ability levels range from novice to recreational to national level competitors. Our club staff consists of volunteers and compensated elite coaches. For more information, visit www.parkridgespeedskating.org or contact prspeedskating@gmail.com.

Park Ridge Football & Cheer

Park Ridge Football & Cheer is a non-profit organization that offers 5-14 year old boys and girls an exciting opportunity to compete and perform in an organized House or Travel setting for both football and cheerleading, fostering teamwork and friendships as well as building self-respect and discipline. For program information visit www.parkridgefootballandcheer.com.

Park Ridge Baseball

Park Ridge Baseball/Softball (PRBS) has been providing youth of Park Ridge fun and exciting competition for over 60 years and is open to boys and girls of all abilities, ages 5-17. PRBS’s purpose is to teach the boys and girls the correct way to play baseball/softball; provide role models; teach sportsmanship and other life lessons, which will benefit them in their lives. PRBS is administrated by an all-volunteer group of residents, who serve as Directors. Directors, managers and coaches are not compensated for their service. The Park District provides the fields and maintenance for the program and PRBS contributes a per player head tax for these services. For further information and details, please visit www.prbaseball.com.

Park Ridge Soccer

Park Ridge Soccer offers children a place to play soccer to improve their skills, for excitement, to be with friends, to make new friends and to be part of a team. For more information, visit www.prsoccer.com.

Park Ridge Mixed Doubles Tennis Association

PRMDTA promotes the game of mixed doubles tennis in Park Ridge by providing a friendly and social atmosphere with scheduled matches between teams of similar ability. This permanent partner league includes teams of ALL ability levels—beginner, intermediate, and advanced. Membership also includes various tennis mixers and an end of season platform tennis party. The season runs from April 1 to October 7 at Hinkley Park. For more information, visit www.prmdta.weebly.com.

Park Ridge Women’s Tennis Association

The Park Ridge Women’s Tennis Association (PRWTA) promotes tennis and provides opportunities for all levels of players through singles and doubles challenge ladders, open play, social events, and tournaments. The outdoor season runs from May 1 to September 30. Visit www.prwta.org for membership information.

Maine-Niles Association of Special Recreation



We are dedicated to improving the quality of life and through advocacy and awareness, promoting a successful leisure lifestyle for individuals with disabilities.

Recreation programs and services for all ages and abilities

About Us

Since 1972, M-NASR has provided and facilitated recreation programs and services for children, teens and adults with disabilities. We are an extension of the park districts in Des Plaines, Golf-Maine, Morton Grove, Niles, Park Ridge and Skokie and Lincolnwood's Parks and Recreation department.

M-NASR Programs

M-NASR offers a wide range of recreation programming, both in person and virtual. Programs include athletics, adaptive sports, camps, cultural arts, social opportunities, special events and much more. M-NASR's full time recreation staff have therapeutic recreation backgrounds and all programs are designed with the cognitive, psychological, social and physical needs of participants in mind.

M-NASR programs are offered throughout our member districts. M-NASR participants are welcome to register for all programs regardless of location, and transportation is available to select programs. To view our latest program guide, [click here](#).

M-NASR Inclusion Services

Inclusion provides opportunities for individuals with disabilities to participate alongside their non-disabled peers in park district recreation programs. M-NASR works cooperatively with its member park districts to provide training and education to staff, as well as resources and reasonable accommodations to include individuals with disabilities registered for recreational programs they offer. To view our Inclusion Information Guide, [click here](#).



MAINE-NILES ASSOCIATION OF SPECIAL RECREATION

6820 W. Dempster Street
Morton Grove, IL 60053

Voice: 847-966-5522

Fax: 847-966-8340

Relay System: 800-526-0844

For more information about M-NASR programs and inclusion services, go to mnasr.org or call 847-966-5522.

Parks & Facilities

Facility Locations

3. At Centennial Park

- **Centennial Fitness Center**
1515 W. Touhy Ave.
847-692-5129
- **Centennial Activity Center**
100 S. Western Ave.
847-692-3597
- **Centennial Aquatic Center**
100 S. Western Ave.
847-692-5044
- **Sled Hill**

6. At Hinkley Park

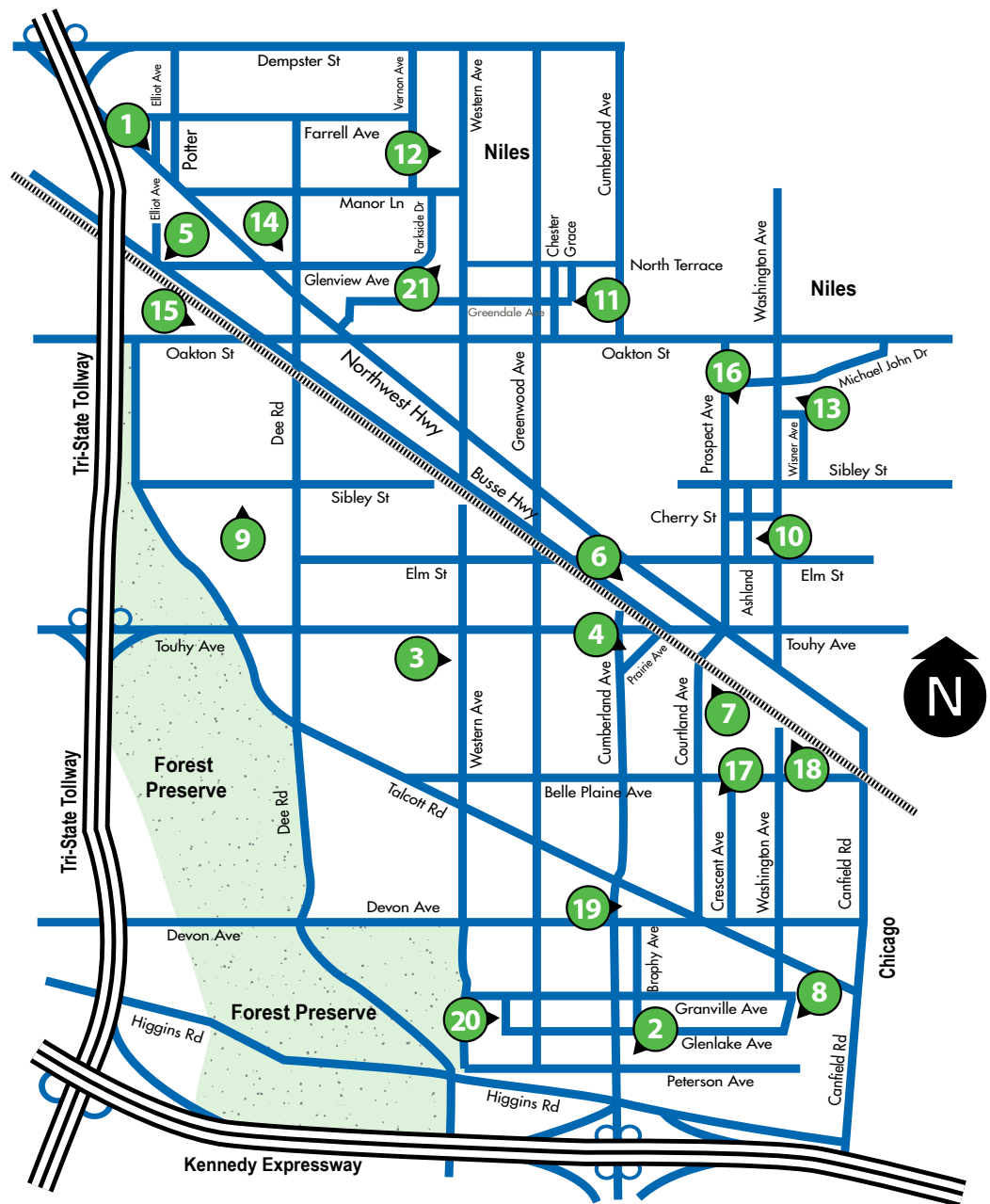
- **Hinkley Skate Park**
283 Busse Hwy.
- **Hinkley Pool**
25 Busse Hwy.
847-692-6602

9. At Maine Park

- **Maine Park Leisure Center**
2701 W. Sibley St.
847-692-5127
- **Wildwood Nature Center**
529 Forestview Ave.
847-692-3570
- **Wildwood Prairie & Pond**

15. At Oakton Park 2800 W. Oakton St.

- **Oakton Ice Arena**
847-692-3359
- **Oakton Driving Range**
847-692-3580
- **Paws Park**



16. At Prospect Park 733 N. Prospect Ave.

- **Park District Administrative Offices**
- **Prospect Park Splash Pad**
847-232-8737
- **Paula Hassell O'Connor Community Building**

19. At South Park 833 W. Talcott Rd.

- **South Park Wading Pool**
847-692-3489
- **South Park Rec Center**
847-692-3556

Parks & Facilities

Park Locations

1. **Mary Q. Alberding Park**, 1502 N. Northwest Highway
2. **Brickton Park**, 801 W. Glenlake
3. **Centennial Park**, 100 S. Western Avenue
4. **Cumberland Park**, 101 S. Cumberland
5. **Francis Park**, 1140 Good Avenue
6. **Hinkley Park**, 25 Busse Highway
7. **Hodges Park**, 101 S. Courtland Avenue
8. **Jaycee Park**, 1515 S. Washington Street
9. **Maine Park**, 2701 W. Sibley Street
10. **Morgan Park**, 302 N. Ashland
11. **Ni-Ridge Park**, 1101 N. Chester
12. **North Park**, 1400 N. Western Avenue
13. **Northeast Park**, 801 N. Washington
14. **Northwest Park**, 1200 N. Dee Road
15. **Oakton Park**, 2800 W. Oakton Street
16. **Prospect Park**, 733 N. Prospect Avenue
17. **Ridge Park**, 501 W. Belle Plaine
18. **Rotary Park**, 400 S. Washington Street
19. **South Park**, 833 W. Talcott Road
20. **Southwest Park**, 1600 S. Lincoln
21. **Woodland Park**, 1200 N. Western Avenue

PARK AMENITIES	Acres	Athletic Field	Ball Diamonds	Community Gardens	Dog Park	Football Fields	Golf Range	Gymnasium	Indoor Skating	Jogging Trails	Nature Center	Outdoor Basketball	Outdoor Skating	Performing Arts Area	Pickleball Court	Picnic Areas	Playground	Ponds	Port-a-Pottys	Recreation Center	Restrooms	Sand Volleyball	Skate Park	Sledding	Soccer Fields	Swimming	Tennis Courts	Wading or Splash Pad
1. Mary Q. Alberding Park	.25																											
2. Brickton Park	5		●														●		●						●			
3. Centennial Park	15.5		●					●		●						●	●			●	●			●	●	●		●
4. Cumberland Park	2.2																											
5. Francis Park	.25																											
6. Hinkley Park	12.5		●	●		●						●				●	●				●	●	●			●	●	
7. Hodges Park	.75																											
8. Jaycee Park	5.2		●									●					●		●						●			
9. Maine Park	10.1		●					●			●					●	●	●		●	●			●	●			
10. Morgan Park	2.5																											
11. Ni-Ridge Park	4											●					●								●			
12. North Park	4.3																●		●						●			
13. Northeast Park	9.1											●			●	●	●		●						●		●	
14. Northwest Park	13		●			●										●	●		●									
15. Oakton Park	16.5				●		●		●				●								●							
16. Prospect Park	11.3	●								●				●		●	●			●	●							●
17. Ridge Park	.25																											
18. Rotary Park	.5											●					●											
19. South Park	5.8		●										●			●	●			●	●						●	●
20. Southwest Park	6.9		●			●						●					●		●						●			
21. Woodland Park	12																●		●						●			

General Information

Inclusion Services

The Park Ridge Park District welcomes participation in all programs and activities by individuals with disabilities and special needs. The Park Ridge Park District is committed to inclusion and providing public recreation services in the most integrated setting, in which interaction between people with and without disabilities is provided to the maximum extent feasible. The Park Ridge Park District works cooperatively with the Maine-Niles Association of Special Recreation (M-NASR) to facilitate successful participation for participants who register for inclusive programming. Participants will be required to function and participate within set ratios, behave in a way that results in appropriate, kind, and positive interactions with others, and independently manage personal care including toileting, feeding, and personal hygiene.

If you have a special need or request for reasonable accommodation, please contact the Park District in advance - call 847-692-5127 or email drossi@prparks.org. Our Recreation team and M-NASR will evaluate each request on a case by case situation to abide by the Americans with Disabilities Act. Once reviewed, the Park District will contact you.

Medical Care

The Park District does not employ any nurses, doctors or other staff who are licensed, certified, or trained to provide medical diagnoses or care to patrons. Whenever possible, medications should be dispensed or administered by parents or guardians before or after programs and camps. The Park District reviews requests for assistance with administration of medicine on a case-by-case basis. In some circumstances, the administration of medication cannot be performed by Park District staff because of specific and /or complex physician or manufacturer instructions, because a request requires medical diagnosis or judgment from our lay staff, and/or because the medication requires invasive procedures.

Illness

For the well-being of all participants, any person who has a contagious disease or is running a fever, experiencing diarrhea, cold symptoms, or vomiting should refrain from attending programs or visiting facilities. Any contagious disease (i.e. chicken pox, measles, roseola, mumps, strep, or rubella) should be reported to a Park District staff member; as well as any cases of head lice, impetigo, or other skin disorders. Participants should be free of all symptoms for 24 hours before returning. Parents/Guardians will be called to come and pick-up their child if the child becomes ill during a class.

Safety

Recreational activities 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.

All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers, and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision or instruction, and other risks inherent to the particular activity. In this regard, it is impossible for the Park District to guarantee absolute safety.

Code of Conduct – Park & Facility Users

All patrons are welcome to participate in programs, leisure activities, and recreational opportunities at the Park District. We trust our patrons to act in a civil manner and use safe practices while on Park District property.

We immediately address and take appropriate measures regarding unacceptable behavior, verbal disrespect, or abuse in order to insure the safety of all patrons and staff.

Code of Conduct - Participants

Safety is our utmost concern and we want all our participants to remember that good manners and behavior is essential to ensuring everyone's safety and making your experience with us a pleasant one. We ask that you report any conduct that is not acceptable to the supervisor on duty.

Photos & Videos

The Park Ridge Park District occasionally takes photographs or video of participants, staff and volunteers for promoting/advertising our programs, services, events, activities and facilities in our brochures, website or agency social media, and other promotional avenues. By registering for, participating in, working as an employee and/or volunteer, or attending Park Ridge Park District programs, events or other activities, the participant (or parent/guardian or a minor), employee or volunteer irrevocably agrees to the use and distribution by the Park Ridge Park District of his or her image (or of his minor child/ward) in photographs, video recordings, and any other electronic reproductions of such programs, events and activities for any purpose without inspection or approval and without compensation, rights to royalties or any other consideration now and in the future.

We Try Our Best

to make sure there are no mistakes in our brochure. Due to the large amount of information that makes up the brochure, errors prior to or after publication can occur. These may include fees, schedules, program codes, instructors, etc. We apologize for any inconvenience this may cause.

Registration Information

Online Registration

In order to use our online registration, a family account must be established with the Park District. Please complete a family information form and submit it along with proof of residency to the Park District prior to your first registration. This form can be found on page 86.

Upcoming Brochures

Please note, all Park District program brochures are available online to provide maximum flexibility and cost savings. The next brochure will be released as follows:

Camp 2024 Brochure:

Programs start June 10, 2024

- Released Monday, January 29
- Resident registration begins Monday, February 5
- Non-Resident registration begins Friday, February 9

Spring 2024 Brochure:

Programs start April 1, 2024

- Released Monday, February 26
- Resident registration begins Monday, March 4
- Non-Resident registration begins Friday, March 8

Scholarship Funds Are Available

Scholarship funds are available to assist low income families participating in Park District programs. Assistance is available to eligible Park Ridge Park District residents only. Due to limited space, you will need to register and pay in full. Approved scholarships will be applied to your account and awarded amount will be refunded to you. Scholarship application can be found online at www.prparks.org under Notices and Documents —>Forms and Publications. Complete the form and email it to jgreve@prparks.org.

Waiver

Park Ridge Park District is a member of Park District Risk Management Agency (PDRMA). PDRMA is a self-insured pool that provides liability, workman's compensation, and property insurance to its agencies. PDRMA does not provide medical accident insurance.

As part of its loss control program, PDRMA requires each agency to have its participants sign a "Release and Hold Harmless Agreement" for all activities. You will agree to the waiver as part of your online registration process.

Family Definition:

A family is parent(s) or civil union partners along with unmarried children age 25 and under living at home. Children age 26 and older living at home and any other relative or individual may not be included on the family account. This includes nannies, grandparents, aunts, uncles, etc. They are considered individual residents and must be entered as an individual family account.

Residency

Resident rates apply to addresses within the Park District boundaries. Please check your itemized property tax bill to verify that you are a Park Ridge Park District resident.

Residency Verification:

Proof of residency and the Family Information Form is required with your first registration in order to receive resident rates. An acceptable form of residency verification includes a current driver's license or utility bill. **Your residency verification is valid for two years.** To check your expiration date, log in to your online account and view "My History" under "My Account". The valid date range is listed under Residency Verification. To renew your proof of residency or to verify a change in address, email photos of your documentation to recreation@prparks.org. The head of the household must provide a current driver's license, state ID, or utility bill.

If you do not have an online username and password, please contact recreation@prparks.org for assistance.

Non-Resident Buy-In Option

Some residences are within the boundaries of the City of Park Ridge but not wholly or partially within the Park District. Those residents are eligible to purchase an annual buy-in. The buy-in provides your household with resident rates on Park District programs and facilities for one-year from the date of purchase. (Please be aware, you must still wait until non-resident registration begins to register for programs.) The cost of the buy-in option is based on the assessed value of your property multiplied by the last known tax rate of the Park Ridge Park District. Please call 847-692-5127 for more details.

Family Situations

Staff understand and respect the differences in all families and will aim to do our best to work with each individual circumstance. Regarding divorce and separated situations, Park District staff will not act as an intermediary between parents and will call the police as necessary. Parents must communicate with each other first, and then contact the Park District. Staff

will not coordinate items such as payments, communication between parents, or child pickup. We understand these situations can be difficult and emotional, but we ask to please refrain from taking out frustrations on staff. We can help by setting up separate accounts and, if requested, we can email both parents/guardians program information. To set up separate family accounts or to request an additional email for communication please contact Debbie Majchszak at dmajchszak@prparks.org or 847-692-5127.

In cases where the child is the subject of a court order (e.g., Custody Order, Restraining Order, or Protection from Abuse Order) a Certified Copy of the most recent order and all amendments thereto must be uploaded into ePact in the Shared Files section or shared with the supervisor. The orders of the court will be strictly followed unless the parent or parents with legal custody requests a more liberal variation of the order in writing. In the case where both parents have joint legal custody by order of the court, both parents must sign the request for more liberal interpretation of the order.

In the absence of a court order on file, both parents will have equal access to their child as stipulated by law. Without a court order, the Park Ridge Park District cannot limit the access of one parent by request of the other parent, regardless of the reason. Staff will contact the police should a conflict arise.

Program Withdrawals

You may request a withdrawal either by calling 847-692-5127 or by submitting a completed "Program Withdrawal Request" form (available at prparks.org) and emailing to recreation@prparks.org. If you withdraw from a program prior to the start, a full program fee **minus a \$3 administrative fee** will be applied as a credit to your Park District account. Prorated refunds will be issued for classes canceled by the District that are unable to be rescheduled or for a patron moving out of District. If for any reason, you would like to be reimbursed instead of credited, please allow two to three weeks for refund processing. After the start, a prorated program fee, **minus the \$3 administrative fee**, will be issued as a credit based on the date of the request. The district may prorate the expenses already incurred in advance for any program or event. No refunds will be issued after the third class. Class credits or refunds will not be granted for participant schedule conflicts. This refund policy does not apply to summer camps.

The above policy does not apply if you are unsatisfied with a program; the Park Ridge Park District promises to provide quality recreational services. Visit www.prparks.org for our Satisfaction Guarantee.



Family Information Form

Are you new to the Park Ridge Park District? In order to register, a current Family Information Form must be completed to establish your family account.



Please complete ALL OF THE INFORMATION below. Return this form to any Park District facility for processing or email completed form along with proof of residency to recreation@prparks.org.

When establishing a new resident household account, proof of residency is required. Acceptable forms of proof of residency are as follows:

1. Valid driver's license or state ID
2. Current utility bill (within the last 30 days)

Resident rates apply to addresses within the geographical boundaries of the Park Ridge Park District. Please check your itemized property tax bill to verify that you pay taxes to the Park Ridge Park District. Your residency verification is valid for two years from the date of submission.

Family Definition: A family is parent(s), civil union partners, or legal guardians with unmarried children age 25 and under living at home. Children age 26 and older living at home and any other relative or individual may not be included on the family account. This includes nannies, grandparents, aunts, uncles, etc. They are considered individual residents and must be entered as an individual family account.

Primary Contact for Family: (please print)

Family Last Name

Address

Apt #

City

State

Zip

Primary Phone

Primary E-mail

(The Park District will keep your e-mail address confidential. This information may be used for updates & marketing promotions from the District.)

Family Members at Above Address: (Please list if any Americans with Disabilities accommodations are needed.)

Last Name	First Name	Birth Date	Phone Number	Gender
1			Primary:	M / F
ADA Accommodations: Y / N	Relationship:		Alternate:	
2			Primary:	M / F
ADA Accommodations: Y / N	Relationship:		Alternate:	
3			Primary:	M / F
ADA Accommodations: Y / N	Relationship:		Alternate:	
4			Primary:	M / F
ADA Accommodations: Y / N	Relationship:		Alternate:	
5			Primary:	M / F
ADA Accommodations: Y / N	Relationship:		Alternate:	
6			Primary:	M / F
ADA Accommodations: Y / N	Relationship:		Alternate:	

Emergency Contact Information: (alternate to primary)

Full Name Relationship

Home Work Cell

Staff Use: Date Entered: Proof of Residency: D U



Registration Form

Return this form for processing:

1. Fax completed form to 847-692-6949 or email to recreation@prparks.org.
2. A confirmation email will be sent once registration is complete.

Call Maine Park at 847-692-5127 with questions regarding your registration.

Family Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Primary Phone: _____ Alternate Phone: _____

A.D.A. Statement: Park Ridge Park District intends to comply with the intent and spirit of the Americans With Disabilities Act. If you need special accommodations, please call 847-692-5127 so that we may make the necessary arrangements for you.

☐ Yes, I have special disability needs. Name of Participant _____



PARTICIPANT'S FIRST NAME	ACTIVITY #	PROGRAM TITLE	2nd CHOICE (ACTIVITY #)	M/F	DATE OF BIRTH	FEE

NOTE: Program withdrawals are subject to a \$3 administrative fee.

Subtotal

Wildwood Nature Center Donation

Account Credit

Total Enclosed

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 the programs, 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 or being transported during any and all activities connected with and associated with this registration. I recognize and acknowledge that there are certain risks of physical injury as a participant in this program(s), and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in any programs or activities against the Park District and/or the Park Ridge Friends of the Parks, including their respective officers, agents, volunteers and employees. I have read and fully understand the above important information, warning of risk, assumption of risk, waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature. I have read and fully understand this waiver and understand my signature, or my guardian's signature if I'm under 18, is required to take part in Park District programs.

Signature _____ Date _____

By signing, I attest I am the legal parent/guardian for any participants under the age of 18 included on this registration form.

FOR OFFICE USE ONLY:

Total Paid \$ _____

Accepted by: _____

Date: _____

Method of Payment

☐ Cash ☐ Check

☐ Credit Card

☐ Gift Card



Card # _____ Exp Date _____

Name _____
(as it appears on card)

Signature _____

MAKE DIFFERENCE

PARTNER WITH THE PARK RIDGE PARK DISTRICT

For over 100 years, the Park Ridge Park District has provided recreational, leisure, and life-enhancing experiences to the community. Our unique and multi-faceted program allows sponsors to align your business to Park Ridge and surrounding communities. By partnering with local businesses, organizations, and individuals, we can build strong community relationships resulting in more opportunities to serve our participants and enhance experiences that last a lifetime. We strive to fulfill and exceed our obligations to our partners. Please consider partnering with us for one of the following opportunities:

- **Sponsorship of upcoming seasonal events such as Earth Day Celebration and Summer Concerts**
- **Naming rights at the Oakton Sports Complex**
- **Advertising opportunities**

We also work directly with a partner to develop a sponsorship package to meet your individual needs. To learn more about our sponsorship opportunities, please contact Margaret Holler, Marketing & Public Relations Director at mholler@prparks.org.

Why Partner with Us?

Promote Your Business

- Over 3,800 programs attract thousands of families each year from Park Ridge and the surrounding areas

Publicize Your Business

- Quarterly program brochure is distributed electronically to over 12,000 individuals in Park Ridge and surrounding areas
- Our website, prparks.org, attracts over 23,000 users each month
- Park District emails are sent to over 12,000 individuals
- Reach a larger audience with promotion on the Park District's social media pages, 5,300+ Facebook followers and 2,300+ Instagram followers

Increase Image & Visibility

- Showcase your goods or services
- Build goodwill among your client base

Create a Legacy

- Unite with a stable, respected organization with a prominent presence within the community for over 100 years



Summer Concert at Hodges Park

Thank you to our Partners!

Allstate - Tunnell Insurance Agency

Alteas Health

Amada Senior Care

Beer on the Wall

Chestnut Square at the Glen

College H.U.N.K.S. Hauling
and Moving

Coogan Gallagher

Dreamtown - Team Fallico
Real Estate

Guaranteed Rate -
Guy Petropoulos

Harp and Fiddle

Home Instead Senior Care

HomeSmart Connect -
Mandie Maguire

HomeSmart Realty -
Anna Purymska

Humana

IAPD - Powerplay!

Lakeside Bank

Lincolnwood Place

MPowered Smiles Orthodontics

Oak Street Health

Options Medical Weight Loss

Park Ridge Community Fund

Park Ridge Friends of the Parks

Park Ridge Wilderness Scouts

Patina Wine Bar

Senior Helpers of Greater Chicago

STROLL Park Ridge Magazine

Summit of Uptown Park Ridge

Touching Hearts at Home

