PARK RIDGE PARK DISTRICT

PROGRAMS & EVENTS

November–December 2020

Resident Registration Begins Monday, October 19

8:30am ONLINE ONLY at prparks.org

OUR SEASONAL BROCHURE SCHEDULE HAS CHANGED!
View our upcoming brochure schedule on page 50.

PARK RIDGE PARK DISTRICT

847-692-5127 comment@prparks.org www.prparks.org

dreamtown | TEAM FALLICO

OVER

100 HOMES

ALREADY CLOSED IN 2020

Considering a move?
Count On Us.

Thanks to you...

TEAM FALLICO

#1 Park Ridge Real Estate Team 2019*

*Source: MRED 2019 real estate sales

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General Information

Participation Guidelines

All in-person programs are currently structured to adhere to the guidelines provided by the Illinois Department of Commerce & Economic Opportunity (DCEO) for Phase 4 of the Restore Illinois plan. We kindly ask that you support a safe reopening of our facilities by adhering to the following general guidelines set forth for all programs to help protect the well-being of our community. Participants are asked to:

- Maintain a social distancing of at least 6 feet between non-household individuals.
- Wear a face covering over your nose and mouth while in common areas of facilities or when social distancing cannot be maintained. (Exceptions can be made for people with medical conditions or disabilities that prevent them from wearing a face covering.)
- Face coverings are not required while exercising if a distance of 10 feet is maintained.
- Wash your hands vigorously and frequently.
- Use hand sanitizer if hand washing is unavailable.
- Avoid touching your face.
- Cover your cough/sneeze.
- Bring your own source of water.

We ask that you do not participate in in-person classes or visit our facilities if you:

- Have been in contact with anyone who has tested positive for COVID-19
- Are experiencing any symptoms of COVID-19, such as fever, cough, fatigue, or shortness of breath

Each participant should self-check prior to attending a class or visiting any facility by using the following questions:

1. Have you felt feverish or do you have a fever 100.4° or above?
2. Do you have a new or unusual cough?
3. Do you have a new or unusual sore throat?
4. Have you been experiencing new or unusual difficulty breathing or a shortness of breath?
5. Do you have unexplained muscle aches?
6. Have you had a new or unusual headache (not related to caffeine, diet or hunger, not related to a history of migraines, clusters, or tension, not typical to the individual)?
7. Have you noticed a new loss of taste or loss of smell?
8. Have you been experiencing unexplained or unusual chills, shivering or sweating?
9. Do you have any gastrointestinal concerns such as abdominal pain, vomiting or diarrhea?
10. Is anyone in your household displaying any symptoms of COVID-19?
11. To the best of your knowledge, have you or anyone in your household come into close contact with anyone who has tested positive for COVID-19?

Additional requirements may be provided by your instructor specific to your program.

Cleaning Protocols

The Park District has established intensified cleaning protocols for each facility which include:

- Following a District-wide Restoration of Operations Procedure Manual and reopening protocols for public and staff areas to ensure safety, sanitation, and protective measures
- Cleaning and disinfecting of premises conducted in compliance with CDC protocols
- Detailed plans for each facility specifying disinfecting procedures for each room and the items within
- Frequent cleaning and disinfecting of common areas and surfaces that are touched by multiple people
- Following CDC guidelines for Cleaning and Disinfecting for Community Facilities if a confirmed COVID-19 case is reported

Online Registration Only

Due to the pandemic situation, in-person registration at our facilities is currently unavailable. Registration is online only. It is simple to register in real-time online for Park Ridge Park District classes with just a click!

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 are on a phone/tablet, you may need to flip your device to landscape to see the login fields.) 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 fillable PDF 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.

Acceptable forms of proof of residency include:

- Current driver's license
- Current utility bill
- For dependents age 2 to 25 years old, a birth certificate or proof of guardianship

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 to something meaningful to you.

Click to watch short tutorials:

Creating a Household Account

How to Register Online

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Keep up to date with Park Ridge Park District on
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Resident Registration Begins
Monday, October 19

Non-Resident Registration Begins
Friday, October 23

8:30am ONLINE ONLY at prparks.org

Special Events

IN-PERSON PROGRAMS!

Animal Encounters: Visits at Wildwood

Families JC

Enjoy an exclusive, socially distant visit to Wildwood Nature Center for a half hour! Say hello to our Animal Ambassadors and feed and interact with an animal of your choice. For the safety of the animals, other guests, and staff, visiting families are only able to physically interact with their chosen animal, but they are welcome to view the rest of the Animal Room and ask questions about any of our other residents. Registration closes the Wednesday prior to the visit to allow time for organizing Animal Interactions. Animal choices are determined on a first come basis via email and finalized on Friday before your adventure. The facility common areas are sanitized between each family visit and face coverings are required to enter the building. Guests are required to comply with social distancing guidelines, and only one household is allowed per time slot. **WNC**

Activity	Day	Date	Time	R/NR
5160511-39	W	Oct 28	10:30am-11:00am	$20
5160511-40	W	Nov 4	10:30am-11:00am	$20
5160511-41	Sa	Nov 7	10:00am-10:30am	$20
5160511-42	Sa	Nov 7	11:00am-11:30am	$20
5160511-43	Sa	Nov 7	Noon-12:30pm	$20
5160511-44	Sa	Nov 7	1:00pm-1:30pm	$20
5160511-45	Sa	Nov 7	2:00pm-2:30pm	$20
5160511-46	Sa	Nov 7	3:00pm-3:30pm	$20
5160511-49	W	Nov 11	10:00am-10:30am	$20
5160511-50	W	Nov 11	11:00am-11:30am	$20
5160511-51	Sa	Nov 14	10:00am-10:30am	$20
5160511-52	Sa	Nov 14	11:00am-11:30am	$20
5160511-53	Sa	Nov 14	Noon-12:30pm	$20
5160511-54	Sa	Nov 14	1:00pm-1:30pm	$20
5160511-55	Sa	Nov 14	2:00pm-2:30pm	$20
5160511-56	Sa	Nov 14	3:00pm-3:30pm	$20
5160511-59	W	Nov 18	10:00am-10:30am	$20
5160511-60	W	Nov 18	11:00am-11:30am	$20
5160511-61	Sa	Nov 21	10:00am-10:30am	$20
5160511-62	Sa	Nov 21	11:00am-11:30am	$20
5160511-63	Sa	Nov 21	Noon-12:30pm	$20
5160511-64	Sa	Nov 21	1:00pm-1:30pm	$20
5160511-65	Sa	Nov 21	2:00pm-2:30pm	$20
5160511-66	Sa	Nov 21	3:00pm-3:30pm	$20
5160511-71	Sa	Dec 5	10:00am-10:30am	$20
5160511-72	Sa	Dec 5	11:00am-11:30am	$20
5160511-73	Sa	Dec 5	Noon-12:30pm	$20
5160511-74	Sa	Dec 5	1:00pm-1:30pm	$20
5160511-75	Sa	Dec 5	2:00pm-2:30pm	$20
5160511-76	Sa	Dec 5	3:00pm-3:30pm	$20
5160511-79	W	Dec 9	10:00am-10:30am	$20
5160511-80	W	Dec 9	11:00am-11:30am	$20
5160511-81	Sa	Dec 19	10:00am-10:30am	$20
5160511-82	Sa	Dec 19	11:00am-11:30am	$20
5160511-83	Sa	Dec 19	Noon-12:30pm	$20
5160511-84	Sa	Dec 19	1:00pm-1:30pm	$20
5160511-85	Sa	Dec 19	2:00pm-2:30pm	$20
5160511-86	Sa	Dec 19	3:00pm-3:30pm	$20

Science Night

Families JC

Turn your family into scientists and explore fun science concepts with us! Make cool discoveries through experiments, projects, and play. Please register only one member of your family. Science Night takes place indoors in the Park Room at Maine Park; please dress for a mess. **MPLC**

November Topic: Feathers and Flight

December Topic: Ice Powers

Activity	Day	Date	Time	R/NR
5160503-03	W	Nov 18	6:00pm-7:00pm	$16/family
5160503-04	W	Dec 16	6:00pm-7:00pm	$16/family

Gingerbread Workshop

Ages 3 & Up with Adult AK

Celebrate the holidays by creating a decoration made from sweet treats. Parents and children can customize pre-assembled gingerbread houses with candy, licorice ropes, gum drops, and more while socially distanced. Refreshments will be served and don't forget to bring a box to transport your creation! This year you can also take advantage of our Gingerbread Workshop to go. We provide you with everything you need to make your gingerbread house in the comfort of your own home. Pick-up is at Maine Park Leisure Center on December 1 and 2 between 9:00am and 5:00pm. Registration deadline: November 27. **MPLC**

Activity	Day	Date	Time	R/NR
5151207-01	Th	Dec 3	6:30pm-7:30pm	$35/$45 per house

Gingerbread House to go:

Activity: 5151207-02 **R/NR:** $25/$33

Family Event!

New Year's Eve at Noon!

Ages 3 & Up with Adult AK

Help us ring in 2021 while following all safety guidelines. Make a New Year's Eve craft, play bingo, participate in a limbo contest, then enjoy a special countdown to noon to say goodbye to 2020! Refreshments and a pre-packaged treat will be served. Fee is per person. **MPLC**

Activity	Day	Date	Time	R/NR
5151230-01	Th	Dec 31	11:00am-Noon	$15 per person

Special Events

AT-HOME EXPERIENCES!

Santa's Mailbox

Write your own letter or download and print a "letter to Santa" form at prparks.org. Beginning Monday, November 30 you can drop you letter off at Maine Park Leisure Center. The mailbox will be located in the main entrance vestibule. **Letters must be dropped in the mailbox no later than Wednesday, December 9 at 8:00pm.** Santa takes care of the postage of the reply letter. All letters must have a name and address on them for Santa to be able to send a return letter.

It's a Small World: Celebrating Cultural Traditions

Ages 5 & Up AK/RB

What happens during winter solstice and why have people celebrated it for centuries? When is Diwali? What do the days of Kwanza represent? Let's look at some of the end-of-the year traditions, where they came from, how they are celebrated today! Have a kit delivered to your home for you and your family to explore together. Each kit has a craft or activity representing the holiday, along with an explanation of the celebration. Holidays covered include Chanukah, Winter Solstice, Kwanza, Diwali, and Chinese New Year. Kits will be available for pick up or mailed to your home on December 8.

Activity	Day	Date	Fee
5151222-01	Tu	Dec 8	$30
5151222-02	Mailed to Home		$15

Santa Visits

Ages 2 & Up AK

Imagine the surprise when you open the door to find the big guy himself standing in your front lawn! Santa visits your family, socially distanced, for approximately 10 minutes to take a photo and leave some candy cane treats for you find in your yard. Due to Santa's tight schedule he can only visit homes of Park Ridge Park District residents. Fee is per house. **Registration deadline: December 4.**

Activity	Day	Date	Time	Fee
5151220-01	Sa	Dec 12	9:00am-Noon	$25

Holiday House Decorating Contest

All Ages AK

Do you pride yourself with the most festive holiday house décor? Let's see how creative Park Ridge can be! Register for our outdoor Holiday House Decorating Contest. Homes will be judged on Thursday, December 10 between 4:00-9:00pm by Park District staff for 1st, 2nd, and 3rd place prizes. We will share photos and video of your display on our Facebook page to be voted on by the public. The photo with the most likes by the end of the day on December 17 will be presented the People's Choice award. All winners will be announced on December 18, and will be awarded a Park Ridge Park District prize package and bragging rights. *This contest is open to Park Ridge Park District resident home addresses only.*

Activity	Day	Date	Time	Fee
5150106-01	M	Dec 14	4:00pm-9:00pm	$6

Virtual Elf In Training Workshop

Ages 5-9 AK/RB

Have you ever wondered how to care for reindeer or what it's like to work in the North Pole toy workshop? Find out in our Elf Training Class! Our virtual class has a direct line to the North Pole to teach us how to create: reindeer food, hand crafted holiday card, holiday ornament, learn silly songs, create special elf slime and have a cup of cocoa with our head elf while we learn the elf tricks of the trade. An "Official Elf Certificate" is given upon completion. Kit pick-up or mail to home option is on December 11.

Activity	Day	Date	Time	Fee
5151219-01	Tu	Dec 15	6:00pm-7:30pm	$25
5151219-02	Mailed to Home			$15

You've Been Grinched!

All Ages AK

Grinch your family, friends, and neighbors with a surprise at-home candy cane hunt. The Grinch's assistants will hide two dozen candy canes, a sprinkling of smaller candy canes in the front yard, and leave a fun "You've Been Grinched" sign on the door. Grinching will happen the week of December 14 between the hours of 3:00pm-6:00pm. Additional candy canes can be purchased. *Open to Park Ridge Park District residents only.* **Registration deadline: December 15.**

Activity	Day	Date	Time	Fee
5151218-01	M-F	Dec 14-Dec 18	3:00pm-6:00pm	$15

Additional 1 Dozen Candy Canes: Activity: 5151218-02 Fee: $3
Additional 2 Dozen Candy Canes: Activity: 5151218-03 Fee: $6

Send the Grinch Hunt to Another House!

Every member in your household account can sign up to Grinch someone. Use the registration codes below.

Activity	Day	Date	Time	Fee
5151218-04	M-F	Dec 14-Dec 18	3:00pm-6:00pm	$15

Additional 1 Dozen Candy Canes:
Activity: 5151218-05 Fee: $3

Additional 2 Dozen Candy Canes:
Activity: 5151218-06 Fee: $6

Early Childhood Programs

IN-PERSON PROGRAMS!

Tot Rock

Ages 12-24 months with Adult MJ

Maracas and clackers and tambourines, too; it's musical fun just for you! Tot Rock is a unique music and learning program designed specifically for 1-year-olds. Each session focuses on a new educational theme that incorporates hand held instruments, play props, sensory integration, coordination exercises, and socialization. Structured and unstructured time is included in each class. Sing, dance and play today! For more information, visit www.rockitkids.com. **MPLC**

Activity	Day	Date	Time	R/NR
5130601-01	F	Oct 30-Dec 11	9:15am-9:55am	$58/$91

Kid Rock I

Ages 24-36 months with Adult MJ

Make it a musical day! Kid Rock is a music and movement program designed to stimulate development through interactive play. Fine and gross motor skills are improved through imagination exercises, and by using rhythm instruments and movement props such as tambourines, maracas, scarves, and a parachute. Presented in a structured format, Kid Rock encourages cooperation and following directions. Each session focuses on a new educational theme. Sing, dance and play today! For more information, visit www.rockitkids.com. **MPLC**

Activity	Day	Date	Time	R/NR
5130602-01	F	Oct 30-Dec 11	10:00am-10:40am	$58/$91

Kid Rock III

Ages 1-5 with Adult MJ

Make it a musical day! Kid Rock is a music and movement program designed to stimulate development through interactive play. Fine and gross motor skills are improved through imagination exercises, and by using rhythm instruments and movement props such as tambourines, maracas, scarves, and a parachute. Presented in a structured format, Kid Rock encourages cooperation and following directions. Each session focuses on a new educational theme. Sing, dance and play today! For more information, visit www.rockitkids.com. **MPLC**

Activity	Day	Date	Time	R/NR
5130607-01	F	Oct 30-Dec 11	10:45am-11:25am	$58/$91

Register online today!
For registration information visit www.prparks.org/registration.

Wild Child

Ages 3½-5 JC

Discover the wonders of animals, plants, and nature through outdoor exploration, hikes, independent play, circle time, and stories. Class is outside unless there is inclement weather. Pack your water bottle and snack and get ready to explore. Children need to wear a face covering to go inside the facility to use the restroom, wash hands, and if class is inside due to inclement weather. *No class Nov 23 and 25.* **WNC**

Activity	Day	Date	Time	R/NR
5160206-06	M/W	Nov 16-Dec 9	12:45pm-2:45pm	$112/$145

Mini Gym

Ages 16-28 months MJ

This interactive program includes circle time, free play, rhythm instruments, and bubbles, in a large space that allows your child to run and explore and play with other kids! Your child learns and grows through songs and visual stimulation. All children attending class must be registered. **MPLC**

Activity	Day	Date	Time	R/NR
5130606-01	W	Nov 4-Dec 16	9:30am-10:30am	$73/$113

Nature Kindergarten Kapers

Ages 5-6 as of September 1, 2020 JC

Get out, explore, and connect to the world around you. Kindergartners enjoy seasonal topics about nature, explore the outdoors, record observations in their journals, create crafts, play games and activities, and enjoy independent play. Please send your child to class with a peanut/tree nut free snack, reusable water bottle, and dressed for the weather. Children need to wear a face covering to go inside the facility to use the restroom, wash hands, and if class is inside due to inclement weather. *No class Nov 24 and 26.* **WNC**

Activity	Day	Date	Time	R/NR
5160205-65	Tu/Th	Oct 27-Dec 17	9:15am-11:15am	$241/$315
5160205-66	Tu/Th	Oct 27-Dec 17	12:45pm-2:45pm	$241/$315

Early Childhood Programs

ONLINE PROGRAMS!

Virtual Jigglejam Music

Ages 6 months - 6 years MJ

Get ready to wiggle, jiggle, and giggle with Jodi and her guitar, puppets, and more surprises online. Engage with your children at home to sing, dance, and play! Have a few instruments if you have them for the kids to play along and bubbles for the end of class! Until we can Jigglejam in person...Let's Go Virtual! Sign one child up for 1 class and go to one or go to every class! Siblings are welcome. Once registered Jodi will send you the links to all available classes.

Activity	Day	Date	Time	R/NR
5130621-11	Tu	Nov 3-Dec 15	10:15am-10:45am	$98
5130621-12	W	Nov 4-Dec 16	11:15am-11:45am	$98
5130621-13	Th	Nov 5-Dec 17	9:15am-10:00am	$98

Virtual Rockin' at Home

Ages 1-6 MJ

Sing, dance, play, and learn YOUR way in this virtual music and movement class! Registered participants receive an email from Rock 'n' Kids on Mondays at 8:00am with that week's pre-recorded, private, 30-minute virtual class, allowing families to participate on their own time. The session's musical activities are based on the theme of "A Whole New World!" Each week we pretend to ride on our magic carpets to explore a new place! A pirate ship? The jungle? Outerspace? It's a musical adventure! Activities include opening songs, weekly theme introduction, 5-6 additional music activities, and closing songs. Along with class content, supplemental activities are included to enhance your child's learning. Class activities involve rhythm, fine and gross motor, imaginative play, sensory integration, and listening skills. Rock 'n' Kids has been enjoying children's wiggles and giggles for 25 years! You won't want to miss this chance for safe, musical fun and learning with your child!

Activity	Day	Date	R/NR
5130622-01	M	Oct 26-Dec 7	$46

Virtual Cooking - Baking Buddies

Ages 4-5 MJ

Every week is a virtual bake off in Baking Buddies! Join our chef in your kitchen and bake some cookies, cupcakes, pretzels, and muffins! These are just a few of the things we stir up in the kitchen. Kids learn that baking is a science. Precise measurements, mixing, and frosting are all part of the fun. Children use the stove top, oven, and knives, so a grown up should stay within an ear and eye shot during this class. Each week, we supply a baking shopping list.

Activity	Day	Date	Time	R/NR
5130623-02	F	Nov 6-Dec 18	10:15am-11:00am	$61

Virtual Cooking - Little Chefs

Age 4-5 MJ

Kids love to explore in the kitchen! This class teaches kids basic recipes, proper techniques, and safe practices to prepare simple dishes they are sure to love. Children use the stove top, oven, and knives, so a grown up should stay within an ear and eye shot during this class. Each week, we a supply a baking shopping list.

Activity	Day	Date	Time	R/NR
5130624-02	Tu	Nov 3-Dec 15	10:00am-11:00am	$61

Virtual Beginner Readers for Kindergartners

Ages 5-6 MJ

In a small group virtual setting, your kindergartner works on the fundamentals of beginning reading. Word sounds, letters, and word recognition are all practiced with fun activities. Have your child gain the confidence to become a better reader! Children must be age appropriate by September 1, 2020.

Activity	Day	Date	Time	R/NR
5130625-01	M	Nov 2-Dec 14	1:00pm-1:45pm	$67
5130625-02	W	Nov 4-Dec 16	1:00pm-1:45pm	$67

Virtual Art Enrichment Class

Ages 4-6 MJ

Travel to The Art Institute of Chicago as we visit the museum on a journey of discovery, observation, and awe of fine art. Learn to incorporate the elements of art; creatively express thoughts and feelings; and reinforce fine motor and concept development while creating artwork based on artwork of master artists. Continue your journey with your Draw & Write Journal activities, bridging the gap between the museum and home. Kits with all necessary supplies are included in fees. Patrons are responsible for picking these kits up at a determined time and location.

Preschool: Ages 4-5

Activity	Day	Date	Time	R/NR
5130626-01	Tu	Nov 3-Dec 15	10:00am-11:00am	$127

Kindergarten: Ages 5-6

Activity	Day	Date	Time	R/NR
5130626-02	Tu	Nov 3-Dec 15	1:00pm-2:00pm	$127

Register online today!
For registration information visit www.prparks.org/registration.

Early Childhood Programs

ONLINE PROGRAMS!

Virtual Deep Sea Divers

Ages 1-3 JC

Splish and splash as we dive deep into the ocean to explore the world of our underwater friends. Meet some underwater creatures and learn about the oceans through themed crafts, activities, stories, and sensory bins.

Create a hybrid experience and sign up for Discovery Days on Fridays, activity #5160114.

We are bringing all the fun you have at your Nature Center class to your home. Receive a 4-week class kit with ocean animals, crafts, sensory materials (sand, colored rice, and playdough), tools for sensory play, projects, and learning materials that complement the theme (exploring skills like patterns, colors, counting, matching, and sorting). Take part in hands-on exploration through live virtual classes, and/or re-watch the videos later. Our two virtual classes each week include animal of the week information and circle time, exploring your kits, parallel play, socialization, classroom songs, craft show and tell, project play, and story time.

Additional Info: Pick up class kits on the Thursday or Friday prior to class (detailed email to come). If you would like your kit mailed to your home, you also need to sign up for class #5160117-02. Links to virtual classes (password protected) are emailed prior to the program. *No class Nov 24 and 26.*

Activity	Day	Date	Time	R/NR
5160117-01	Tu/Th	Nov 10-Dec 10	9:15am-9:45am	$58
5160117-02	Kit Mailed/Delivered to your home			$15

IN-PERSON PROGRAM ADD-ON!

Create a hybrid experience and sign up for Wildwood Nature Center's Discovery Days!

Ages 1-6 with Adult JC

Balance your virtual experience with in-person exploration - add on Discovery Days to your adventure. Join a Wildwood teacher to venture around the pond, prairie, and woodland in search of plants, animals, and fun. Must be enrolled in a Wildwood Nature Center virtual class and kit experience to add on Discovery Days. Class meets outside on Nov 13, Nov 20, and Dec 4. If one of these days is rained out, class will be held on Dec 11.

Activity	Day	Date	Time	R/NR
5160114-03	F	Nov 13-Dec 4	10:00am-11:00am	$20

Virtual Rainforest Rendezvous

Ages 3-6 JC

Venture into the rainforest and discover the animals that call this lush green place home. Climb up the layers of the rainforest from the ground floor to high above the canopy as we explore this ecosystem. Enjoy rainforest animals and rainforest characteristics through circle time, experiments, kit exploration, parallel play, socialization, classroom songs, craft show and tell, project play, and story time.

Create a hybrid experience and sign up for Discovery Days on Fridays, activity #5160114.

We are bringing all the fun you have at your Nature Center class to your home. Receive a 4-week class kit with rainforest animal figures, sensory materials (for example - dirt, colored rice, and playdough), tools for sensory play, crafts, projects, and learning materials that complement the theme (exploring skills like patterns, colors, counting, matching, and sorting). Take part in hands-on exploration through live virtual classes, and/or re-watch the videos later. Our two virtual classes each week includes animal of the week information and circle time, exploring your kits, parallel play, socialization, classroom songs, craft show and tell, project play, and story time.

Additional Info: Kit includes all of the craft, journal, and learning materials for one child. For additional kit materials, please sign up for extra kit supplies at class #5160113-03. Pick up class kits on the Friday prior to class (detailed email to come). If you would like your kit mailed/delivered to your home, you also need to sign up for class #5160113-02. Links to live classes (password protected) are emailed prior to the program. Classes are recorded and posted privately on our YouTube channel. Participants are emailed the link to watch the recorded class. *No class Nov 24 and 26.*

Activity	Day	Date	Time	R/NR
5160113-01	Tu/Th	Nov 10-Dec 10	10:15am-10:45am	$58
5160113-02	Kit Mailed/Delivered to your home			$15
5160113-03	Additional Class Materials			$15

PRESCHOOL
PARK RIDGE PARK DISTRICT

2701 W. SIBLEY STREET • 847-685-4400

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

SUPERVISOR: MOLLY JACOBSEN
ASSISTANT SUPERVISOR: BROOKE PLOFSKY

Virtual Preschool Ages 2-5½ MJ

Join us for this virtual program two times a week to meet new friends, have some fun, and begin your journey in preschool. Students are placed in virtual classes with children their own ages. We sing songs, listen to stories, and do fun crafts with weekly themes that are sure to interest your little one. We also work on skills that your child would be introduced to at in-person preschool. Parents are encouraged to stay online for a parent talk after class once a week. We understand many of you are missing the hallway time, and we have scheduled an hour per week to meet with fellow parents and your teacher to talk about strategies for learning at home. Each child receives a kit full of supplies. We ask that parents stay close to help with the virtual session until your student becomes comfortable with online platforms. Children should be age appropriate by September 1, 2020.

2-Year-Old Virtual Preschool

Activity	Day	Date	Time	R/NR
5142026-02	Tu/Th	Nov 3-Dec 17	9:00am-9:30am	$133/$203

3-Year-Old Virtual Preschool

Activity	Day	Date	Time	R/NR
5142028-01	M/W	Nov 2-Dec 16	9:00am-9:45am	$169/$257
5142028-02	Tu/Th	Nov 3-Dec 17	9:00am-9:45am	$169/$257

4-Year-Old Virtual Preschool

Activity	Day	Date	Time	R/NR
5142020-01	M/W	Nov 2-Dec 16	9:00am-10:00am	$205/$311
5142020-03	M/W	Nov 2-Dec 16	9:00am-10:00am	$205/$311

Hybrid Preschool Ages 2-5½ MJ

Our hybrid preschool is the best of both worlds. Children participate in two days of virtual preschool per week and then meet for a 1-hour playgroup with their grownup at Maine Park. We will attempt to stay at an outdoor location so kids can practice wearing their face covering, but it will be the grownup's responsibility to help with your child's personal needs. Our preschool and early childhood staff will work off of our current preschool curriculum and offer a fun playdate so kids can socialize. Each child receives a kit full of supplies. We ask that the same parent attend the playgroups every week to keep social circles small. Children should be age appropriate by September 1, 2020. **MPLC**

2-Year-Old Hybrid Preschool

Activity	Day	Date	Time	R/NR
5142027-01	M/W/F	Nov 2-Dec 18	9:30am-10:00am	$181/$275

3-Year-Old Hybrid Preschool

Activity	Day	Date	Time	R/NR
5142029-01	M/W/Th	Nov 2-Dec 17	9:00am-9:45am	$217/$329

4-Year-Old Hybrid Preschool

Activity	Day	Date	Time	R/NR
5142021-01	Tu/Th/F	Nov 3-Dec 18	9:00am-10:00am	$271/$410

In-Person Preschool

Ages 3-5½ MJ

We are happy to welcome back our students to our traditional preschool program. Students are placed in small groups to explore, learn, and play! Our curriculum focuses on social/emotional development and kindergarten readiness skills. Our DCFS licensed preschool rooms and dedicated outdoor classroom spaces are full of fun things to play with to make learning fun while making new friends. All students and staff are required to wear face coverings and practice social distancing. Children must be age appropriate by September 1, 2020. **MPLC**

Our In-Person 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.

3-Year-Old Program

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 emotional, social, language, and cognitive, as well as find and gross motor skills. All children must wear a face covering and be completely potty trained.

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. We continue to work on important skills including: self-help, social, emotional, gross and fine motor, along with academic skills expected for kindergarten. All children must wear a face covering.

Class Dates: November 2, 2020 – May 21, 2021

Morning Program: 9:00am-11:30am

Afternoon Program: 12:30pm-3:00pm

R/NR Class Fees: 2-day $1,200/$1,700

Monthly payment plans are available. Class schedules are forming now. Class sizes are limited.

Contact the Preschool Office for schedules and availability: mjacobesn@prparks.org or (847) 685-4400

Camp Ridge (e-learning camp)

IN-PERSON PROGRAM!

Camp Ridge

Grades K-5

Join Camp Ridge for a fun recreational setting where campers are able to socialize and e-learn! Park District recreation staff members are on hand while campers engage in recreation activities and remote learning. Camper must be self-sufficient in completing their remote learning tasks and assignments. Staff are recreation leaders, not educators. Program meets all health and safety guidelines for Phase 4 of the Restore Illinois plan.

Camp Ridge is held at the Maine Park Leisure Center. Based on space and staffing needs, the number of spaces available for the program is limited. We will prorate the fee if a camper wants to join mid session and space is available. **MPLC**

MONDAY-FRIDAY OPTIONS

Activity	Day	Date	Time	R/NR
6470501-35	M-F	Oct 19-Oct 30	8:00am-4:00pm	$500/$600
6470501-40	M-F	Oct 19-Oct 30	4:00pm-6:00pm	$125/$150
6470501-36	M-F	Nov 2-Nov 13	8:00am-4:00pm	$500/$600
6470501-41	M-F	Nov 2-Nov 13	4:00pm-6:00pm	$125/$150
6470501-37	M-F	Nov 16-Nov 20	8:00am-4:00pm	$250/$300
6470501-42	M-F	Nov 16-Nov 20	4:00pm-6:00pm	$63/$76

MONDAY/TUESDAY/WEDNESDAY OPTIONS

Activity	Day	Date	Time	R/NR
6470501-11	M-W	Oct 19-Oct 28	8:00am-Noon	$150/$180
6470501-15	M-W	Oct 19-Oct 28	Noon-4:00pm	$150/$180
6470501-19	M-W	Oct 19-Oct 28	4:00pm-6:00pm	$75/$90
6470501-12	M-W	Nov 2-Nov 11	8:00am-Noon	$150/$180
6470501-16	M-W	Nov 2-Nov 11	Noon-4:00pm	$150/$180
6470501-20	M-W	Nov 2-Nov 11	4:00pm-6:00pm	$75/$90
6470501-13	M-W	Nov 16-Nov 18	8:00am-Noon	$75/$90
6470501-17	M-W	Nov 16-Nov 18	Noon-4:00pm	$75/$90
6470501-21	M-W	Nov 16-Nov 18	4:00pm-6:00pm	$38/$46

WEDNESDAY/THURSDAY/FRIDAY OPTIONS

Activity	Day	Date	Time	R/NR
6470501-23	W-F	Oct 21-Oct 30	8:00am-Noon	$150/$180
6470501-27	W-F	Oct 21-Oct 30	Noon-4:00pm	$150/$180
6470501-31	W-F	Oct 21-Oct 30	4:00pm-6:00pm	$75/$90
6470501-24	W-F	Nov 4-Nov 13	8:00am-Noon	$150/$180
6470501-28	W-F	Nov 4-Nov 13	Noon-4:00pm	$150/$180
6470501-32	W-F	Nov 4-Nov 13	4:00pm-6:00pm	$75/$90
6470501-25	W-F	Nov 18-Nov 20	8:00am-Noon	$75/$90
6470501-29	W-F	Nov 18-Nov 20	Noon-4:00pm	$75/$90
6470501-33	W-F	Nov 18-Nov 20	4:00pm-6:00pm	$38/$46

Registration is currently open for all Camp Ridge sessions online at www.prparks.org!

See page 12 for more information on Camp Ridge.

What to Expect

- Parents/Guardians are responsible to ensure their campers' school work is reviewed and completed.
- Each camper are assigned a workspace, and work in an independent and self-directed environment.
- Campers are divided into small groups of 15 participants or less by similar grade level.
- When not remote learning, campers participate in staff-led recreational activities.
- Activities will range from group games, arts and crafts, outdoor exploration, and more.
- Campers should come with the supplies needed to conduct their school work: a charged computer/tablet, charger, paper, pencil/pen, crayons, markers, and a set of headphones.
- The Park District provides Wi-Fi, but does not have extra computers, headphones, or school supplies on hand if a camper forgets something.
- Campers and staff will wear a face covering while indoors; and outdoors only when social distancing is not being met. As with all other Restore Illinois Guidelines, if this mandate changes, we will follow the updated guidelines.
- Campers need to provide 100% disposable snacks and a reusable water bottle daily. Filling stations are available for water bottles.
- Campers who plan to eat lunch on site should bring a 100% disposable lunch container.
- Parents/Guardians are required to confirm daily that their child does not have any COVID-19 symptoms and has not been in contact with anyone who has tested positive for COVID-19.

Camp Ridge (e-learning camp)

IN-PERSON PROGRAM!

Camp Ridge Code of Conduct

We want camp to be a great experience for all. In order for this to happen, everyone must play a role in creating a positive and safe environment. Campers have a responsibility to help with this as well by:

- Showing respect to all campers, staff, equipment, and facilities.
- Behaving in a way that results in only appropriate, kind, and positive interactions with others.
- Leaving any unnecessary items at home that may cause a distraction at camp, including toys, animals, cell phones, electronics not needed for classwork, inappropriate language, weapons, or items that appear to look like weapons.
- Using caution when playing with others, to avoid close contact or causing bodily harm to others.
- Keeping the Park Ridge Park District an alcohol, drug, and tobacco free zone.

Due to the COVID-19 pandemic, participants shall also be required to comply with routine COVID-19 health and safety requirements. Specific details regarding these and other related requirements shall be provided by the Park District prior to the start of camp. Rules include all participants being able to adhere to the following:

- Following social distancing requirements
- Wearing a face covering when indoors; and outdoors only when distancing is not possible (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering as long as doing so will not create a direct threat of safety to self, other participant, or staff)
- Cooperatively following verbal directions to perform tasks such as tying shoes, washing hands, covering mouth when sneezing or coughing, and using the restroom
- Independently tracking belongings such as backpack, water bottle, lunch, and snack

Consequences for not following these or any other rules developed for the camps will be shared with the campers each session. In order for this to be successful, the Park District asks for parents' support in enforcing these guidelines. Staff will address each incident with the camper (and parent if the situation requires) in a positive and fair manner meant to help teach campers how to make better choices. The Park District reserves the right to dismiss a camper whose behavior endangers the well-being of themselves, other participants, or Park District staff. No refunds are issued in these circumstances.

Medical Care

The Park District does not employ nurses, doctors, or other staff who are licensed, certified, or trained to provide medical diagnoses or care to patrons. We do not allow staff to diagnose medical situations or perform invasive or complex emergency procedures.

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. Due to COVID-19, participants will be required to:

- Function and participate within set ratios
- Maintain social distancing
- 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 Donna at 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.

Scholarship Funds

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.

Refund Procedure

- Five business days prior to the first day of camp:
- A full refund minus a $3 administrative fee is granted.
- Less than five business days prior to the first day of camp:
- A refund minus a $25 service fee is granted.
- After the start of the first day of camp:
- Refunds are only granted for medical reasons or changes in residency.

Please contact 847-692-5127 or email recreation@prparks.org with any questions or if you need assistance with registration.

Youth Programs

IN-PERSON PROGRAMS!

Robot Engineers

Ages 7-10 AK

This course builds knowledge of simple machines, engineering, programming, and teamwork using the LEGO WeDo Robotics System, as students use an intuitive, icon-based programming environment, helping to bring their model to life. **MPLC**

Activity	Day	Date	Time	R/NR
5110404-01	Th	Nov 12-Dec 10	5:30pm-6:45pm	$94/$144

Glitzy Girlz: Daddy Daughter Heart to Hold

Ages 3-10 AK

Dads, bring your special little girl(s) on a holiday date night and knock out shopping at the same time! Each couple makes three separate gifts: a craft, beaded jewelry piece, and a pottery/ceramic item. Have fun making wrapping paper and tags to finish the surprises. Make 2020 a holiday memory forever in your treasured gifts for family members! **MPLC**

Activity	Day	Date	Time	R/NR
5110803-01	Th	Dec 10	6:00pm-7:15pm	$36/$46 couple

Additional Child: Activity: 5110803-02 | Fee: $30/$36

Magic! Magic! Magic!

Ages 5-12 AK

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
5110926-02	M	Nov 2	6:45pm-7:40pm	$22

Register online today!
For registration information visit www.prparks.org/registration.

Adventure Club

Ages 6-11 JC

Calling together the Adventure Club – join Wildwood's naturalists for weekly outdoor excursions. Explore the prairie looking for creatures big and small, grab a net to find bugs in the long grass or in the water, hike the Des Plaines River trail, and discover nature through experiments, projects, and exploration. Class takes place outdoors, and only ventures inside due to inclement weather. Participants need a face covering to wear inside for water bottle refills, restroom breaks, and if class moves inside due to weather conditions. Please pack a water bottle, peanut/tree nut free snack, and face covering. **MP**

Activity	Day	Date	Time	R/NR
5160417-05	Tu	Nov 10-Dec 8	4:00pm-5:30pm	$48
5160417-06	Th	Nov 12-Dec 10	4:00pm-5:30pm	$48

School's Out Fun Club

Ages 5-12 RB

Enjoy a fun-filled day off of school at the Park District School Out Fun Club! We do fun crazy crafts, sports, art, and much more. Please bring a nut-free lunch, snack, and drink. **MPLC**

Activity	Day	Date	Time	R/NR
5110606-05	Tu	Nov 3	8:00am-4:00pm	$150
5110606-06	Tu	Nov 3	4:00pm-6:00pm	$12.50

Thanksgiving Break Camp

Activity	Day	Date	Time	R/NR
5110606-11	M-W	Nov 23-Nov 25	8:00am-4:00pm	$15
5110606-12	M-W	Nov 23-Nov 25	4:00pm-6:00pm	$37.50

Winter Break Camp

Activity	Day	Date	Time	R/NR
5110606-21	M-W	Dec 21-Dec 23	8:00am-4:00pm	$150
5110606-22	M-W	Dec 21-Dec 23	4:00pm-6:00pm	$37.50
5110606-24	M-W	Dec 28-Dec 30	8:00am-4:00pm	$150
5110606-25	M-W	Dec 28-Dec 30	4:00pm-6:00pm	$37.50

ONLINE PROGRAMS!

Virtual Sewing

Ages 7-10 AK

Dive into the world of hand sewing during this fun and creative four week virtual class. We spend the first week learning about and reviewing hand sewing. Then, we start sewing our theme projects. This is the perfect class for new or returning sewers. All sewing supplies are included and are be mailed to your home. **Sewers need to register at least one-week in advance to receive their sewing kit in the mail. Students need access to Zoom.*

November Class: Sloth Pillows

Activity	Day	Date	Time	Fee
5110812-03	M	Nov 9-Nov 30	4:15pm-5:00pm	$103

Wizard (After) School: Flying Club

Ages 6-11 JC

Break out the game balls and polish your broom. In this virtual class, design and decorate your own Nimbus 2000, learn the rules of our flying club games, and create your very own flying balls of all sizes. Kit includes all the materials to participate at home and take your scientific journey to the next level. Kit pick up is the Friday or Monday before class begins for this virtual adventure. **WNC**

Activity	Day	Date	Time	R/NR
5160415-01	W	Nov 11-Dec 9	3:45pm-4:30pm	$48

Animal Artists

Ages 6-15 JC

Do you love both animals and art? Combine your passion for both topics as we explore the world of animals through artistic expression! During our virtual class, you learn the basics of animal artistry, and discover tips and tricks for drawing and painting your favorite wildlife. Visit the Animal Ambassadors at Wildwood, watch them pose as our animal models, and take a closer look at their textures and patterns so we can learn how to recreate lifelike scales and fur. Learn how abstract art and realism relate, and take a closer look at how and where some of our favorite animals live so we can better represent them in our art. Animal time is recorded for those of us who like to spend extra time on our artwork, and we spend time each day briefing how our projects went, and sharing all of our wonderful creations! Supplies for the class included in the kit (brushes, water colors, water color paper, colored pencils, sharpener, drawing pencils, sketchbook). Kit pick-up takes place on Thursday or Friday prior to the program. *No class Nov 25.*

Activity	Ages	Day	Date	Time	R/NR
5160416-01	6-9	Tu	Nov 10-Dec 15	3:45am-4:30pm	$73
5160416-02	10-15	Tu	Nov 10-Dec 15	5:00pm-5:45pm	$73
5160416-03	Kit Mailed/Delivered to your home				$15

Family Workshops & Classes

Magic Family Workshop

Ages 5 & Up AK

Gary Kantor teaches you how to perform a number of mind-boggling tricks using everyday household items. Gary starts by explaining the secrets to the tricks, then both Gary and the children practice everything in great detail. Once registered you will receive an email in 24 hrs with a secure link, password, and directions on how to access the workshop.

Supplies needed for workshop A:
Deck of cards, rubber band, crayons (they cannot be broken), paper bag (standard lunch bag size), 2 pieces of yarn (one should be about 2 feet long, and one should be about 4 inches long), one die, piece of paper, pencil or pen

Supplies needed for Magic Session B:
Deck of cards, crayons, 10 pennies, 2 nickels, one dime, envelope, paper, pen or pencil

Supplies needed for Magic Session C:
Deck of cards, 4 pennies, envelope, crayons, regular lunch bag, paper, pen or pencil

This class is a prerecorded session that can be watched at your convenience and is available to watch repeatedly until December 31.

Activity	Fee	Workshop
5110927-01	$14	Workshop A
5110927-02	$14	Workshop B
5110927-03	$14	Workshop C

Balloon Animal Workshop

Ages 7 & Up AK

Professional balloon artist Gary Kantor introduces a 45-minute online class that teaches families the techniques needed to transform plain balloons into incredible balloon animals like dogs, butterflies, fish, and more. Gary walks your family through each step in the process. Once registered you will receive an email in 24 hrs with a secure link, password, and directions on how to access the workshop. Note: you will need your own balloons and balloon pump. The pump and balloons cost about $13, and when you register Gary gives you information on where to purchase them.

This class is a prerecorded session that can be watched at your convenience and is available to watch repeatedly until December 31.

Activity	Fee	Workshop
5110928-01	$14	Workshop A
5110928-02	$14	Workshop B

Teen & Adult Programs

ONLINE PROGRAMS!

Virtual Escape Room

Ages 11-14 BP

Can't escape home? Help us complete this virtual escape room instead! Join us on this virtual adventure as we race against time. To ensure the safety of our teens, anyone wishing to request an invitation needs to register for the activity code below. The Virtual Escape Room is led and monitored by Park District staff.

Activity	Day	Date	Time	Fee
5110312-23	F	Nov 13	6:00pm-7:15pm	$15
5110312-25	F	Dec 4	6:00pm-7:15pm	$15

Virtual Teen Game Night

Ages 11-14 BP

Join us for a game night and spend some time with other teens playing together in the virtual world! To ensure the safety of our teens, anyone wishing to request an invitation needs to register for the activity code below. Virtual game night is led and monitored by Park District staff.

Activity	Day	Date	Time	Fee
5110311-22	F	Nov 20	6:00pm-8:00pm	$15
5110311-24	F	Dec 11	6:00pm-8:00pm	$15

Virtual Teen Trivia Night

Ages 11-14 BP

Join the Park Ridge Park District for teen movie trivia night! Trivia questions range from popular holiday movies to movies from when you were younger. We are using the platform Kahoot! for this event.

Activity	Day	Date	Time	Fee
5110313-12	F	Dec 18	6:00pm-7:00pm	$15

IN-PERSON PROGRAM!

Safe Sitter

Ages 11-14 BP

Our babysitting program, sponsored by Safe Sitter, is sure to get 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 for the babysitter, injury prevention, how to care for children, preventing problem behavior, behavior management, ethics and babysitting as a business. Program includes a babysitting manual and a completion card. Participants should bring a baby-sized doll and lunch to class. **MPLC**

Activity	Day	Date	Time	Fee
5110115-18	Sa	Nov 7	9:00am-3:00pm	$60/$95

IN-PERSON PROGRAMS!

Adult Art

Ages 18 & Up BP

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

Activity	Day	Date	Time	Fee
5120113-05	Th	Nov 5-Dec 3	9:00am-Noon	$42

Adult Art Studio Workshop

Ages 18 & Up BP

Studio Workshop is for the more independent artist. 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
5120114-06	W	Nov 4-Dec 2	9:00am-Noon	$42

PARK RIDGE PARK DISTRICT

CENTENNIAL ACTIVITY CENTER

100 S. WESTERN AVENUE • 847-692-3597

The Center Activity Center is only open to those attending a registered in-person activity. At this time, we are not open for drop-in programs and are not reactivating the S.T.A.R. Membership. However, we are regularly evaluating when we can move back to full operations.

Contact the Staff: We're Here to Help!

Centennial Activity Center Manager
Jennifer Meyers (JM), CPRP
847-692-3007
jmeyers@prparks.org

Recreation Supervisor, Seniors & Adults
Sarah Groeper (SG)
847-692-3035
sgroeper@prparks.org

Adult Special Events

Ages 55 & Up SG

Programs require participants to wear a cloth face covering over their nose and mouth.

Just Lunch

Enjoy a delicious boxed lunch from McAlister's Deli. Stay for Armchair Travels after. **Registration deadline: a week before the lunch. CAC**

Activity	Day	Date	Time	Fee
5230304-03	M	Nov 2	Noon-1:00pm	$12
5230304-04	M	Dec 7	Noon-1:00pm	$12

STAR Trivia

Test your skills in a friendly game of trivia! See how many facts you know and if you can beat the other team. Win prizes and share in success with your team. A snack is served. **Registration deadline: one week before event. CAC**

Activity	Day	Date	Time	Fee
5230306-01	W	Nov 11	1:00pm-2:00pm	$8
5230306-02	W	Dec 9	1:00pm-2:00pm	$8

Bingo and Pizza

B-I-N-G-O! There is no sweeter sound. Visit with friends as you play a few rounds of bingo. Pizza is served. **Registration deadline: Nov 13. CAC**

Activity	Day	Date	Time	Fee
5230305-03	W	Nov 18	1:00pm-2:00pm	$13

Ugly Sweater Bingo

Wear a holiday sweater and get in the mood for festive prizes! Visit with all your friends as you play a few rounds of bingo. Pizza is served. **Registration deadline: Dec 14. CAC**

Activity	Day	Date	Time	Fee
5230305-04	W	Dec 16	1:00pm-2:00pm	$13

• • • • • • IN PERSON PROGRAMS! • • • • • •

Holiday Wreath Making

Brighten up your door with a festive holiday wreath! We provide the supplies and instruction. All you need is yourself and your creative mind! **Registration deadline: November 5. CAC**

Activity	Day	Date	Time	Fee
5230526-01	M	Nov 9	1:00pm-2:00pm	$35

First Annual STAR Turkey Trot and Lunch

Have you built up your walking skills over the past few months? Test your skills at the Turkey Trot! Join us on this one mile walk around the park. Finish the day off with a delicious turkey sandwich from McAlister's Deli. **Registration deadline: Nov 4. CAC**

Activity	Day	Date	Time	Fee
5230102-07	Th	Nov 19	11:30am-1:00pm	$15

Hot Chocolate and Ornament Making

Sing along to your favorite holiday songs as you sip hot chocolate and create your own ornaments. Grab your friends and your creativity because this seasonal event will have you ready for the holidays. **Registration deadline: Nov 24. CAC**

Activity	Day	Date	Time	Fee
5230102-08	W	Dec 2	1:00pm-2:00pm	$20

S.T.A.R. Holiday Party: 2020 Style!

The weather outside is frightful, but the S.T.A.R. Holiday party is so delightful! Although 2020 has been a crazy year and our typical holiday party may not look the same, that doesn't mean we can't have a great time celebrating together! Join us as we provide our own entertainment of Holiday Carol-Oke! Sing your favorite songs solo or with a friend or two. Or listen and tap your feet to the music. Lunch is served. **Registration deadline: Dec 7. CAC**

Activity	Day	Date	Time	Fee
5230102-10	Th	Dec 10	12:30pm-1:30pm	$18

Eve of the Eve Celebration Brunch

There is no better way to ring in 2021 than with good friends, fantastic entertainment, great food, and champagne. Doors open at 10:00am. Colette Hawley will perform and end the event at noon with a champagne toast. Menu includes egg and cheese on a croissant with your choice of applewood bacon, black forest ham, or sausage; fresh fruit, yogurt, and coffee. **Registration deadline: Dec 26. CAC**

Activity	Day	Date	Time	Fee
5230102-09	Th	Dec 30	10:00am-Noon	$25

Active Adult Programs

IN-PERSON PROGRAMS!

Movies

Ages 55 & Up SG

Programs offered require participants to wear a cloth face covering over their nose and mouth.

Classic Movie: Indiana Jones and the Raiders of the Lost Ark

1981, Rated PG, 115 min

Epic tale in which an intrepid archaeologist tries to beat a band of Nazis to a unique religious relic which is central to their plans for world domination. Battling against a snake phobia and a vengeful ex-girlfriend, Indiana Jones is in constant peril, making hair's-breadth escapes at every turn in this celebration of the innocent adventure movies of an earlier era. **CAC**

Activity	Day	Date	Time	Fee
5230402-03	F	Nov 6	1:30pm-3:00pm	$3

Classic Movie: White Christmas

1954, Rated PG, 140 min

Singers Bob Wallace (Bing Crosby) and Phil Davis (Danny Kaye) join sister act Betty (Rosemary Clooney) and Judy Haynes (Vera-Ellen) to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly (Dean Jagger), the boys' commander in World War II, who, they learn, is having financial difficulties; his quaint country inn is failing. The foursome plan a yuletide miracle: a fun-filled musical extravaganza that's sure to put Waverly and his business in the black! **CAC**

Activity	Day	Date	Time	Fee
5230402-04	F	Dec 4	1:30pm-3:00pm	$3

New Movie: The Way Back

2020, Rated R, 108 min

Jack Cunningham was a high school basketball superstar who suddenly walked away from the game for unknown reasons. Years later, he's stuck in a meaningless job and struggling with alcoholism - the very thing that ruined his marriage and his hope for a better life. Jack gets a shot at redemption when he becomes the basketball coach for his alma mater, a program that has fallen on hard times since his teenage glory days. **CAC**

Activity	Day	Date	Time	Fee
5230401-03	F	Nov 13	1:30pm-3:00pm	$3

New Movie: Last Christmas

2019, Rated PG13, 103 min

Nothing seems to go right for young Kate, a frustrated Londoner who works as an elf in a year-round Christmas shop. But things soon take a turn for the better when she meets Tom - a handsome charmer who seems too good to be true. As the city transforms into the most wonderful time of the year, Tom and Kate's growing attraction turns into the best gift of all - a Yuletide romance. **CAC**

Activity	Day	Date	Time	Fee
5230401-03	F	Dec 11	1:30pm-3:00pm	$3

Armchair Travels

This new series from the creators of *Chef's Table* explores a different region each season. We start off on the streets of Asia - Japan, Thailand, Taiwan, South Korea, Singapore, and more - to see the carts, stalls, and markets that folks visit on the go, in the middle of the night, or even every day. *Street Food* spends each episode highlighting the intense personal connection between the meals and the people who make them. Immerse yourself in the sights and sounds, then pretend you can smell all the smells. Experience two different countries each month. Stay for Just Lunch for free! **CAC**

Street Food: Taiwan and South Korea

Activity	Day	Date	Time	Fee
5230403-03	M	Nov 2	1:00pm	$3

Street Food: Vietnam and Singapore

Activity	Day	Date	Time	Fee
5230403-04	M	Dec 7	1:00pm	$3

Active Adult Learning

Ages 55 & Up SG

Programs offered require participants to wear a cloth face covering over their nose and mouth.

Coping Through Music

Join music therapist Beth Kimura as she helps us gain techniques to get through these stressful and unknown times. We all deal with stress differently and it can be scary. Feel empowered for life's ups and downs as you are given concrete tools to cope with stress. **CAC**

Activity	Day	Date	Time	Fee
5230102-05	F	Nov 6	10:30-11:30am	$8
5230102-06	F	Dec 4	10:30-11:30am	$8

TED Talk

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment, and Design converged, and today covers almost all topics- from science to business to global issues- in more than 100 languages. Stop by and hear one or two different talks. Discuss your opinions and what you learned at the end of the session. **CAC**

Activity	Day	Date	Time	Fee
5230807-03	Tu	Nov 10	10:30am-11:30am	$3
5230807-04	Tu	Dec 8	10:30am-11:30am	$3

Science of the Inquisitive Mind

Get a deeper understanding of science for the non-scientists. No math, no quizzes, no homework! We will have an interactive small group discussion. Moderated by member, Dr. Robert Dwyer. **CAC**

Activity	Day	Date	Time	Fee
5230525-05	Tu	Nov 17	10:00-11:00am	$3
5230525-06	Tu	Dec 15	10:00-11:00am	$3

IN PERSON PROGRAMS!

Food for Thought

Ages 55 & Up SG

Programs require participants to wear a cloth face covering over their nose and mouth.

Tea for Three

with Leslie Goddard

What is it like for a woman whose husband becomes the president of the United States – and she is thrust into the spotlight? This witty, sly and deeply moving portrayal performed by Leslie Goddard explores the hopes and fears of Lady Bird Johnson, Pat Nixon, and Betty Ford. In three scenes taking place in the family quarters of the White House, each of the women confides to the audiences. Secrets are spilled about their husbands' rise to power, their romances with the men, and their paths as wives in the White House. Each becomes intimate as the women wrestle with what Pat Nixon called, "the hardest unpaid job in the world." Dessert is served. **Registration deadline: Nov 10.** CAC

Activity	Day	Date	Time	Fee
5230302-03	M	Nov 16	1:00pm-2:30pm	$21

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Active Adult Programs

IN PERSON PROGRAMS!

Adult Special Interest

Ages 55 & Up SG

Each patron is asked to bring their own supplies or will receive an individual supply pack depending on the class. Any shared equipment is prohibited. Programs require participants to wear a cloth face covering over their nose and mouth.

Active Adult 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	Fee
5230501-02	M	Nov 2-Dec 14	10:00am-Noon	$67

Intermediate Tap

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	Fee
5230605-05	Tu	Nov 3-Nov 17	12:30pm-1:30pm	$20
5230605-06	Tu	Dec 1-Dec 15	12:30pm-1:30pm	$20

Advanced Tap

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	Fee
5230605-07	Tu	Nov 3-Nov 17	2:00pm-3:00pm	$20
5230605-08	Tu	Dec 1-Dec 15	2:00pm-3:00pm	$20

Ukulele Ensemble Class

Be a part of the Ukulele Ensemble! Reform your skills with the guided help of an instructor. Instructor: Peg Mistak. **CAC**

Activity	Day	Date	Time	Fee
5230503-02	M	Nov 2-Dec 14	1:30-2:30pm	$46

Sit and Stitch

Gwen Jager leads this group of quilters, cross stitchers, hand stitchers, embroiderers, and sewers of all kinds! Come, sit, and stitch! **CAC**

Activity	Day	Date	Time	Fee
5230802-03	Th	Nov 5-Nov 19	1:00pm-4:00pm	$8
5230802-04	Th	Dec 3-Dec 17	1:00pm-4:00pm	$8

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! *No class Nov 26.* **CAC**

Activity	Day	Date	Time	Fee
5230507-02	Th	Nov 5-Dec 17	10:00am-11:00am	$51

Centennial Game Show

We have created our very own game show set up. Come every week and experience the variety TV has to offer, such as *Wheel of Fortune*, *Jeopardy*, and the *Price is Right*. Try your best to figure out the answer! **CAC**

Activity	Day	Date	Time	Fee
5230533-03	F	Nov 6-Nov 20	2:00pm-3:00pm	$12
5233533-04	F	Dec 4-Dec 18	2:00pm-3:00pm	$12

Bunco

Play Bunco every first and third Tuesday of the month! Please note: Registration is required. This is no longer a drop-in program.

Activity	Day	Date	Time	Fee
5230813-03	Tu	Nov 3	1:00pm-4:00pm	$2
5230813-03	Tu	Nov 17	1:00pm-4:00pm	$2
5230813-04	Tu	Dec 1	1:00pm-4:00pm	$2
5230813-05	Tu	Dec 22	1:00pm-4:00pm	$2

Table Tennis

Table Tennis is back! Three tables are available on Mondays, Tuesdays, or Thursdays. Registration is required for each 1-hour time slot. Maximum of 2 players per table/room. You need to bring your own paddle. Balls are provided, as well as sanitizer for the balls. Cleaning/disinfecting takes place in the room between each session. Single play only. **Please note: Table Tennis is no longer a drop-in program.** **CAC**

Activity	Day	Table	Date	Time	Fee
5230822-10	M, Tu or Th	1	Nov 2-Dec 17	1:00pm-2:00pm	$2/hr
5230822-11	M, Tu or Th	2	Nov 2-Dec 17	1:00pm-2:00pm	$2/hr
5230822-12	M, Tu or Th	3	Nov 2-Dec 17	1:00pm-2:00pm	$2/hr
5230822-13	M, Tu or Th	1	Nov 2-Dec 17	2:15pm-3:15pm	$2/hr
5230822-14	M, Tu or Th	2	Nov 2-Dec 17	2:15pm-3:15pm	$2/hr
5230822-15	M, Tu or Th	3	Nov 2-Dec 17	2:15pm-3:15pm	$2/hr
5230822-16	M, Tu or Th	1	Nov 2-Dec 17	3:30pm-4:30pm	$2/hr
5230822-17	M, Tu or Th	2	Nov 2-Dec 17	3:30pm-4:30pm	$2/hr
5230822-18	M, Tu or Th	3	Nov 2-Dec 17	3:30pm-4:30pm	$2/hr

Book Worms

Join us for book club! Pick up times for books and the book of the month will be revealed upon registration. The group meets at the end of the month to discuss. Moderated by member, Mary Loise. **CAC**

Activity	Day	Date	Time	Fee
5230816-03	F	Nov 20	11:00-12:00pm	$3
5230816-04	F	Dec 18	11:00-12:00pm	$3

Active Adult Programs

IN-PERSON PROGRAMS!

Active Adult Fitness

Ages 55 & Up SG

Face coverings are required throughout the facility, but participants are permitted to remove face coverings while exercising. For the safety of staff and other participants, please stay home if you experience fever (100.4 or higher), chills, cough, shortness of breath or difficulty breathing, muscle pain, headache, sore throat, or new loss of taste and smell.

Use of the Activity Center's shared equipment is not available at this time. Each fitness class can be modified to use your own body weight. You are welcome to bring your own personal weights, bands, or yoga mats, but sharing of equipment is prohibited.

Yoga I and Chair

You provide the body...we'll provide ways to increase your flexibility, strength, and balance. Yoga is all about flexibility...and we are flexible about whether we sit on a chair or hold onto a chair doing standing poses. In other words, you can do yoga any way you want, and you don't need to be a human pretzel to enjoy these classes. Just bring yourself, your enthusiasm, and a desire to "be here now" in your life and your body. Class size is limited, so sign up today. Instructor: Katherine DiPietro. *No class Nov 26.* **CAC**

Activity	Day	Date	Time	Fee
5230601-03	Tu	Nov 3-Dec 15	9:00am-9:45am	$53
5230601-04	Th	Nov 5-Dec 17	9:00am-9:45am	$45

Intermediate Yoga

Yoga is more popular than ever. Strengthen your whole body and gain or maintain flexibility in your muscles and joints. Yoga is great for stress relief and balance as well. Instructor: Katherine DiPietro. *No class Nov 26.* **CAC**

Activity	Day	Date	Time	Fee
5230602-03	Tu	Nov 3-Dec 15	10:30am-11:30am	$53
5230602-04	Th	Nov 5-Dec 17	10:30am-11:30am	$45

FUNctional Fitness

Join us on Friday mornings as S.T.A.R. fitness instructor Meghan leads us through a workout routine. Instructor: Meghan Cashman. *No class Nov 25 and 27.* **CAC**

Activity	Day	Date	Time	Fee
5230610-03	W	Nov 4-Dec 16	9:00am-10:00am	$30
5230610-04	F	Nov 6-Dec 18	9:00am-10:00am	$30

Seated Pelvic Core Fusion

Ages 55 & Up SG

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	Fee
5230611-02	M	Nov 2-Dec 14	10:30am-11:30am	$35

Boxing for Balance

Ages 55 & Up SG

Back by popular demand! With a focus on cardio and boxing based moves, your balance will be improved in no time. Wear comfortable clothing and be prepared to sweat! Instructor: Meghan Cashman. *No class Nov 25.* **CAC**

Activity	Day	Date	Time	Fee
5230612-02	W	Nov 4-Dec 16	10:30am-11:30am	$30

Tai Chi for Arthritis and Chronic Conditions

Tai Chi is a gentle, low impact approach to fitness that can help ease the pain and stiffness of arthritis. Scientific studies have shown that the flowing gentle movements of Tai Chi improve flexibility, muscle strength, heart and lung activity, posture, and balance to prevent falls. It is a great class to follow rehab, or for those with compromised knees, Parkinson's, diabetes, back pain, or weight issues. Enjoy the class at your own pace standing or seated. Instructor: Bobbie Adams. *No class Nov 27.* **CAC**

Activity	Day	Date	Time	Fee
5230603-02	F	Nov 6-Dec 18	12:30pm-1:30pm	$45

IN-PERSON PROGRAMS!

Dining Out Trips

Ages 55 & Up SG

Programs offered require participants to wear a cloth face covering over their nose and mouth.

November: Beatrix

Oak Brook, IL

Beatrix is a neighborhood coffeehouse, restaurant, and meeting place from the brainchild of the Lettuce Entertain You Enterprises' Founder Rich Melman.

Activity	Day	Date	Time	Fee
5230902-01	Tu	Nov 3	11:00am-3:00pm	$7
5230902-02	Tu	Nov 10	11:00am-3:00pm	$7

December: Incontro A Tavola

South Barrington, IL

Incontro A Tavola features authentic Italian made in our scratch kitchen. Its stylish interior is perfect for business, private events, and romantic dinners.

Activity	Day	Date	Time	Fee
5230902-03	Tu	Dec 1	4:00am-8:00pm	$7
5230902-04	Tu	Dec 8	4:00am-8:00pm	$7

Active Adult Trips

Ages 55 & Up SG

Programs offered require participants to wear a cloth face covering over their nose and mouth. Please note for all day trips, you can drive yourself to the location or take a bus provided by the Activity Center. Maps and directions on how to get to the location, where to park, and where to meet will be provided. Please select the section that corresponds with your choice of transportation.

Woodfield Mall Holiday Shopping

Schaumburg, IL

Head to Woodfield Mall to get started on your holiday shopping. Avoid the large crowds by going early in November. Relax, shop, and feel confident you won't need to rush at the end of the year. Venture off on your own or find a buddy to bounce ideas off of. Enjoy a delicious lunch at the Cheesecake Factory to fuel up to shop until you drop. Lunch is included. **Registration deadline: Nov 5.** Departs from CAC

Activity	Day	Date	Time	Fee
5230901-05	Th	Nov 12	10:00am-4:00pm	$25 (Own Vehicle)
5230901-06	Th	Nov 12	10:00am-4:00pm	$35 (Park District Transportation)

S.T.A.R. Lincoln Park ZooLights

Chicago, IL

The most wonderful time of the year deserves the most wonderful occasion of the year, so celebrate the holidays with us at ZooLights Presented By ComEd and Invesco QQQ! This one-of-a-kind, festive holiday experience offers a merry, family-oriented tradition in the heart of the city. ZooLights features hundreds of luminous displays and incredible seasonal activities, all under the glow of millions of illuminated lights! Our way back we drive through Michigan Avenue to see the holiday lights. Enjoy a nice cup of hot chocolate and treat along the way. Please note parking is not included in the fee if you drive separately.

Registration deadline: Nov 13. Departs from CAC

Activity	Day	Date	Time	Fee
5230901-07	Tu	Dec 2	3:30pm-8:00pm	$15 (Own Vehicle)
5230901-08	Tu	Dec 2	3:30pm-8:00pm	$25 (Park District Transportation)

Holiday Lounge and Gift Exchange

Anna Shea Chocolate & Lounge, South Barrington, IL

Enjoy a relaxing and delicious afternoon at Anna Shea & Chocolate Lounge. Cozy up by the fire, taste an array of flavorful chocolate, and chat with your friends. Enjoy a complimentary chocolate tasting and hot beverage of your choice! Finish the day off with a white elephant gift exchange. Please bring a gift worth $10 to exchange. **Registration date: Dec 11.** Departs from CAC

Activity	Day	Date	Time	Fee
5230901-09	Tu	Dec 15	1:00pm-3:00pm	$35 (Own Vehicle)
5230901-10	Tu	Dec 15	1:00pm-3:00pm	$45 (Park District Transportation)

Swim Lessons

IN-PERSON PROGRAMS!

Learn-To-Swim Lessons

Ages 5-16 EW

This program emphasizes stroke development through six levels. Children learn a range of skills, from kicking and arm scoops in level one to flip turns and perfecting all four competitive swim strokes in level six. Progressive skill learning challenges your child from level to level. Participants previously enrolled are placed in the appropriate class. New students are tested then placed in a level on the first day of class. **For Levels 1-4, a parent or guardian MUST be in the water with each registered child. The swim instructors do not get into the pool; they teach from the pool deck.** CFC

Activity	Level	Day	Date	Time	R/NR
5210101-10	1-4	Tu	Nov 3-Dec 15	4:00pm-4:30pm	$35/$50
5210101-13	1-4	Th	Nov 5-Dec 17	4:00pm-4:30pm	$35/$50
5210101-16	1-4	Sa	Nov 7-Dec 19	9:00am-9:30am	$35/$50
5210101-11	5-6	Tu	Nov 3-Dec 15	4:35pm-5:05pm	$35/$50
5210101-12	5-6	Tu	Nov 3-Dec 15	5:10pm-5:40pm	$35/$50
5210101-14	5-6	Th	Nov 5-Dec 17	4:35pm-5:05pm	$35/$50
5210101-15	5-6	Th	Nov 5-Dec 17	5:10pm-5:40pm	$35/$50
5210101-17	5-6	Sa	Nov 7-Dec 19	9:35am-10:05am	$35/$50
5210101-18	5-6	Sa	Nov 7-Dec 19	10:10am-10:40am	$35/$50

Non-Competitive Swim Team

Ages 5-18 EW

We offer a non-competitive swim team for swimmers who are interested in developing their swimming skills while introducing them to the competitive swimming atmosphere. As a prerequisite, participants must be able to swim one length of the pool using a front crawl, backstroke, and breaststroke efficiently without stopping. This is a great program to discover if you are interested in competitive swimming. CFC

Activity	Day	Date	Time	R/NR
5210105-04	M/W	Nov 2-Dec 14	4:00pm-4:30pm	$36/$50
5210105-05	M/W	Nov 2-Dec 14	4:35pm-5:05pm	$36/$50
5210105-06	M/W	Nov 2-Dec 14	5:10pm-5:40pm	$36/$50

Register online today!
For registration information visit www.prparks.org/registration.

Indoor Private Swim Lessons

Ages 5-16 EW

Children must be able to swim on their own in the pool. **The swim instructors do not get into the pool; they teach from the pool deck. If your child is not able to swim on his/her own, a parent must get in the water with each child.** CFC

Activity	Day	Date	Time	R/NR
5210108-09	Tu	Oct 27-Dec 8	5:50pm-6:20pm	$105/$135
5210108-10	Tu	Oct 27-Dec 8	6:25pm-6:55pm	$105/$135
5210108-11	Th	Oct 29-Dec 10	5:50pm-6:20pm	$105/$135
5210108-14	Th	Oct 29-Dec 10	6:25pm-6:55pm	$105/$135
5210108-15	Su	Oct 23-Dec 13	9:00am-9:30am	$105/$135
5210108-16	Su	Oct 23-Dec 13	9:35am-10:05am	$105/$135
5210108-17	Su	Oct 23-Dec 13	10:10am-10:40am	$105/$135

Dance Classes

ONLINE PROGRAMS!

The November-December session concludes with a virtual showcase where we will record the last class and email it to participants. No Class Nov 23-27.

Virtual Baby Ballet Ages 2-3 BP

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. Instructor: Carol R.

Activity	Day	Date	Time	Fee
5100112-07	M	Nov 2-Dec 14	4:00pm-4:25pm	$45

Virtual Storybook Ballet/Tap Ages 3-5 BP

This beginner ballet/tap class incorporates steps and terminology with fairy tale music and horses. Instructor: Carol R.

Activity	Day	Date	Time	Fee
5100210-09	M	Nov 2-Dec 14	4:30pm-5:10pm	$62

Virtual Bit Bop Ages 4-6 BP

Bit bop around in this interactive mini jazz hop-hop class! We listen to upbeat songs and learn basic choreography. Instructor: Hannah R.

Activity	Day	Date	Time	Fee
5100116-11	Tu	Nov 3-Dec 15	3:55pm-4:25pm	$53

Virtual Lyrical I Ages 5-7 BP

This free flowing form of dance links ballet to jazz and teaches dancers to feel the music and move with the beat. Instructor: Hannah R.

Activity	Day	Date	Time	Fee
5100211-09	Tu	Nov 3-Dec 15	5:20pm-6:00pm	$62

Virtual Lyrical I/II Ages 9-12 BP

This free flowing form of dance links ballet to jazz and teaches dancers to feel the music and move with the beat. Instructor: Carol R.

Activity	Day	Date	Time	Fee
5100211-10	M	Nov 2-Dec 14	6:00pm-6:40pm	$62

Virtual Ballet Ages 7-9 BP

The ballet program is a progressive system of classical instruction designed to provide graded classes for beginners to the pre-professional. All ballet classes introduce technical skills and terminology. Instructor: Lori B.

Activity	Day	Date	Time	Fee
5100211-11	W	Nov 4-Dec 16	6:00pm-6:40pm	$62

Virtual Musical Theater Jazz Ages 7-9 BP

Combines Broadway musicals with classical jazz dance styles in this fun and engaging class! This high-energy, expressive class will make you feel like you're dancing on Broadway! Instructor: Lori B.

Activity	Day	Date	Time	Fee
5100209-02	M	Nov 2-Dec 14	6:00pm-6:40pm	$62

Virtual Combination Classes

Combination classes teach skills from the various disciplines to develop a well-rounded dancer. Technique and terminology are taught. Please wear dance shoes for each type of dance to all classes.

Ballet/Tap I/II Ages 3-5 Instructor: Hannah R.

Activity	Day	Date	Time	Fee
5100212-23	Tu	Nov 3-Dec 15	6:05pm-6:45pm	$62

Jazz/Poms Ages 4-6 Instructor: Hannah R.

Activity	Day	Date	Time	Fee
5100212-25	Tu	Nov 3-Dec 15	4:30pm-5:10pm	$62

Ballet/Jazz Ages 6-8 Instructor: Carol R.

Activity	Day	Date	Time	Fee
5100212-21	M	Nov 2-Dec 14	5:15pm-5:55pm	$62

Jazz/Funk Ages 8-11 Instructor: Lori B.

Activity	Day	Date	Time	Fee
5100212-22	M	Nov 2-Dec 14	6:45pm-7:25pm	$62

Tap/Jazz Ages 9-12 Instructor: Lori B.

Activity	Day	Date	Time	Fee
5100212-24	M	Nov 2-Dec 14	7:30pm-8:00pm	$53

Virtual Adult Beginning Ballet

Ages 16 & Up BP

Adults are introduced to basic ballet skills, terminology, rhythm, and coordination. Lessons are practiced and developed through creative movement and music in a supportive environment. Instructor: Lori B.

Activity	Day	Date	Time	Fee
5100317-04	W	Nov 4-Dec 16	7:30pm-8:00pm	$53

Virtual Adult Beginning Tap

Ages 16 & Up BP

Learn syncopated rhythms, choreography, techniques, and skills. Have fun while rat-tat-tatting away! Participants need tap shoes. Instructor: Lori B.

Activity	Day	Date	Time	Fee
5100317-03	W	Nov 4-Dec 16	6:45pm-7:25pm	$62

PLEASE NOTE: For all classes, participants are emailed the class link one day prior to the class each week.

Dance Classes

IN-PERSON PROGRAMS!

The November-December session concludes with an in-person showcase on the last day of class. No Class Nov 23-27.

Teeny Tiny Tots

Ages 2-4 BP

This beginner ballet class incorporates steps and terminology with fun and exciting music. **MP/ds**

Activity	Ages	Day	Date	Time	Fee	Inst.
5100113-06	2-3	Tu	Nov 3-Dec 15	4:00pm-4:25pm	$45	Carol R.
5100113-07	2-3	Th	Nov 5-Dec 17	4:00pm-4:25pm	$45	Carol R.
5100113-04	3-4	F	Nov 6-Dec 18	9:30am-10:00am	$45	Lindsay S.

Happy Hip Hoppers

Ages 3-4 BP

Hip hop around in this interactive dance class! Learn some fun new moves and dance to upbeat songs while groovin' to the beat. Instructor: Racy P. **MP/ds**

Activity	Day	Date	Time	Fee
5100117-13	Tu	Nov 3-Dec 15	9:00am-9:45am	$62

Storybook Ballet/Tap

Ages 3-5 BP

This beginner ballet/tap class incorporates steps and terminology with fairy tale music and horses. Instructor: Carol R. **MP/ds**

Activity	Day	Date	Time	Fee
5100210-10	Tu	Nov 3-Dec 15	4:30pm-5:10pm	$62
5100210-11	W	Nov 4-Dec 16	4:30pm-5:10pm	$62
5100210-12	Th	Nov 5-Dec 17	4:30pm-5:10pm	$62

Beginning Ballet

Ages 4-5 BP

Dancers learn basic ballet skills, terminology, rhythm, and coordination. Lessons are practiced and developed through creative movement and music in a supportive and playful environment. Instructor: Lindsay S. **MP/ds**

Activity	Day	Date	Time	Fee
5100115-11	F	Nov 6-Dec 18	10:15am-11:00am	$62

Teeny Bop Hip Hop

Ages 4-6 BP

This high-energy class is teaches coordination, balance, and memorization skills while students pop, hop, and bop to popular kid-friendly music. Hip hop dance incorporates ideas and skills for many styles of dance such as funk, jazz, break dance, and street. Instructor: Lindsay S. **MP/ds**

Activity	Day	Date	Time	Fee
5100119-09	F	Nov 6-Dec 18	11:15am-Noon	$62

Combination Classes

Ages 6 & Up BP

Combination classes teach skills from the various disciplines to develop a well-rounded dancer. Technique and terminology are taught. Please wear dance shoes for each type of dance to all classes. **MP/ds**

Ballet/Jazz (Ages 6-8) Instructor: Carol R.

Activity	Day	Date	Time	Fee
5100212-20	W	Nov 4-Dec 16	5:15pm-5:55pm	$62

Jazz/Tap/Ballet (Ages 6-8) Instructor: Carol R.

Activity	Day	Date	Time	Fee
5100212-19	Tu	Nov 3-Dec 15	5:15pm-5:55pm	$62

Jazz (Ages 7-10) Instructor: Carol R.

Activity	Day	Date	Time	Fee
5100213-06	W	Nov 4-Dec 16	6:00pm-6:40pm	$62

Lyrical/Jazz (Ages 8-12) Instructor: Carol R.

Activity	Day	Date	Time	Fee
5100211-18	Tu	Nov 3-Dec 15	7:05pm-7:45pm	$62

Lyrical (Ages 9-14) Instructor: Carol R.

Activity	Day	Date	Time	Fee
5100211-17	Th	Nov 5-Dec 17	6:20pm-7:00pm	$62

Register online today!
For registration information visit www.prparks.org/registration.

BRICKTON art center

100 S. WESTERN AVENUE • 847-823-6611

Brickton Classes are held at the Centennial Activity Center.

Contact the Staff: We're Here to Help!

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

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 more information.

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 are $50 per hour and can be customized to fit your interests and schedule.

Email Alyssa at bricktondirector@gmail.com for more information.

• • • • • • ONLINE PROGRAMS! • • • • • •

All New Projects!

All Brickton Virtual Classes include:

- Kit of the supplies each student needs for the month.
- Kits are provided by pickup only at the Centennial Activity Center parking lot (100 S. Western Ave, Park Ridge).
  Pickup date: Monday, November 2, 10:00am-4:00pm
  If you can't make this time, please email bricktondirector@gmail.com.
- Live Zoom Session at your class time with a Brickton instructor.
- PDF with step-by-step instructions for each project sent out each week in case you miss the class.

Please note: Some basic supplies are not included in the kit. These include a pencil, eraser, scissors, glue, washable markers, and crayons.

Registration deadline for September Virtual Classes is August 31 and September 28 for October Virtual Classes.

Art Explorers

Ages 2-4 (with adult) | Ages 5-8 (without adult) JM

This class is a wonderful opportunity for students to get their hands in a little bit of everything. Learn a bit about every art medium, such as drawing, air dry clay, watercolor, and sculpture. We use a variety of material as we really get our creativity pumping!

Activity	Day	Date	Time	Fee
5090125-15	Tu	Nov 3-Dec 15	9:30am-10:30am	$75
5090125-16	Tu	Nov 3-Dec 15	4:00pm-5:00pm	$75
5090125-17	W	Nov 4-Dec 16	1:00pm-2:00pm	$75
5090125-18	W	Nov 4-Dec 16	4:00pm-5:00pm	$75
5090125-19	Sa	Nov 7-Dec 19	9:30am-10:30am	$75

All Things Art

Ages 8-12 JM

Projects pair process art methods with technical instruction in order to expose older students to a variety of art experiences in this mixed media class. Students do a variety of projects using drawing, painting, collage, and sculpture materials.

Activity	Day	Date	Time	Fee
5090126-07	W	Nov 4-Dec 16	4:30pm-5:30pm	$75
5090126-08	Th	Nov 5-Dec 17	4:30pm-5:30pm	$75

Brickton Art Center

IN-PERSON PROGRAMS!

The Kids & I Ages 2-5 with adult JM

Adults and pint-sized artists come together in this unique class to create masterpieces! This class uses 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. *No class Nov 26 and 28.* **CAC**

Activity	Day	Date	Time	R/NR
5090111-05	Th	Nov 5-Dec 17	9:30am-10:20am	$151/$155
5090111-06	Sa	Nov 7-Dec 19	9:00am-9:50am	$151/$155

Story & Art Ages 5-8 JM

Watch your favorite stories come to life! Class begins with a story to which we create our own artwork based on the characters, settings, and events of the story. Mediums include pencils, oil pastel, clay, and paint. *No class Nov 24.* **CAC**

Activity	Day	Date	Time	R/NR
5090133-01	Tu	Nov 3-Dec 15	4:00pm-4:50pm	$151/$155

See & Draw Ages 5-8 JM

This class introduces the fundamentals of drawing to younger children and helps 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. *No class Nov 26.* **CAC**

Activity	Day	Date	Time	R/NR
5090117-03	Th	Nov 5-Dec 17	4:00pm-4:50pm	$151/$155

Adventures In Art Ages 5-8 JM

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! *No class Nov 25 and 28.* **CAC**

Activity	Day	Date	Time	R/NR
5090119-05	W	Nov 4-Dec 16	4:00pm-4:50pm	$151/$155
5090119-06	Sa	Nov 7-Dec 19	10:00am-10:50am	$151/$155

Kids' Clay Ages 5-10 JM

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! *No class Nov 23.* **CAC**

Activity	Day	Date	Time	R/NR
5090120-03	M	Nov 9-Dec 14	4:00pm-4:50pm	$126/$130

Creative Ceramics For 'Tweens Ages 8-12 JM

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. Color glazes are used for embellishment. *No class on Nov 23.* **CAC**

Activity	Day	Date	Time	R/NR
5090127-03	M	Nov 2-Dec 14	6:15pm-7:30pm	$171/$175

Cool Clay Ages 8-12 JM

This class is designed to be challenging and fun for 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 end this session with a project they design themselves. *No class Nov 23.* **CAC**

Activity	Day	Date	Time	R/NR
5090123-03	M	Nov 9-Dec 14	5:00pm-6:00pm	$126/$130

Sculpture Ages 8-12 JM

Explore art in the 3rd dimension using a lot of unusual materials not often offered in other classes. When it comes to 3D art, the sky's the limit! Using a variety of sculptural mediums students create their very own sculptures. This class focuses on the foundations of 3D art. *No class Nov 24.* **CAC**

Activity	Day	Date	Time	R/NR
5090135-01	Tu	Nov 3-Dec 15	5:00pm-6:00pm	$151/$155

Collage Art Ages 8-12 JM

This class explores different types of collage, altered art, and other forms of mixed media by utilizing different materials. Inspired by Surrealist and Contemporary artists, students are introduced to photomontage, mixed media, and altered images. Students are encouraged to experiment with multiple materials and mediums. *No class Nov 25.* **CAC**

Activity	Day	Date	Time	R/NR
5090134-01	W	Nov 4-Dec 16	5:00pm-6:00pm	$151/$155

Cartooning & Pop Art Ages 8-12 JM

The projects in this class are influenced by the Pop art movement which focuses on all things in popular culture and comics. Not only do students make original artwork, but they also create their very own unique cartoon based illustrations. *No class Nov 26.* **CAC**

Activity	Day	Date	Time	R/NR
5090136-01	Th	Nov 5-Dec 17	5:00pm-6:00pm	$151/$155

Painting & Drawing Studio Ages 10-14 JM

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. Materials are provided for the first class, with a supply list for the remainder of the classes. *No class Nov 26.* **CAC**

Activity	Day	Date	Time	R/NR
5090128-02	Th	Nov 5-Dec 17	4:30pm-6:00pm	$171/$175

Youth Athletic Programs

IN-PERSON PROGRAMS!

Adult and Child Classes

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

SportsKids Adult & Tot Soccer

Age 2-3 with Adult JD

Enjoy time with your toddler learning the skills, moves, and joy of playing the world's most popular sport! Emphasis is on the basic skills of soccer such as dribbling, passing, and shooting, in a fun and relaxed environment. Age appropriate drills, games, and equipment are used to help tots learn these skills as well as develop motor skills, coordination, balance, and listening and social skills. *No class Nov 2 and 23.* **MP/g**

Activity	Day	Date	Time	R/NR
5011705-21	M	Oct 26-Dec 14	5:30pm-6:00pm	$41/$65

SportsKids Adult and Child Olympics

Age 2-4 with Adult JD

Does your child have the right stuff to be an Olympian? Get a gold medal in parenting by joining your child in this Olympic game based program. You and your child participate in Olympic sports such as track and field, baseball (t-ball), soccer, and volleyball (using beach balls) as well as obstacle courses and a variety of other fun activities. This class keeps everyone moving, teaches kids basic skills, and makes sure they are having a great first experience with athletics. *No class Nov 27.* **MP**

Activity	Day	Date	Time	R/NR
5011759-21	F	Oct 23-Dec 18	5:45pm-6:30pm	$70/$109

SportsKids Parent & Tot Hoops N' Kicks

Age 2-3 with Adult JD

Get ready to score some hoops and goals! Boys and girls learn the basic motor skills necessary to play basketball and soccer while they work one-on-one and spend quality time with their parents. Skills such as dribbling, running, kicking, catching, shooting, and passing are taught. Toddlers develop motor, listening, and social skills ask they participate in a variety of activities designed around these two sports. *No class Nov 27.* **MP**

Activity	Day	Date	Time	R/NR
5011751-21	F	Oct 23-Dec 18	4:30pm-5:00pm	$47/$74

All Star Adult Tot Sports

Age 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! *No class Nov 28.* **CFC**

Activity	Day	Date	Time	R/NR
5013601-21	Sa	Oct 31-Dec 19	11:00am-11:45am	$94/$144

Soccer

All Star Soccer

Ages 6-8 JD

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. *No class Nov 3, 23-24, and 27-28.* **CFC**

Activity	Day	Date	Time	R/NR	Loc
5013606-21	M	Oct 26-Dec 14	10:30am-11:15am	$94/$144	CFC
5013606-22	M	Oct 26-Dec 14	11:15am-12:15pm	$94/$144	CFC
5013606-23	Tu	Oct 27-Dec 15	12:15pm-1:00pm	$81/$125	MP/g
5013606-24	Tu	Oct 27-Dec 15	1:00pm-2:00pm	$81/$125	MP/g
5013606-26	F	Oct 30-Dec 18	2:00pm-2:45pm	$94/$144	CFC
5013606-27	F	Oct 30-Dec 18	5:00pm-6:00pm	$94/$144	CFC
5013606-28	Sa	Oct 31-Dec 19	Noon-12:45pm	$94/$144	CFC
5013606-29	Sa	Oct 31-Dec 19	12:45pm-1:45pm	$94/$144	CFC
5013606-31	F	Oct 30-Dec 18	6:00pm-7:00pm	$94/$144	CFC

Youth Indoor Soccer Scrimmages

Ages 6-8 JD

We emphasize the development of the child as an individual and an athlete, rather than the competitive aspect of winning, while striving to provide a fun and safe atmosphere in which children can learn respect, sportsmanship, and soccer skills. All players receive equal playing time and an introduction to the fast-paced game of indoor soccer. Each participant receives a free t-shirt and award. What to wear: clean gym shoes, shorts, socks, and shin guards. *No class Nov 29.* **MP/g**

Activity	Day	Date	Time	R/NR
5012806-21	Su	Oct 25-Dec 13	10:00am-11:00am	$100/$150
5012806-22	Su	Oct 25-Dec 13	11:00am-Noon	$100/$150

SportsKids Kiddie Kickers Skills & Games

Ages 3-6 JD

This program is designed to teach the fundamentals of soccer to prepare your child for league play. We cover basic soccer skills such as running, kicking, passing, and goal tending. The first half of every class focuses on skills development, and the last half of every class is dedicated to playing games to enhance those skills. *No class Nov 23 and 27.* **MP/g**

Activity	Day	Date	Time	R/NR
5011704-21	M	Oct 26-Dec 14	4:00pm-4:45pm	$70/$109
5011704-22	F	Oct 23-Dec 18	2:00pm-2:45pm	$70/$109

Youth Athletic Programs

IN-PERSON PROGRAMS!

Youth Sports Variety

All Star Super Sports

Age 4-6 JD

This is for the all-around athlete or for a child who wants to take a shot at different sports! Stay active and work on balance, motor skills, and hand-eye coordination while learning the rules of baseball, football, floor hockey, soccer, and basketball. We focus on a new sport each class and work on basic rules and mechanics as we play games that keep everyone moving. There's no reason to pick a sport when you can play them all! *No class Nov 3, 24 and 27.*

Activity	Age	Day	Date	Time	R/NR	Loc
5013607-21	3-4	Tu	Oct 27-Dec 15	11:15am-Noon	$81/$125	MP/g
5013607-22	4-6	F	Oct 30-Dec 18	2:45pm-3:45pm	$94/$144	CFC

SportsKids Multi-Sport Mania

Age 3-6 JD

Let's play! Your child explores the wide world of sports as they participate in a different sport each week, such as t-ball, basketball, tennis, golf, lacrosse, and floor hockey. Children get a lot of practice with skills through creative and fun drills and games. Don't miss out on the fun! *No class Nov 23.* **MP/g**

Activity	Day	Date	Time	R/NR
5011714-21	M	Oct 26-Dec 14	11:30am-12:15pm	$70/$109

Skyline Athletes Soccer/Basketball Combo

Age 3-10 JD

Learn the basics of soccer and basketball in this one convenient class! Fundamentals of dribbling, passing, and kicking are covered through fun games that keep everyone moving! Younger groups work on coordination and motor skills. Older groups concentrate on teamwork and game situations. *No class Nov 25.* **MP/g**

Activity	Age	Day	Date	Time	R/NR
5013708-21	3-4	W	Oct 28-Dec 16	3:00pm-3:45pm	$100/$150
5013708-22	5-7	W	Oct 28-Dec 16	3:45pm-4:30pm	$100/$150
5013708-23	8-10	W	Oct 28-Dec 16	4:30pm-5:15pm	$100/$150

SportsKids Tot Tumbling & Rhythmic Gymnastics

Age 4-6 JD

Learn tumbling positions, drills, and movements, such as tuck, straddle, bridge, forward roll, and cartwheel. Leaps, jumps, stretching, running, and balancing are taught as part of rhythmic gymnastics movements that also involve using hoops, ribbons, and other hand apparatus. This class promotes the development of balance, strength, motor skills, and flexibility in a safe, fun, and progressive setting. *No class Nov 27.* **MP/g**

Activity	Day	Date	Time	R/NR
5011757-21	F	Oct 23-Dec 18	1:15pm-2:00pm	$70/$137

All Star Floor Hockey

Ages 4-6 JD

Learn the game before the skates go on! Players learn the proper mechanics of stick handling, puck control, passing, and shooting. Offensive and defensive strategies are also covered while keeping the players active and engaged. Our instructors also focus on safety and rules, as contact is not allowed. *No class Nov 23 and 26.*

Activity	Day	Date	Time	R/NR	Loc
5013604-21	M	Oct 26-Dec 14	4:00pm-5:00pm	$94/$144	CFC
5013604-22	Th	Oct 29-Dec 17	2:00pm-3:00pm	$94/$144	MP/g

All Star Flag Football

Ages 6-8 JD

We simplify the jobs of each position so players understand the importance of teamwork as they practice the main positions, both offensively and defensively. Contact is minimal; there is no tackling. We focus on the proper mechanics of running pass routes, receiving, line play, taking hand-offs, and throwing. Basic rules and in-game know-how prepare them for game play. Players learn the game in a safe environment without the risk of major injuries. *No class Nov 27-28.* **CFC**

Activity	Day	Date	Time	R/NR
5013603-21	F	Oct 30-Dec 18	4:00pm-5:00pm	$94/$144
5013603-22	Sa	Oct 31-Dec 19	2:45pm-3:45pm	$94/$144

Self Defense

Braveway Self Defense

Age 8 & Up JD

We teach you and your family how to defend yourselves. This program was originally certified by the State of Illinois to teach police officers. The techniques we teach will stop an attacker immediately. They're easy to learn and use, don't require constant practice or years or training to master, and work regardless of your age, size, strength speed, skill, or physical ability. Techniques include defenses against armed and unarmed attackers; single/multiple attackers; standing, and ground techniques; and rape defense/prevention. Learn to anticipate and avoid potentially dangerous situations and how to defend yourself from a physical attack. Participants also receive a Personal Safety Guide. Classes are targeted at teens and adults, but 8-11 years can take a class with an adult. **MP**

Activity	Day	Date	Time	R/NR
5042801-02	Sa	Nov 7	9:00am-11:00am	$35/$56
5042801-03	Sa	Dec 12	9:00am-11:00am	$35/$56

Youth Athletic Programs

IN-PERSON PROGRAMS!

Baseball & Softball

Skyline Athletes T-Ball

Ages 3-4 JD

Learn the fundamentals of baseball in a fun, safe environment. This class focuses on the basics of throwing, catching, hitting, fielding, and base running. It's a great way to start your future ballplayer out on the right track! Players must bring a baseball mitt. *No class Nov 25.* **MP/g**

Activity	Day	Date	Time	R/NR
5013703-21	W	Oct 28-Dec 16	2:15pm-3:00pm	$100/$150

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. *No class Nov 3, 23, 24, and 28.*

Activity	Age	Day	Date	Time	R/NR	Loc
5013608-21	3-4	M	Oct 26-Dec 14	12:30pm-1:15pm	$94/$144	CFC
5013608-23	3-4	Tu	Oct 27-Dec 15	10:30am-11:15am	$81/$125	MP/g
5013608-22	4-6	M	Oct 26-Dec 14	1:15pm-2:15pm	$94/$144	CFC
5013608-24	4-6	Sa	Oct 31-Dec 19	1:45pm-2:45pm	$94/$144	CFC

SportsKids Lil Sluggers Skills & Games

Ages 3-6 JD

This class teaches participants the baseball fundamentals such as running the bases, throwing, catching, fielding, and hitting a ball off a tee. Exciting drills and games help children learn about teamwork and good sportsmanship in a fun environment. *No class Nov 23.* **MP/g**

Activity	Day	Date	Time	R/NR
5011703-21	M	Oct 26-Dec 14	2:00pm-2:45pm	$70/$109

Register online today!
For registration information visit www.prparks.org/registration.

Volleyball

Volleykidz Class

Ages 6-8 JD

This is an introductory class for children in 1st and 2nd grade. The class introduces the game of volleyball through instruction on passing, setting, and spiking using a very light volleyball. *No class Nov 28.* **MP/g**

Activity	Day	Date	Time	R/NR
5011001-21	Sa	Oct 31-Dec 19	9:00am-10:00am	$101/$155

Youth Volleyball

Ages 9-14 JD

Class concentrates on the fundamentals of passing, setting, and spiking. Players learn to overhand serve and play games. *No class Nov 28.* **MP/g**

Activity	Age	Day	Date	Time	R/NR
5011002-21	9-11	Sa	Oct 31-Dec 19	10:00am-11:00am	$101/$155
5011003-21	12-14	Sa	Oct 31-Dec 19	11:00am-Noon	$101/$155

Youth Volleyball Skills and Drills

Age 11-14 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. *No class Nov 24.* **CFC**

Activity	Day	Date	Time	R/NR
5011012-25	Tu	Oct 27-Dec 8	6:45pm-8:15pm	$101/$155

Youth Athletic Programs

IN-PERSON PROGRAMS!

Basketball

All Star Basketball

Ages 3-9 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 Nov 3, 23-24, and 26.*

Activity	Age	Day	Date	Time	R/NR	Loc
5013602-22	3-4	Tu	Oct 27-Dec 15	3:15pm-4:00pm	$81/$125	MP/g
5013602-24	3-4	Th	Oct 29-Dec 17	3:15pm-4:00pm	$94/$144	MP/g
5013602-21	4-6	M	Oct 26-Dec 14	5:00pm-6:00pm	$94/$144	CFC
5013602-23	4-6	Tu	Oct 27-Dec 15	4:00pm-5:00pm	$81/$125	MP/g
5013602-25	4-6	Th	Oct 29-Dec 17	4:00pm-5:00pm	$94/$144	MP/g
5013602-26	7-9	M	Oct 26-Dec 14	6:00pm-7:00pm	$94/$144	CFC
5013602-28	7-9	Th	Oct 29-Dec 17	5:00pm-6:00pm	$94/$144	MP/g
5013602-29*	6-8	Tu	Oct 27-Dec 15	5:00pm-6:00pm	$81/$125	MP/g

*Girls Only Class

All Star 1st Grade Basketball Scrimmages

Ages 6-7 JD

This instructional basketball program gives players their first team experience as we focus on working together while improving each player's individual skills. Each player receives a team jersey and participation award. Our goal is to get these players off to the right start! *No class Nov 25.* **CFC**

Activity	Day	Date	Time	R/NR
5013609-01	W	Oct 28-Dec 16	4:00pm-5:00pm	$150/$230
5013609-02	W	Oct 28-Dec 16	5:15pm-6:15pm	$150/$230
5013609-03	W	Oct 28-Dec 16	6:30pm-7:30pm	$150/$230

SportsKids Jr. Jammers & Ballers Clinic

Ages 4-6 JD

Have a ball on the court and learn the fundamentals to prepare for future league play in this exciting class! Boys and girls work on dribbling, passing, shooting, and rebounding as well as teamwork and sportsmanship. Participants are also introduced to the proper defensive stance and experience defensive drills as they learn the game. We play games so that participants can apply the skills learned. *No class Nov 23 and 27.* **MP/g**

Activity	Day	Date	Time	R/NR
5011702-21	M	Oct 26-Dec 14	1:15pm-2:00pm	$70/$109
5011702-22	F	Oct 23-Dec 18	3:45pm-4:30pm	$70/$109

SportsKids Basketball Offense & Defense Clinic

Ages 7-12 JD

Whether you want to make a basketball team or just improve your fundamentals, this clinic is for you! Participants develop fundamental offensive skills including footwork, ball handling, passing, setting screens, and shooting. Defensive concepts such as stance work, man-to-man, zone, boxing out, and rebounding are also introduced. Player instincts and quickness are enhanced through individual ball work, team situational drills, and various game situations. Players improve their fundamental skills, knowledge of the game, and understanding of how to become a better basketball player individually and as a team. *No class Nov 27.* **MP/g**

Activity	Day	Date	Time	R/NR
5011758-21	F	Oct 23-Dec 18	5:00pm-5:45pm	$70/$109

SportsKids Basketball Shooting

Ages 7-10 JD

Learn jump shots, shots off the glass, lay-ups, shooting from a pass, and shooting off the dribble. Shooting games are also a part of class. *No class Nov 2 and 23.* **MP/g**

Activity	Day	Date	Time	R/NR
5011718-21	M	Oct 26-Dec 7	4:45pm-5:30pm	$52/$81

IN-PERSON PROGRAMS!

Youth Basketball 2020-21 Team Scrimmage Program

Grades 2-8 JD

General Information

The Park Ridge Park District basketball program will run in accordance with the IDPH guidelines for the sport of basketball which currently allows intra-squad scrimmaging only due to its risk level. The guidelines state that participants should wear masks, and this program will require wearing a mask a requirement to participate. This program will not have any spectators allowed in the gym for the practices and scrimmages. All participants will receive a t-shirt and a basketball for their level of play.

Practice and Scrimmage Format

Each team will consist of 16-20 players and 2-4 adult coaches and will collectively meet once per week for an hour and 45 minutes. The team will be divided into two groups for the purposes of scrimmaging and practicing. The first half of the practice will be devoted to practicing basketball skills and the second half of practice will be an intra-squad scrimmage run by the coaches. Each team has a 1 hour and 45 minute assigned time per week, Mondays through Fridays from 5:00pm-9:00pm or Saturdays and Sundays from 9:00am-7:00pm. The coaches choose the practice day and time that is convenient for their schedule. There will be a total of 12 sessions held December 3, 2020 - March 15, 2021.

Registration Note: Please make sure you answer the question regarding the school your child attends so that helps us group the kids into teams.

Important Dates

October 12:	Registration opens
November 13:	Registration deadline
November 30:	Team assignments are completed
December 3-18:	Practices held before Winter Break
December 19-January 8:	Winter Break
January 9-March 15:	Practices resume

Girls Basketball

Activity	Grade	Day/Time	Date	R/NR
5010320-02	2nd Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-03	3rd Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-04	4th Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-05	5th Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-06	6th Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-07	7th Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-08	8th Grade	TBD	Dec 3-Mar 15	$120/$184

Boys Basketball

Activity	Grade	Day/Time	Date	R/NR
5010320-42	2nd Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-43	3rd Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-44	4th Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-45	5th Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-46	6th Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-47	7th Grade	TBD	Dec 3-Mar 15	$120/$184
5010320-48	8th Grade	TBD	Dec 3-Mar 15	$120/$184

Registration Information:

Resident registration opens Monday, October 12 at 9:00am
Non-resident registration opens on Monday, October 19

Please note, the program will show as "unavailable" on our online site until registration opens on Monday. Register your child by grade and gender. When registering, also be sure to answer the question regarding the school your child attends. This will help us group the kids into teams.

Program Locations:

Rosemont Park District, Dunne Park Recreation Center
9499 Glenlake St, Rosemont

Centennial Fitness Center North Gym
1515 N. Touhy, Park Ridge

Maine Park Gym
2701 Sibley St, Park Ridge

IN-PERSON PROGRAMS!

MAXIMUM PERFORMANCE

with Coach Max Edsey

PARK RIDGE PARK DISTRICT

Ages 6-14 AM

Help your athlete reach his/her maximum performance! Coach Max Edsey has carefully designed speed and agility drills, along with core and mobility training, to help your child get better and faster, stay healthy, and improve overall athleticism. We utilize body weight, bands, agility ladders, and adjustable hurdles to help your athlete become more confident in his/her athletic abilities! All classes are held in the Centennial Fitness Center North Gym with participants safely physically distanced. All equipment used will be cleaned and disinfected prior to the start of class.

Ages 6-7: 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	Fee
6225120-01	Tu	Nov 3-Nov 24	4:40pm-5:30pm	$72
6225120-02	Tu	Dec 1-Dec 22	4:40pm-5:30pm	$72
6225120-03	Th	Nov 5-Nov 19	4:40pm-5:30pm	$54
6225120-04	Th	Dec 3-Dec 17	4:40pm-5:30pm	$54
6225120-05	Tu,Th	Nov 3-Nov 24	4:30pm-5:30pm	$105
6225120-06	Tu,Th	Dec 1-Dec 22	4:40pm-5:30pm	$105

Ages 8-11: 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	Fee
6225120-07	Tu	Nov 3-Nov 24	3:40pm-4:30pm	$72
6225120-08	Tu	Dec 1-Dec 22	3:40pm-4:30pm	$72
6225120-17	Th	Nov 5-Nov 19	3:40pm-4:30pm	$54
6225120-18	Th	Dec 3-Dec 17	3:40pm-4:30pm	$54
6225120-09	Tu,Th	Nov 3-Nov 24	3:40pm-4:30pm	$105
6225120-10	Tu,Th	Dec 1-Dec 22	3:40pm-4:30pm	$105

Ages 12-14: This class focuses on developing a baseline of speed and agility skills and overall athleticism. However, more advanced training is implemented to challenge the athlete each session. Having fun is still the goal! Some athletic background is recommended.

Activity	Day	Date	Time	Fee
6225120-11	Tu	Nov 3-Nov 24	5:40pm-6:30pm	$72
6225120-12	Tu	Dec 1-Dec 22	5:40pm-6:30pm	$72
6225120-13	Th	Nov 5-Nov 19	5:40pm-6:30pm	$54
6225120-14	Th	Dec 3-Dec 17	5:40pm-6:30pm	$54
6225120-15	Tu,Th	Nov 3-Nov 24	5:40pm-6:30pm	$105
6225120-16	Tu,Th	Dec 1-Dec 22	5:40pm-6:30pm	$105

About Coach Edsey

Max was born and raised in Park Ridge and has been involved in sports his entire life. He studied Exercise Science at The Ohio State University. While there, Max interned at a strength and conditioning facility, helping young athletes maximize their potential. After graduation, he continued his education abroad, earning his master's in Sport and Exercise Nutrition at Loughborough University in England. Max currently holds his NASM personal training certification. He has a strong passion for science and making exercise fun, which both serve to drive his coaching.

One-on-One & Small Group Sessions also Available!

Choose from 30, 45, and 60-minute sessions, partner, and 3-4 person small group training. Contact Amy Murrin at 847-692-5149 or amurrin@prparks.org to arrange your private session.

Gymnastics

IN-PERSON PROGRAMS!

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. NOTE: Children must be enrolled in class to be in the gymnastics studio.

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.

Dates: Oct 19-Dec 19 *No class Nov 23-28*

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 Nov 23-28.* **SP/gs**

Activity	Day	Date	Time	R/NR
5011501-21	M	Oct 19-Dec 14	9:15am-9:45am	$105
5011501-23	Tu	Oct 20-Dec 15	10:00am-10:30am	$105
5011501-24	Sa	Oct 24-Dec 19	9:00am-9:30am	$105
5011501-25	Sa	Oct 24-Dec 19	9:35am-10:05am	$105

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 Nov 23-28.* **SP/gs**

Activity	Day	Date	Time	R/NR
5011502-22	M	Oct 19-Dec 14	9:50am-10:20am	$108
5011502-23	M	Oct 19-Dec 14	3:50pm-4:20pm	$108
5011502-24	Tu	Oct 20-Dec 15	9:15am-9:45am	$108
5011502-25	Tu	Oct 20-Dec 15	10:00am-10:30am	$108
5011502-26	Th	Oct 22-Dec 17	5:10pm-5:40pm	$108
5011502-27	Sa	Oct 24-Dec 19	10:10am-10:40am	$108
5011502-28	Sa	Oct 24-Dec 19	10:45am-11:15am	$108

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 Nov 23-28.* **SP/gs**

Activity	Day	Date	Time	R/NR
5011503-22	M	Oct 19-Dec 14	10:35am-11:15am	$119
5011503-23	M	Oct 19-Dec 14	4:25pm-5:05pm	$119
5011503-24	Tu	Oct 20-Dec 15	9:15am-9:55am	$119
5011503-25	Th	Oct 22-Dec 17	5:45pm-6:25pm	$119
5011503-26	Sa	Oct 24-Dec 19	11:20am-Noon	$119

Gymnastics 6-8

Ages 6-8 JD

This class is specifically designed to help the younger gymnast learn the first level of skills on all events. No experience necessary. *No class Nov 23-28.* **SP/gs**

Activity	Day	Date	Time	R/NR
5011504-21	M	Oct 19-Dec 14	5:15pm-6:15pm	$135
5011504-22	Th	Oct 22-Dec 17	4:00pm-5:00pm	$135
5011504-23	Sa	Oct 24-Dec 19	12:05pm-1:05pm	$135

Gymnastics 8-12

Ages 8-12 JD

Our staff develops all basic skills of floor exercise, uneven bars, balance beam, and vault. This class challenges each child at his/her own level from the first-time student to those returning to achieve the next progression. *No class Nov 23 and 26.* **SP/gs**

Activity	Day	Date	Time	R/NR
5011505-21	M	Oct 19-Dec 14	6:20pm-7:20pm	$135
5011505-22	Th	Oct 22-Dec 17	7:20pm-8:20pm	$135

Boys & Girls Tumbling

Ages 6-11 JD

This class teaches your child the basics of front rolls, back rolls, cartwheels, and handstands. Students practice round-offs, back bends, front handsprings, and flip flops as they progress. No experience necessary. *No class Nov 23 and 26.* **SP/gs**

Activity	Day	Date	Time	R/NR
5011507-21	M	Oct 19-Dec 14	7:25pm-8:10pm	$124
5011507-22	Th	Oct 22-Dec 17	6:30pm-7:15pm	$124

All gymnastics classes are indoors at the South Park Rec Center. Participants are socially distanced and instructors wear face coverings. Cleaning and disinfecting is conducted in compliance with CDC protocols. To assist with social distancing, class starts and ends outside at the top of the ramp to the gymnastics studio.

Centennial Fitness Center

PARK RIDGE PARK DISTRICT

1515 W. TOUHY AVENUE • 847-692-5129

Temporary Hours of Operation

Monday-Friday 6:00am-8:00pm
Saturday & Sunday 7:00am-2:00pm

Special & Holiday Hours of Operation:

October 23 . . . . . 6:00am-4:00pm
November 25 . . . . . 6:00am-6:00pm
November 26 . . . . . 8:00am-Noon
November 27 . . . . . 9:00am-6:00pm
December 24. . . . . 6:00am-Noon
December 25. . . . . Closed
December 31. . . . . 6:00am-Noon
January 1, 2021 . . . . . Closed

Contact the Staff: We're Here to Help!

Centennial Fitness Center Manager
Amy Murrin (AM), ACE, AFAA
847-692-5149
amurrin@prparks.org

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

Membership Services Supervisor
Justin Schuring (JS)
847-692-5136
jschuring@prparks.org

It's our Community. Let's help each other be healthy!

Now more than ever it is important to make time to move and strength train to maintain your health, prevent disease, respond better to infections or procedures, and more.

To keep both our staff and patrons healthy, we require:

Face Coverings: Face coverings are required entering the building, throughout the building, and whenever you are unable to maintain 6 feet of physical distance between a friend, neighbor and/or family member.

Daily Screens: Before coming in to workout, please take your temperature, and check in with yourself to see if you have a fever, cough, sore throat, unusual body aches not related to your workout, headache, or runny nose.

Conversation and Congregating: We understand that you enjoy each other's company while exercising. The workout equipment has been moved to keep you safe. Please be mindful of your voice projection when speaking with other members. The latest research on COVID-19 shows that raising your voice and/or speaking loudly releases more droplets, potentially spreading the virus.

What Should You Bring to Your Workout?

Dress for your workout A limited number of lockers are available on a first come, first served basis.

Water Bottle Water fountains have been disabled for your safety, but water bottle fillers are available.

Sweat Towel or Bath Towel Towel service is not available at this time.

The safety of our staff and our community are our number one priority! To help keep you safe, we kindly ask that you review and cooperate with the following safety expectations:

1. All staff are required to perform a health evaluation before coming to work.
2. Staff are required to wear face coverings, and we are all taking our part in cleaning. Additional staff have been added to ensure cleanliness.
3. The Front Desk is screening everyone who walks through the front door with simple questions. These questions can be repetitive, but are necessary for the safety of staff and patrons.
4. All patrons are required to wear a face covering while not on their cardio or weight machine and when they cannot physically distance by 6 feet.
5. Face coverings are required when walking through the aisles of equipment. Please be considerate of others and keep your face covering on.
6. When more than one patron is using the shared weight stacks in the weight room, a face covering is required.
7. If you are weight lifting with friends and are unable to maintain 6 feet of physical distance, everyone must wear a face covering.
8. We have spaced all machines at least 6 feet apart for proper social distancing or have made machines inaccessible if 6 feet was not possible.
9. We have set maximums for our group fitness classes to ensure social distancing. We are also wiping down equipment after each class.

Centennial Fitness Center

Membership

Looking for a short-term membership commitment to keep you moving? We have one, three, and six month memberships available for purchase online or in person. If you purchase online, stop by the front desk on your first visit, and we will take your picture and print out a membership pass. Once you join as a short-term member and you are loving it, we are happy to apply the price of the short-term to an annual membership.

Your Centennial Fitness Center Membership Includes:

- First Floor Cardio Equipment; Second Floor Cardio & Strength Equipment
- Track
- Lap Swim - *1 and 2 swimmers per lane (unless you reside in the same household), 1 hour reservations required*
- Therapy Pool - *2 participants per hour (unless you reside in the same household), 1 hour reservations required*
- Member pricing on personal training and group fitness classes
- Stretching Area
- Racquetball - *2 players per court*
- Open Gym time for shooting baskets - *1 person per hoop (unless you reside in the same household). Sorry, for your safety, competitive play is not allowed at this time.*
- Pickleball & Badminton
- Mini Lockers to store your keys, wallet, phone
- Locker Rooms and showers available on first come, first served basis

ANNUAL MEMBERSHIPS *Effective January 1, 2020*	Fee
Individual *(Age 13-64)*	$38
Daylight Savings *(M-F, 9am-3pm)*	$21
Senior *(Age 65 & over)*	$30
Youth - Pool & Gym *(Age 1-12)*	$23
Add-On: 12 & under*	$16
Add-On: 13 & over*	$22

*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 unless otherwise indicated. All memberships may be paid in full. Additional information can be found at prparks.org. **Please bring a voided check to set up your monthly EFT.**

SHORT TERM MEMBERSHIPS	Fee
NEW! Individual 6-Month	$270
Individual 3-Month	$150 ($125 Student)
Individual 1-Month	$65 ($50 Student)
Individual 1-Week	$35

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

DAILY DROP-INS	Resident	Non-Resident
Youth *(Age 17 & Under)*	$5	$8
Adult *(Age 18 & Up)*	$8	$12

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.

Centennial Fitness Center

Fitness Your Way: Fitness Membership, Group Fitness, Personal Training, or Group Training!

Personal Training

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 Amy Murrin 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

Kathryn DiPietro: ACE Certified Personal Trainer, AFAA Certified Fitness Instructor. Specializes in developing productive routines that facilitate weight loss and maintenance. Author of *Building Healthy Habits* manual. Trainer mantra: Portion control is the key to success.
Available: upon request

Max Edsey: NASM Certified Personal Trainer. Max was born and raised in Park Ridge and has been involved in sports his entire life. While studying Exercise Science at The Ohio State University, he interned at a strength and conditioning facility, helping young athletes maximize their potential. Max received his master's in Sport and Exercise Nutrition at Loughborough University in England. He has a strong passion for science and making exercise fun, which both serve to drive his coaching.
Available: upon request

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

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.
Available: Tu 8:00am-2:30pm; W 10:30am-2:00pm; Th 7:00am-11:00am; additional days/times upon request

Maureen Wudtke Van Mieghem: NASM Certified Personal Trainer; Senior and Youth wellness and fitness specialist with 20+ years of experience in dance, fitness, and wellness training. Maureen works with her clients to use their mind, body and spirit to facilitate a healthier life style. She has a passion working with mature adults and individuals with disabilities. **Available: Monday-Friday mornings and evenings; weekends upon request**

Indoor Group Fitness

Have a 10 or 20 Class Pass?

We have extended all group 10 and 20 group fitness class passes for you. If you don't have a pass, single and packages of 10 fitness classes are available for purchase online.

What should you bring to class?

- Bring your own sweat towel
- 1-2 water bottles to be sure you stay hydrated
- A mat or towel if you have one. We will not provide fitness mats.
- Dress for your workout. The locker rooms and showers are available at a limited capacity on a first come, first served basis.

We Kindly Request:

Be a Good Neighbor

With everyone following the guidelines and rules set forth, we are able to provide a safe and fun fitness experience.

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.

Maintain Space with Other Participants

There are marked spaces providing the proper distance between you and other participants. Please stay within your designated pod during class.

Face Coverings Required

Please wear a face covering when you are checking in and out of classes and when you are not able to socially distance.

Help us keep our equipment safe for others

We kindly ask that you wipe down your equipment and leave it at the center of our pod. Thank you for your help.

NEW! Introducing POD WORKOUTS!

Introducing 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 Amy Murrin for more information at 847-692-5149.

Group Minimum: 4 per group

Fee: $120 per person for 6 weeks (1 session per week)
$200 for 6 weeks (2 sessions per week)

Centennial Fitness Center

Group Fitness Schedule

AGES 11 & UP (Ages 11-13 when accompanied by adult)

To check out our latest class schedule, please visit https://www.prparks.org/programs/fitness-classes#reservations and review the calendar that displays the date, format, time and instructor. Additional Classes will be added to the schedule based on participation and interest.

Reservations Required for all Fitness Classes

To ensure we have safe physically distanced fitness classes, reservations are required. Sorry, at this time we cannot welcome drop-ins. Classes not meeting 8 participants will be canceled. It's a GROUP WORKOUT!

Once you see a class that you would like to take, click on sign up to reserve your spot. If you need to purchase a single or 10 pack of classes, click on the $ icon. There is also a calendar icon next to the reserve your spot button to add the class to your personal calendar to be sure you keep your commitment to your class.

The following classes are available for punch passes and are subject to change based on participation.

SUNDAY		Instructor	Location
10:30am	Ballet Barre	Jillian	Fitness Studio
11:00am	Aqua Zumba	Ramon	CFC Indoor Pool
MONDAY		**Instructor**	**Location**
7:15am	Spin	Charisse	North Gym
9:00am	Strength	Amy B.	North Gym
9:15am	Pelvic & Core	Tina	Fitness Studio
10:30am	Aqua Fit	Dena	Indoor Pool
5:00pm	Fit Start	Deanna	Fitness Studio
6:00pm	Aqua Fit	Dena	Indoor Pool
6:15pm	BodyPump	Deanna	Fitness Studio
7:00pm	BodyAttack	Katherine	North Gym
TUESDAY		**Instructor**	**Location**
8:00am	Functional Fit	Charisse	North Gym
9:00am	TRX	Kristen	Fitness Studio
10:30am	BodyPump	Jillian	Fitness Studio
6:00pm	Tabata	Sara	Fitness Studio

WEDNESDAY		Instructor	Location
7:15am	Spin	Charisse	North Gym
5:30pm	Zumba	Ramon	Cent. Activity Center
6:00pm	Aqua Fit	Katherine	CFC Indoor Pool
THURSDAY		**Instructor**	**Location**
8:00am	Functional Fit	Charisse	North Gym
9:15am	Pelvic & Core	Tina	Fitness Studio
10:30am	BodyPump	Jillian	Fitness Studio
10:30am	Aqua Fit	Dena	CFC Indoor Pool
5:30pm	Fit Start	Deanna	Fitness Studio
7:15pm	BodyAttack	Katherine	North Gym
FRIDAY		**Instructor**	**Location**
9:15am	Step, Strength & Abs	Amy B.	North Gym
SATURDAY		**Instructor**	**Location**
8:00am	Aqua Fit	Kathy D	CFC Indoor Pool
8:00am	Spin	Nichole	North Gym
9:15am	Zumba	Tanya	North Gym
9:15am	BodyPump	Nichole	Fitness Studio

PARK RIDGE PARK DISTRICT
OAKTON ICE ARENA

2800 W. OAKTON STREET • 847-692-3359

Office Hours:

The Oakton Office is currently closed. For service, please email us at oaktonicearena@prparks.org.

Public Skate Sessions:

Public Sessions require advanced online registration at www.prparks.org. Face coverings must be worn at all times during public sessions.

Monday-Friday	11:00am-Noon
	12:15pm-1:15pm
Friday	7:30pm-8:30pm
Saturday	3:35pm-4:45pm
	5:00pm-6:00pm
Sunday	1:00pm-2:00pm
	2:15pm-3:15pm

Please Note: Skate rental is currently unavailable. Passes, coupons, and punch cards are currently VOID and are not being accepted for admission. Oakton Ice Arena reserves the right to cancel any public skating session for special events.

Contact the Staff: We're Here to Help!

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

Director of Figure Skating
David Santee (DS), CAM, CAO, CAP
847-292-8911
dsantee@prparks.org

Oakton Facility & Hockey Supervisor
Jordan Mann (JEM)
224-585-4860
jmann@prparks.org

Oakton Ice Arena

The Oakton Ice Arena is a 200' x 85' regulation size, award-winning ice arena. Our introductory figure skating, Competitive Edge elite skating, and developmental hockey programs are known as some of the finest in the Chicagoland area. With a long history of Olympic and World Class skaters and coaches Oakton Ice Arena can meet all of your expectations.

The safety of our staff and our community are our number one priority! To help keep you safe, we kindly ask that you review and cooperate with the following procedures and guidelines:

1. All classes are online registration only.
2. All classes are 45 minutes long and capped at 10 skaters maximum.
3. We have 1 instructor per class, who maintains proper social distance while interacting with the athletes.
4. Face coverings are required of all patrons in common areas of the facility. (Exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering.) Skaters may remove their masks once they are on the ice surface but must immediately put them back on when leaving the ice. Masks should be labeled with the skater's name so as not to get them confused in the arena.
5. There are no class make ups allowed.
6. The arena is run on an "athlete only" basis. Skaters need to be dropped off and picked up. Parents and spectators are not allowed in the facility.
7. Skaters are to arrive no earlier than 10 minutes prior to their scheduled session. They are to enter through the main entrance and use the assigned seating area to place their belongings and get prepared for classes. Participants should place personal belongings at least 6-ft. away from others' personal belongings. Assigned areas are designated on a board in the lobby.
8. There are no skate rentals; all skaters must bring their own skates.
9. Skaters are encouraged to come with skates on (WEAR HARD GUARDS!) and no changing of clothes is allowed in the facility.
10. Participants should wash hands with soap and water or use hand sanitizer before participating.
11. Coaches meet their classes in the staging area and bring them to the ice.
12. Class skills and drills are run while maintaining proper social distance between skaters and coaches at all times.
13. Skaters have 10 minutes after their session ends to remove their belongings from their staging area. Skater pick-up is in the north parking lot near the Zamboni garage.
14. Water fountains are not in use, so skaters need to bring their own fluids. There is no sharing of liquids. No other loose personal items may be brought into the arena area (aside from medical necessities).
15. Skaters must always maintain a minimum social distance of 6 feet. That includes communicating with their coaches and fellow athletes. There is no contact between individuals for any reason other than emergencies.
16. Participants should avoid touching facility accessories such as dasher boards, ice surface doors, and railings.

Prior to arriving at the Ice Arena:

1. All participants should be checked for symptoms at home prior to attending each session.
2. Anyone with a temperature of 100.4°F or above, or are exhibiting any other COVID-19 symptoms, should remain at home.
3. If a participant does have symptoms, they should refrain from entering the premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since symptoms first appeared.

Figure Skating

IN-PERSON PROGRAMS!

GENERAL FIGURE SKATING INFORMATION

Oakton Ice Arena is an award-winning member of the Ice Sports Industry (ISI). Classes are taught in accordance with the National Standards established by the ISI, which is styled to develop skating skills through periods of practice and periodical testing. All skating levels are tested to measure the skater's ability to perform skills within each level. The system provides a measurement for all skaters from beginning to the most advanced and is geared towards ISI criteria. Figure skaters in levels Alpha and above are now required to register with the Ice Sports Industry (ISI). Skaters have the option of testing through ISI, and are eligible to receive patches for skating tests passed. ISI skaters also have the option of competing in any ISI competition. Please contact David Santee at dsantee@prparks.org for questions about ISI.

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 will close when full and may be combined due to enrollment. Skating 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. Registration is currently only accepted online at www.prparks.org. The Skating Supervisor reserves the right to move students to the appropriate class level, regardless of registration.

Rental Skates: Skate rental is currently unavailable. All skaters need to provide their own skates.

Class Make-Ups: Class make ups are not allowed at this time due to class capacity regulations.

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

Pre-Alpha 1

Age 7-18 DS

In this instructional class for the beginning skater ages 7 and up, participants are taught proper technique on falling, getting up, and balance. Forward movements such as swizzles, gliding, stopping and marching are introduced. Equipment: Figure skates with skate guards, biking helmet, gloves or mittens, and warm clothing. **OAK**

Activity	Day	Date	Time	R/NR
5251201-00	Th	Nov 12-Dec 17	5:15pm-5:45pm	$65/$80
5251201-03	Sa	Nov 14-Dec 19	11:45am-12:30pm	$105/$120

Pre-Alpha 2

Age 7-18 DS

Skaters learn zig-zag forward stroking, stop from speed, extended one-foot glides, forward push glides, forward circular pumps, and perform edges that are discussed in class, while maintaining and strengthening skills from previous levels. Prerequisite: Passed Pre-Alpha 1 and/or approval from Skating Supervisor. Equipment: Figure skates with skate guards, biking helmet, gloves or mittens, and warm clothing. **OAK**

Activity	Day	Date	Time	R/NR
5251202-00	Th	Nov 12-Dec 17	5:00pm-5:30pm	$65/$80
5251202-03	Sa	Nov 14-Dec 19	11:30am-12:15pm	$105/$120

Alpha

Age 5-18 DS

Skaters learn maneuvers such as, but not limited to, forward crossovers, extended glide forward stroking, snowplow stops from speed, backward pumps, two-foot turns, fundamental skating terminology, while maintaining and strengthening skills from previous levels. Perform edges that are discussed in class. Prerequisite: Passed Tot 4 or Pre-Alpha 2. Equipment: Figure skates with skate guards, gloves or mittens, and skating attire. **OAK**

Activity	Day	Date	Time	R/NR
5251300-01	Sa	Nov 14-Dec 19	11:15am-Noon	$105/$120

Beta

Age 7-18 DS

Skaters learn backward maneuvers such as, but not limited to, backward crossovers, backward stroking, T-Stops, while maintaining and strengthening skills and terminology from previous levels. Prerequisite: Passed Alpha 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
5251303-01	Sa	Nov 14-Dec 19	11:00am-11:45am	$105/$120

Please Note: Parents/spectators are not allowed in the facility. Skaters must arrive ready to skate no more than 10 minutes prior to their scheduled session.

Figure Skating

IN-PERSON PROGRAMS!

Gamma

Age 7-18 DS

Skaters are taught transitional maneuvers such as, outside three turns and Mohawks, hockey stops, forward arabesques, backward slide crossovers, crossovers in figure 8, lunges, bunny hops, shoot the duck, forward edges, while maintaining and strengthening skills and terminology from previous levels. Prerequisite: Passed Beta 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
5251306-01	Sa	Nov 14-Dec 19	10:45am-11:30am	$105/$120

Delta

Age 7-18 DS

Skaters are taught transitional maneuvers such as, forward inside 3-Turns, backward to forward maneuvers, forward edges, all stops (snow plow, T-stop, and hockey stop). Introduction to backward edges, 2-foot-spins, while maintaining and strengthening skills and terminology from previous levels. Prerequisite: Passed Gamma and/or approval of Skating Supervisor. Equipment: Figure skates with skate guards, gloves or mittens, and skating attire. **OAK**

Activity	Day	Date	Time	R/NR
5251307-01	Sa	Nov 14-Dec 19	10:30am-11:15am	$105/$120

Register online today!
For registration information visit www.prparks.org/registration.

Freestyle 1 & 2

Age 8-18 DS

Skaters review elements from previous levels, and are taught maneuvers such as, but not limited to, two-foot spin from back entry, Waltz jump, half toe-Walley, one-foot spin, backward edges, forward pivots, forward spirals, half flip jump, perform edges that are discussed in class. Emphasis is on proper technique. Prerequisite: Passed Delta/FS 1 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
5251401-01	Sa	Nov 14-Dec 19	10:15am-11:00am	$105/$120

Freestyle 3 & 4

Age 8-18 DS

Skaters review elements from previous levels, and are taught maneuvers such as, but not limited to, forward scratch spin, change foot spin, sit spin, toe loop jumps, Salchow jump, loop jumps, flip jumps, jump sequences, backward pivots, backward edge spirals, back spins, and dance steps. Perform edges that are discussed in class. Emphasis on proper technique. Prerequisite: Passed Freestyle 2/3 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
5251403-01	Sa	Nov 14-Dec 19	10:00am-10:45am	$105/$120

Freestyle 5 & Up

Age 8-18 DS

Skaters review elements from previous levels, and are taught maneuvers such as, but not limited to, camel spin, camel-sit-scratch spin, Lutz jump, axel jump, jump sequences, and dance steps. Emphasis on proper technique. Prerequisite: Passed Freestyle 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
5251405-00	Sa	Nov 14-Dec 19	9:45am-10:30am	$105/$120

Hockey

IN-PERSON PROGRAMS!

Hockey 1

Age 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. **OAK**

Activity	Day	Date	Time	R/NR
5260011-02	F	Nov 13-Dec 18	5:00pm-5:45pm	$105/$120
5260011-03	Sa	Nov 14-Dec 19	Noon-12:45pm	$105/$120

Hockey Advanced Classes

Age 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. Please **OAK**

Activity	Day	Date	Time	R/NR
5260012-00	F	Nov 13-Dec 18	5:15pm-6:00pm	$105/$120
5260012-01	Sa	Nov 14-Dec 19	12:15pm-1:00pm	$105/$120

Hornets House League

Age 5-12 JEM

Designed to get players prepared for competitive hockey with two classes per week devoted strictly to skill development and game concepts. Players will thrive in our competitive house league environment. Prerequisite: Passing Hockey Advanced or Hockey Supervisor's approval. Required Equipment: Full hockey gear, skate guards. **OAK**

Activity	Day	Date	Time	R/NR
5260210-00	F	Nov 13-Dec 20	6:15pm-7:15pm	$255/$270
	Su		8:00am-9:00am	

Please Note: Parents/spectators are not allowed in the facility. Skaters must arrive ready to skate no more than 10 minutes prior to their scheduled session.

PARK RIDGE PARK DISTRICT

WILDWOOD NATURE CENTER

529 FORESTVIEW • 847-692-3570

The Wildwood Nature Center building is currently open to those registered for in-person programs at the location, but closed to the general public.

The hiking trails, prairie, and ponds are open daily from dawn until dusk. Please note, public restrooms not available.

Contact the Staff: We're Here to Help!

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

Program Naturalist
Cara Ruffo (CR)
847-692-3570
cruffo@prparks.org

Program Naturalist - Nature Preschool, Kindergarten
Molly Kowalski (MK)
847-692-3570
mkowalski@prparks.org

Host your next gathering at the new Wildwood Nature Center Pavilion!

Schedule a gathering at the new Wildwood Nature Center Pavilion and enjoy the peaceful atmosphere that feels miles away from the busy suburban life. Your guests can take a self-guided walk through our 5-acre restored prairie and enjoy our two ponds and butterfly garden. The new shelter features a beautiful wood-burning fireplace. Firewood is available for an additional $25.

Fee: $100/4 hr. Resident / $200/4 hr. Non-Resident (50 guest max)

To reserve your pavilion rental, call 847-692-5127.

Virtual Early Childhood Programs	DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR
Virtual Deep Sea Divers (Ages 1-3)	See page 9	Tu/Th	Nov 10-Dec 10	9:15am-9:45am	5160117-01	$58
Virtual Rainforest Rendezvous (Ages 3-6)		Tu/Th	Nov 10-Dec 10	10:15am-10:45am	5160113-01	$58

In-Person Early Childhood Programs	DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR
Wild Child (Ages 3.5-6 without Adult)	See page 7	M/W	Oct 26-Nov 11	12:45pm-2:45pm	5160206-05	$112/$145
		M/W	Nov 16-Dec 9	12:45pm-2:45pm	5160206-06	$112/$145
Nature Kindergarten Kapers (Ages 5-6)		Tu/Th	Oct 27-Dec 17	9:15am-11:15am	5160205-65	$241/$315
		Tu/Th	Oct 27-Dec 17	12:45pm-2:45pm	5160205-66	$241/$315

Virtual Youth Programs	DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR
Wizards (After) School: Flying Club (Ages 6-11)	See page 14	W	Nov 11-Dec 9	3:45pm-4:30pm	5160415-01	$48
Virtual Animal Artists (Ages 6-9)		Tu	Nov 10-Dec 15	3:45pm-4:30pm	5160416-01	$73
Virtual Animal Artists (Ages 10-15)		Tu	Nov 10-Dec 15	5:00pm5:45pm	5160416-02	$73
Adventure Club (Ages 6-10)	See page 13	Tu	Oct 13-Nov 3	4:00pm-5:30pm	5160417-03	$48
		Th	Oct 15-Nov 5	4:00pm-5:30pm	5160417-04	$48
		Tu	Nov 10-Dec 8	4:00pm-5:30pm	5160417-05	$48
		Th	Nov 12-Dec 10	4:00pm-5:30pm	5160417-06	$48

Family Events	DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR
Science Night	See page 5	W	Nov 18	6:00pm-7:00pm	5160503-03	$16/family
		W	Dec 16	6:00pm-7:00pm	5160503-03	$16/family
Animal Encounters: Visits at Wildwood		W or Sa	For Dates/Times/Activity codes - See page 5			$20

Wildwood Birthday Parties

ONLINE & IN-PERSON PARTY OPTIONS!

Host a birthday party with the Wildwood Nature Center!

Our fun nature and animal-inspired parties are a unique way to celebrate your next event.

Choose from any of these "Wild" themes:

VIRTUAL PARTY OPTIONS:

Wildwood's Virtual Animal Encounter All Ages

Wildwood's party animals will visit your virtual birthday party! See what the bunny, snakes, prairie dogs, fish, turtles, bearded dragons and the rest of the gang are up to. Watch them eat their party snacks and learn about your favorites as they help you celebrate your special day.

$40 for 20-minute visit

Wildwood's Party Animals All Ages

Make it a full blown animal party, fun for any age, including teens and adults (game and animal information tailored to your age group)! Enjoy a visit with the Wildwood animals, learn a little about them and watch them enjoy party snacks, and play virtual animal games (like bingo, trivia, Pictionary, and Scattergories) led by Wildwood. Includes 45 minutes of Naturalist lead activities.

$90 for 45-minute party

Bug Hunters Virtual Party Ages 3 & Up

Invite cool, creepy crawlers to your birthday party! Discover the incredible lives of insects during fun games and virtual visits from our Wildwood bugs. We'll arm you and your guests with magnifying glasses and bug catchers to show off your finds. Includes 45 minutes of naturalist-led activities and 10 themed party kits for participants (party host picks up from Wildwood prior to party to deliver to guests).

$160 for 45-minute party

Additional fee to ship kits to your home: $20

Diggin' Dinosaurs Virtual Party Ages 3-9

Uncover the lives of dinosaurs at your virtual birthday party! Excavate dinosaur bones, create an eruption, play with pretend lava, and play dinosaur bingo and trivia as you learn about the ancient world of dinosaurs. Includes 45 minutes of naturalist-led activities and 10 themed party kits for participants (party host picks up from Wildwood prior to party to deliver to guests).

$160 for 45-minute party

Additional fee to ship kits to your home: $20

Weird, Wacky Science Virtual Party Ages 6-12

Create, concoct, and explode! Wildwood leads your group in three weird, wacky science experiments and virtual games. Experiments include magic goop, slime, and explosions (soda for a summer/outdoor explosion or vinegar for indoor explosions). Includes 45 minutes of naturalist-led activities and 10 themed party kits for participants (party host picks up from Wildwood prior to party to deliver to guests).

$160 for 45-minute party

Additional fee to ship kits to your home: $20

About Your Wildwood Party Package

- **Virtual Parties** are typically held between 10:00am-7:00pm on weekdays and weekends. **In-Person 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.
- **In-Person Parties** are held outdoors at Campfire Circle and Pavilion. Party includes outdoor space with picnic tables and the party program. Indoor options are not currently available at Wildwood; a rain date can be scheduled in advance.
- Party guests must wear a face covering to enter the facility for restroom use.
- Guests need to wash hands upon arrival, before eating, and after eating. Wildwood has an outdoor handwashing station.
- You are responsible for refreshments, decorations, and paper products.
- Parties should be scheduled one month in advance. Full payment is required at time of reservation.

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

IN-PERSON PARTY OPTIONS:

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 to provide food to roast around the campfire.

$165 Resident / $200 Non-Resident for 2-hour party

Max 15 children / 35 total people

Outdoor Gamer Party Ages 5-12

Children enjoy playing field games like modified no-touch 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 hotdogs and s'mores. Party includes program leaders, firewood, and cooking sticks. Patrons are responsible to provide food to roast around the campfire.

$165 Resident / $200 Non-Resident for 2-hour party

Max 15 children / 35 total people

Birthday Parties & Pavilion Rentals

ONLINE PARTIES!

Virtual Birthday Parties

Virtual Fluff and Stuff Birthday Party

You and your guest can enjoy making new special friends virtually. A staff member will put together kits for your guests to be picked up by the party host. A staff member will help lead your party guests in making their new friends and playing virtual games.

$250 for 45 minutes (12 guests)

Virtual Magic Show Birthday Party

Magican Gary Kantor leads the virtual magic show with lots of comedy and tricks. Your birthday child is the star of the show!

$195 for 45-minute party with 30-minute show

Virtual Bingo or Trivia Birthday Party

Park District staff leads your guests in a fun game of bingo or trivia game through Kahoot.

$125 for 45-minute party

About Your Party Package

- Virtual Parties are typically held on Saturdays between 10:00am-4:00pm and Sundays between 1:00pm-4:00pm. (Availability is dependent on class, camp, and virtual program schedules.) Please contact us for dates and times.
- Virtual Parties should be scheduled two weeks in advance, as many of the parties include party themed kits.
- Party includes 45 minute virtual party program.
- We require full payment at time of reservation.

To find out more information or to book a party, contact our party expert, Amy Kopecky, at akopecky@prparks.org.

IN-PERSON 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.

Picnic & Pavilion Rental Rates

PICNIC LOCATION	Resident (25+ group)	Non-Resident (any size group)
Prospect Park (50 guest max)	$15	$100

Stationary charcoal grills are available at Prospect Park.

PAVILION LOCATION	Resident	Non-Resident (any size group)
Centennial Park Pavilion (50 guest max)	$50/4 hr.	$100/4 hr.
Prospect Park Pavilion (30 guest max)	$50/4 hr.	$100/4 hr.
Wildwood Nature Center Pavilion* (50 guest max)	$100/4 hr.	$200/4 hr.

***The new Wildwood Pavilion has a wood-burning fireplace!**
There is an additional fee of $25 for firewood.

NOTE: 2021 outdoor reservations start on January 4, 2021.

About Your Pavilion Rental

- Two time options are available: 11:00am-3:00pm or 4:00-8:00pm.
- Gas grills are allowed at Wildwood Nature Center, Prospect Park, and South Park Pavilions. Stationary charcoal grills are provided at Centennial Park and Prospect Park picnic areas.
- Picnic kits including a variety of sports equipment to enhance your next picnic are available for an additional fee.

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

Facility Rentals

Park Ridge Park District Facility Rentals

The Park Ridge Park District offers rental rooms suitable for a business meeting, birthday party, family reunion, baby or bridal showers, a company basketball game, or any group function. Please note that additional permit 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) 692-5129

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. Capacities listed reflect the maximum number of guests allowed while in Phase 4 of the Restore Illinois plan.

SMALL FACILITIES (Classroom size)	Capacity	R/NR
Centennial Activity Center (Activity Rooms 2 & 4)	15	$25/$38
Maine Park	20	$25/$39
Prospect Park (Paula Hassell O'Connor Community Building – Rooms A,B)	20	$39/$59

LARGE FACILITIES	Capacity	R/NR
Centennial Indoor Pool	50	$125/$191
Oakton (Olympic Room)	30	$39/$59

BANQUET FACILITIES	Capacity	R/NR
Prospect Park (Paula Hassell O'Connor Community Building – Full Room)	50	$72/$108
South Park (Main Room)	50	$72/$108
Centennial Activity Center (Multipurpose Room)	50	$72/$108

GYMNASIUM	Capacity	R/NR
Maine Park	38	$39/$59
Centennial Fitness Center (1/2 Gym)	75	$58/$87

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

Oakton Sports Complex
2800 W. Oakton St. | Rentals: oaktonicearena@prparks.org

Paula Hassell O'Connor Community Building
733 N. Prospect Ave. | Rentals: (847) 692-5127

Directory

Administrative Staff

Executive Director	Gayle Mountcastle	gmountcastle@prparks.org	847-692-3442
Superintendent of Business & Finance	Sandra DeAngelus	sdeangelus@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
Manager of Marketing & Public Relations	Margaret Holler, CPRP	mholler@prparks.org	847-692-3346
Human Resources Director	Diane DiGangi, SPHR	ddigangi@prparks.org	847-692-3405
Executive Administrative Assistant	Maryanne Lucarz	mlucarz@prparks.org	847-692-3482

Support Staff

Accounting Manager	Karen Larson	klarson@prparks.org	847-692-6916
Information Technology Manager	Eileen O'Leary	eoleary@prparks.org	847-692-2464
Project Manager	Jennifer Meunier, PLA, CPSI	jmeunier@prparks.org	847-292-1258

Park District Board of Commissioners

Due to the pandemic, the Park Ridge Park District Board meetings are currently being held virtually. The public is invited to also attend virtually. A link to register as a meeting attendee is released at least 48 hours prior to the meeting on our website, https://www.prparks.org/about/notices-documents/board-meetings.

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:

Matt Coyne
mcoyne@prparks.org

Cindy Grau
cgrau@prparks.org

Harmony Harrington
hharrington@prparks.org

Jennifer LaDuke
jladuke@prparks.org

Robert Leach
rleach@prparks.org

Jim O'Donnell
jodonnell@prparks.org

John Tunnell
jtunnell@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.

Directory

Meet the Staff!

Throughout the brochure we have listed initials at the top of each description that refer to the staff member supervising that program.

Aquatics Manager
Ethan Williams (EW), CPRP, CPO
847-692-8599
ewilliams@prparks.org

Recreation Program Manager
Julie Greve (JG), CPRP
847-692-6911
jgreve@prparks.org

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

Centennial Fitness Center Manager
Amy Murrin (AM), ACE, AFAA, CPRP
847-692-5149
amurrin@prparks.org

Preschool & Early Childhood
Molly Jacobsen (MJ)
847-685-4400
mjacobsen@prparks.org

Program Naturalist
Cara Ruffo (CR)
847-692-3570
cruffo@prparks.org

Membership Services Supervisor, Centennial Fitness Center
Justin Schuring (JS)
847-692-5136
jschuring@prparks.org

Teens & Cultural Arts
Bobby Pierobon (BP)
847-692-3367
bpierobon@prparks.org

Program Naturalist - Nature Preschool, Kindergarten
Molly Kowalski (MK)
847-692-3570
mkowalski@prparks.org

Centennial Activity Center Manager
Jennifer Meyers (JM), CPRP
847-692-3007
jmeyers@prparks.org

Athletics
Jim Dihu (JD)
847-692-3316
jdihu@prparks.org

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

Seniors & Adults
Sarah Groeper (SG)
847-692-3035
sgroeper@prparks.org

Special Events, Parties & Youth
Amy Kopecky (AK)
847-692-3281
akopecky@prparks.org

Director of Figure Skating
David Santee (DS), CAM, CAO, CAP
847-692-8596
dsantee@prparks.org

Customer Service Manager
Debbie Majchszak
847-692-3247
dmajchszak@prparks.org

Youth Programs
Robin Battaglia (RB)
847-292-8901
rbattaglia@prparks.org

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

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
- **Oakton Batting Cages**
  847-692-3580
- **Paws Park**

16. At Prospect Park
733 N. Prospect Ave.

- **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

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

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.

Due to COVID-19, participants will be required to:

- Function and participate within set ratios
- Maintain social distancing
- 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 recreation@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.

COVID-19

We ask that you do not participate in in-person classes or visit our facilities if you have been in contact with anyone who has tested positive for COVID-19 or if you are experiencing any symptoms of COVID-19, such as fever, cough, fatigue, or shortness of breath.

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 at www.prparks.org.

Upcoming Brochures

Please note, due to the COVID-19 pandemic, all Park District program brochures will be available online only until further notice to provide maximum flexibility and cost savings. The next program brochure will be released as follows:

Winter 2021 Brochure:
Programs run January 1-March 28, 2021

- Released Friday, December 4
- Resident registration begins Monday, December 7
- Non-Resident registration begins Friday, December 11

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.

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. For dependents ages 2 to 25 years old, a birth certificate or proof of guardianship is required with your initial registration. **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.

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. 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.

For program changes and refunds for Brickton Art Center programs, please call 847-823-6611.

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.

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Program Locations

CAC – Centennial Activity Center
CFC – Centennial Fitness Center
CFC/g – Centennial Fitness Center Gym
CFC/od – Centennial Fitness Center Outdoors
MPLC – Maine Park Leisure Center
MP/g – Maine Park Leisure Center Gym
ODR – Oakton Driving Range
SP – South Park
SP/ma – South Park Martial Arts Studio
SP/gs – South Park Gymnastics Studio
WNC – Wildwood Nature Center

Park Locations

CP – Centennial Park
HINK – Hinkley Park
MP – Maine Park
PROS – Prospect Park
NWP – Northwest Park
NEP – Northeast Park
WP – Woodland Park