# DEAL DEAL SPRING 2022

Spring registration begins Saturday, March 5 *at*, 9 am

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Holes & Knolls Mini Golf

> Special Events <sub>204</sub>

And much more!





# we're here to help!

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# our mission

To foster diverse, community-based leisure opportunities, through a harmonious blend of quality recreation programs, facilities, and open space which will enhance the quality of life into the future.



# how to register

#### **Spring Registration Start Dates**

**Residents:** 9am Saturday, March 5 Nonresidents: 9am Saturday, March 12

#### Online

Click the code number in the digital guide or visit gepark.org/register. New users must create an account prior to registering online by clicking "Create an Account."

#### **Drop Off Form or Register in Person**

Spring Avenue Recreation Center • 185 Spring Avenue Main Street Recreation Center • 501 Hill Avenue

Monday-Thursday: 8:30am-8pm Friday: 8:30am-5pm Saturday: 9am-12pm (12:30pm at Main Street) Sunday: Closed Closed May 30, July 4, and September 5.

#### Mail/Fax

Mail: Glen Ellyn Park District, Registration, 185 Spring Avenue, Glen Ellyn, 60137 Fax: (630) 389-8527

#### **Upcoming Playbooks**

Mark your calendar for the digital release of these upcoming editions at gepark.org/playbook SUMMER 2022: May 31, 2022 AUTUMN 2022: August 23, 2022

# BOARD () COMMISSIONERS For the Board meeting schedule, visit: gepark.org/board-meetings



Alex Durham President





Kathy Cornell Treasurer







Michael Ward



Rob Weber

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Ben Stortz

# what's inside



Adult Interest ......35 Art, sewing, CPR, cooking, dance, horsemanship, meditation, dog training, and events

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Tennis & Pickleball......64 Spring and summer classes and lessons, clay tennis court season passes, and outdoor tennis courts

#### Youth & Teen Interest ...... 25



# new for spring

- Family Bingo Night
- Hopper Cottontail & Friends Hoppy Party
- Ackerman Summer Shred
- Checkmate
- Stage Makeup Basics & Workshop
- Ackerman Speed Academy
- Adult Ballet
- Adult Flag Football League
- Co-Ed Sand Volleyball League
- Donuts & Bingo
- Migration Mornings
- And so much more!



See our Summer Camp Guide for camp offerings!

# community events



# Earth Day Free!

Restore Nature, Restore Health All ages

Earth Day is known as a celebration of nature, and every day we become more aware that restoring nature helps restore our own health. Research overwhelmingly shows that being in nature improves both mental and physical health. Celebrate Earth Day at Lake Ellyn and explore ways nature and health are connected. Outdoor yoga, wellness walks, and a historical hike by the Glen Ellyn Historical Society will be offered. Boat rentals, scavenger hunts, and other family-friendly activities will be available. Presented by Glen Ellyn Park District, Go Green Glen Ellyn, and the Glen Ellyn Environmental Commission. (cg)

Date: Sunday, April 24 Time: 1pm-4pm Location: Lake Ellyn Park R/NR: Free

# **Family Bingo Night**

All ages

Spend an evening at Ackerman SFC packed with bingo, pizza, and prizes. We'll play several rounds starting at 5:30pm. Prizes, like gift cards and candy, will be awarded at the end of each round. Pre-registration is not required. Kids ages 15 and under must be accompanied by an adult. Drop in any time with the whole family and have some fun. (sl)

Date: Friday, May 6 Time: 5:30pm-8:30pm Location: Ackerman SFC R/NR: \$1 per card

#### Touch-A-Truck Free! All ages

Touch-A-Truck is your child's chance to see their favorite big trucks and things on wheels, interact with the drivers, and take pictures. There will also be raffles and themed giveaways while supplies last. This free event is open to the public and all ages. Limited parking is available within Maryknoll Park. Overflow parking will be available. Please check our website in April for updated overflow parking details. (dm)

Date: Saturday, May 7 Time: 10am-12pm Location: Maryknoll Park R/NR: Free

# **Boating in the Park**

All ages

Take in the beauty of Lake Ellyn right from the water. Rent a kayak, canoe, or a pedal boat for 20 minutes for \$5. Boating in the Park is open to all ages, however, all boating participants are required to properly wear and fit into the provided Glen Ellyn Park District life jacket before entering the lake. Life jackets are available for children (~20 lbs. and up) and adults. No registration required. (dm)

Day: Sunday Dates: June 12, June 26, July 17, July 31, and August 14 Time: 12pm-4pm Location: Lake Ellyn Park R/NR: \$5/boat for a 20-minute rental

# Movies in the Park Free!

The Park District is excited to offer our free "Movies in the Parks" series this summer. Enjoy family friendly films in our beautiful parks under the stars for free. Bring your own chairs or blankets and sit back and enjoy the show. Movies begin at dusk. (dm)

#### Encanto

**Date:** Wednesday, June 22 **Location:** Maryknoll Park

#### Sing 2

**Date:** Wednesday, July 27 **Location:** Newton Park

#### **Jungle Cruise**

**Date:** Wednesday, August 10 **Location:** Lake Ellyn Park

# Jazz in the Park Fre!

All ages Enjoy free live concerts in the park by the Glen Ellyn Jazz Ensemble, a 16-member group. Bring a blanket, lawn chairs and picnic dinner. In case of rain or severe weather, the concert will be canceled. Please note, no

will be canceled. Please note, no alcoholic beverages are permitted in the parks. (jr)

All concerts run from 7pm-9pm Wednesday, June 15, Newton Park Wednesday, July 20, Maryknoll Park Wednesday, August 17, Lake Ellyn Park



# registered events

# Glen Ellyn Bike Rodeo Free! Ages 5-13 with adult

Giddy up for the Bike Rodeo! This free event demonstrates bicycle safety skills through fun drills and activities. Learn important bicycle rules of the road and test your ability at multiple bike rodeo stations. The Bicycle Hub and Working Bikes will also be on hand to perform safety checks on your bike brakes and tires as well as answer bicycle related questions. Participants bring their own bike and wear a fitted bike helmet. Presented by Glen Ellyn Park District, Glen Ellyn Police Department, and Glen Ellyn Public Library. Location: Duane-Lorraine Commuter Lot, 384 Duane Street. Min/Max: 25/200. (dm)

#/Link	Day	Date	Time	R/NR	
125558	Sa	5/21	10am-12pm	Free w/registration	•

# **Princess Tea at the Lake**

#### All ages

Enjoy teas, lemonade, and light refreshments while having great fun with mom, grandma, aunt, or a special guest. Participants will also have a chance to visit with Moana! Formal tea attire is recommended, and princess dresses are encouraged. It's sure to be a memorable day, so reserve your spot early! Register each guest attending. Location: Lake Ellyn Boathouse. Min/Max: 30/50. (jr)

#Link	Day	Date	Time	R/NR
<u>125960</u>	Su	5/22	10-11:30am	\$22/\$33 per person •
<u>125961</u>	Su	5/22	12:30-2pm	\$22/\$33 per person •



## **Gone Fishin' Derby**

#### Ages 3-12 with adult

Come down to the watering hole and bring your favorite poles and pals for our annual catch-and-release fishing derby. You'll have an hour to catch as many fish as you can, but don't forget to try and get the big one. Prizes will be awarded for largest, smallest, and most fish caught in two age groups, 3-6 years and 7-12 years, as well as overall "Best Dressed Fisherman." All children must be accompanied by an adult. Fee is per child and includes bait, snacks, and activity. Participants must supply their own fishing poles. Pre-registration is required, no walk-up registration. Location: Lake Ellyn Boathouse. Min/Max: 25/80. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125561</u>	Sa	6/18	8-9:30am	\$10/\$15	•

#### Hopper Cottontail and Friends Hoppy Party

#### Ages 2-8 with adult

Hopper Cottontail (Glen Ellyn's own Easter bunny) and some of your favorite character friends are coming to Ackerman SFC for two hours of egg-citing activities and games including egg-shaped cookie decorating, egg toss contest, and crafts. There will also be a bounce house, an opportunity to take photos, and a pizza lunch. Only children must register but must be accompanied by an adult. Location: Ackerman SFC. Min/Max: 20/200. (sl)

#/Link	Day	Date	Time	R/NR
<u>125141</u>	Sa	4/9	11am-1pm	\$25/\$40

#### Eggs-traordinary Egg Hunt

#### Ages 6 and under

Have an egg-cellent egg hunting time this spring! Children up to the age of 6 are invited to join us for a springtime egg hunt with a chance to meet (and take a picture with) Hopper Cottontail – the Glen Ellyn Park District bunny. Adults must accompany children; only children need to register. Prior to the egg hunt, the Bunny will be available for photos and we'll have activities to keep the little ones entertained until "go time." Don't forget to bring your basket and dress for the weather - this event will be held rain, snow, or shine. Please check-in with the egg hunt staff when you arrive. Location: Maryknoll Park. Min/Max: 25/100. (cs)

#/Link	Day	Date	Time	R/NR	
125569	F	4/15	9:15-10:15am	\$8/\$12	•
<u>125570</u>	F	4/15	10:45-11:45am	\$8/\$12	•



# Flashlight Egg Hunt

#### Ages 7-11

The Bunny has scattered some special treats around the park and it's your job to find them. Grab your flashlight and basket and head out to look for eggs filled with candy, toys, and prizes. Find one of the special eggs and redeem it for one of the grand prize baskets. Please be sure to bring a basket and your own flashlight to make egg hunting easier. Check-in starts at 8:15pm. Dress for the weather. Location: Churchill Park (park at Churchill School). Min/Max: 25/100. (cs)

#/Link	Day	Date	Time	R/NR	
125560	Th	4/14	8:30-9pm	\$10/\$20	•



# ages 21+

# Adults-Only Egg Hunt

#### Ages 21 and up

Egg hunts aren't just for the kids anymore! Break out your baskets and flashlights and head out for our adults-only egg hunt. There will be hundreds of eggs hidden throughout the park and they won't all be easy to spot. Inside the eggs, you'll find coupons, gift cards, candy, and other special treats. Light snacks and beverages will be provided before the hunt begins. Be sure to dress for the weather, this event will be held outdoors rain or snow. Min/Max: 25/100. (cs)

Date: Friday, April 8 Time: 8:30pm-9:30pm Location: Lake Ellyn Boathouse R/NR: \$15/\$30 #/Link: 125559





# BYOB Mothers & Meditation

#### Ages 21 and up

Start your Mother's Day weekend with some zen and wine! Perfect for a mother/daughter outing or the kick off to a girlfriends brunch, bring your beverage of choice to enjoy during a peaceful morning of yoga led by Ackerman SFC instructors. Participants will receive a goody bag and a raffle ticket for a chance to win gift baskets from local businesses. Yoga mats will be provided, or you can bring your own. Ackerman SFC members will receive \$5 off at time of registration. Min/Max: 10/40. (sl)

Date: Saturday, May 7 Time: 9am-11am Location: Lake Ellyn Boathouse R/NR: \$20/\$35 #/Link: 125213 •

# Thirsty Thursday on the Deck

#### Ages 21 and up

Grab a group of friends and head down to Lake Ellyn for a relaxing evening on the Boathouse patio and deck. Craft beer and wine will be for sale by Glen Ellyn's own, The Beer Cellar. Enjoy a beverage, mix and mingle, and we'll provide the live entertainment and light snacks to cap-off a perfect night. Pre-registration available online; registration fee includes your first drink ticket. Tickets at the door will be cash-only, if available. Min/Max: 75/200. (jr)

Date: Thursday, June 16 Time: 6:30pm-9pm Location: Lake Ellyn Boathouse R/NR: \$15 #/Link: 125959 •

REGISTERED EVENTS

# fitness and running

# 2K Glow Run/Walk

All ages

On your mark, get set, glow! This 1.25-mile nighttime fun run featuring black bubble lights and color stations is not to be missed. Before and after the race, enjoy a rockin' glow party with a DJ. Pre-race activities start at 7pm and the first wave of runners will take off at 7:45pm. Maximize your glow by wearing as much white or neon as possible. Fee includes t-shirt, glow sticks, and access to pre- and post-race event activities. More information will be emailed to registered participants ahead of race day. Min/Max: 30/500. (sl)

Date: Saturday, April 23 Time: 7pm-9pm Location: Ackerman Park

#### Register by 4/16

Early Bird R/NR (Now-April 1): \$25/\$37 per person Regular R/NR (April 1-April 16): \$30/\$42 per person #/Link: <u>124607</u> •

# **Ackerman Summer Shred**

#### Ages 16 and up

Kickstart your summer fitness program at our inaugural outdoor fitness party. Ackerman SFC fitness instructors will lead a variety of group fitness classes including outdoor Cycle, HIIT, Barre, Yoga, and more to the sounds of a live DJ. Stay after and visit multiple vendors from the community while you enjoy live music, food, and beverages. Each registered participant will receive a food and drink voucher included in their fee. Ackerman SFC members will receive \$5 off at time of registration. In the event of inclement weather, the event will be rescheduled for 6/18. Location: Ackerman Park. Min/Max 50/400. (sl)

#/Link	Day	Date	Time	R/NR	
125214	Sa	6/11	7-11am	\$25/\$40	

Freedom Four 4-Mile Run 202

## e Run 2

# Freedom Four 4-Mile Run/Walk

#### Ages 5 and up

Start your July 4th holiday with a bang at the Freedom Four 4-Mile Run/Walk. A portion of the proceeds from this family-friendly event will go to the Friends of Glen Ellyn Parks' Scholarship Fund, which allows families in need access to recreation and athletic programs for little to no cost. The race kicks off at 7:30am "sharp." Awards are presented to the top two male and female finishers in each age division around 8:30am. Freedom Four t-shirts are guaranteed to those that register by the early bird deadline. Participants registering during regular registration or on the day of the race will receive a t-shirt while supplies last. (rm)

Date: Monday, July 4 Time: Race will start at 7:30am Location: Lake Ellyn Park

Early Bird R/NR (Now-June 26): \$27 per person Regular R/NR (June 27-July 3): \$32 per person Day of Race R/NR (July 4): \$40 per person

Link: <u>www.FreedomFourRun.com</u> •

Registration is taken online only. Online registration is available until the start of the race.

**Packet Pick-Up:** Participants registered prior to June 30 can pick up their race packets at Ackerman SFC on Wednesday, June 29 or Thursday, June 30. Participants registered after June 30 can pick up their packets from 6:30am-7:30am on Monday, July 4 at Lake Ellyn Park.



#### Saturday, April 30 • 6:30pm-10:30pm Held at the Lake Ellyn Boathouse

The Friends of Glen Ellyn Parks is thrilled to announce that Fête 2022 is returning in what promises to be the signature event of the spring season! Showcasing the Lake Ellyn Boathouse in all its magnificent beauty and treating guests to a night of decadent bites, signature cocktails, great wines, a festive atmosphere and tremendous fun, Fête 2022 is not to be missed.\*

Silent and live auctions, raffles, sign-up parties and more await guests for this magical night. All for an amazing cause that supports our own Glen Ellyn community.

Proceeds from Fête 2022 will benefit the Friends of Glen Ellyn Parks' Scholarship Fund, created to enable families in need of financial assistance the opportunity to participate in Park District programs. In 2021, Fête efforts raised nearly \$41,000 for the Scholarship Fund.

#### Tickets go on sale Tuesday, March 1.

General Event tickets are \$125. VIP tickets are \$175 and include a VIP hour at 5:30pm with a champagne toast. Cocktail attire • 21+ event.

Fall Fête 2019 was a sold-out event, so mark your calendar for March 1 and purchase your tickets early.

#### Buy tickets and more at gepark.org/fete »

\*The health and safety of our supporters and partners is our highest priority and Fête will continue to follow local, state and CDC guidelines on gatherings of this nature. Any updates to this plan will be announced immediately.

#### Sponsored by:









Saylor Murphy

SPRING 2022 • 9

# Sunset pool 483 FAIRVIEW AVENUE, GLEN ELLYN VIEW POOL RULES AT GEPARK.ORG/SUNSET

#### Early Bird Sale ends April 30!

## Season Passes

Season passes are on sale now! Save on your season passes, which can be used for open or lap swim throughout the summer, by taking advantage of the Early Bird Sale through April 30.

To purchase passes and get your Pool Photo ID (required for pool entry), please visit Spring Avenue Recreation Center, Main Street Recreation Center, or Ackerman Sports & Fitness Center. Pool passes may also be paid for online at gepark.org/membership prior to visiting a registration office to obtain your ID. Refunds are not given on season passes.

Туре	<b>Early Bird R/NR</b> Now-April 30	<b>Regular Rates R/NR</b> On/After May 1
Infant (under age 3)	Free	Free
Individual child (ages 3-17 years)	\$125/\$175	\$135/\$185
Individual adult (ages 18-59 years)	\$135/\$185	\$145/\$195
Senior (ages 60 and up)	\$70/\$90	\$80/\$100
Family of two	\$180/\$220	\$190/\$230
+ Additional family members	\$35/\$60	\$45/\$70

# New Shade Structure

Pool visitors can look forward to additional seating opportunities in 2022. A shade canopy was installed adjacent to the concession building this winter. Underneath, an area that was previously turf grass was converted to a hardscape plaza with tables.



#### **5-Visit Passes**

5-visit passes are available for purchase starting May 1 and can be used for open or lap swim all summer long. You can buy 5-visit passes online at <u>gepark.org/membership</u> or in-person at Spring Avenue Recreation Center, Main Street Recreation Center, or Ackerman SFC during registration office hours. Physical membership cards are available or passholders can present a photo ID at the pool entrance for admission.

Туре	R/NR
Child (ages 3-17 years)	\$25/\$35
Adult (ages 18-59 years)	\$40/\$50
Senior (ages 60 and up)	\$25/\$35

#### **Daily Admission Fees**

Proof of residency is required to receive the resident daily admission rates. Residents must accompany guests to receive the guest rate admission rate. There will always be at least one lap lane available for adult lap swimming only during open swim times. Children under the age of 14 must be accompanied by an adult, and any child under 3 is free!

Туре	<b>Before 5pm</b> R/NR	<b>After 5pm</b> R/NR
Child (ages 3-17 years)	\$6/\$9	\$3/\$5
Adult (ages 18-59 years)	\$9/\$11	\$6/\$8
Senior (ages 60 and up)	\$5/\$8	\$3/\$5

#### **Birthday Parties**

Host your party at Sunset Pool! For an additional charge, you can entertain your guests under the recently installed shade canopy in the concessions area. Contact Chad Shingler at <u>cshingler@gepark.org</u> for more information and availability.

#### **Private Pool Rentals**

Sunset Pool is available for private rentals from 8pm-9:30pm on Friday and Saturday evenings throughout summer when events and programs are not running. Contact Chad Shingler at <u>cshingler@gepark.org</u> for more information and availability.

#### Sunset Slush at Sunset Pool

**JUNE 6 TO JULY 28** (excl. June 27 and June 30) Beat the heat this summer at Sunset Pool with Sunset Slush! They will be on-site selling Italian ice on Mondays and Thursdays afternoons from 1pm-4pm.

#### **Sunset Pool is Hiring**

To view and apply for open positions, visit: gepark.org/jobs



# sunset pool schedule 2022

The pool will close in the event of lightning, thunder, or if the air temperature is less than 68 degrees. Check <u>gepark.org/hotline</u> for up-to-date information including weather-related closings. All pool closures are at the discretion of the park district and pool manager.

#### HOLIDAY HOURS

Monday, May 30	Open Swim 12pm-5pm
Monday, July 4	Open Swim 12pm-5pm
Monday, September 5	Open Swim 12pm-5pm

#### MAY 28 - JUNE 5 \_

Saturday, May 28.......Open Swim 12pm-7:30pm Sunday, May 29.....Open Swim 12pm-7:30pm Tuesday, May 31.....Adult Lap Swim 6am-7am, Open Swim 12pm-6pm Wednesday, June 1.....Adult Lap Swim 6am-7am, Open Swim 12pm-7:30pm Thursday, June 2.....Adult Lap Swim 6am-7am, Open Swim 12pm-6pm Friday, June 3.....Adult Lap Swim 6am-7am, Open Swim 12pm-7:30pm

#### JUNE 4 - JULY 23 \_

#### MONDAY/WEDNESDAY

6am-7am	Adult Lap Swim
11am-12pm	Adult Lap Swim
12pm-7:30pm	Open Swim
6pm-7:30pm	Adult Lap Swim

#### TUESDAY/THURSDAY

6am-7am	Adult Lap Swim
11am-12pm	Adult Lap Swim
12pm-5:30pm	Open Swim
Pool closes at 5:30pm fo	or Gators Swim Meet

#### FRIDAY

6am-7am	Adult Lap Swim
11am-12pm	Adult Lap Swim
12pm-7:30pm	Open Swim
6pm-7:30pm	Adult Lap Swim

#### SATURDAY

10am-1pm......Adult Lap Swim 11am-12pm .....Adult/Tot Shallow Only Swim 12pm-7:30pm .....Open Swim

#### SUNDAY

11am-12pm	Adult Lap Swim
11am-7:30pm	Open Swim

#### JULY 24 - AUGUST 8 \_\_\_\_

#### MONDAY-FRIDAY

6am-7am.....Adult Lap Swim 11am-12pm.....Adult Lap Swim 12pm-7:30pm......Open Swim 6pm-7:30pm.....Adult Lap Swim

#### SATURDAY

10am-1pm.....Adult Lap Swim 11am-12pm.....Adult/Tot Shallow Only Swim 12pm-7:30pm.....Open Swim

#### SUNDAY

10am-11am.....Adult Lap Swim 11am-7:30pm .....Open Swim

#### AUGUST 9 - AUGUST 28 🔛

#### MONDAY-FRIDAY

5pm-8pm.....Adult Lap Swim 6pm-8pm.....Open Swim

#### SATURDAY/SUNDAY

10am-12pm .....Adult Lap Swim 12pm-7:30pm .....Open Swim

# AUGUST 29 - SEPTEMBER 2 \_\_\_\_

#### SEPTEMBER 3 - 4

10am-12pm .....Adult Lap Swim 12pm-7:30pm .....Open Swim





# learn to swim

Learn to Swim provides a positive, fun-filled opportunity for children to learn skills that will help reduce the number of water accidents and to develop lifelong aquatic enjoyment. A testing day will take place on day one to ensure participants are placed into the correct level. Swim lessons run Monday through Thursday. In the event a class is canceled due to thunder or lightning, the class will be made up on Friday at the same time. No more than two classes will be made up per session. Refunds will not be issued for missed classes. If you have any questions, contact Chad Shingler at <u>cshingler@gepark.org</u>.

#### **Preschool Learn to Swim**

#### Ages 3-5

This swim lesson program covers swimming skills and water safety knowledge in a logical progression. Participants will learn and work on skills such as getting face/head wet, floating, gliding, and combined arm and leg action on front and back. All participants will be tested on the first day of class and placed into the correct level. Location: Sunset Pool. Min/Max: 4/30. (cs)

#/Link	Day	Date	Time	R/NR
124963	M-Th	6/6-6/16	8:30-9am	\$50/\$65 •
<u>124964</u>	M-Th	6/6-6/16	9:20-9:50am	\$50/\$65 •
<u>124965</u>	M-Th	6/6-6/16	10:10-10:40am	\$50/\$65 •
<u>124966</u>	M-Th	6/6-6/16	11-11:30am	\$50/\$65 •
<u>124967</u>	M-Th	6/20-6/30	8:30-9am	\$50/\$65 •
<u>124968</u>	M-Th	6/20-6/30	9:20-9:50am	\$50/\$65 •
<u>124969</u>	M-Th	6/20-6/30	10:10-10:40am	\$50/\$65 •
<u>124970</u>	M-Th	6/20-6/30	11-11:30am	\$50/\$65 •
<u>124971</u>	M-Th	7/5-7/14	8:30-9am	\$50/\$65 •
<u>124972</u>	M-Th	7/5-7/14	9:20-9:50am	\$50/\$65 •
<u>124973</u>	M-Th	7/5-7/14	10:10-10:40am	\$50/\$65 •
<u>124974</u>	M-Th	7/5-7/14	11-11:30am	\$50/\$65 •
<u>124975</u>	M-Th	7/18-7/28	8:30-9am	\$50/\$65 •
<u>124976</u>	M-Th	7/18-7/28	9:20-9:50am	\$50/\$65 •
<u>124977</u>	M-Th	7/18-7/28	10:10-10:40am	\$50/\$65 •
<u>124978</u>	M-Th	7/18-7/28	11-11:30am	\$50/\$65 •

## Youth Learn to Swim

#### Ages 6-15

This swim lesson program covers swimming skills and water safety knowledge in a logical progression. Participants will learn and work on skills such as getting face/head wet, floating, gliding, front crawl with rotary breathing, backstroke, elementary backstroke, breaststroke, and butterfly. These classes will help prepare your child to transition to the Gators Swim Team program, if desired, and help them be confident and safe in the water. Location: Sunset Pool. Min/Max: 4/30. (cs)

#/Link	Day	Date	Time	R/NR
125659	M-Th	6/6-6/16	8:20-9am	\$55/\$70
<u>125660</u>	M-Th	6/6-6/16	9:10-9:50am	\$55/\$70
<u>125661</u>	M-Th	6/6-6/16	10-10:40am	\$55/\$70
<u>125662</u>	M-Th	6/6-6/16	10:50-11:30am	\$55/\$70
<u>125663</u>	M-Th	6/20-6/30	8:20-9am	\$55/\$70
<u>125664</u>	M-Th	6/20-6/30	9:10-9:50am	\$55/\$70
<u>125665</u>	M-Th	6/20-6/30	10-10:40am	\$55/\$70
<u>125666</u>	M-Th	6/20-6/30	10:50-11:30am	\$55/\$70
<u>125667</u>	M-Th	7/5-7/21	8:20-9am	\$55/\$70
<u>125668</u>	M-Th	7/5-7/21	9:10-9:50am	\$55/\$70
<u>125669</u>	M-Th	7/5-7/21	10-10:40am	\$55/\$70
<u>125670</u>	M-Th	7/5-7/21	10:50-11:30am	\$55/\$70
<u>125671</u>	M-Th	7/18-7/28	8:20-9am	\$55/\$70
<u>125672</u>	M-Th	7/18-7/28	9:10-9:50am	\$55/\$70
<u>125673</u>	M-Th	7/18-7/28	10-10:40am	\$55/\$70
<u>125674</u>	M-Th	7/18-7/28	10:50-11:30am	\$55/\$70 <

# Adult/Tot Water Exploration

Level I: 9-18 months with adult

Level II: 18 months-3 years with adult

Class is designed to make an infant's first experience in the water positive and fun. Instructor will facilitate the lesson while caregivers are the main instructor for the class. Class will help develop comfort in the water, swimming readiness, floating with assistance, and blowing bubbles. Adults will be taught how to prevent and manage an aquatic emergency and basic CPR instruction. Location: Sunset Pool. Min/Max: 4/16. (cs)

#/Link	Day	Date	Time	R/NR
Level I				
<u>125653</u>	Su	6/12 & 6/19	8:45-9:15am	\$26/\$42 •
<u>125654</u>	Su	6/12 & 6/19	10:15-10:45am	\$26/\$42 •
<u>125655</u>	Su	7/17 & 7/24	9:30-10am	\$26/\$42 •
Level II				
<u>125656</u>	Su	6/12 & 6/19	9:30-10am	\$26/\$42 •
<u>125657</u>	Su	7/17 & 7/24	8:45-9:15am	\$26/\$42 •
<u>125658</u>	Su	7/17 & 7/24	10:15-10:45am	\$26/\$42 •

## Private Swim Lessons

Ages 6-15

Get a more personalized approach with our private swim lessons. These 30-minute one-on-one lessons are tailored to meet your personal needs and goals. During registration, you will be asked for your availability and skill level. Then, an instructor will contact you to set up the lesson. The wider your availability, the easier it is for us to schedule your lesson. Requests for specific instructors are encouraged, but not guaranteed. Instructors will begin to set up lessons in early June. You must give 24-hours' notice if you need to cancel or reschedule. Contact Chad Shingler for group/family private lesson opportunities and pricing at cshingler@gepark.org. (cs)

#/Link	# of Lessons	R/NR	
125675	One	\$25/\$35	•
<u>125676</u>	Two	\$50/\$60	•
<u>125677</u>	Three	\$70/\$80	•
<u>125678</u>	Five	\$120/\$130	٠

# aquatic programs and events

#### **Junior Lifeguard Program**

Ages 10-14

Learn the skills required to become a Sunset Pool lifeguard. Participants must be skilled in swimming and will be tested on the first day. Skills required include 100 yards of swimming, treading water, and surface diving. Participants will develop lifesaving skills, leadership, and teamwork in an aquatic setting. The program will incorporate fun and games while learning lifelong skills in aquatic safety. Location: Sunset Pool. Min/Max: 4/25. (cs)

#/Link	Day	Date	Time	R/NR
<u>125381</u>	M-Th	7/11-7/21	11:30am-1pm	\$125/\$150 •

## **Sunday Aqua Aerobics**

#### Ages 18 and up

A great workout using the smooth resistance of water. This class includes aerobic conditioning, muscular endurance, and core stability in deep or shallow water. Location: Sunset Pool. Min/Max: 4/16. (cs)

#/Link	Day	Date	Time	R/NR
124957	Su	6/5-8/7	9-10am	\$85/\$100 •

# Water Polo Clinics

Ages 9-13

Participants will learn basic water polo skills such as shooting, passing, and goalkeeping in a fun team environment. Participants must be comfortable treading water for an extended period of time and must be able to swim 100 yards without stopping. Location: Sunset Pool. Min/Max: 4/16. (cs)

#/Link	Day	Date	Time	R/NR
<u>124958</u>	Su	6/5-6/19	10-11am	\$35/\$50 •
<u>124959</u>	Su	7/17-8/7	10-11am	\$50/\$65 •
<u>124960</u>	M-Th	7/25-7/28	9-10am	\$50/\$65 •
<u>124961</u>	M-Th	8/1-8/4	9-10am	\$50/\$65 •
<u>124962</u>	M-Th	8/8-8/11	9-10am	\$50/\$65 •

#### **Sunset Swim and Fun Camp**

#### Ages 9-13

This swim camp emphasizes instruction, participation, and fun in a safe environment. Camp focuses on water sports and games including water polo, sharks and minnows, water dodgeball, diving fundamentals, and more. Participants must be comfortable treading water for an extended period of time and must be able to swim 100-yards without stopping. Location: Sunset Pool. Min/ Max: 4/25. (cs)

#/Link	Day	Date	Time	R/NR
124979	M-Th	7/25-7/28	11:30am-12pm	\$75/\$90 •
<u>124980</u>	M-Th	8/1-8/4	11:30am-12pm	\$75/\$90 •
<u>124981</u>	M-Tu	8/8-8/9	11:30am-12pm	\$30/\$45 •

# Sunset Arts, Crafts, and Swim with the Guards

#### Ages 7-12

Join the Sunset Pool Lifeguards for arts and crafts followed by pool games, relay races, and swimming. Participants must be comfortable in the water without assistance. Location: Sunset Pool. Min/Max: 4/25. (cs)

#/Link	Day	Date	Time	R/NR
<u>124982</u>	Th	6/9	12-1:30pm	\$25/\$35 •
<u>124983</u>	W	6/29	12-1:30pm	\$25/\$35 •
<u>124984</u>	W	7/13	6-7:30pm	\$25/\$35 •
<u>124985</u>	Th	7/28	12-1:30pm	\$25/\$35 •
<u>124986</u>	W	8/3	12-1:30pm	\$25/\$35 •

#### Daddy/Daughter Luau

#### Ages 7-12 with adult

Calling all dads! Escort your daughter(s) for a hilarious night of limbo, bingo, water balloon toss, contests, and more. Pizza will be served to end the night. While this event is geared toward dads and daughters, other adults or children are welcome to register. All children must be accompanied by an adult. Fee is per child. Location: Sunset Pool. Min/Max: 4/16. (cs)

#/Link	Day	Date	Time	R/NR	
124987	W	7/27	6-7:30pm	\$25/\$40	•

#### Mother/Son Beach Bash

#### Ages 7-12 with adult

A perfect opportunity for moms to enjoy an evening with their son(s) poolside. This fun-filled evening will be full of water games, activities, a photo booth, followed by pizza and water. While this event is geared toward moms and sons, other adults or children are welcome to register. All children must be accompanied by an adult. Fee is per child. Location: Sunset Pool. Min/Max: 4/16. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125382</u>	W	8/3	6-7:30pm	\$25/\$40	•

# Teen Splash Bash

#### Ages 10-14

You're invited! Join us for a pool party complete with games and swimming. Pre-registration is required, and adults/ caregivers must be present for check-in and checkout. Location: Sunset Pool. Max: 150. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125383</u>	F	6/10	8-9:30pm	\$5/\$10	•

#### **Back to School Bash**

#### Ages 10-14

Make a splash with your friends before heading back to school. Take over Sunset Pool with other middle schoolers and enjoy a night of swimming, games, and fun as you soak up the last days of summer break. Pre-registration is required, and adults/caregivers must be present for checkin and checkout. Location: Sunset Pool. Max: 150. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125384</u>	F	8/5	8-9:30pm	\$5/\$10	•

# **Adult Swim Club**

Ages 18 and up

This is a non-competitive swim program led by a swim coach with daily workouts for participants. Register for a session or pay the \$10R/\$15NR daily drop-in fee (paid at Sunset Pool). Location: Sunset Pool. Min/Max: 5/50. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125735</u>	Sa	6/4-6/25	9-10am	\$40/\$55	
<u>125739</u>	Sa	7/2-8/6	9-10am	\$50/\$65	

# **Gators Swim Team**

#### Ages 7-18 (as of 6/1/22)

Gators is a recreational swim team made up of youth ages 7-18 years. Participants are expected to attend practice Monday-Friday where they will learn the techniques and discipline of competitive swimming, and the value of sportsmanship and team spirit. The swim team will be divided into two teams, "A" which is more competitive and "B" which is for less experienced swimmers. Each swimmer can compete in up to six intramural swim meets which will take place on Tuesday and Thursday evenings at Sunset Pool throughout the season. Caregivers will be asked to volunteer their time at three meets.

Meet the Coaches: May 24, 5pm-6:30pm (optional) Gators Season: May 31-July 22 Mandatory Practice Meet: May 31 (last names A-L) and June 1 (last name M-Z) Championship Meet: July 23, Time TBA Celebration Party: July 24, Time TBA

Swim Team is not a lesson program. To have an enjoyable experience and safely take part, 7 and 8 years old must be able to comfortably swim 25-yards of freestyle and 25-yards of backstroke without stopping. Participants over 9 years old must be able to swim 50-yards freestyle and backstroke without stopping.

For questions on the program, please contact Chad Shingler at <u>cshingler@gepark.org</u>. (cs)

#### **Junior Gators**

#### Ages 5-7

Junior Gators offers a daily pre-Gators program with the coaches from the Gators Swim Team. Participants must be able to swim one half of a pool length of freestyle and backstroke to be in the program. We will focus on stroke development and endurance training. A mini swim meet will take place during the last practice. Each participant receives a shirt. Junior Gators runs M-Th except the week of 5/31 and 7/4 which will run Tu-F. Location: Sunset Pool. Min/Max: 5/30. (cs)

#/Link	Day	Date	Time	R/NR
<u>125732</u>	M-Th	5/31-6/23	11:10-11:40am	\$175/\$200 •
<u>125733</u>	M-Th	5/31-6/23	11:45am-12:15pm	\$175/\$200 •
<u>125734</u>	M-Th	5/31-6/23	12:20-12:50pm	\$175/\$200 •
<u>126092</u>	M-Th	6/27-7/21	11:10-11:40am	\$175/\$200 •
<u>126093</u>	M-Th	6/27-7/21	11:45am-12:15pm	\$175/\$200 •
<u>126094</u>	M-Th	6/27-7/21	12:20-12:50pm	\$175/\$200 •

#### **Registration & Fees**

Returning Gators will have priority registration starting at 9am March 1. Open registration for remaining spots will begin 9am March 5 for residents and 9am March 12 for nonresidents. The program fee includes a team t-shirt and sweatshirt; team swimsuit must be purchased separately. More information is available at <u>www.gegators.com</u>. Additional children must be in the same family.

#### Register by 5/28 (first come, first serve)

#/Link	Age	Practice Time	R/NR	Add'l Child Fee
Boys Regi	stration			
<u>125385</u>	9-10	7-8am	\$300/\$375	\$270 per child 🏾
<u>125418</u>	7-8	8-9am	\$300/\$375	\$270 per child 🏾
<u>125449</u>	11-12	9-10am	\$300/\$375	\$270 per child 🏾
<u>125386</u>	9-10	10-11am	\$300/\$375	\$270 per child 🏾
<u>126064</u>	13 and up	9-10am	\$300/\$375	\$270 per child 🏾
Girls Regi	stration			
<u>125476</u>	9-10	7-8am	\$300/\$375	\$270 per child 🏾
<u>125498</u>	7-8	8-9am	\$300/\$375	\$270 per child 🏾
<u>125501</u>	11-12	9-10am	\$300/\$375	\$270 per child 🔹
<u>125496</u>	9-10	10-11am	\$300/\$375	\$270 per child 🔹
<u>126065</u>	13 and up	9-10am	\$300/\$375	\$270 per child 🔹



MINI GOLF & SPLASH PARK



#### 845 PERSHING AVENUE, GLEN ELLYN

Must be a minimum of 50 degrees to open the courses. Check <u>gepark.org/hotline</u> for up-to-date information including weatherrelated closings.

#### **Mini Golf Fees**

Child admission (ages 3-13)...... \$6 Regular admission (ages 14 and up)...... \$7 Seniors (ages 60 and up) and military...... \$6

#### **Mini Golf Hours**

#### APRIL 22 - MAY 29

Monday-Thursday	.Closed
Friday	.4pm-9pm
Saturday	.11am-9pm
Sunday	. 11am-7pm

#### MAY 30 - AUGUST 7

Monday-Saturday10am-	10pm
Sunday 11am-	8pm

#### **AUGUST 8 - SEPTEMBER 5**

Monday-Saturday	10am-9pm
Sunday	11am-7pm

#### **SEPTEMBER 6 - OCTOBER 30**

Monday-Thursday	.Closed
Friday	4pm-9pm
Saturday	.11am-9pm
Sunday	11am-7pm

#### HOLIDAY/SPECIAL HOURS

May 7 (Touch-A-Truck)	1pm-9pm
May 30 (Memorial Day)	10am-3pm
July 4 (Independence Day)	10am-3pm
September 5 (Labor Day)	10am-3pm
October 22 (Boo Bash)	1pm-9pm

#### **Mini Golf Party**

Your party includes a two-hour rental of the Maryknoll Clubhouse party room and miniature golf admission. Food packages are also available. For more information and to book, please email <u>chartnett@gepark.org</u>.



#### 845 PERSHING AVENUE, GLEN ELLYN

Maryknoll Splash Park features 12 spray pieces including a water tower, team spray, water tunnel, and zero-depth pad. Must be a minimum of 70 degrees to open the splash park. Check <u>gepark.org/hotline</u> for up-to-date information including weather-related closings. See rules and regulations online at <u>gepark.org/splash-park</u>.

#### **Splash Park Fees**

Infant admission (under age 1)..... Free Child admission (ages 1-14 w/adult)...... \$3 Adult admission (ages 18 and up)...... \$1

#### **Splash Park Hours**

#### OPEN FROM MAY 28 - LABOR DAY

Monday-Saturday...... 10am-6:30pm Sunday...... 11am-7pm

#### HOLIDAY/SPECIAL HOURS

May 30 (Memorial Day)......10am-3pm July 4 (Independence Day)......10am-3pm September 5 (Labor Day)......10am-3pm



#### Maryknoll Splash Park Private Rental

The splash pad is available for groups of 50 patrons or less Monday-Saturday for private rentals from 7-8:30pm. Rentals include 2 hour use of the pavilion from 6:30-8pm. Six permanent picnic tables are set up for your exclusive use. Available June through August; no private rentals on 7/4. To book, call Christine Hartnett at (630) 942-7268.

#### **Splash Park Party**

Host your child's party at the Maryknoll Splash Park. Kids will play in twelve interactive water features before heading to the Clubhouse or the picnic shelter. To book, email <u>chartnett@gepark.org</u>.

# preschool 2022-2023 School Year



At our Preschool, children learn through an academic and play-based curriculum to facilitate learning concepts including writing, science, vocabulary, numbers, shapes, math, and other cognitive abilities. Program activities serve many developmental purposes; participants learn problem-solving skills and how to sort out and organize new ideas. They develop an understanding of social awareness, and investigate and experiment with new possibilities. The academics incorporated into the program will ensure students are prepared to move to the next level and eventually be Kindergarten-ready.

Our program is a mixture of teacher-guided activities and playtime, with small and large group activities based around a weekly theme. Children engage in fine and large motor skill activities, art projects, music, books, dramatic play, cooking, writing and more. Children also have monthly visits from B#Sharp Music for Children and the Park District Naturalist. Please contact Jeannie Robinson at (630) 942-7267 or jrobinson@gepark.org with questions.



# preschool registration NOW ONLINE!

Registration for the Glen Ellyn Park District Preschool Program is now available online! Visit <u>gepark.</u> <u>org/register</u> to view available classes and register for open spots and waitlists.

Questions or want to schedule a tour? Email Jeannie Robinson at jrobinson@gepark.org.

# preschool programs & requirements

#### 2-YEAR-OLDS:

Children must be 2 as of Mar. 15, 2022 for the Monday-Thursday classes or as of June 15, 2022 for the Friday class Geared toward having a successful first school-away-from-caregiver experience while preparing for the three-yearold program. Emphasis is placed on socialization skills and introduction to a structured class. In case of potty accidents, caregivers will be notified.

#### **3-YEAR-OLDS:** Children must be 3 as of Sept. 1, 2022

Geared toward having a successful first school experience. Emphasis is placed on social skills, fine motor skills, shapes, colors, name recognition, following direction, sharing and play. Must be able to use the restroom independently.

#### 4-YEAR-OLDS:

Children must be 4 as of Sept. 1, 2022

Designed for developing kindergarten readiness. Emphasis is placed on the development of academics through structured activities, introducing math, lower/upper case letters, letter sound recognition, writing/sight words, and developing independence. Must be able to use the restroom independently.

#### 5-YEAR-OLDS:

#### Children must turn 5 between Sept. 1, 2022 - Jan. 1, 2023

Designed for developing kindergarten readiness. Emphasis is placed on the development of academics through structured activities, simple math, lower/upper case letters, letter sound recognition, writing/sight words, punctuation, capitalization, problem solving and developing independence.

# registration

Registration will be for the complete school year, September 2022-May 2023.

#### **Open Registration**

Open registration for new families is now available online. New this year, families registering for the Preschool Program may do so online at <u>gepark.org/register</u>, or in person at the Spring Avenue or Main Street Recreation Centers. Caregivers must submit a copy of their child's birth certificate when registering in person. If registering online, birth certificates can be submitted to the office or by email to <u>jrobinson@gepark.org</u> by August 1, 2022. If a copy of your child's birth certificate is not received by August 1, your spot in the selected class may be forfeited.

#### Schedule

The 2022-2023 preschool year begins the week of September 6, 2022 and concludes the week of May 8, 2023. Classes will not meet on legal public holidays as determined by the District 41 school calendar. There may be additional dates, which will be stated in your Glen Ellyn Park District Preschool Calendar.

#### **Payment**

Preschool uses automatic billing/payments. A separate nonrefundable deposit of \$75 will be required upon registration. The yearly class fee is divided into six equal amounts charged to your credit card or e-check each month July-December. You may also pay for the entire year at registration.

Class	Location	Room	Days/Dates	Time	R/NR Annual or Installment Fees	#/ Link
<b>2-Year-Old</b> as of 6/15/22	Spring Avenue	Multi B	Fridays, Sept. 9-May 12	9-11am	\$611/916.50 annually or \$101.83/\$152.75 six installments	<u>124539</u> •
<b>2-Year-Old</b> as of 3/15/22	Spring Avenue	Multi B	M/W, Sept. 7-May 10	9-11am	\$1,221/\$1,831.50 annually or \$203.50/\$305.25 six installments	<u>124540</u> •
<b>2-Year-Old</b> as of 3/15/22	Spring Avenue	Multi B	Tu/Th, Sept. 8-May 11	9-11am	\$1,221/\$1,831.50 annually or \$203.50/\$305.25 six installments	<u>124541</u> •
<b>2-Year-Old</b> as of 3/15/22	Spring Avenue	Multi B	Tu/Th, Sept. 8-May 11	12-2pm	\$1,221/\$1,831.50 annually or \$203.50/\$305.25 six installments	<u>124542</u> •
3-Year-Old	Main Street	Room 106	Tu/Th, Sept. 6-May 11	8:45-11:15am	\$1,353/\$2,029.50 annually or \$225.50/\$338.25 six installments	<u>124544</u> •
3-Year-Old	Main Street	Room 106	M/W/F, Sept. 7-May 12	8:45-11:15am	\$2,030/\$3,045 annually or \$338.33/\$507.50 six installments	<u>124543</u> •
3-Year-Old	Main Street	Room 204	Tu/Th, Sept. 6-May 11	8:45-11:15am	\$1,353/\$2,029.50 annually or \$225.50/\$338.25 six installments	<u>124546</u> •
3-Year-Old	Main Street	Room 204	M/W/F, Sept. 7-May 12	8:45-11:15am	\$2,030/\$3,045 annually or \$338.33/\$507.50 six installments	<u>124545</u> •
3-Year-Old	Spring Avenue	Preschool Room	Tu/Th, Sept. 6-May 11	8:45-11:15am	\$1,353/\$2,029.50 annually or \$225.50/\$338.25 six installments	<u>124547</u> •
4-Year-Old	Main Street	Room 114	M-Th, Sept. 6-May 11	8:45-11:15am	\$2,838/\$4,257 annually or \$473/\$709.50 six installments	<u>124548</u> •
4-Year-Old	Main Street	Room 204	M-Th, Sept. 6-May 11	12:15-2:45pm	\$2,838/\$4,257 annually or \$473/\$709.50 six installments	<u>124549</u> •
4-Year-Old	Spring Avenue	Preschool Room	M/W/F, Sept. 7-May 12	8:45-11:15am	\$2,129/\$3,193.50 annually or \$354.83/\$532.25 six installments	<u>124551</u> •
4-Year-Old	Spring Avenue	Preschool Room	M-Th, Sept. 6-May 11	12:15-2:45pm	\$2,838/\$4,257 annually or \$473/\$709.50 six installments	<u>124550</u> •
5-Year-Old	Main Street	Room 106	M-F, Sept. 6-May 12	12:15-2:45pm	\$3,713/\$5,569.50 annually or \$618.83/\$928.25 six installments	<u>124552</u> •



Preschool Playtime

#### AFTER SCHOOL PROGRAM

Ages 3-4

This structured after school playtime program at Main Street Recreation Center (Room 114) includes free play, crafts, games, and gym time for your little one to further explore school. Register from one to four days per week for the full school year. Billing is on a monthly basis, beginning September 1. Space is limited per day. Please choose your day(s) upon registration, or register online. Min/Max: 8/12. (jr)

#### Full School Year (32 Weeks)

#### **R/NR**-\$560/\$840

#/Link	Day	Date	Time	
<u>124558</u>	Μ	Sept. 12-May 8	11:45am-2:15pm	•
<u>124559</u>	Tu	Sept. 13-May 9	11:45am-2:15pm	•
<u>124560</u>	W	Sept. 14-May 10	11:45am-2:15pm	•
<u>124561</u>	Th	Sept. 15-May 11	11:45am-2:15pm	•

Kindergarten Enrichment

Ages 5-6 (must be born by September 1, 2017, and enrolled in Kindergarten)

The Glen Ellyn Park District offers a quality enrichment experience for kindergarten-age children attending half-day Kindergarten. This popular program, held at Main Street Recreation Center (Room 304), is designed to enrich and enhance the regular district Kindergarten program in the areas of motor skills, language arts, music, and creative arts. The goal is to allow each child to mature academically and socially in a creative, encouraging, and challenging learning environment.

Classes offer a balance of both structured and unstructured activities. Activity areas to choose from include blocks, quiet time, dramatic play, small and large motor activities as well as areas for music, art, literacy, and science/discovery. We will provide a space for kids to eat lunch after (AM) or prior (PM) to KE. Please send a sack lunch if you plan to have your child eat lunch at KE. Min/Max: 8/12. (jr)

**R/NR**-\$1,782/\$2,673 annually or \$297/\$445.50 six installments Plus a separate \$75 nonrefundable deposit.

#/Link	Day	Date	Time	
<u>124555</u>	Tu & Th	Sept. 6-May 11	8:45-11:30am	•
<u>124556</u>	Tu & Th	Sept. 6-May 11	12:30-3:15pm	•
<u>124553</u>	M & W	Sept. 7-May 10	8:45-11:30am	•
<u>124554</u>	M & W	Sept. 7-May 10	12:30-3:15pm	•



# early childhood interest

#### who to contact:

- (cs) Chad Shingler, <u>cshingler@gepark.org</u>
- (dm) David MacDonald, <u>dmacdonald@gepark.org</u>
- (jr) Jeannie Robinson, jrobinson@gepark.org
- (sl) Stacey Lim, <u>slim@gepark.org</u>



#### WEE HEART MUSIC

#### **Music Together Family**

Ages birth to 5 years with adult

Enjoy music, movement, learning, and growth as you sing, dance, and play musically together. Each semester introduces a new song collection. Tuition includes materials for at home listening and play. There is a \$50 discount for the second child. Spring classes may use outside space as weather permits. Location: Spring Avenue Recreation Center. Min/Max: 5/12. (cs)

#/Link	Day	Date	Time	R/NR
<u>125266</u>	Μ	4/4-5/23	9:15-10am	\$190/\$285 •
<u>125267</u>	Μ	4/4-5/23	10:15-11am	\$190/\$285 •
<u>125268</u>	Μ	4/4-5/23	11:15am-12pm	\$190/\$285 •
<u>125269</u>	Th	4/7-5/26	9:15-10am	\$190/\$285 •
<u>125270</u>	Sa	4/9-5/28	9:15-10am	\$190/\$285 •
<u>125271</u>	Sa	4/9-5/28	10:15-11am	\$190/\$285 •

#### ROCK N' KIDS Tot & Kid Rock

#### Ages 1-6

This interactive class has everyone on their feet. We all learn together while engaging in fun, creative, musicbased activities, while using rhythm instruments and movement props. All class procedures are designed to keep staff and students safe. Activities are age appropriate by class and include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening and following directions skills. Except for Kid Rock II classes, all children must be accompanied by an adult. Location: Main Street Recreation Center. Min/Max: 4/20. (cs)

#/Link	Day	Date	Time	R/NR	
Tot Rock:	Ages 12-	23 months wit	h adult		
<u>125282</u>	F	4/15-5/27	9:30-10:10am	\$75/\$90	•
<u>125290</u>	F	6/10-7/1	9:30-10:10am	\$45/\$60	•
Kid Rock I	: Ages 2	-3 with adult			
<u>125285</u>	F	4/15-5/27	10:15-10:55am	\$75/\$90	•
<u>125293</u>	F	6/10-7/1	10:15-10:55am	\$45/\$60	•
Kid Rock I	l: Ages 3	3-5 without ad	ult		
<u>125296</u>	F	6/10-7/1	11:45am-12:25pm	\$45/\$60	•
Kid Rock I	ll: Ages	1-6 with adult			
<u>125289</u>	F	4/15-5/27	11-11:40am	\$75/\$90	•
<u>125295</u>	F	6/10-7/1	11-11:40am	\$45/\$60	•

#### WEE HEART MUSIC Summer Sing-Along Ages birth to 5 years with adult

Music brings joy to the whole family and supports your child's development in every way. Enjoy interactive, adultchild songs, chants, dances, and instrumental jam sessions. There is a \$15 discount for the second child. Location: Main Street Recreation Center. Min/Max: 5/12. (cs)

#/Link	Day	Date	Time	R/NR	
125274	Sa	6/4-6/25	9:15-10am	\$75/\$90	•
<u>125275</u>	Sa	6/4-6/25	10:15-11am	\$75/\$90	•

#### MUSICREATORS Nature's Music

#### Ages 1-5 with adult

In this MusiCreators class, focused on critters and activities of the summer, you will participate in fun and developmentally appropriate activities with your children that will stimulate their imagination, improve their vocabulary, and enhance the social and cognitive skills that go hand in hand with school achievement. Together, we'll sing songs about the season of summer, which will help your child gain independence, confidence, and learn selfexpression. We will also move to music with your child using percussion instruments, scarves, hoops, and stick ponies, improving your child's gross and fine motor coordination. Each session is filled with new songs. Location: Main Street Recreation Center. Min/Max: 4/12. (cs)

#/Link	Day	Date	Time	R/NR
125375	Tu	6/7-6/19	9:45-10:20am	\$100/\$125 •
<u>125376</u>	Tu	6/7-6/19	10:30-11:05am	\$100/\$125 •



Ages 1-4 with adult

Each music class is filled with fun and developmentally appropriate activities that will stimulate your child's imagination and improve their increasing vocabulary. Singing songs your child will gain independence, confidence, and learn self-expression. Using percussion instruments, scarves, hoops, and stick ponies, you will move with your child enjoying music time together while improving their gross and fine motor coordination. Every session is filled with new songs and new activities and many wonderful instruments. Location: Main Street Recreation Center. Min/Max: 5/12. (cs)

#/Link	Day	Date	Time	R/NR	
<u>124938</u>	Tu	4/19-5/24	9:45-10:15am	\$80/\$115	•
<u>125369</u>	Tu	4/19-5/24	10:30-11am	\$80/\$115	٠

#### MUSICREATORS Songs of The Season

#### Ages 3-5 with adult

Nurture growing independence through singing, instrument playing, chants and rhymes, listening activities, group dancing, literature, and stories that are creatively brought to life on xylophones and percussion instruments. Musical concepts (tempo, dynamics, and steady beat) are taught through songs, stories, movement and instrumentation activities that are hands-on and centered on the current season, outdoor fun and nature. Location: Main Street Recreation Center. Min/Max: 5/10. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125370</u>	Tu	4/19-5/24	11:15-11:35am	\$90/\$132	•

#### **Circle Time in the Park**

#### Ages 2.5-4 with adult

Grab your beach towel or blanket to sit upon while you and your little one enjoy this outdoor, interactive circle time in the park! For this gathering, friends will enjoy themed stories, music, and movement together at our listed park. Registered participants will receive a packet of art materials to take home and create a project to go along with the theme of the week. This program will be canceled and refunded in the event of inclement weather. Location: Lake Foxcroft Park. Min/Max: 10/20. (jr)

#/Link	Day	Date	Time	R/NR	
<u>125958</u>	F	6/17	10-11am	\$10/\$15	•

#### GLEN ELLYN PUBLIC LIBRARY Storytime in the Park Free!

All ages

Come out to your favorite neighborhood parks for songs, rhymes, and stories. This program is designed for children and their grownups. Please plan to attend and be engaged with your child for this program. Drop offs are not allowed. In case of inclement weather, please check the Glen Ellyn Public Library social media for updates. Contact the Glen Ellyn Public Library at (630) 790-6731 for more details.

Day	Date	Time	Location	R/NR
Tu	4/19-5/10	10:30-11am	Sunset Park	Free
Th	4/21-5/12	10:30-11am	Lake Foxcroft	Free

#### **Ackerman Arts and Crafts**

#### Ages 4-10

Young makers will dabble in all kinds of activities to spark their creativity such as paper art, jewelry making, clay sculpting, and more. Every session we pick new kidfriendly projects themed around the season or holiday. All materials are provided. The best part? Kids take home their projects, but the mess stays at Ackerman. Location: Ackerman SFC. Min/Max: 5/25. (sl)

#/Link	Day	Date	Time	R/NR	
<u>125135</u>	Sa	4/9-4/30	10-10:45am	\$45/\$60	•
<u>125136</u>	Sa	5/14-6/4	10-10:45am	\$45/\$60	•
<u>125137</u>	Sa	6/18-7/9	10-10:45am	\$45/\$60	•

#### **T-REXPLORERS**

#### **Dino Hour**

#### Ages 3-5 with adult

Bring your little one for an hour of dinosaur discovery fun. They will see and touch real dinosaur fossils, listen to a story, make a craft to take home, and dig in the sand to assemble dinosaur puzzle pieces. Location: Main Street Recreation Center. Min/Max: 6/12. (dm)

#/Link	Day	Date	Time	R/NR	
125571	Sa	4/30	10-11am	\$37/\$54	•
<u>125572</u>	Sa	4/30	11:30am-12:30pm	\$37/\$54	•

#### **T-REXPLORERS**

#### Dino Hour in the Park

#### Ages 3-5 with adult

Dinosaur fans will have a dino-mite summer experience with Dino Hour in the Park. Our popular Dino Hour class is brought outdoors where your little one will get to examine real dinosaur fossils, enjoy a dino-themed story and craft and then dig in the sand for dinosaur puzzle pieces to assemble. Location: Lake Ellyn Park. Min/Max: 6/12. (dm)

#/Link	Day	Date	Time	R/NR	
125576	W	7/13	5-6pm	\$37/\$54	•
<u>125577</u>	W	7/13	6:30-7:30pm	\$37/\$54	•

#### SHINING STAR PRODUCTIONS Little Actors Club

#### Ages 3-6

Children love this innovative drama class that develops their imagination and introduces little actors to the performing arts in a fun and creative atmosphere. Each week is an exciting adventure into the imagination with changing themes, music, and games. Club members learn theatre terms and gain enhanced spontaneity, creativity, and self-esteem. Themes for upcoming classes will be announced on a weekly basis. Most themes are not repeated for two years. Location: Main Street Recreation Center. Min/Max: 6/10. No class 7/4. (cs)

#/Link	Day	Date	Time	R/NR	
<u>123996</u>	W	4/6-4/27	5:30-6:15pm	\$45/\$60	•
<u>124000</u>	Th	4/7-4/28	12:30-1:15pm	\$45/\$60	•
<u>123997</u>	W	5/4-5/25	5:30-6:15pm	\$45/\$60	•
<u>124001</u>	Th	5/5-5/26	12:30-1:15pm	\$45/\$60	•
<u>125033</u>	М	6/13-7/11	5-5 <b>:</b> 45pm	\$45/\$60	•

## Safe Kids

#### Ages 3-5

This interactive class focuses on thinking safely and making safe choices in and around the home. Kids learn what to do in an emergency, when to call 911 and how to deal with strangers. Each child receives a safety packet to take home. Location: Spring Avenue Recreation Center. Min/ Max: 6/10. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125566</u>	W	5/25	4:15-5:15pm	\$25/\$40	•

# Safe Kids with First Aid

Ages 3-5

Safety and first aid go hand in hand. Children learn simple rules to think safely and make safe choices at home and away. We also present basic first aid information, including treatment of small cuts, bumps and bruises, nosebleeds, minor burns, and more. Each child receives a safety packet and creates a small first aid kit to take home. Location: Spring Avenue Recreation Center. Min/Max: 6/10. (dm)

#/Link	Day	Date	Time	R/NR	
125567	Th	5/26	4:15-5:15pm	\$25/\$40	•

#### DISCOVERY LANGUAGE Introduction to Spanish

#### Ages 3-6

Discovery introduces the Spanish language in a recreational and simple format. Students will be given an "ear" for pronunciation and build confidence in speaking and learning about another language. Students will learn "everyday" language via repetition, games, songs, and hands-on activities. Each class is progressive and adaptable according to the ability of the student. Students receive materials for them to keep. Location: Main Street Recreation Center. Min/Max: 5/12. (dm)

#/Link	Day	Date	Time	R/NR	
125597	Μ	4/11-5/16	4:30-5:15pm	\$95/\$115	•



# youth and teen interest

#### who to contact:

- (cs) Chad Shingler, <a href="mailto:cshingler@gepark.org">cshingler@gepark.org</a>
- (dm) David MacDonald, <u>dmacdonald@gepark.org</u>
- (sl) Stacey Lim, <u>slim@gepark.org</u>



#### **Tween Night**

#### Ages 8-12

Get out and have fun! Tweens will take over the gym and turf at Ackerman SFC for a night of sports, games, and other fun activities. We will have pizza for all participants. Adults must accompany their kids for check-in and checkout. Location: Ackerman SFC. Min/Max: 20/100. (sl)

#/Link	Day	Date	Time	R/NR	
124162	F	3/18	4:30-7:30pm	\$25/\$40	•
<u>125040</u>	F	4/29	6-9pm	\$25/\$40	•
<u>125041</u>	F	6/17	6-9pm	\$25/\$40	•

## Flashlight Egg Hunt

Ages 7-11

The Bunny has scattered some special treats around the park and it's your job to find them. Grab your flashlight and basket and head out to look for eggs filled with candy, toys, and prizes. Find one of the special eggs and redeem it for one of the grand prize baskets. Please be sure to bring a basket and your own flashlight to make egg hunting easier. Check-in starts at 8:15pm. Dress for the weather. Location: Churchill Park (park at Churchill School). Min/Max: 25/50. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125560</u>	Th	4/14	8:30-9pm	\$10/\$20	•

#### Glen Ellyn Bike Rodeo Free!

#### Ages 5-13 with adult

Giddy up for the Bike Rodeo! This free event demonstrates bicycle safety skills through fun drills and activities. Learn important bicycle rules of the road and test your ability at multiple bike rodeo stations. The Bicycle Hub and Working Bikes will also be on hand to perform safety checks on your bike brakes and tires as well as answer bicycle related questions. Participants bring their own bike and wear a fitted bike helmet. Presented by Glen Ellyn Park District, Glen Ellyn Police Department, and Glen Ellyn Public Library. Location: Duane-Lorraine Commuter Lot, 384 Duane Street. Min/Max: 25/200. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125558</u>	Sa	5/21	10am-12pm	Free w/registration $ullet$	

#### **Teen Splash Bash**

#### Ages 10-14

You're invited! Join us for a pool party complete with games and swimming. Pre-registration is required, and an adult/ caregiver must be present for check-in and checkout. Location: Sunset Pool. Max: 150. (cs)

#/Link	Day	Date	Time	R/NR	
125383	F	6/10	8-9:30pm	\$5/\$10	•

#### **Back to School Bash**

#### Ages 10-14

Make a splash with your friends before heading back to school. Take over Sunset Pool with other middle schoolers and enjoy a night of swimming, games, and fun as you soak up the last days of summer break. Pre-registration is required, and an adult/caregiver must be present for checkin and checkout. Location: Sunset Pool. Max: 150. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125384</u>	F	8/5	8-9:30pm	\$5/\$10	•

#### **Junior Lifeguard Program**

#### Ages 10-14

Learn the skills required to become a Sunset Pool lifeguard. Participants must be skilled in swimming and will be tested on the first day. Skills required include 100 yards of swimming, treading water, and surface diving. Participants will develop lifesaving skills, leadership, and teamwork in an aquatic setting. The program will incorporate fun and games while learning lifelong skills in aquatic safety. Location: Sunset Pool. Min/Max: 4/25. (cs)

#/Link	Day	Date	Time	R/NR
125381	M-Th	7/11-7/21	11:30am-1pm	\$125/\$150 •



#### **Ackerman Arts and Crafts**

Ages 4-10

Young makers will dabble in all kinds of activities to spark their creativity such as paper art, jewelry making, clay sculpting, and more. Every session we pick new kidfriendly projects themed around the season or holiday. All materials are provided. The best part? Kids take home their projects, but the mess stays at Ackerman. Location: Ackerman SFC. Min/Max: 5/25. (sl)

#/Link	Day	Date	Time	R/NR	
<u>125135</u>	Sa	4/9-4/30	10-10:45am	\$45/\$60	•
<u>125136</u>	Sa	5/14-6/4	10-10:45am	\$45/\$60	•
<u>125137</u>	Sa	6/18-7/9	10-10:45am	\$45/\$60	•

#### **CHERYL RAUSCH ART**

#### **Paint Your Favorite Monster**

Ages 5-11

Have a favorite monster you always enjoyed seeing? Well, take some time to create them in a work of art! All supplies will be provided. So, just bring a good memory and as always – your imagination. Location: Spring Avenue Recreation Center. Min/Max: 5/25. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125965</u>	W	6/22	11am-12:30pm	\$45/\$60	•

#### **CHERYL RAUSCH ART**

#### Draw Your Favorite Furry Friend Ages 5-11

Create a colorful work of art of your favorite furry friend using colored pencil. Bring a color copy or photograph of your pet or animal of interest as a reference and the instructor will help you with the rest. Learn basic techniques to help bring your artwork to life. All supplies will be provided. Location: Spring Avenue Recreation Center. Min/Max: 5/25. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125963</u>	Sa	4/9	10-11:30am	\$45/\$60	•

#### CHERYL RAUSCH ART Fun with Photography

#### Ages 12-17

Learn design, layout, and shooting tips when photographing on your phone or DSLR camera. Bring your camera with you and get ready to listen - then practice what you've learned. Required: each attendee must have their own camera and a basic knowledge of how to work with their equipment. Location: Spring Avenue Recreation Center. Min/Max: 5/15. (cs)

#/Link	Day	Date	Time	R/NR	
125969	W	6/15	1-2:30pm	\$45/\$60	•



# Sew Simple: Hand Sewing

Ages 5-7

The art of sewing helps children develop their fine motor skills, practice patience, and build confidence. Learn hand sewing as you make fun projects with step-by-step instructions. Participants will learn various hand stitches, how to thread a needle, and how to sew on a button in this beginner level class. Location: Spring Avenue Recreation Center. Min/Max: 3/8. (dm)

#/Link	Day	Date	Time	R/NR				
Unicorn Theme								
<u>125688</u>	Tu	4/12	4-5:30pm	\$25/\$35	•			
Spring Car	d for Mom	Theme						
<u>125689</u>	Tu	5/3	4-5:30pm	\$25/\$35	•			
Flower Power Theme								
<u>125690</u>	Tu	5/31	1-2:30pm	\$25/\$35	•			

#### Machine Sewing Combo: Beginners-Advanced

#### Ages 8-13

Sewing beginners will expand their creativity by learning how to operate a sewing machine, while participants with more experience will strengthen their sewing ability. Everyone in this combo sewing class will create a project to take home. The basic skills taught in this class will provide a great foundation for other sewing classes and projects. Bring your own sewing machine or use ours. All supplies provided. Location: Spring Avenue Recreation Center. Min/Max: 3/8. (dm)

#/Link	Day	Date	Time	R/NR
<u>125692</u>	Th	4/14-4/28	4-6pm	\$200/\$250 •



#### GLITZY GIRLZ Mother's Day Memories Gift Boutique

Ages 3-10 with adult

Let Glitzy Girlz help make Mother's Day memorable. Kids can bring Dad to make special gifts for Mom, or celebrate early with Mom and create beautiful crafts together. Staff will lead participants in making two handpainted and personalized gifts just for mom. Each pair will also design a beautiful beaded piece with assorted beads and 'Mom' charms. Gift bags and personalized tags will be provided if needed. Location: Spring Avenue Recreation Center. Min/ Max: 5/20. (cs)

#/Link	Day	Date	Time	R/NR	
<u>123993</u>	Th	5/5	6-7:15pm	\$38/\$55	•

# GLITZY GIRLZ Pajama Summer Spa Night

Ages 5-11

Get pampered in your PJs with a Glitzy Girlz spa night. First, learn how to give manicures and pedicures using fun nail polish colors and stickers. Participants will receive a foot/nail brush, cuticle stick, and mini buffer to use and keep. Then, we'll make a charm anklet with an assortment of beads to coordinate with your new pedicure. Lastly, we'll close out the night with some high energy dancing and music. Each guest will get to bring home a spa goodie treat at the end. Location: Spring Avenue Recreation Center. Min/Max: 5/25. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125618</u>	Th	6/16	6-7:15pm	\$38/\$55	•

#### MAD SCIENCE Crazy Chemworks

#### Ages 5-11

Students will learn the ins and outs of a chemistry laboratory and what defines the three states of matter. Come with us as we explore chemical reactions, do chemistry in a flash, get stuck to sticky stuff, and make time for slime. Kids will have lots of experiments to do and get cool Crazy Chemworks to take home, including a set of laboratory equipment and molecule models. Location: Main Street Recreation Center. Min/Max: 12/25. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125747</u>	Th	4/7-5/12	4:30-5:30pm	\$150/\$175	•

#### DISCOVERY LANGUAGE

#### **Beginners Spanish**

#### Ages 6-12

Discovery introduces the Spanish language in a recreational and simple format. Students will be given an "ear" for pronunciation and build confidence in speaking and learning about another language. Students will learn "everyday" language via repetition, games, songs, and hands-on activities. Each class is progressive and adaptable according to the ability of the student. Students receive materials for them to keep. Location: Main Street Recreation Center. Min/Max: 5/12. (dm)

#/Link	Day	Date	Time	R/NR	
125598	Μ	4/11-5/16	5:30-6:15pm	\$95/\$115	•

#### MAGIC OF GARY KANTOR Abracadabra: Magic Class

#### Ages 5-12

Children are guaranteed a great time as they learn ageappropriate tricks: cards, ropes, coins, mind-reading, and more. The tricks appear difficult but are easy to learn and perform. All materials are provided; each child receives a magic kit to take home. Sign up for more than one session and learn new tricks each time. Location: Spring Avenue Recreation Center. Min/Max: 5/40. (dm)

#/Link	Day	Date	Time	R/NR	
125609	Μ	5/16	5:15-6:10pm	\$22/\$33	•
<u>125610</u>	W	6/29	4-4:55pm	\$22/\$33	٠

#### **CHESS WIZARDS**

#### **Checkmate** Free!

#### Ages 6-12

Chess Wizards offers fun, intellectual, and challenging chess education and tournament experiences to children of all abilities and ages. Registrants will learn chess is fun during this one hour demo program. In addition to lessons and traditional gameplay, we incorporate variations of chess games that build teamwork and foster a genuine enjoyment of a game over a thousand years old. Location: Main Street Recreation Center. Min/Max: 10/20. (dm)

#/Link	Day	Date	Time	R/NR	
<u>126043</u>	Th	4/14	4-5pm	Free w/registration	•

# DUNHAM WOODS FARM

# Horsemanship for Kids

#### Ages 10-17

Join in the fun with beginning riding lessons. Participants will explore the proper ways to groom, tack, and handle horses. In the saddle, you will learn the basics of riding at the walk and trot. Lessons will be held in our indoor arena during inclement weather. Make up class held at the end of the six weeks. First day of class is orientation and groundwork. Riders should wear jeans or Jodhpur pants and hard soled riding or hiking boots with a small, low heel. Must have an approved riding helmet or bicycle helmet to ride. Location: Dunham Woods Farm, Elgin. Min/Max: 1/4. (dm)

#/Link	Day	Date	Time	R/NR
125615	Sa	4/2-5/7	1:30-2:30pm	\$180/\$250 •
<u>125616</u>	Sa	6/4-7/9	1:30-2:30pm	\$180/\$250 •

#### **Babysitting for Success**

#### Ages 10-15

Be the best babysitter you can be. In this class, students engage in discussion, role playing, and practical experiences to learn diapering, feeding, playing with children, child development, handling emergencies, and first aid. Students should bring a snack and a doll to class. Students are awarded certificates upon completion. Resource materials are included. Location: Spring Avenue Recreation Center. Min/Max: 8/12. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125568</u>	Tu/Th/Tu	4/26-5/3	4/26 & 28: 5-8pm 5/3: 5-7pm	\$80/\$120	•

#### LISA LOMBARDI Whack a Worry

#### Ages 7-13

Anxiety in children continues to be on the rise and is considered one of America's top health problems. While there's no miracle quick "fix," this class has the potential to be a transformational kick-off to managing it and building self-worth. Through funny and elaborate dramatizations, kids will garner fifteen different strategic tools to use after they depart this workshop to whack their worries on the spot. All attendees will be offered a stress-free related souvenir or treat. Location: Spring Avenue Recreation Center. Min/Max: 7/15. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125681</u>	Μ	4/18	6-7pm	\$27/\$42	•

#### LISA LOMBARDI

# School's Out for Summer Slime

Ages 7-13

Slime continues to be all the rage with kids. Our creations will pop like fireworks, smell like summer, and be textured to remind kids of the beach. This is crazy fun to blow off some steam after working so hard this school year. Every participant will go home with the slime they made. Bonus: We will discuss having stretchy thinking to set some new goals for the summer and fall. Location: Spring Avenue Recreation Center. Min/Max: 7/15. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125682</u>	Μ	5/9	5-6pm	\$29/\$44	•

#### LISA LOMBARDI

# Chocolate Bridges of Hope

#### Ages 6-13

This class demonstrates how the feeling of hope in the present day can lead to a sweet outcome in the future. Smashing negative thoughts, knowing our strengths, using humor, having emotional self-control, and using a growth mindset are just some of the strategies we will learn. To dramatize the concept of hope, we will engineer a Hershey's chocolate decked out candy bridge while we learn about the world's most decadent bridges. Kids may take their edible creation home or eat it on the spot. Location: Spring Avenue Recreation Center. Min/Max: 7/18. (dm)

#/Link	Day	Date	Time	R/NR	
125683	Tu	6/14	5-6pm	\$29/\$44	•

#### LISA LOMBARDI A Kids Life Coaching Laughter Lab

#### Ages 6-13

Whether your child is naturally funny or not, they will have the opportunity to develop and execute comedic skills, gain a higher sense of self-esteem, and perhaps learn to use humor in a social setting. Through close observation and lab experimentation, this high-energy comedy class will offer electrifying lessons on humor such as impersonations, prank humor, slapstick, comic strips, improv, character voices, ventriloquism, and witty situational. All kids leave with a humor themed souvenir. Location: Spring Avenue Recreation Center. Min/Max: 7/18. (dm)

#/Link	Day	Date	Time	R/NR	
125684	Tu	6/14	6:15-7:15pm	\$29/\$44	•

# MYPLATE2YOURS

# Kids Can Cook

#### Ages 6-11

When kids cook, they learn life skills, and practice math and science. Nutrition and kitchen skills will be covered in this class. At the end of the session, your child will sample delicious recipes, understand the benefits of good nutrition, and have the confidence that kids can cook. Location: Spring Avenue Recreation Center. Min/Max: 6/12. (dm)

#/Link	Day	Date	Time	R/NR			
Gnocchi wit	h Pasta Sau	се					
<u>125606</u>	W	4/6	4-5:30pm	\$35/\$50 •			
Street Tacos with Corn and Bean Salsa							
<u>125607</u>	W	5/4	4-5:30pm	\$35/\$50 •			

#### **MYPLATE2YOURS**

#### Kids Can Cook: Advanced Chefs

Ages 11-15

Unleash your culinary potential with creativity in the kitchen. The instructor will present delicious easy recipes that can be uniquely adapted for each participant. Advanced Chefs will prepare your chef-in-training with hands-on participation utilizing everyday kitchen utensils. Unlike baking, you'll learn how cooking has room for variation and easy substitutions. Tastings and recipes will be available for all class attendees. Location: Spring Avenue Recreation Center. Min/Max: 6/12. (dm)

#/Link	Day	Date	Time	R/NR
Chicken Sti	, ir Fry			
<u>125686</u>	W	4/6	6:15-7:45pm	\$35/\$50 •
Cheesy Mee	at and Tomo	nto Pasta Sk	tillet	
<u>125687</u>	W	5/4	6:15-7:45pm	\$35/\$50 •

## MONICA CORBETT Piano for Kids: Private Lessons

#### Ages 5-14

Start or continue your piano journey. In-person 1:1 private and 2:1 semi-private lessons are available with Ms. Monica at Main Street Recreation Center. Private lessons are also available in an online format via Zoom. See the online description for more information and materials list. (cs)

#/Link	Day	Date	Time	R/NR
Private In-	Person, A	ges 5-14		
<u>125989</u>	М	5/2-5/23	4-4:30pm	\$120/\$135
<u>125990</u>	Μ	5/2-5/23	5-5:30pm	\$120/\$135
<u>125991</u>	Μ	5/2-5/23	6-6:30pm	\$120/\$135
<u>125992</u>	Μ	5/2-5/23	6:30-7pm	\$120/\$135
<u>125993</u>	Μ	5/2-5/23	7-7:30pm	\$120/\$135
<u>125994</u>	Tu	5/3-5/24	4-4:30pm	\$120/\$135
<u>125995</u>	Tu	5/3-5/24	5-5:30pm	\$120/\$135
<u>125996</u>	Tu	5/3-5/24	6-6:30pm	\$120/\$135
<u>125997</u>	Tu	5/3-5/24	6:30-7pm	\$120/\$135
<u>125998</u>	Tu	5/3-5/24	7-7:30pm	\$120/\$135
<u>125999</u>	Μ	6/6-6/27	12-12:30pm	\$120/\$135
<u>126000</u>	Μ	6/6-6/27	1-1:30pm	\$120/\$135
<u>126001</u>	Μ	6/6-6/27	2-2:30pm	\$120/\$135
Private Vir	tual, Age	s 7-14		
<u>126009</u>	Th	5/5-5/26	4-4:30pm	\$120/\$135
<u>126010</u>	Th	5/5-5/26	4:30-5pm	\$120/\$135
<u>126011</u>	Th	5/5-5/26	5-5:30pm	\$120/\$135
<u>126012</u>	Th	5/5-5/26	5:30-6pm	\$120/\$135
<u>126013</u>	Th	5/5-5/26	6-6:30pm	\$120/\$135
<u>126014</u>	Th	5/5-5/26	6:30-7pm	\$120/\$135
<u>126015</u>	Th	5/5-5/26	7-7:30pm	\$120/\$135
Semi-Priva	te In-Per	son, Ages 7-14		
<u>125981</u>	Μ	5/2-5/23	4:30-5pm	\$100/\$125
<u>125982</u>	Μ	5/2-5/23	5:30-6pm	\$100/\$125
<u>125983</u>	Tu	5/3-5/24	4:30-5pm	\$100/\$125
<u>125984</u>	Tu	5/3-5/24	5:30-6pm	\$100/\$125
<u>125985</u>	Μ	6/6-6/27	12:30-1pm	\$100/\$125
<u>125986</u>	Μ	6/6-6/27	1:30-2pm	\$100/\$125
<u>125987</u>	Tu	6/7-6/28	12:30-1pm	\$100/\$125
<u>125988</u>	Tu	6/7-6/28	1:30-2pm	\$100/\$125

#### **Mini Actors**

#### Ages 6-8

Does your child love to perform? This class will teach them the fundamentals of acting, movement, and many other theatre techniques. Each class will be filled with games and exercises to encourage creativity and engagement. A short performance on the last day of class will give the kids their time to shine. Location: Main Street Recreation Center. Min/Max: 4/20. (cs)

#/Link	Day	Date	Time	R/NR	
124929	Μ	4/4-4/25	4:45-5:30pm	\$40/\$55	•
<u>124930</u>	Μ	5/2-5/23	4:45-5:30pm	\$40/\$55	•
<u>125645</u>	Μ	6/6-6/27	2-2:45pm	\$40/\$55	•

#### **Theatre Prep**

#### Ages 9-15

Working with scripts and other production materials, students will learn short acting scenes from a variety of theatrical numbers. This class will work with games and exercises, all geared towards getting your actor ready for the stage. The session will end with a performance for family and friends. Location: Main Street Recreation Center. Min/Max: 4/20. (cs)

#/Link	Day	Date	Time	R/NR	
124931	Μ	4/4-4/25	5:45-6:30pm	\$40/\$55	•
<u>124932</u>	Μ	5/2-5/23	5:45-6:30pm	\$40/\$55	٠
<u>125647</u>	Μ	6/6-6/27	4-4:45pm	\$40/\$55	•

#### **Theatre Improv & Games**

#### Ages 8-13

Improvisational theatre is a form of acting in which most or all of what is performed is unplanned or unscripted. Participants will learn fundamentals of improvisation and work together to create fun and spontaneity. This class will be full of acting games, high energy movement, and creative techniques to expand your imagination and comfort level. Location: Main Street Recreation Center. Min/Max: 4/20. (cs)

#/Link	Day	Date	Time	R/NR	
<u>124933</u>	Μ	4/4-4/25	6:45-7:30pm	\$40/\$55	•
<u>124934</u>	Μ	5/2-5/23	6:45-7:30pm	\$40/\$55	•
<u>125649</u>	М	6/6-6/27	3-3:45pm	\$40/\$55	•

#### **Stage Makeup Basics**

#### Ages 8-14

This introductory course in stage makeup covers all the basics. Participants will learn the tools to build a makeup kit, how to match skin tone, how to identify shapes of the face, and how face shape affects everything you do with makeup. Participants learn about highlight and shadow, blending, basic corrective makeup, safety, and hygiene. All materials are supplied. Location: Spring Avenue Recreation Center. Min/Max: 5/15. (cs)

#/Link	Day	Date	Time	R/NR
126045	W	4/13-4/27	5-6pm	\$100/\$125 •
<u>126046</u>	W	5/11-5/25	5-6pm	\$100/\$125 •

#### Stage Makeup Workshop

#### Ages 8-17

Learn how to transform actors into characters using stage makeup. Students will learn theatrical makeup application and safety along with tips and tricks to making it look realistic on stage. Each workshop will focus on a different theme. All materials are supplied. Location: Spring Avenue Recreation Center. Min/Max: 5/15. (cs)

#/Link	Day	Date	Time	R/NR	
Old Age					
<u>126048</u>	W	4/13	6:30-8pm	\$75/\$100	•
Scars and B	ruises				
<u>126047</u>	W	4/20	6:30-8pm	\$75/\$100	•
Zombie					
<u>126049</u>	W	5/25	6:30-8pm	\$75/\$100	•





#### SHINING STAR PRODUCTIONS

#### **Young Actors Club**

#### Ages 6-8

This fast-paced drama class is a new and exciting adventure into the imagination with changing themes, music, and games. You'll even learn a short song and a new joke every week. Learn theater terms, enhance spontaneity, build self-esteem, and have a blast. Themes for upcoming classes will be announced on a weekly basis. Every session is different, and most themes are not repeated for two years. Location: Main Street Recreation Center. Min/Max: 6/10. No class 7/4. (cs)

#/Link	Day	Date	Time	R/NR	
124004	W	4/6-4/27	6:30-7:15pm	\$45/\$60	•
<u>124005</u>	W	5/4-5/25	6:30-7:15pm	\$45/\$60	•
<u>125035</u>	Μ	6/13-7/11	6-6 <b>:</b> 45pm	\$45/\$60	•

#### SHINING STAR PRODUCTIONS

#### **LOL Improv**

#### Ages 9-13

If you enjoy comedy, laughing, having a good time, or acting, this class is for you. You'll create characters, play awesome theatre games, improvise, and develop social skills as you learn about the creative art of improvisation and comedy. Location: Main Street Recreation Center. Min/Max: 6/10. No class 7/4. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125037</u>	Μ	6/13-7/11	7-7:45pm	\$45/\$60	•

# **Community CPR/First Aid**

Ages 15 and up

This Jeff Ellis and Associates certification class includes training and certification for CPR and AED use for adults, children, and infants along with first aid techniques. A written test is required to pass the course. Location: Main Street Recreation Center, Min/Max: 5/20, (cs)

#/Link	Day	Date	Time	R/NR	
124095	W	3/9	5-7pm	\$30/\$45	•
<u>125977</u>	W	6/15	5-7pm	\$30/\$45	•
<u>125978</u>	Tu	7/12	5-7pm	\$30/\$45	•



# Maryknoll Park Disc Golf Course

A 9-hole disc golf course is available at Maryknoll Park, 845 Pershing Avenue.

You can bring your own discs or they are available to rent at the Maryknoll Clubhouse for \$5 each during mini golf hours.



# adult, aoa and senior interest

#### who to contact:

- (bt) Brad Thomas, <u>bthomas@gepark.org</u>
- (cs) Chad Shingler, <u>cshingler@gepark.org</u>
- (cg) Chris Gutmann, cgutmann@gepark.org
- (ch) Christine Hartnett, <u>chartnett@gepark.org</u>
- (dm) David MacDonald, <u>dmacdonald@gepark.org</u>
- (sl) Stacey Lim, <u>slim@gepark.org</u>





# adult interest

#### **CHERYL RAUSCH ART**

#### **Creating Landscapes in Watercolor**

#### Ages 18 and up

Find out how to work with and enjoy the flexible and beautiful watercolor medium. Using tips and techniques acquired throughout this class, you will create your own landscape painting. All supplies will be provided. Location: Spring Avenue Recreation Center. Min/Max: 5/15. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125976</u>	Sa	7/23	10am-12pm	\$50/\$65	•

## CHERYL RAUSCH ART

#### Learn Action Photography

#### Ages 18 and up

Is it all a blur when you try to photograph a moving person and object? Capture the action clearly with your own camera with professional photographer Cheryl Rausch's proven techniques and tricks. Each attendee must have their own camera and a basic knowledge of how to work with their equipment. Location: Spring Avenue Recreation Center. Min/Max: 5/15. (cs)

#/Link	Day	Date	Time	R/NR Fee
<u>125973</u>	Sa	5/21	10-11:30am	\$45/\$60 •

#### Learn to Sew: Machine Sewing Class

#### Ages 14 and up

Have you always wanted to sew, or do you want to be able to mend clothing and operate your machine? Join us as we sew a simple pillow and hot pad in this two-session class. Feel free to bring your own refreshments. Bring your own machine or use ours. Location: Spring Avenue Recreation Center. Min/Max: 2/6. (dm)

#/Link	Day	Date	Time	R/NR
<u>125693</u>	W	5/4-5/18	6-8pm	\$215/\$250 •

# **Community CPR/First Aid**

#### Ages 15 and up

This Jeff Ellis and Associates certification class includes training and certification for CPR and AED use for adults, children, and infants along with first aid techniques. A written test is required to pass the course. Location: Main Street Recreation Center. Min/Max: 5/20. (cs)

#/Link	Day	Date	Time	R/NR	
<u>124095</u>	W	3/9	5-7pm	\$30/\$45	•
<u>125977</u>	W	6/15	5-7pm	\$30/\$45	•
<u>125978</u>	Tu	7/12	5-7pm	\$30/\$45	•

#### **MYPLATE2YOURS**

#### **Spring Luncheon**

#### Ages 18 and Up

Spring has finally arrived, and Nutritionist/Chef Lynn Dugan wants to prepare you lunch. Bring your friends for an interactive demonstration of delicious recipes and then enjoy the lunch you just learned how to make. Recipes will be available for all class attendees. On the menu, we will be serving a Spring Fresh Chef Salad and White Gazpacho Soup. Location: Maryknoll Clubhouse. Min/Max: 5/15. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125751</u>	Th	4/21	11:30am-1pm	\$20/\$25	•

#### **DANCIN' FEET**

#### West Coast Swing

#### Ages 18 and up

West Coast Swing (WCS) is a very popular form of swing dancing that has spread across the world. Although it's history and roots come from Lindy Hop, part of the appeal of WCS is that it is an adaptable dance; it can be danced to a variety of musical styles and genres. In addition, the dance itself creates room for improvisation and interaction between the partners like a conversation. Location: Spring Avenue Recreation Center. Min/Max: 4/10. (cs)

#/Link	Day	Date	Time	R/NR	
126016	W	4/6-5/11	7-8pm	\$60/\$75	•
<u>126017</u>	W	5/18-6/22	7-8pm	\$60/\$75	•

#### DANCIN' FEET Swing Dance

#### Ages 18 and up

Swing dance, known also as Jitterbug and East Coast Swing, is a very popular and versatile dance. This class will teach you how to dance swing with ease and confidence. Basic lead and follow techniques will be covered in addition to many popular patterns. The class is open to couples, as well as singles. Location: Spring Avenue Recreation Center. Min/Max: 4/10. (cs)

#/Link	Day	Date	Time	R/NR	
<u>126019</u>	Th	4/7-5/12	6:30-7:30pm	\$60/\$75	•
<u>126020</u>	Th	5/19-6/23	6:30-7:30pm	\$60/\$75	•

#### **DANCIN' FEET**

#### **Ballroom Dance**

#### Ages 18 and up

Here's your chance to tackle the dance floor while learning the basics of Waltz and Foxtrot. Register with your favorite partner, or individually, for this enjoyable, fun, and energy packed dance session. You'll be ready to hit the dance floor in no time. Location: Spring Avenue Recreation Center. Min/Max: 4/10. (cs)

#/Link	Day	Date	Time	R/NR	
<u>126022</u>	Th	4/7-5/12	7:30-8:30pm	\$60/\$75	•
<u>126023</u>	Th	5/19-6/23	7:30-8:30pm	\$60/\$75	٠

#### **Adult Tap**

#### Ages 18 and up

Tap dance is an American art form that is not only entertaining to watch (and hear) but it's fun (and easy) to learn. Tap teaches rhythm, improves balance and provides a great workout. This class includes warm-ups, basic steps, and traveling combinations. Tap shoes are required and available for purchase through the Park District. Contact Chad Shingler at <u>cshingler@gepark.org</u> for questions regarding shoe purchase. Location: Spring Avenue Recreation Center. Min/Max: 4/20. No class 7/4. (cs)

#/Link	Day	Date	Time	R/NR	
125643	Μ	4/11-5/16	8-9pm	\$60/\$75	•
<u>125980</u>	Μ	6/20-7/25	7-8pm	\$50/\$65	•

#### **Adult Ballet**

#### Ages 18 and up

A perfect class for those getting started or revisiting ballet again as an adult. This class will focus on alignment, foundation of technique, and movement quality. Location: Spring Avenue Recreation Center. Min/Max: 4/20. No class 7/7. (cs)

#/Link	Day	Date	Time	R/NR	
125591	Th	4/14-5/19	7-7:45pm	\$60/\$75	•
<u>125720</u>	Th	6/23-7/28	7-7:45pm	\$50/\$65	•



#### **DUNHAM WOODS FARM**

#### Adult Horsemanship

#### Ages 18 and up

Join in the fun at Dunham Woods Farm with beginning riding lessons. You'll learn all about the proper ways to groom, tack, and handle horses. In the saddle you will learn the basics of riding at the walk and trot. Lessons will be held in our indoor arena during inclement weather. Riders should wear jeans or Jodhpur pants and hard soled riding or hiking boots with a small, low heel. Bring an approved riding helmet or bicycle helmet. Make up class held at the end of the six weeks. Location: Dunham Woods Farm, Elgin. Min/Max: 1/4. (dm)

#### Registration closes five days in advance of start date

#/Link	Day	Date	Time	R/NR
125617	W	3/30-5/4	7-8pm	\$180/\$250 •
<u>125619</u>	W	6/1-7/6	7-8pm	\$180/\$250 •

## **Mindfulness Meditation**

#### Ages 18 and up

Train your mind the way you train your body for the perfect way to stay centered. Learn centuries-old meditation techniques and breathing exercises from Chopra Center certified instructor Stephanie Frantz to reduce anxiety and stress and increase your overall health and sense of well-being. Location: Main Street Recreation Center. Min/Max: 3/15. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125694</u>	Th	5/12-6/2	1-1:50pm	\$70/\$85	•

#### **BYOB Mothers & Meditation**

#### Ages 21 and up

Start your Mother's Day weekend with some zen and wine! Perfect for a mother/daughter outing or the kick off to a girlfriends brunch, bring your beverage of choice to enjoy during a peaceful morning of yoga led by Ackerman SFC instructors. Participants will receive a goody bag and a raffle ticket for a chance to win gift baskets from local businesses. Yoga mats will be provided, or you can bring your own. Ackerman SFC members will receive \$5 off at time of registration. Location: Lake Ellyn Boathouse. Min/ Max: 10/40. (sl)

#/Link	Day	Date	Time	R/NR	
<u>125213</u>	Sa	5/7	9-11am	\$20/\$35	•

#### **Ackerman Summer Shred**

#### Ages 16 and up

Kickstart your summer fitness program at our inaugural outdoor fitness party. Ackerman SFC fitness instructors will lead a variety of group fitness classes including outdoor Cycle, HIIT, Barre, Yoga, and more to the sounds of a live DJ. Stay after and visit multiple vendors from the community while you enjoy live music, food, and beverages. Each registered participant will receive a food and drink voucher included in their fee. Ackerman SFC members will receive \$5 off at time of registration. In the event of inclement weather, the event will be rescheduled for 6/18. Location: Ackerman Park. Min/Max 50/400. (sl)

#/Link	Day	Date	Time	R/NR	
125214	Sa	6/11	7-11am	\$25/\$40	•

## **Personal Training**

Our certified personal trainers will design a program that meets your specific fitness needs. They can help you reach and/or maintain your goal by guiding you through safe, productive, supervised workouts.



#### ROC SOLID OBEDIENCE People Training Dogs

#### Ages 18 and up

Does your dog take you for a walk or run away when you call them? This educational class teaches you how to recognize and control problems before they become unmanageable. Your dog learns to heel, sit, down, stay, stand for a veterinary exam, and come when called. All dogs are required to be up to date on immunizations (Rabies, Parvo, and Distemper) with a negative stool sample checked no more than two weeks prior to the first class and documented by your pet's veterinarian. Please do not bring your dog to the first day of class. Dogs five months or older are welcome. First three classes are mandatory. Location: Wheaton Park District Community Center. Min/Max: 1/3. No class 4/17. (dm)

#/Link	Day	Date	Time	R/NR
<u>125748</u>	Su	4/10-5/22	9-11am	\$140/\$175 •
<u>125749</u>	W	4/13-5/18	6-8pm	\$140/\$175 •

#### **ROC SOLID OBEDIENCE**

## **People Training Dogs Continued**

#### Ages 18 and up

This five-week class is designed to strengthen your dog's on-leash skills and prove basic level obedience commands already learned in the previous class. This class will begin the move toward off-leash control by adding more distance, duration, and distractions to your stationary exercises. New commands will include stand, formal finish, moving sit and down, and hand signals for commands. This class is only open to Roc Solid Obedience clients that have completed our basic six-week class. Location: Wheaton Park District Community Center. Min/Max: 1/3. (dm)

#/Link	Day	Date	Time	R/NR	
125750	Th	4/14-5/12	6:15-7:45pm	\$115/\$144	•

## BFF DOG ACADEMY

#### **Puppy Class**

For puppies ages 8 weeks-6 months

Bond and learn how to communicate with your puppy. This is also an opportunity for your pup to socialize with other pups. You receive information about housetraining, grooming, chewing, and jumping and basic obedience. Core skills covered include come when called, walk with a loose leash, sit, down, and stay. AKC S.T.A.R. certification evaluation given during class. Fifteen minutes of puppy socialization time included. Handler must be 18 years of age or older. Location: Main Street Recreation Center. Min/Max: 2/6. No class 7/2. (ch)

#/Link	Day	Date	Time	R/NR	
<u>125221</u>	Th	6/2-6/23	6-6:45pm	\$165	•
<u>125222</u>	Sa	6/4-6/25	9-9:45am	\$165	•

## BFF DOG ACADEMY Reactive Class

#### For dogs ages 6 months and up

We will train your dog within a defined "safe space," and help you determine if your dog is reactive or afraid by teaching you how to read your dog and communicate positively using the core obedience skills. The class will also address individual problem behaviors such as nipping or jumping. Note, this class is for dogs that are considered "reactive" not aggressive. Handler must be 18 years of age or older. Location: Main Street Recreation Center. Min/ Max: 2/5. No class 7/2. (ch)

#/Link	Day	Date	Time	R/NR	
125228	Sa	6/4-6/25	10-10:45am	\$189	•

#### **BFF DOG ACADEMY**

#### **General Obedience Class**

For dogs ages 6 months and up

Learn to read your dog and communicate positively by using the core obedience skills: focus/watch me, come when called, walk with a loose leash, sit, down, stay, and go to bed/lay down. The class will also address problem behaviors. Handler must be 18 years of age or older. Location: Main Street Recreation Center. Min/Max: 2/5. (ch)

#/Link	Day	Date	Time	R/NR	
<u>125231</u>	Th	6/2-6/23	7-7:45pm	\$165	•

2022 • 38 distration opens at 9am March 5

# summer jobs we're hiring!

We are gearing up for our busy summer season and hiring staff! Opportunities are available in park maintenance, recreation, camps, aquatics, and more.

apply at gepark.org/jobs

## WHERE PETS COME TO PLAY.

Spring Avenue Bog Bark

Unleash some fun at this popular outdoor park where dogs can exercise, play, and socialize off-leash. Your four-legged friend will pawsitively love it.

MEMBERSHIP OPTIONS & MORE »

Starting at

for residents

ACTIVE OLDER ADULT & SENIOR INTEREST





# active older adult & senior interest

## **Senior Spring Fling**

#### Ages 60 and up

Connect and socialize with other active older adults and seniors in the community! Join us for a lively mix and mingle social featuring an "Oldies but Goodies" DJ, crafts, fitness classes, games, and activities like Golden Girls trivia. Snacks and beverages will also be served. Location: Ackerman SFC. Min/ Max: 10/100. (sl)

#/Link	Day	Date	Time	R/NR	
<u>124381</u>	Sa	3/19	3-5:30pm	\$10/\$15	•

## Summer Kickoff BBQ Luncheon

#### Ages 50 and up

Celebrate the arrival of summer and warmer temps with a good old-fashioned BBQ. Enjoy an outdoor lunch and entertainment with other active older adults and seniors in the community. The menu includes a hot dog, fruit or chips, and refreshments. Location: Maryknoll Park. Min/ Max: 10/50. (dm)

#/Link	Day	Date	Time	R/NR	
<u>126050</u>	Tu	5/10	11am-2pm	\$10/\$12	•

## **Friday Night Bingo**

Ages 55 and up

Let's get together for bingo! Join us Friday evenings from 6-8pm at Ackerman Sports & Fitness Center for Senior Bingo Night. Enjoy several rounds of bingo while socializing with the community. Prizes will be awarded each night, including a grand prize at the end of the last game. No registration required. \$1 per card. (sl)

#### **Donuts and Bingo** Free!

#### Ages 55 and up

Play bingo at Main Street Recreation Center on the 2nd Thursday of each month. Visit with friends over coffee and donuts while playing everyone's favorite game. Bingo will be free to play, and games will start at 10:30am. One bingo card per participant. Coffee, donuts, and bingo cards will be provided, and prizes will be awarded to winners. Offered in partnership with Glen Ellyn Public Library. Min/Max: 5/40. (dm)

## **Introduction to Seed Saving**

#### Ages 18 and up

The popularity of gardening has surged in recent years, and some seed sellers have struggled to keep up with demand, making some seeds hard to find. Recent years have also shown us the fragility of our food system. Learn how to become more self-sufficient while growing healthier plants, year after year. Once you get the hang of it, you may never need to buy seeds again. Location: Spring Avenue Recreation Center. Min/Max: 4/20. (cg)

#/Link	Day	Date	Time	R/NR	
<u>125878</u>	Tu	4/12	6:30-7:30pm	\$20/\$30	•

## **AARP Driver Safety**

Ages 55 and up

Become a safer driver by sharpening your defensive driving skills. Our class combines discussion and text. Completion of this program entitles you to a reduction on your automobile insurance premium. Payment of \$20 for current AARP members and \$25 for non-members is payable to AARP at the first meeting (cash or check only). No refund after attending the first meeting. Location: Main Street Recreation Center. Min/Max: 5/25. (dm)

#/Link	Day	Date	Time	R/NR
126044	W-Th	6/22-6/23	9am-1pm	See description •

#### ILLINOIS SECRETARY OF STATE Rules of the Road Free!

#### Ages 65 and up

The Rules of the Road Review Course is designed to give drivers – especially senior citizens and persons with disabilities – the knowledge and confidence needed to renew or obtain a driver's license. The review course combines an explanation of the driving exam with a practice written exam. Location: Main Street Recreation Center. Min/Max: 5/20. (dm)

#/Link	Day	Date	Time	R/NR	
125685	F	6/17	10am-12pm	Free w/registration	•

## Senior Police Academy Camp Free!

#### Ages 50 and up

Learn a wide variety of exciting police-related topics including scams, building searches, forensics, and other safety tactics from Glen Ellyn Police Department Officer Joe Nemchock. The academy camp is open to seniors aged 50 and over who are Glen Ellyn residents. Location: Glen Ellyn Police Department. Min/Max: 8/14. (dm)

#/Link	Day	Date	Time	R/NR	
<u>126026</u>	Tu-F	5/31-6/3	9am-12pm	Free w/registration	•



## **Sunday Aqua Aerobics**

Ages 18 and up

A great workout using the smooth resistance of water. This class includes aerobic conditioning, muscular endurance, and core stability in deep or shallow water. Location: Sunset Pool. Min/Max: 4/16. (cs)

#/Link	Day	Date	Time	R/NR
124957	Su	6/5-8/7	9-10am	\$85/\$100 •

## Pickleball Clinics Free!

Ages 18 and up

Learn to play the fast and fun game of pickleball. Participants are encouraged to provide their own paddle. Staff will work on various skills and drills with participants. Location: Village Green Park. Min/Max: 8/25. (bt)

#/Link	Day	Date	Time	R/NR	
<u>125545</u>	Sa	6/4	10:30am-12pm	Free w/registration	•
<u>125546</u>	Sa	7/9	10:30am-12pm	Free w/registration	•



## SARC Senior Clubs Free!

SARC Senior Clubs are free drop-in programs for all those over the age of 60. The clubs will meet at Spring Avenue Recreation Center, 185 Spring Avenue. Participation is free but reservations are required to attend club meetings. To reserve your spot or for questions, contact David MacDonald at (630) 924-7266. (dm)

## **Card Club**

Gather with other card game enthusiasts to play your favorite games or learn new ones. All levels of card players are welcome. New games played each week with all card decks being provided.

Card Game	Day	Date	Time
Bridge	W	4/13	9:30-11:30am •
Pinochle	W	4/27	9:30-11:30am 🔸
Poker	W	5/11	9:30-11:30am 🔸
Canasta	W	5/25	9:30-11:30am 🔸
Bridge	W	6/8	9:30-11:30am 😐
Pinochle	W	6/22	9:30-11:30am 🔸

## **Book Club**

Are you an avid reader and enjoy discussing the books you read? Join our monthly book club. Refreshments and snacks will be provided. Books can be checked out from the Glen Ellyn Public Library.

Book	Day	Date	Time
"The Great Alone" by Kristin Hannah	М	3/21	10-11am 🔸
"Dutch House" by Ann Patchett	М	4/18	10-11am 🗕
"The Rose Code" by Kate Quinn	Μ	5/16	10-11am 🗕
"Ask Again, Yes" by Mary Beth Keane	Μ	6/20	10-11am 🔸

## **Social Club**

Each senior social club offers the opportunity to play games, learn something new, or even test your knowledge at themed trivia. Coffee will be provided.

Theme	Day	Date	Time
April Fools	Th	4/7	9:30-11:30am •
Earth Day	Th	4/21	9:30-11:30am •
Derby Racing	Th	5/5	9:30-11:30am •
Red, White, and Blue	Th	5/19	9:30-11:30am 🔸
That's 70 Show	Th	6/2	9:30-11:30am •
Crosstown Classic	Th	6/16	9:30-11:30am 🔸

# day trips

## **Peeps Reign Supreme**

Ages 18 and up

Hop along and join us on a fun-filled day visiting the Racine Art Museum's 12th Annual International PEEPS Art Exhibition in Racine, Wisconsin. This untraditional exhibition showcases art made from or inspired by the popular sugar-coated marshmallow candy. This year's exhibition features 138 entries that demonstrate the talent of more than 170 artists from across the country. We will then have brunch in a historic home followed by a tour of over 90 greenhouses and shopping at Milaeger's Garden Center. Departs from: Wheaton Park District Community Center. Min/Max: 2/10. (dm)

#/Link	Day	Date	Time	R/NR
<u>125968</u>	W	4/13	8:15am-6pm	\$119/\$134 •

## Chicago Foodie Tour

#### Ages 18 and up

Spend the day in the city enjoying iconic Chicago food spots in various neighborhoods. A guide will share details about the history and locations we will be visiting. Stops include Stan's Donuts for one of the city's best donuts and coffee; Pequod's Pizza for its caramelized-crusted, pan style pizza; Big Star Wrigleyville for its taco-slinging atmosphere and tacos in a bag; and Uncle Julio's Hacienda for its unique, interactive chocolate piñata. Please note there are stairs at Pequod's with no available elevator. Departs from: Wheaton Park District Community Center. Min/Max: 2/10. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125971</u>	W	5/11	8:15am-4:30pm	\$99/\$114	•

## **Glen Ellyn Cruisin' Crew**

Ages 55 and up

of Village of Glen Elly

Join us as we venture out to different restaurants and new locations each month to enjoy time together. This is a great chance to socialize and meet new people in the area. Take a ride on the bus for just \$5. Participants are responsible for all costs at the different locations. Registration is required for all attendees. Bus will depart from Spring Avenue Recreation Center. Min/Max: 4/14. (dm)

#/Link	Location	Day	Date	Time
<u>124434</u>	Ballydoyle Irish Pub (Downers Grove)	W	3/16	11:30am-3pm •
<u>125964</u>	Eggstablished (Westmont)	W	4/20	11:30am-3pm •
<u>125966</u>	Russel's Barbecue (Elmwood Park)	W	5/18	11:30am-3pm •
<u>125967</u>	Ken's Schaumburg Restaurant (Schaumburg)	W	6/15	11:30am-3pm •



## To Kill a Mockingbird

#### Ages 18 and up

All rise for Academy Award winner Aaron Sorkin's theatrical adaptation of Harper Lee's Pulitzer Prizewinning masterwork at the Nederlander Theatre. Don't miss your chance to catch the only matinee showing of this critically-acclaimed play in Chicago. A delicious lunch will be provided beforehand. Participants will be contacted after registration regarding choice of entrée as restaurant location is to be determined. Departs from: Wheaton Park District Community Center. Min/Max: 1/10. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125972</u>	W	5/25	10am-6pm	\$196/\$211	

#### Police Tour & Talk Free!

#### Ages 50 and up

Attend an informative talk with Officer Joe Nemchock about current "scams" that are being seen throughout the area. This presentation will include different types of frauds including, but not limited to, IRS or electrical company phone scams, banking emails, and fictitious family emergency calls. Following the talk all participants will be taken on a tour of the Glen Ellyn Police Department. Coffee and light snacks will be served. Bus transportation is offered to all registered participants and will depart at 9:45am from Spring Avenue Recreation Center. Min/Max: 4/14. (dm)

#/Link	Day	Date	Time	R/NR
<u>125975</u>	Tu	6/14	9:45-11:30am	Free w/registration •

# **GLEN ELLYN Blood Drives & Food Drives**

We're hosting blood drives and drive-thru drop-off food drives at Ackerman SFC! Appointments are recommended for the blood drives but walkups are welcome. To donate nonperishable food items and toiletries to help fill the shelves at Glen Ellyn Food Pantry, just pull up to the main entrance and we'll do the rest.

Туре	Date	Donation Window	Blood Donation Appointment Link
Blood & Food Drive	Tuesday, March 29	9am to 3pm	<u>Schedule »</u>
Blood & Food Drive	Tuesday, April 26	9am to 3pm	<u>Schedule »</u>
Blood & Food Drive	Thursday, May 26	9am to 3pm	<u>Schedule »</u>
Blood & Food Drive	Tuesday, June 28	9am to 3pm	<u>Schedule »</u>

The blood drives are offered in partnership with State Representative Terra Costa Howard and Kiwanis Club of Glen Ellyn.



# sports

#### who to contact:

- (bt) Brad Thomas, <u>bthomas@gepark.org</u>
- (cs) Chad Shingler, <u>cshingler@gepark.org</u>
- (ch) Christine Hartnett, <u>chartnett@gepark.org</u>
- (cb) Clint Babicz, <u>cbabicz@gepark.org</u>
- (dm) David MacDonald, <u>dmacdonald@gepark.org</u>
- (sl) Stacey Lim, <a href="mailto:slim@gepark.org">slim@gepark.org</a>





# early childhood sports

#### **ALL STAR SPORTS**

## Adult/Tot Super Sports Jr.

#### Ages 2-3 with adult

Enjoy this opportunity to bond and have fun together while learning a variety of sports. Adult/Tot Sports offers a great opportunity to improve the simple motor skills of catching, throwing, batting, shooting, passing, and running, and also improves hand-eye coordination. Adults participate with their child playing soccer, basketball, hockey, T-Ball, and other sports. Equipment is provided. Location: Main Street Recreation Center. Min/Max: 5/16. No class 7/2. (ch)

#/Link	Day	Date	Time	R/NR	
<u>125006</u>	W	4/13-5/25	9:15-10am	\$98/\$147	•
<u>125007</u>	Sa	4/9-5/21	9:15-10am	\$98/\$147	•
<u>125008</u>	W	6/15-7/27	4:30-5:15pm	\$98/\$147	•
<u>125009</u>	Sa	6/11-7/30	9:15-10am	\$98/\$147	•

## **Ackerman Adult and Tot Sports**

#### Ages 2-5 with adult

Adults play an integral part in helping their tots develop basic sports movement and motor skills. Motor skills activities focus on hand-eye and hand-foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. Adult participation is required. Location: Ackerman SFC. Min/Max: 5/30. (sl)

#/Link	Day	Date	Time	R/NR	
<u>125142</u>	Sa	4/9-4/30	8:45-9:30am	\$45/\$60	•
<u>125148</u>	Sa	5/14-6/4	8:45-9:30am	\$45/\$60	•
<u>125149</u>	Sa	6/18-7/9	8:45-9:30am	\$45/\$60	•

#### **ALL STAR SPORTS**

## Super Sports Jr.

#### Ages 3-7

Designed for the child who wants to "take a shot" at different sports! Kids stay active and work on balance, motor skills and hand-eye coordination while learning the rules of baseball, football, floor hockey, soccer, basketball and more. Each class focuses on a new sport, basic rules, and mechanics while games are played that keep everyone moving. There's no reason to pick a sport when they can play them all. Equipment is provided. Location: Main Street Recreation Center. Min/Max: 5/16. No class 7/4. (ch)

#/Link	Day	Date	Time	R/NR	
Ages 3-4					
<u>124993</u>	Th	4/7-5/19	9:15-10am	\$98/\$147	•
<u>124996</u>	F	4/8-5/20	2:30-3:15pm	\$98/\$147	•
<u>124992</u>	Tu	4/12-5/24	12-12:45pm	\$98/\$147	•
<u>125002</u>	Th	6/9-7/28	3:45-4:30pm	\$112/\$168	•
<u>125005</u>	F	6/10-7/29	1:45-2:30pm	\$112/\$168	•
<u>124998</u>	Μ	6/13-8/1	9:15-10am	\$98/\$147	•
Ages 3-5					
<u>124997</u>	Sa	4/9-5/21	11:45am-12:30pm	\$98/\$147	•
Ages 4-6					
<u>124994</u>	Th	4/7-5/19	10-11am	\$98/\$147	•
<u>124995</u>	F	4/8-5/20	1:30-2:30pm	\$98/\$147	•
<u>124991</u>	Tu	4/12-5/24	11am-12pm	\$98/\$147	•
<u>125003</u>	Th	6/9-7/28	4:30-5:30pm	\$112/\$168	•
<u>125004</u>	F	6/10-7/29	12:45-1:45pm	\$112/\$168	•
<u>124999</u>	Μ	6/13-8/1	10-11am	\$98/\$147	•
Ages 5-6					
<u>125000</u>	Tu	6/14-7/26	2:45-3:30pm	\$98/\$147	•
Ages 6-7					
<u>125001</u>	Tu	6/14-7/26	3:30-4:15pm	\$98/\$147	•

#### **ALL STAR SPORTS**

## Basketball Jr. & Basketball Skills

#### Ages 3-7

Designed to teach the game of basketball at a basic level while making sure the players stay active and engaged. Fun, basketball-like games will be played to teach the importance of each skill. Trainers focus on basic mechanics to build confidence then add larger challenges as players progress. We will work on dribbling with each hand, passing and shooting technique, and understanding basic offense and defense. Basketball Skills is the next level of this class and will build upon the basic skills learned in the Basketball Jr. class. Location: Main Street Recreation Center. Min/ Max: 5/16. No class 7/4. (ch)

#/Link	Age	Day	Date	Time	R/NR	
Basketbe	all Jr.					
<u>125011</u>	3-4	W	4/13-5/25	11-11:45am	\$98/\$147	•
<u>125016</u>	3-4	Μ	6/13-8/1	11-11:45am	\$98/\$147	•
<u>125014</u>	3-4	Tu	6/14-7/26	9:15-10am	\$98/\$147	•
<u>125013</u>	3-5	F	4/8-5/20	10-10:45am	\$98/\$147	•
<u>125012</u>	4-5	Th	4/7-5/19	3-3 <b>:</b> 45pm	\$98/\$147	•
<u>125010</u>	4-6	W	4/13-5/25	10-11am	\$98/\$147	•
<u>125017</u>	4-6	Μ	6/13-8/1	11:45am-12:45pm	\$98/\$147	•
<u>125015</u>	4-6	Tu	6/14-7/26	10-11am	\$98/\$147	•
Basketb	all Skills	5				
<u>125018</u>	5-7	Th	4/7-5/19	3:45-4:30pm	\$98/\$147	•
<u>125019</u>	5-7	F	4/8-5/20	10:45-11:45am	\$98/\$147	•

#### **ALL STAR SPORTS**

## Floor Hockey Jr.

#### Ages 5-7

Learn the game before the skates go on! Players will learn the proper mechanics of stick handling, puck control, passing and shooting. Offensive and defensive strategies will also be covered. Participants must bring a bike helmet and gloves. Shin, knee, and elbow pads are optional. Location: Main Street Recreation Center. Min/Max: 5/16. (ch)

#/Link	Age	Day	Date	Time	R/NR	
<u>125031</u>	5-7	Th	4/7-5/19	5-6pm	\$98/\$147	•
<u>125032</u>	5-6	Th	6/9-7/28	5:30-6:30pm	\$112/\$168	•



#### **ALL STAR SPORTS**

## Golf

Ages 4-7

We introduce boys and girls to golf through fun drills and games that help them learn the complicated golf swing, rules and proper etiquette. Clubs provided (may bring your own). Location: Main Street Recreation Center. Min/ Max: 5/16. No class 7/4. (ch)

#/Link	Age	Day	Date	Time	R/NR	
<u>125061</u>	4-5	Μ	6/13-8/1	2-2:45pm	\$98/\$147	•
<u>125060</u>	4-6	Th	4/7-5/19	11:15am-12pm	\$98/\$147	•
<u>125063</u>	4-7	Tu	6/14-7/26	11-11:45am	\$98/\$147	•
<u>125059</u>	5-7	W	4/13-5/25	3-3:45pm	\$98/\$147	•
<u>125064</u>	5-7	F	6/10-7/29	12-12:45pm	\$112/\$168	•
<u>125062</u>	5-7	Μ	6/13-8/1	2:45-3:30pm	\$98/\$147	•

#### **ALL STAR SPORTS**

#### Lacrosse

#### Ages 4-7

This class is designed to teach the game of lacrosse in a fun and safe environment. Many mechanical skills will be taught while also covering game time situations and strategies. Equipment: Bike helmet, eye protection and gloves. Location: Main Street Recreation Center. Min/ Max: 5/16. No class 7/3. (ch)

#/Link	Age	Day	Date	Time	R/NR	
<u>125065</u>	4-5	W	4/13-5/25	4-4:45pm	\$98/\$147	•
<u>125066</u>	6-7	W	4/13-5/25	4:45-5:45pm	\$98/\$147	•





#### **FUTURE PROS**

#### **Little Lakers Soccer**

#### Ages 4-6

Introduce your little one to the world's most popular sport. Your child will learn not only basic skills, but also a lifetime love for soccer. Each participant receives a soccer ball. If a class is canceled, make-ups will be done at the end of each session, if possible. Location: Ackerman SFC. Min/ Max: 8/20. (bt)

#/Link	Day	Date	Time	R/NR	
<u>125388</u>	F	4/8-6/10	10:30-11:15am	\$110/\$160	•

#### FUTURE PROS Adult/Tot Lakers Soccer

Ages 2-3 with adult

This program provides the opportunity for you and your child to play soccer together. We will work on simple motor skills such as dribbling, passing, and shooting. Adults participate with their child. Each participant receives a soccer ball. If a class is canceled, make-ups will be done at the end of each session, if possible. Location: Ackerman SFC. Min/Max: 8/20. (bt)

#/Link	Day	Date	Time	R/NR	
<u>125387</u>	F	4/8-6/10	9:30-10:15am	\$110/\$160	•

## ALL STAR SPORTS Soccer Jr.

#### Ages 3-7

Soccer is a game that is action-packed so there's no sitting and waiting! The game of soccer is taught by hiding drills in fun games and using association techniques on the players' levels. Simple foot skills, dribbling, passing, shooting, basic rules and even work on spreading the field are covered. Kids also learn teamwork and sportsmanship. Equipment is provided. Location: Main Street Recreation Center. Min/ Max: 5/16. No class 7/2. (ch)

#/Link	Day	Date	Time	R/NR	
Ages 3-4					
<u>125044</u>	Sa	4/9-5/21	10-10:45am	\$98/\$147	•
<u>125042</u>	Tu	4/12-5/24	10-10:45am	\$98/\$147	•
<u>125049</u>	Th	6/9-7/28	11-11:45am	\$112/\$168	•
<u>125050</u>	Sa	6/11-7/30	10-10:45am	\$98/\$147	•
<u>125047</u>	Tu	6/14-7/26	5:15-6pm	\$98/\$147	•
Ages 3-5					
<u>125043</u>	F	4/8-5/20	11:45am-12:30pm	\$98/\$147	•
Ages 4-6					
<u>125048</u>	Th	6/9-7/28	10-11am	\$112/\$168	•
<u>125046</u>	Tu	6/14-7/26	4:15-5:15pm	\$98/\$147	•
Ages 5-7					
<u>125045</u>	Sa	4/9-5/21	10:45-11:45am	\$98/\$147	•
125051	Sa	6/11-7/30	10:45-11:45am	\$98/\$147	•

#### **ALL STAR SPORTS**

#### **T-Ball Jr.**

#### Ages 3-9

T-Ball can be a boring game if taught incorrectly. This approach to baseball is one that engages players regardless of skill level. They learn basic building blocks in a fun, safe environment. Program keeps players moving and learning even while in the dugout! Mechanics and hand eye coordination are the keys to early success. Players gain confidence as they learn the proper mechanics of catching, throwing, fielding, base running and batting. Participants must bring their own glove. Location: Main Street Recreation Center. Min/Max: 5/16. No class 7/2 or 7/4. (ch)

#/Link	Age	Day	Date	Time	R/NR	
<u>125023</u>	3-4	F	4/8-5/20	3:15-4pm	\$98/\$147	•
<u>125021</u>	3-4	Tu	4/12-5/24	3-3:45pm	\$98/\$147	•
<u>125022</u>	4-6	Tu	4/12-5/24	3:45-4:45pm	\$98/\$147	•
<u>125028</u>	3-4	F	6/10-7/29	10-10:45am	\$112/\$168	•
<u>125029</u>	4-6	F	6/10-7/29	10:45-11:45am	\$112/\$168	•
<u>125030</u>	3-4	Sa	6/11-7/30	11:45am-12:30pm	\$98/\$147	•
<u>125024</u>	3-4	Μ	6/13-8/1	3:45-4:30pm	\$98/\$147	•
<u>125025</u>	5-7	Μ	6/13-8/1	4:30-5:30pm	\$98/\$147	•
<u>125026</u>	3-4	W	6/15-7/27	5:15-6pm	\$98/\$147	•
<u>125027</u>	4-6	W	6/15-7/27	6-7pm	\$98/\$147	•

#### **Ackerman Tot T-Ball**

#### Ages 3-5

This class will introduce baseball fundamentals and game play including batting, catching, throwing, and base running and will include the principles of good sportsmanship, in a non-competitive and fun atmosphere. Location: Ackerman SFC. Min/Max: 5/30. (sl)

#/Link	Day	Date	Time	R/NR	
<u>125150</u>	Sa	4/9-4/30	9:30-10:15am	\$45/\$60	•
<u>125151</u>	Sa	5/14-6/4	9:30-10:15am	\$45/\$60	•
<u>125152</u>	Sa	6/18-7/9	9:30-10:15am	\$45/\$60	•

#### ALL STAR SPORTS Baseball Skills

#### Ages: 6-8

Kids learn the importance of proper throwing mechanics, rotational hitting, bunting, fielding, pitching and catching. Speed and agility techniques are added to increase core strength and mobility for added bat speed, range in the field and linear speed for base running. In-game strategies are included to increase each player's overall knowledge. Participants must bring their own glove. Location: Main Street Recreation Center. Min/Max: 5/16. (ch)

#/Link	Day	Date	Time	R/NR	
<u>125020</u>	Tu	4/12-5/24	4:45-5:45pm	\$98/\$147	•





## Adult/Tot Ice Skating

Ages 3-4 with adult

Adults and tots are on the ice together. Both must wear skates. This class teaches ice coordination, balance, and agility in a fun atmosphere. Location: Center Ice of DuPage. Min/Max: 1/20. No class 3/30-4/2, 4/20-4/23, or 6/9-6/11. (dm)

#/Link	Day	Date	Time	R/NR	
125773	Th	5/5-6/23	4:30-5pm	\$155	•
<u>125774</u>	Sa	5/7-6/25	9:10-9:40am	\$155	•
<u>125775</u>	Sa	5/7-6/25	11:20-11:50am	\$155	•

## **Ice Skating Tot 1**

Ages 4-5

This class teaches progressive levels 1 to 4 providing children ages 4-5 with ice orientation, balance, agility, and fun. Skate rentals are available. Location: Center Ice of DuPage. Min/Max: 1/20. No class 3/30-4/2, 4/20-4/23, or 6/9-6/11. (dm)

#/Link	Day	Date	Time	R/NR
<u>125756</u>	W	5/4-6/8	9:40-10:10am	\$135 •
<u>125757</u>	Th	5/5-6/23	4:30-5pm	\$145 •
<u>125758</u>	Sa	5/7-6/25	9:10-9:40am	\$145 •
<u>125759</u>	Sa	5/7-6/25	11:20-11:50am	\$145 •

## **Adult/Tot Hockey**

Ages 3-4 with adult

You and your little one will be introduced to the fundamentals of hockey through fun games and activities. Class will also teach ice coordination, balance, and agility. Both are on the ice together and must wear skates. Location: Center Ice of DuPage. Min/Max: 1/20. No class 3/30-4/2, 4/20-4/23, or 6/9-6/11. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125765</u>	Sa	5/7-6/25	8:10-8:40am	\$155	•

## Little Hockey 1

#### Ages 3-5

For participants who have had no formal instruction. Kids will learn ice coordination, balance, and agility in a fun atmosphere while wearing hockey equipment. Hockey skates and helmet required. Hockey stick is optional. Location: Center Ice of DuPage. Min/Max: 1/20. No class 3/30-4/2, 4/20-4/23, or 6/9-6/11. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125770</u>	W	5/4-6/8	9:40-10:10am	\$135	•
<u>125771</u>	Th	5/5-6/23	4:30-5pm	\$145	•
<u>125772</u>	Sa	5/7-6/25	8:10-8:40am	\$145	•

## **Special Skater**

Ages 3 and up

This class will follow the Learn to Skate USA Adaptive and Basic Skills curriculum. Skating helps to foster social skills, balance, a team atmosphere and a sense of achievement. Location: Center Ice of DuPage. Min/Max: 1/10. No class 3/30-4/2, 4/20-4/23, or 6/9-6/11. (dm)

Day: Saturday Date: 5/7-6/25 Time: 12:10-1:10pm R/NR: \$120 #/Link: <u>125776</u> •



# youth & teen sports

## Ackerman Sports & Fun Spring Break Camp

Ages 5-12

This athletic camp emphasizes instruction, participation, and general fitness. Participants will learn more about sports and partake in individual activities while still being part of a group setting including skill drills, arts and crafts, relay races, exercising, and socializing. Location: Ackerman SFC. Min/Max: 15/50. (sl)

#/Link	Day	Date	Time	R/NR	
<u>124060</u>	M-F	3/28-4/1	9am-12pm	\$70/\$85	•
<u>124061</u>	M-F	3/28-4/1	12:30-3:30pm	\$70/\$85	•

## Youth Dodgeball Tournament

#### Grades 3rd-6th

Dip, duck, and dive! The Glen Ellyn Youth Dodgeball Tournament is loaded with fun and competition. Brackets will be divided up based on age. Teams are guaranteed two matches followed by playoffs for those teams that qualify. Teams can have a maximum of 8 players; the maximum number of players allowed on the court at any given time is 6. Location: Ackerman SFC. Min/Max: 6/12 teams. (bt)

#### Registration is completed on a team basis. The team captain should register your team.

#/Link	Grade	Day	Date	Time	Fee
<u>125562</u>	3rd-4th	Su	6/19	9am-3pm	\$100/team •
<u>125563</u>	3rd-4th	Su	7/10	9am-3pm	\$100/team 🔹
<u>125564</u>	5th-6th	Su	6/19	9am-3pm	\$100/team 🔹
<u>125565</u>	5th-6th	Su	7/10	9am-3pm	\$100/team •

## Ackerman Youth Flag Football

Ages 8-12

Participants will be taught the fundamentals of football on the offensive and defensive sides of the ball and will go through a variety of drills, games, and contests to develop their football skill set. Location: Ackerman SFC. Min/Max: 5/40. (sl)

#/Link	Day	Date	Time	R/NR	
125154	Sa	4/16-4/30	10:30-11:15am	\$35/\$50	•
<u>125155</u>	Sa	5/14-6/4	10:30-11:15am	\$45/\$60	•
<u>125160</u>	Sa	6/18-7/9	10:30-11:15am	\$45/\$60	•

## Lightning Running Club Spring Season 2022

Ages 6-14

Come run with us! Kids will build endurance and learn proper running form while training to run between a 2K and 3K in this informal, co-ed running club. Runners will be grouped by age and/or ability level. Registration fee includes practice time, team t-shirt, 2K Glow Run/Walk registration, and end of season meet. Registration for this program will be capped based on the number of volunteers committed to run practices. The Lightning Running Club is a volunteer based program; if you are interested in becoming a volunteer coach, email <u>chartnett@gepark.org</u>. Min/Max: 10/20. (ch)

#/Link	Day	Date	Time/Location	R/NR	
<u>125320</u>	Tu & Sa	4/12-6/4	Tu: 6-6:45pm, Ackerman Park Sa: 8-8:45am, Maryknoll Park	\$65	•

## **Ackerman Speed Academy**

Ages 10-14

Speed, agility, and quickness (also known as SAQ), are three of the top athletic qualities required to excel in many sports. Ackerman SFC personal training staff will lead a small group of athletes each week through exercises to increase the time it takes to cover a distance between two points (speed), the ability to change directions as fast as possible (agility), and the ability to react efficiently (quickness). This special training helps improve spatial awareness and motor skills for all sport types. Location: Ackerman SFC. Min/Max: 5/25. (sl)

#/Link	Day	Date	Time	R/NR	
125239	W	4/6-4/27	4:30-5:30pm	\$60/\$75	•
<u>125240</u>	W	5/4-5/25	4:30-5:30pm	\$60/\$75	•
<u>125241</u>	W	6/1-6/22	4:30-5:30pm	\$60/\$75	•

## Fencing - Olympic Swordplay

Ages 8-14

Learn the beginning skills and techniques of this unique sport without fighting. Fencing is an excellent sport for children and teens. It combines agility, strength, coordination, and critical thinking between attack and defensive strategies. Equipment is not provided but can be rented from the Fencing Club. Please contact them at (630) 678-0035 prior to the start of class. Location: Main Street Recreation Center. Min/Max: 4/12. (ch)

#/Link	Day	Date	Time	R/NR	
125138	Sa	4/23-6/4	11:15am-12:10pm	\$90/\$135	•

## **Skateboard Lessons**

#### Ages 5-13

Appropriate for beginning and intermediate levels. Beginners learn how to start, stop, turn, basic ramp riding, and tricks; intermediate skaters learn skills based on ability. Skaters must bring a drink and wear a helmet. Knee, elbow, and wrist guards encouraged. Email <u>fpteamskateboard@</u> <u>yahoo.com</u> about a correct skateboard for this class. Location: Newton Park. Min/Max: 4/10. (ch)

#/Link	Age	Day	Date	Time	R/NR	
<u>126062</u>	5-7	Th	4/21-5/12	4-5pm	\$90	•
<u>126063</u>	8-13	Th	4/21-5/12	5-7pm	\$180	٠

# field hockey & lacrosse

## RISE Field Hockey Spring Recreational Classes

Grades 1st-8th

Our Spring Recreational program will consist of two weeks of basic skill building and team formation. The remaining four weeks will be small-sided games hosted at Ackerman SFC. Full game schedule will be sent via email by April 15. Athletes will need to purchase a reversible pinny for practice (\$15) and will need to bring a stick, mouthguard, and shin guards. Location: Ackerman SFC. Min/Max: 10/45. (ch)

#/Link	Grade	Day	Date	Time	R/NR	
<u>124179</u>	1st-4th	Th	4/7-5/12	6:30-7:30pm	\$84	•
<u>124180</u>	5th-8th	Th	4/7-5/12	7:30-9pm	\$155	•

#### **BULLDOGS BOYS LACROSSE**

## Summer Lacrosse - 1st-2nd Grade

Grades 1st-2nd

Learn the fundamentals required to play lacrosse. Players will learn the necessary skills for cradling, ground balls, passing, shooting, and catching. Players should bring their own sticks. No additional equipment is needed. Location: Newton Park. Min/Max: 20/40. (cb)

#/Link	Day	Date	Time	R/NR	
<u>125308</u>	Th	6/23-7/28	6:30-8pm	\$50	•

#### **BULLDOGS BOYS LACROSSE**

#### Summer Speed Lax - 3rd-5th Grade Grades 3rd-5th

Have some fun and keep your skills sharp this summer. This program will be run in a pick-up game format. Coaches will divide the players into teams each week and act as coaching officials in the games. Full pads/equipment are required. Location: Newton Park. Min/Max: 20/40. (cb)

#/Link	Day	Date	Time	R/NR	
125309	W	6/22-7/27	6:30-8pm	\$50	•

# basketball

#### **BIG 3 SPORTS**

#### Youth Basketball Skills

#### Grades 3rd-8th

Big 3 Sports coaching staff, which includes standout high school, college, and former professional players host this basketball class where participants will learn and work on basic dribbling, shooting, and passing drills while learning correct fundamentals in a fun and team-oriented way. Location: Ackerman SFC. Min/Max: 5/25. (sl)

#/Link	Grade	Day	Date	Time	R/NR	
<u>125162</u>	3rd-4th	Tu	4/5-4/26	4-5pm	\$96/\$112	•
<u>125163</u>	3rd-4th	Tu	5/3-5/24	4-5pm	\$96/\$112	•
<u>125164</u>	3rd-4th	Tu	6/7-6/28	3-4pm	\$96/\$112	•
<u>125166</u>	5th-6th	Tu	4/5-4/26	5-6pm	\$96/\$112	•
<u>125167</u>	5th-6th	Tu	5/3-5/24	5-6pm	\$96/\$112	•
<u>125172</u>	5th-6th	Tu	6/7-6/28	5-6pm	\$96/\$112	•
<u>125173</u>	7th-8th	Th	4/7-4/28	4-5pm	\$96/\$112	•
<u>125174</u>	7th-8th	Th	5/5-5/26	4-5pm	\$96/\$112	•
<u>125175</u>	7th-8th	Th	6/2-6/23	4-5pm	\$96/\$112	•

#### Coach Faulkner Girls Basketball Academy

#### Grades 3rd-8th

This program is designed to improve and enhance your athlete's basketball game. Led by Kristi Faulkner and her coaching staff, players will work on skill development each week. Participants must bring their own basketball. Location: Ackerman SFC. Min/Max: 25/75. (bt)

#/Link	Grade	Day	Date	Time	R/NR
<u>125419</u>	3rd-5th	Μ	4/4-5/23	6-7:30pm	\$250/\$300 •
<u>125420</u>	6th-8th	Μ	4/4-5/23	7:30-9pm	\$250/\$300 •

## **5v5 Summer Youth Basketball**

EEN SPORTS

ΥΟυτΗ

#### Grades K-8th

Teams will have a maximum of 10 players and will have one weekly practice and 5v5 games on Saturdays. Practices and games will be held at the Ackerman Sports & Fitness Center except for Kindergarten which will be held at the Main Street Recreation Center. Each team will be coached by a volunteer. Min/Max: 20/40. (bt)

Practice Begins: Week of July 4 Games Begin: July 9 Games End: August 13

#### Register by 6/6

#/Link	Grade	R/NR	
<u>125428</u>	K Boys	\$65/\$95	•
<u>125429</u>	K Girls	\$65/\$95	•
<u>125421</u>	1st-2nd Boys	\$90/\$135	•
<u>125422</u>	1st-2nd Girls	\$90/\$135	•
<u>125423</u>	3rd-4th Boys	\$90/\$135	•
<u>125424</u>	3rd-4th Girls	\$90/\$135	•
<u>125425</u>	5th-6th Boys	\$90/\$135	•
<u>125426</u>	5th-6th Girls	\$90/\$135	•
<u>125427</u>	7th-8th Boys	\$90/\$135	•



## **Cheerleading Clinic**

#### Ages 9-16

Got cheer squad goals? Learn about the sport of cheerleading and its benefits such as coordination, teamwork and positive reinforcement. Participants will work on cheers, chants, jumps and stunting. Location: Ackerman SFC. Min/Max: 6/20. (cs)

#/Link	Age	Day	Date	Time	R/NR	
<u>124533</u>	9-11	Su	3/20	9-10:30am	\$15/\$30	•
<u>124528</u>	12-16	Su	3/20	10:30am-12pm	\$15/\$30	•

## Golden Eagles Pre-Season Cheerleading Boot Camp

#### Grades 5th-8th

Are you a cheerleader or do you just want to try it out and see what all the fuss is about? This pre-season class operates similar to an open gym, but with a bit more structure. Participants will work on cheers, chants, jumps, stunting and conditioning to prepare for the upcoming season while having fun with friends and making new ones. Even if you don't plan on cheering in the future, it is still a fun time and a great workout. Location: Ackerman SFC. Min/Max: 5/20. (cs)

#/Link	Day	Date	Time	R/NR
<u>124944</u>	Su	4/3	12-1:30pm	\$10
<u>124945</u>	Su	4/10	12-1:30pm	\$10
<u>124946</u>	Su	4/24	12-1:30pm	\$10
<u>124947</u>	Su	5/1	12-1:30pm	\$10
<u>124948</u>	Su	5/8	12-1:30pm	\$10
<u>124949</u>	Su	5/15	12-1:30pm	\$10
<u>124950</u>	Su	5/22	12-1:30pm	\$10
<u>124951</u>	Su	6/5	12-1:30pm	\$10

## Golden Eagles Non-Competitive Sideline Cheer

Grades K-8th (as of 8/1/2022)

Teams will practice one to two times per week through summer. As football season begins, teams will practice once per week and cheer at weekly football games and halftimes. Teams will also participate in an end-of-season Cheer Showcase for friends and family alongside the Golden Eagles competition teams to highlight what they have learned. If your athlete wants to participate in both Sideline/Football Cheer and Competitive Cheer, please only sign them up for Competitive Cheer. See the online description for practice locations. If you are interested in volunteering or for more information, email <u>cshingler@</u> <u>gepark.org</u>. (cs)

**Practices:** Week of August 2 to mid-October **Mandatory Adult & Athlete Meeting:** April 30, Time TBA **Uniform Fittings:** May 1-2, Time TBA **Cheer Showcase:** October 20

#### **Registration & Fees**

The cheer program provides uniform, bows, and poms. Participants must provide their own cheer shoes. Warmups (recommended) may be purchased at uniform fitting. All participants will participate in fundraising efforts; additional information will be sent via email. A \$75 fee will be charged for cancellations after 4/30. No refunds will be issued effective 6/1.

**Registration Deadline:** 4/26 (first come, first serve)

#/Link	Grade	Practice Day	Practice Time	R/NR
<u>126033</u>	К	Th	5:30-6:30pm	\$175/\$225 •
<u>126034</u>	1st	Th	5:30-6:30pm	\$175/\$225 •
<u>126035</u>	2nd	Th	5:30-6:30pm	\$175/\$225 •
<u>126036</u>	3rd	Tu	5:30-6:30pm	\$275/\$325 •
<u>126037</u>	4th	Th	4-5pm	\$275/\$325 •
<u>126039</u>	5th	Th	7:15-8:15pm	\$275/\$325 •
<u>126040</u>	6th	Th	7:15-8:15pm	\$275/\$325 •
<u>126041</u>	7th	Th	7:15-8:15pm	\$275/\$325 •
<u>126042</u>	8th	Th	7:15-8:15pm	\$275/\$325 •

## Golden Eagles Competitive Cheerleading

Grades 3rd-8th (as of 8/1/2022)

Teams practice 2-3 times per week and compete in Illinois Cheer Association sanctioned competitions. While no prior experience is necessary, it is helpful to have dance or tumbling skills. Teams will also cheer at several weekend Golden Eagles football games and may be invited to appear at local events.

Practices begin in early July and are held 3 days a week. Sideline/halftime cheering and competitions will begin in September. Missed practices may result in the athlete not being able to fully participate in half time performances and/or competitions. The 3rd-4th grade teams participate in at least one competition and 5th-8th grade teams in at least 3. All teams perform at the Cheer Showcase, and may participate in the State Championship (December 2-4). If you are interested in volunteering or for more information, email <u>cshingler@gepark.org</u>. (cs)

Practices: July 5 to TBD Mandatory Adult & Athlete Meeting: April 29, Time TBA

Uniform Fittings: May 1-2, Time TBA Cheer Showcase: October 20

#### **Registration & Fees**

The cheer program provides uniform, bows, poms, practice t-shirt, and covers competition fees. Participants must provide their own cheer shoes. Warm-ups (recommended) may be purchased at uniform fitting. Program fee does not include the State Championship registration fee (\$175/ athlete, if bid achieved). All participants will participate in fundraising efforts; additional information will be sent via email. A \$150 fee will be charged for cancellations after 4/30. No refunds will be issued effective 6/1. A payment plan is available.

**Regular Registration:** Ends 4/15 (first come, first serve) **Late Registration:** 4/16-4/26 (if spots are available)

#/Link	Grade	Practice Schedule Subject to change	Regular R/NR	Late R/NR	
<u>126027</u>	3rd	Tu 5:30-6:30pm Th 5-6:30pm Su 10am-12pm	\$375/\$425	\$450/\$525	•
<u>126028</u>	4th	Tu 6:30-8pm Th 4-5pm Su 5-7pm	\$375/\$425	\$450/\$525	•
<u>126029</u>	5th	Tu 4-5:30pm Th 6:30-8:30pm Su 2:30-5pm	\$525/\$575	\$575/\$600	•
126030	6th	Tu 7-9pm	\$525/\$575	\$575/\$600	•
<u>126031</u>	7th	Th 7-9pm	\$525/\$575	\$575/\$600	•
<u>126032</u>	8th	Su 12-2:30pm	\$525/\$575	\$575/\$600	•

# ice skating and hockey\_

#### Ice Skating: Basic 1

#### Ages 6-13

Intended for students with no previous formal instructions. Participants will learn 1- and 2-foot glides, forward and backward swizzles, and backward wiggles. Skate rentals are available. Location: Center Ice of DuPage. Min/Max: 1/20. No class 3/30-4/2, 4/20-4/23, or 6/9-6/11. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125760</u>	W	5/4-6/8	9:40-10:20am	\$145	•
<u>125761</u>	Th	5/5-6/23	4:30-5:10pm	\$155	•
<u>125762</u>	Th	5/5-6/23	5:30-6:10pm	\$155	•
<u>125763</u>	Sa	5/7-6/25	9:10-9:50am	\$155	•
<u>125764</u>	Sa	5/7-6/25	11:20am-12pm	\$155	•

#### **Beginner Hockey**

#### Ages 6-13

For participants who have had no formal instruction. Kids will learn basic forward and backward skating while wearing hockey equipment. Hockey skates and helmet required. Hockey stick is optional. Location: Center Ice of DuPage. Min/Max: 1/20. No class 3/30-4/2, 4/20-4/23, or 6/9-6/11. (dm)

See Adult Sports for classes for ages 14 and up.

Day	Date	Time	R/NR	
W	5/4-6/8	9:40-10:20am	\$145	•
Th	5/5-6/23	4:30-5:10pm	\$155	•
Sa	5/7-6/25	8:10-8:50am	\$155	•
	W Th	W 5/4-6/8 Th 5/5-6/23	W 5/4-6/8 9:40-10:20am Th 5/5-6/23 4:30-5:10pm	W5/4-6/89:40-10:20am\$145Th5/5-6/234:30-5:10pm\$155

#### **FUTURE PROS**

## **Junior Lakers Soccer**

#### Ages 4-11

Weekly clinics focus on building individual and team soccer skills. Instruction, drills, and games will focus on dribbling, passing, shooting, defending, and offensive attacking skills. Groups will be divided for skill-level-appropriate training each week. Each player is required to bring their own ball, cleats, shin guards, and water for each class. Location: Ackerman SFC. Min/Max: 8/20. (bt)

#/Link	Age	Day	Date	Time	R/NR	
125390	4-6	F	4/8-6/10	4-5pm	\$110/\$160	•
<u>125389</u>	7-11	F	4/8-6/10	5-6pm	\$110/\$160	•

## **Chicago Fire Soccer Clinics**

#### Ages 3-8

Chicago Fire FC After School programs offer a weekly, structured experience, directed by their professional coaching staff. Each player is required to bring their own ball, cleats, shin guards, and water for each class. It is recommended that adults participate with their child for the 3- to 5-year-old class. Location: Ackerman SFC. Min/ Max: 6/10. (bt)

#/Link	Age	Day	Date	Time	R/NR
<u>125391</u>	3-5	Tu	4/5-5/24	3-4pm	\$175/\$225
<u>125392</u>	3-5	Tu	4/5-4/26	3-4pm	\$90/\$135 •
<u>125393</u>	3-5	Tu	5/3-5/24	3-4pm	\$90/\$135 •
<u>125394</u>	6-8	Tu	4/5-5/24	4-5pm	\$175/\$225 •
<u>125395</u>	6-8	Tu	4/5-4/26	4-5pm	\$90/\$135 •
<u>125396</u>	6-8	Tu	5/3-5/24	4-5pm	\$90/\$135 •

## Summer House Soccer League

YOUTH & TEEN SPORTS

Ages 5-11

This is a great opportunity for boys and girls to keep their soccer skills fresh during summer. Each week, players will work on a particular skill and then scrimmage at the end of class. This program is instructed by Future Pros trainers, the same trainers used by the Glen Ellyn Lakers travel teams. Each player is required to bring their own ball, cleats, shin guards, and water for each class. Location: Ackerman Park. Min/Max: 15/50. (bt)

#/Link	Age	Day	Date	Time	R/NR	
<u>125398</u>	5-7	Th	6/16-8/4	4:30-5:30pm	\$100/\$150	•
<u>125399</u>	8-11	Th	6/16-8/4	5:30-7pm	\$125/\$185	•

## **Lakers Academy**

#### Grades 1st-2nd

Lakers Academy is a program designed to prepare players for the full-time Glen Ellyn Lakers travel soccer program. Training and games will be run by our Future Pros travel soccer trainers. Players are required to bring their own ball, cleats, shin guards, and water for each class. Location: Ackerman Park. Min/Max: 10/40. (bt)

#/Link	Day	Date	Time	R/NR	
<u>125397</u>	Th & Sa	4/7-5/28	Th: 4:30-6pm Sa: 2-3pm	\$245	•



## House Soccer League: Fall

#### Grades Pre-K to 10th

This recreational/instructional league teaches soccer skills while promoting sportsmanship, physical conditioning, and having fun. Teams will be organized as much as possible by geographic area/school. If you are registering for Pre-K and not enrolled in school yet, please indicate which school they will be attending in the future.

Practices start the week of August 22 and are held once a week according to the volunteer coach's schedule. Games are played at Ackerman Park between 8am and 3pm on Saturdays from August 27 to October 22 (Pre-K soccer will play on Saturdays only, with teams practicing prior to kickoff). Notifications of team placements will be sent out between August 12-15; email <u>bthomas@gepark.org</u> if you have not heard from a coach by August 16.

Please indicate if you are interested in volunteering as a coach when registering your child. Volunteers will be contacted by phone if needed and must attend a mandatory meeting on August 11 at Ackerman SFC.

Participants are permitted to make one buddy request. If a request is not mutual between two participants, it is not guaranteed that they will be placed on the same team. (bt)

**Regular Registration:** Ends 7/12 (first come, first serve) **Late Registration:** 7/13-7/27 (if players are needed)

5	-		-	
#/Link	Grade	Regular R/NR	Late R/NR	
125417	Co-Rec Pre-K	\$60/\$90	\$85/\$115	•
<u>125416</u>	Co-Rec K	\$80/\$110	\$105/\$135	•
<u>125400</u>	Co-Rec 1st	\$80/\$110	\$105/\$135	•
<u>125401</u>	Co-Rec 2nd	\$80/\$110	\$105/\$135	•
<u>125402</u>	Co-Rec 3rd-4th	\$105/\$135	\$130/\$160	•
<u>125403</u>	Girls 3rd-4th	\$105/\$135	\$130/\$160	•
<u>125404</u>	Co-Rec 5th-6th	\$105/\$135	\$130/\$160	•
<u>125405</u>	Girls 5th-6th	\$105/\$135	\$130/\$160	•
<u>125406</u>	Co-Rec 7th-8th	\$105/\$135	\$130/\$160	•
<u>125407</u>	Co-Rec 9th-10th	\$105/\$135	\$130/\$160	•



## House Soccer League Clinics Free!

Ages 4-11

These free clinics are instructed by professional soccer trainers from the Future Pros training staff - the same who coach and train the Lakers travel teams. Participants must be enrolled in the Fall House Soccer season in order to participate. Space is limited and registration is required. Location: Ackerman Park. Min/Max: 15/50. (bt)

#/Link	Day	Date	Time	R/NR
Ages 4-6				
<u>125408</u>	Μ	8/29	4:30-5:30pm	Free w/registration $ullet$
<u>125409</u>	Μ	9/12	4:30-5:30pm	Free w/registration $ullet$
<u>125410</u>	Μ	10/3	4:30-5:30pm	Free w/registration $ullet$
<u>125411</u>	Μ	10/17	4:30-5:30pm	Free w/registration $ ullet $
Ages 7-11				
<u>125412</u>	Μ	8/29	5:30-6:30pm	Free w/registration $ullet$
<u>125413</u>	Μ	9/12	5:30-6:30pm	Free w/registration $ullet$
<u>125414</u>	Μ	10/3	5:30-6:30pm	Free w/registration $ullet$
<u>125415</u>	Μ	10/17	5:30-6:30pm	Free w/registration $\bullet$



## lakers travel soccer

#### Ages 7-14

The Glen Ellyn Lakers Travel Soccer Program is a Glen Ellyn Park District program run with the assistance of the Lakers Volunteer Committee and volunteers throughout the club. Teams compete at a variety of skill levels in leagues across the Chicago area. The Lakers strive to provide a positive environment, which encourages the development of athletes who enjoy, understand, and are motivated to be successful at the sport of soccer. All age groups are trained and coached by a member of our professional training staff - Future Pros. Visit www.gelakers.com for more information. (bt)

#### Lakers Program Fees

Uniform fees are not included in the fees below

Birth Year	Fee	Includes
2015	\$1,250	Pre-season 3-day camp, training 2x week for 10 weeks in fall and spring, 2 tournaments, winter indoor turf training, winter indoor leagues.
2014-2013	\$1,350	Pre-season 5-day camp, training 2x week for 10 weeks fall and spring, 2 tournaments, winter indoor turf training, winter indoor leagues.
2012-2009 Premier	\$1,750	Pre-season 5-day camp, training 3x week for 10 weeks fall and spring, 3 tournaments, winter indoor turf training, winter indoor leagues.
2012-2009 White/Black	\$1,350	Pre-season 5-day camp, training 2x week for 10 weeks fall and spring, 2 tournaments, winter indoor turf training, winter indoor leagues.

## 2022-2023 Team Tryouts

Tryouts are a two-day process and a requirement for any player interested in playing on a Lakers team, including current Lakers players. All players must attend both days of tryouts to be eligible to make a team. Age groups are determined by the birth year of the player. All tryouts will be held at Ackerman Park and conducted by Future Pros trainers. Please contact <u>bthomas@gepark.org</u> for any additional questions. All players must pre-register at <u>www.gepark.org</u>. Players have 24-hours to respond to their tryout invitation.

- Selected players will be notified via email no later than two days after the final tryout dates.
- A \$300 commitment fee is due 24 hours after teams are announced.

#/Link	Birth Year	Date	Time
<u>125441</u>	2015 Boys	4/25-4/26	4:30-6pm •
<u>125439</u>	2014 Boys	4/25-4/26	4:30-6pm •
<u>125437</u>	2013 Boys	4/25-4/26	4:30-6pm •
<u>125435</u>	2012 Boys	4/25-4/26	4:30-6pm •
<u>125433</u>	2011 Boys	4/25-4/26	6-7:30pm •
<u>125431</u>	2010 Boys	4/25-4/26	6-7:30pm •
<u>125430</u>	2009 Boys	4/25-4/26	6-7:30pm •
125442	2015 Girls	5/16-5/17	4:30-6pm •
<u>125440</u>	2014 Girls	5/16-5/17	4:30-6pm •
<u>125438</u>	2013 Girls	5/16-5/17	4:30-6pm •
<u>125436</u>	2012 Girls	5/16-5/17	6-7:30pm •
<u>125434</u>	2011 Girls	5/16-5/17	6-7:30pm •
125432	2010 Girls	5/16-5/17	6-7:30pm •

aziorthodor

# midwest fc travel soccer

#### Ages 13-18

The Midwest FC travel soccer program strives to provide a positive, competitive environment to produce soccer players who have the desire to compete at the high school level. Teams will train locally, participate in showcase-level tournaments, and work with licensed strength and conditioning trainers to create well-rounded soccer players. Teams will compete across the Chicagoland area in league play as well as attending out of state tournaments. All teams are trained and coached by a member of Future Pros, our professional training staff. Teams will also have all league games and tournament games recorded on video for players to utilize for college recruitment. (bt)



## **Midwest FC Program Fees**

Uniform fees are not included in the fees below

Birth Year	Fee	Includes
2009-2008 Elite	\$1,850	Pre-season 5-day camp, training 3x week for 10 weeks in fall and spring, 3 tournaments, winter indoor turf training 2x week, winter indoor leagues, and strength and conditioning training.
2009-2008 Select	\$1,650	Pre-season 5-day camp, training 2x week for 10 weeks in fall and spring, 2 tournaments, winter indoor turf training 2x week, winter indoor leagues, and strength and conditioning training.
High School Boys (2008- 2004)	\$1,750	Winter indoor turf training 2x week, winter indoor leagues, training 3x week for 10 weeks in spring, 3 tournaments, strength and conditioning training, and recorded games for players to utilize for college recruitment purposes.
High School Girls (2008- 2004)	\$1,800	Preseason 5-day camp, training 3x per week for 10 weeks fall, 3 tournaments, winter indoor turf training 2x week, winter indoor leagues, strength and conditioning training, and recorded games for players to utilize for college recruitment purposes.

## 2022-2023 Team Tryouts

Tryouts are a two-day process and a requirement of any player interested in playing on a Midwest FC team. All players must attend both days of tryouts to be eligible to be selected for a team. Due to US Club Soccer mandates, age cutoffs follow the birth year for all players. All tryouts are conducted by Future Pros trainers. All players must pre-register at www.gepark.org.

#/Link	Birth Year	Date	Time
<u>125446</u>	Boys (2008-2004)	4/25-4/26	7:30-9pm •
<u>125445</u>	2009 Girls	5/16-5/17	6-7:30pm •
<u>125447</u>	Girls (2008-2004)	5/7-5/8	9-11am 🔹

Registration open Low Registration opens at 9am March 5

## martial arts

## Tae Kwon Do

New students are required to purchase a uniform (\$45) prior to the first class. This fee is not included in the registration fee. Colored belt students are required to have complete sparring gear.

## Little Dragons Tae Kwon Do

#### Ages 4-5

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training. All belts. Location: Spring Avenue Recreation Center. Min/Max: 4/15. (ch)

#/Link	Day	Date	Time	R/NR	
<u>125379</u>	Sa	5/7-6/11	10:45-11:25am	\$78/\$117	•

## Adult/Child Tae Kwon Do

#### Ages 7 and up with adult

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Tae Kwon Do techniques including punching, kicking, and blocking. Fee is listed per person. All belts. Location: Spring Avenue Recreation Center. Min/Max: 4/15. (ch)

#/Link	Day	Date	Time	R/NR	
<u>125380</u>	Sa	5/7-6/11	12:25-1:15pm	\$78/\$117	•

#### Early Tae Kwon Do Ages 6-7

Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skills, and self-confidence through creative activities. All belts. Location: Spring Avenue Recreation Center. Min/Max: 4/12. (ch)

#/Link	Day	Date	Time	R/NR	
<u>125377</u>	Sa	5/7-6/11	11:30am-12:20pm	\$78/\$117	•

## Youth Tae Kwon Do

#### Ages 8-13

This program includes a balanced cardiovascular workout, including punching, kicking, and blocking skills, using the Tae Kwon Do tradition, and self-control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline. All belts. Location: Spring Avenue Recreation Center. Min/Max: 4/12. (ch)

#/Link	Day	Date	Time	R/NR	
<u>125378</u>	Sa	5/7-6/11	12:25-1:15pm	\$78/\$117	•

## Shotokan Karate

## **Pre-Karate**

#### Ages 4-7

Children will develop agility, strength and coordination skills through fun and creative activities. Watch your child blossom while learning karate and having a blast at the same time! Uniforms and belt testing are options available through the instructor for an additional fee. Min/Max: 5/10. (ch)

## **Adult/Child Karate**

Ages 7 and up

Learning martial arts is an excellent opportunity to spend quality time with your child while conditioning muscles, developing coordination and improving cardiovascular fitness. Uniforms and belt testing are options available through the instructor for an additional fee. Fees are per person. Min/Max: 5/10. (ch)

## **Youth Karate**

Ages 7-14

Youth karate classes offer a good mix of strength training, with cardiovascular and flexibility exercises. Children increase their coordination, agility and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules. Min/Max: 5/10. (ch)



	-	5		D () ID	
			lime	R/NR	
e at Wheaton Park District Con	nmunity	Center			
Beginner/Continuing	W	3/30-6/1	4:30-5:15pm	\$125/\$187	
Inter./Adv.	W	3/30-6/1	5:15-6pm	\$125/\$187	
Beginner/Continuing	W	6/8-8/24	4:30-5:15pm	\$150/\$225	
Inter./Adv.	W	6/8-8/24	5:15-6pm	\$150/\$225	
d Karate at Wheaton Park Dist	rict Con	nmunity Cen	ter		
Beg./Inter. White-Purple	Sa	4/2-6/4	3-4pm	\$125/\$187	
Advanced Brown & Up	Sa	4/2-6/4	4-5pm	\$125/\$187	
Beg./Inter. White-Purple	Sa	6/11-8/27	3-4pm	\$150/\$225	
Advanced Brown & Up	Sa	6/11-8/27	4-5pm	\$150/\$225	
ite at Main Street Recreation (	Center				
Beg./Novice White-Yellow	W	3/30- 6/1	6:45-7:40pm	\$125/\$187	
Inter./Adv. Blue-Black	W	3/30-6/1	7:45-8:40pm	\$125/\$187	
Beg./Novice White-Yellow	W	6/8-8/24	6:45-7:40pm	\$150/\$225	
Inter./Adv. Blue-Black	W	6/8-8/24	7:45-8:40pm	\$150/\$225	
ite at Wheaton Park District C	ommuni	ty Center			
Beg./Inter. White-Purple	Sa	4/2-6/4	3-4pm	\$125/\$187	
Advanced Brown & Up	Sa	4/2-6/4	4-5pm	\$125/\$187	
Beg./Inter. White-Purple	Sa	6/11-8/27	3-4pm	\$150/\$225	
Advanced Brown & Up	Sa	6/11-8/27	4-5pm	\$150/\$225	•
	Beginner/Continuing Inter./Adv. Beginner/Continuing Inter./Adv. d Karate at Wheaton Park Dist Beg./Inter. White-Purple Advanced Brown & Up Beg./Inter. White-Purple Advanced Brown & Up Inter at Main Street Recreation O Beg./Novice White-Yellow Inter./Adv. Blue-Black Beg./Novice White-Yellow Inter./Adv. Blue-Black Inter./Adv. Blue-Black Inter./Inter. White-Purple Advanced Brown & Up Beg./Inter. White-Purple	e at Wheaton Park District Community Beginner/Continuing W Inter./Adv. W Beginner/Continuing W Inter./Adv. W d Karate at Wheaton Park District Com Beg./Inter. White-Purple Sa Advanced Brown & Up Sa Beg./Inter. White-Purple Sa Advanced Brown & Up Sa atte at Main Street Recreation Center Beg./Novice White-Yellow W Inter./Adv. Blue-Black W Beg./Novice White-Yellow W Inter./Adv. Blue-Black W atte at Wheaton Park District Communi Beg./Inter. White-Purple Sa Advanced Brown & Up Sa Beg./Inter. White-Purple Sa Advanced Brown & Up Sa Beg./Inter. White-Purple Sa	art Wheaton Park District Community CenterBeginner/ContinuingW3/30-6/1Inter./Adv.W3/30-6/1Beginner/ContinuingW6/8-8/24Inter./Adv.W6/8-8/24Inter./Adv.W6/8-8/24d Karate at Wheaton Park District Community CenterBeg./Inter. White-PurpleSa4/2-6/4Advanced Brown & UpSa4/2-6/4Beg./Inter. White-PurpleSa6/11-8/27Advanced Brown & UpSa6/11-8/27Advanced Brown & UpSa6/11-8/27Inter. Adv. Blue-BlackW3/30-6/1Inter./Adv. Blue-BlackW3/30-6/1Beg./Novice White-YellowW6/8-8/24Inter./Adv. Blue-BlackW6/8-8/24Inter./Adv. Blue-PurpleSa4/2-6/4Beg./Inter. White-PurpleSa6/12-6/4Beg./Inter. White-PurpleSa6/	art Wheaton Park District Community Center           Beginner/Continuing         W         3/30-6/1         4:30-5:15pm           Inter./Adv.         W         3/30-6/1         5:15-6pm           Beginner/Continuing         W         6/8-8/24         4:30-5:15pm           Inter./Adv.         W         6/8-8/24         5:15-6pm           d Karate at Wheaton Park District Community Center         E         E         E           Beg./Inter. White-Purple         Sa         4/2-6/4         3-4pm           Advanced Brown & Up         Sa         6/11-8/27         4-5pm           Beg./Inter. White-Purple         Sa         6/11-8/27         4-5pm           Inter./Adv. Blue-Black         W         3/30-6/1         6:45-7:40pm           Inter./Adv. Blue-Black         W         6/8-8/24         6:45-7:40pm           Inter./Adv. Blue-Black         W         6/8-8/24         6:45-7:40pm           I	Beginner/Continuing         W         3/30-6/1         4:30-5:15pm         \$125/\$187           Inter./Adv.         W         3/30-6/1         5:15-6pm         \$125/\$187           Beginner/Continuing         W         6/8-8/24         4:30-5:15pm         \$150/\$225           Inter./Adv.         W         6/8-8/24         5:15-6pm         \$150/\$225           Inter./Adv.         W         6/8-8/24         5:15-6pm         \$150/\$225           d Karate at Wheaton Park District Community Center         \$150/\$225         \$150/\$225         \$150/\$225           d Karate at Wheaton Park District Community Center         Beg./Inter. White-Purple         Sa         4/2-6/4         3-4pm         \$125/\$187           Advanced Brown & Up         Sa         6/11-8/27         3-4pm         \$150/\$225           Advanced Brown & Up         Sa         6/11-8/27         3-4pm         \$150/\$225           Advanced Brown & Up         Sa         6/11-8/27         4-5pm         \$150/\$225           nter./Adv. Blue-Black         W         3/30-6/1         6:45-7:40pm         \$125/\$187           Beg./Novice White-Yellow         W         6/8-8/24         6:45-7:40pm         \$150/\$225           Inter./Adv. Blue-Black         W         6/8-8/24         6:45-7:40pm

## **Sports Performance Training**

Strength and Conditioning Coach Mike Nishimura can help players in all sports programs increase their athleticism. Sessions focus on the three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. You'll receive a customized workout plan to target different areas of the body and learn how to properly use workout equipment.



# adult sports

## **Adult Dodgeball Tournament**

#### Ages 18 and up

Relive your memories of middle school gym class! Run, throw, dodge, and duck your way to victory in our Adult Dodgeball Tournament at Ackerman SFC. Teams are guaranteed two matches followed by playoffs for those teams that qualify. There is an 8-player maximum per team as matches are played with 6 on the court. Location: Ackerman SFC. Min/Max 6/12. (bt).

#### Registration is completed on a team basis. The team captain should register your team.

#/Link	Day	Date	Time	R/NR	
<u>125556</u>	Sa	6/11	12-3pm	\$100/team	•
<u>125557</u>	Sa	7/9	12-3pm	\$100/team	•

## Adult Flag Football League

#### Ages 18 and up

Teams play a 7-game regular season followed by a singleelimination tournament. Email <u>bthomas@gepark.org</u> for more details. Location: Newton Park. Min/Max 4/8. (bt)

#### Register by 6/6

#/Link	League	Date	R/NR	
<u>125555</u>	Sunday - Open	6/12-8/7	\$500/team	•

## **Men's Softball Leagues**

#### Ages 18 and up

Teams play a 10-game regular season followed by a singleelimination tournament. Email <u>bthomas@gepark.org</u> for more details. Location: Ackerman Park. Min/Max 4/8. (bt)

#### Register by 3/25

#/Link	League	Date	R/NR
124427	12" Monday - Open	4/4-6/20	\$600/team •
<u>124642</u>	16" Tuesday - Open	4/5-6/14	\$600/team 🔸

## **Co-Ed Sand Volleyball Leagues**

#### Ages 21 and up

Teams play an 8-game regular season followed by a single-elimination postseason tournament. Team captains will register teams and must submit a roster with signed waivers prior to the first game. The league rules, schedule, and roster form will be emailed to team captains. Each team must consist of a minimum of six players. Two members of the opposite gender must be on the court at all times. The league will be self-officiated; however, final scores will be reported to a site supervisor. Food and alcoholic beverages will be available for purchase from on-site vendors at an additional cost. Location: Ackerman SFC. No games 7/4 or 7/6. Min/Max: 6/8 teams. (sl)

#### Register by 5/27

Date	Time	R/NR					
Monday - Competitive							
6/6-8/15	6-10pm	\$375/team •					
Wednesday - Non-Competitive							
6/8-8/17	6-10pm	\$375/team •					
	etitive 6/6-8/15 n-Competitive	etitive 6/6-8/15 6-10pm n-Competitive					



#### **Beginner Hockey: Teen/Adult**

#### Ages 14 and up

The class is "at your own pace" and is perfect for beginners, continuing adult skaters, or skaters who are returning to the ice after years of hiatus. Each skater will learn the basic hockey stance, stride, knee bend and other necessary fundamentals to be successful in playing hockey. Location: Center Ice of DuPage. Min/Max: 1/20. No class 3/30-4/2, 4/20-4/23, or 6/9-6/11. (dm)

#/Link	Day	Date	Time	R/NR
<u>125755</u>	Sa	5/7-6/25	8:10-8:50am	\$155 •

#### Ice Skating: Teen/Adult Basic 1

#### Ages 14 and up

The class is "at your own pace" and is perfect for beginners, continuing skaters, or skaters who are returning to the ice after years of hiatus. Location: Center Ice of DuPage. Min/Max: 1/20. No class 3/30-4/2, 4/20-4/23, or 6/9-6/11. (dm)

#/Link	Day	Date	Time	R/NR	
<u>125766</u>	Th	5/5-6/23	4:30-5:10pm	\$155	•
<u>125767</u>	Th	5/5-6/23	5:30-6:10pm	\$155	•
<u>125768</u>	Sa	5/7-6/25	9:10-9:50am	\$155	•
<u>125769</u>	Sa	5/7-6/25	11:20am-12pm	\$155	•

## ISKC Karate Class

Ages 15 and up

In addition to teaching self-defense skills, karate develops flexibility, muscle tone and improves core strength. Continuing students need to purchase additional protective gear. Uniforms and belt testing are options available through the instructor for an additional fee. Location: Main Street Recreation Center. Min/Max: 8/25. (ch)

#/Link	Day	Date	Time	R/NR		
Intermediate/Advanced Blue-Black						
<u>125287</u>	W	3/30-6/1	8:45-10pm	\$143/\$215	•	
<u>125288</u>	W	6/8-8/24	8:45-10pm	\$174/\$261	•	

# tennis & pickleball



## **Spring Youth Tennis Classes**

Ages 4-10 and Grades 6th-8th

Looking to get a jump start on your tennis skills? This is the perfect activity to learn in five short weeks. Please bring a racquet to class or you can purchase one online for \$30 using code  $\frac{#125497}{2}$ . All ability levels are welcome. Location: Sunset Park. Min/Max: 4/14. (bt).

#/Link	Day	Date	Time	R/NR	
Red Blast: Ages 4-6					
<u>125493</u>	Μ	4/18-5/16	4-5pm	\$110/\$150 •	
<u>125494</u>	W	4/20-5/18	4-5pm	\$110/\$150 •	
Orange Blo	ist: Ages 7	-8			
<u>125491</u>	Μ	4/18-5/16	5-6pm	\$110/\$150 •	
<u>125492</u>	W	4/20-5/18	5-6pm	\$110/\$150 •	
Green Blas	t: Ages 9-	10			
<u>125488</u>	Tu	4/19-5/17	4-5pm	\$110/\$150 •	
<u>125495</u>	Th	4/21-5/19	4-5pm	\$110/\$150 •	
Junior Com	petitive: (	Grades 6th-8th			
<u>125489</u>	Tu	4/19-5/17	5-6pm	\$110/\$150 •	
<u>125490</u>	Th	4/21-5/19	5-6pm	\$110/\$150 •	

## **MEET OUR TENNIS TEAM**

The tennis staff is very excited to be back for another summer. Director Mark Cunnington has put together another experienced team with many returning coaches. Mark is a USPTA certified tennis teaching professional. He is excited to develop any level of tennis player in a fun and friendly environment. The classes are fast paced and all about moving and hitting a ton of balls.

## Saturday Adult/Child Tennis

Ages 5-10 with adult

Adult/child tennis classes are a great opportunity to learn tennis together in a fun environment. All ability levels are welcome. The class will focus on learning the game in a unique and friendly environment. Fee is per adult/child couple. Location: Glenbard West tennis courts. Min/Max: 4/16. (bt)

#/Link	Day	Date	Time	R/NR
125529	Sa	6/4-6/25	9-10am	\$120/\$160 •
<u>125530</u>	Sa	7/9-7/30	9-10am	\$120/\$160 •

## Summer Youth Tennis Lessons

#### Ages 4-10

Our outdoor group tennis lessons on the courts at Glenbard West focus on teaching ball skills, fundamentals, and making sure your child loves tennis. All ability levels are welcome. Most lessons are held Monday through Thursday with weather make-up days on Fridays. Register by the week or purchase a 10- or 20-lesson pack. Please bring a racquet to class or you can purchase one online for \$30 using code #125497. Each participant in the summer program receives a t-shirt. Min/Max: 4/24. (bt)

#/Link	Day	Date	Time	R/NR	
Red Blast:	Ages 4-0	5			
<u>125502</u>	M-Th	6/6-6/9	9-10am	\$90/\$130	•
<u>125503</u>	M-Th	6/13-6/16	9-10am	\$90/\$130	•
<u>125504</u>	M-Th	6/20-6/23	9-10am	\$90/\$130	•
<u>125505</u>	M-Th	6/27-6/30	9-10am	\$90/\$130	•
<u>125506</u>	Tu-F	7/5-7/8	9-10am	\$90/\$130	•
<u>125507</u>	M-Th	7/11-7/14	9-10am	\$90/\$130	•
<u>125508</u>	M-Th	7/18-7/21	9-10am	\$90/\$130	•
<u>125509</u>	M-Th	7/25-7/28	9-10am	\$90/\$130	•
<u>125510</u>	M-Th	8/1-8/4	9-10am	\$90/\$130	•
Orange Blo	ist: Ages	; 7-8			
<u>125511</u>	M-Th	6/6-6/9	10-11am	\$90/\$130	•
<u>125512</u>	M-Th	6/13-6/16	10-11am	\$90/\$130	•
<u>125513</u>	M-Th	6/20-6/23	10-11am	\$90/\$130	•
<u>125514</u>	M-Th	6/27-6/30	10-11am	\$90/\$130	•
<u>125515</u>	M-Th	7/5-7/8	10-11am	\$90/\$130	•
<u>125516</u>	M-Th	7/11-7/14	10-11am	\$90/\$130	•
<u>125517</u>	M-Th	7/18-7/21	10-11am	\$90/\$130	•
<u>125518</u>	M-Th	7/25-7/28	10-11am	\$90/\$130	•
<u>125519</u>	M-Th	8/1-8/4	10-11am	\$90/\$130	•
Green Blas	t: Ages 9	9-10			
<u>125520</u>	M-Th	6/6-6/9	11am-12pm	\$90/\$130	•
<u>125521</u>	M-Th	6/13-6/16	11am-12pm	\$90/\$130	•
<u>125522</u>	M-Th	6/20-6/23	11am-12pm	\$90/\$130	•
<u>125523</u>	M-Th	6/27-6/30	11am-12pm	\$90/\$130	•
<u>125524</u>	M-Th	7/5-7/8	11am-12pm	\$90/\$130	•
<u>125525</u>	M-Th	7/11-7/14	11am-12pm	\$90/\$130	•
<u>125526</u>	M-Th	7/18-7/21	11am-12pm	\$90/\$130	•
<u>125527</u>	M-Th	7/25-7/28	11am-12pm	\$90/\$130	•
<u>125528</u>	M-Th	8/1-8/4	11am-12pm	\$90/\$130	•
Lesson Pac	ks				
<u>125499</u>	10-Cla	ss Pack: Come	to any 10 lessons	\$240	•

		1 -
<u>125500</u>	20-Class Pack: Come to any 20 lessons	\$380



## **Junior Competitive**

Grades 6th-12th

This program is offered for beginner through intermediate players who are looking for a summer-long experience at learning and improving their tennis skills. Players will achieve success as they progress through a series of game-based drills. Players will be instructed in game strategy while also focusing on improvement on form, footwork and sportsmanship. There will be opportunities to play other tennis clubs in the area on Fridays. This program will be taught by Glen Ellyn Park District Tennis Pro Mark Cunnington, Glenbard West Girls coach Kevin Graham, and Glenbard West Boys coach Tad Keely. Location: Glenbard West tennis courts. Min/Max: 8/36. No class 7/4-7/7. (bt)

#/Link	Day	Date	Time	R/NR	
Grades 6th-8th					
<u>125531</u>	M & W	6/6-7/27	12-1:30pm	\$215/\$240	•
<u>125532</u>	Tu & Th	6/7-7/28	12-1:30pm	\$215/\$240	•
<u>125534</u>		Pass: Attend ompetitive c		\$380/\$440	•
<u>125533</u>		Pack: Come ompetitive c		\$240/\$265	•
Grades 9tl	h-12th				
<u>125535</u>	M & W	6/6-7/27	1:30-3pm	\$215/\$240	•
<u>125536</u>	Tu & Th	6/7-7/28	1:30-3pm	\$215/\$240	•
<u>125538</u>		Pass: Attend ompetitive c		\$380/\$440	•
<u>125537</u>		Pack: Come ompetitive c		\$240/\$265	•

**TENNIS & PICKLEBALL** 

#### **Adult Start/Restart**

#### Ages 18 and up

This class is designed for the beginner through intermediate level tennis player. The program will focus on developing consistency and control in your game while learning singles and doubles strategies. The class will include drills and point play in a relaxed and friendly environment. Instructor: Mark Cunnington. Location: Glenbard West Tennis Courts. Min/Max: 4/32. No class 7/5. (bt)

#/Link	Day	Date	Time	R/NR
<u>125539</u>	Tu	6/7-7/26	6-7pm	\$155/\$185 •

## **Adult Practice/Play**

#### Ages 18 and up

This class is designed for the beginner through intermediate level tennis player. The program will focus on fast-paced drills, advanced technical instruction, strategy at the singles and doubles level and much more. This is a perfect environment to get in good playing time while improving your game. Instructor: Mark Cunnington. Location: Glenbard West tennis courts. Min/Max: 4/32. No class 7/4 or 7/5. (bt)

#/Link	Day	Date	Time	R/NR
125540	Μ	6/6-7/25	7-8pm	\$155/\$185 •
<u>125614</u>	Tu	6/7-7/26	7-8pm	\$155/\$185 •

## **Adult Cardio Tennis**

#### Ages 18 and up

This class is designed for all levels of tennis and will focus on moving and hitting tennis balls at a fast-paced level with the pro. Sign up for this aerobic workout and improve your cardio fitness while enjoying the game of tennis. Makeup classes are allowed on other class days. Instructor: Mark Cunnington. Location: Glenbard West Tennis Courts. Min/Max: 4/32. No class 7/4 or 7/6. (bt)

#/Link	Day	Date	Time	R/NR
125541	Μ	6/6-7/25	6-7pm	\$155/\$185 •
<u>125542</u>	W	6/8-7/27	6-7pm	\$155/\$185 •

# pickleball

## Pickleball Clinics Free!

Ages 18 and up

Learn to play the fast and fun game of pickleball. Participants are encouraged to provide their own paddle. Staff will work on various skills and drills with participants. Location: Village Green Park. Min/Max: 8/25. (bt)

#/Link	Day	Date	Time	R/NR	
<u>125545</u>	Sa	6/4	10:30am-12pm	Free w/registration	•
<u>125546</u>	Sa	7/9	10:30am-12pm	Free w/registration	•

## Pickleball Start/Restart

#### Ages 18 and up

Interested in joining one of the fastest growing sports? Whether you're new to the sport of pickleball or need a refresher, Pickleball Start/Restart covers the basic skills, grips, and strategies of the game. Players are required to provide their own paddle. Location: Village Green Park. Min/Max 6/12. (bt)

#/Link	Day	Date	Time	R/NR
<u>125547</u>	Th	4/14-5/19	10-11am	\$135/\$170 •

## Pickleball In-House League

#### Ages 18 and up

Participants will receive basic instruction and players will be placed onto teams according to their skill levels. Participants will work on various skills and drills the first two weeks of the season and then play matches each week for the remainder of the season. Location: Village Green Park. Min/Max 8/24. (bt)

#/Link	Day	Date	Time	R/NR	
125548	Th	4/14-6/2	5-6:30pm	\$90/\$115	•



## Clay Tennis Court Season Passes

A season pass, valid April 1 to November 1, must be purchased annually to use the clay tennis courts at Lake Ellyn Park. Pass holders get a roster of other players and volunteer for minor court maintenance. The courts are open daily, dawn to dusk.

The season pass fee may be paid online or at Spring Avenue Recreation Center starting March 1; however, members must pick up their key in-person at Spring Avenue Recreation Center. (bt)

**R/NR: \$55/\$80** 

#/Link: <u>125544</u> •

# **Outdoor Tennis & Pickleball Courts**

## **Tennis Courts**

Hard court tennis courts are free for public use when they are not scheduled for Park District programs or lessons. Nets are taken down each winter and replaced each spring in mid-March, weather permitting. Outdoor tennis court lights, where available, are on mid-March through mid-November.

#### **George Ball Park**

800 Elm Street. Six tennis courts with timercontrolled lights. Close daily at 10pm.

#### **Sunset Park**

483 Fairview Avenue. Two tennis courts with timer-controlled lights. Close daily at 10pm.

#### **Newton Park**

707 Fairview Avenue. Two unlighted tennis courts. Close daily at dusk.

## **Pickleball Courts**

Outdoor pickleball courts are free for public use when they are not scheduled for Park District programs or lessons. Nets are taken down each winter and replaced each spring in mid-March, weather permitting. Courts are available on a first-come, first-served basis. Please limit play when courts are in demand as a courtesy to other players.

#### Village Green Park

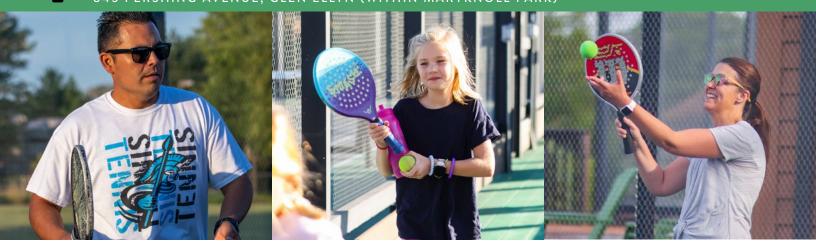
130 S. Lambert Road. Six unlighted pickleball courts.

#### **Newton Park**

The unlighted tennis courts at Newton Park, 707 Fairview Avenue, are also lined for pickleball. Note, the nets cannot be lowered.



# platform tennis center 845 PERSHING AVENUE, GLEN ELLYN (WITHIN MARYKNOLL PARK)



Open year-round, the Glen Ellyn Platform Tennis Center features six courts and modern Paddle Hut. A membership is required to use the facility, but non-members are welcome to sign up for private lessons and classes (when available). Platform tennis is the only racquet sport that players can enjoy outdoors in any climate. You don't need to have prior knowledge of the game as it's easy to learn.

## **Membership Rates & Benefits**

- No additional court fees to play year-round.
- Unlimited access to court time when not programmed with leagues, lessons or events.
- Access to the Paddle Hut between 7am and 11pm.
- Privilege of making court reservations 7 days in advance. Note: four courts are reserved for the Glen Ellyn Platform Travel Club on Tuesday, Wednesday, and Thursday evenings from October-March.
- Discount on lessons.

## Partial Year Membership

Valid now to	o August 31, 2022
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Туре	Resident	Nonresident	Add'l Child	
Adult (18 and up)	\$200	\$260	-	
Junior (6-17)	\$50	\$75	-	
Family	\$450	\$540	\$15/child	

Family includes 2 adults (same household) or 2 adults and 2 children (age 17 & under) per household. Youth members must be accompanied by an adult and do not receive a key to the Paddle Hut.

Purchase memberships online »

## **Private Lessons**

Our Platform Tennis Professional, Mark Cunnington, can tailor lessons to your specific needs. Mark comes to the Park District highly skilled in the sport of platform tennis as well as tennis. USPTA and PPTA certified, Mark has over 6 years experience in coaching platform tennis and is currently ranked in the top 40 in the nation. To get started, email at gepaddlepro@gmail.com. Pricing below is listed per person; semi-private lessons are for two players.

Туре	M/NM
Private 30-Minute	\$35/\$40
Private 60-Minute	\$70/\$80
Semi-Private 30-Minute	\$18/\$22
Semi-Private 60-Minute	\$35/\$40
3 & A Pro 30-Minute	\$15/\$20
3 & A Pro 60-Minute	\$25/\$30
5 Private 60-Minute	\$300/\$360



## platform tennis programs

## **Mixed Doubles Tournaments**

Ages 21 and up

Grab a partner and participate in our Mixed Doubles tournaments. Teams will be scheduled in different flights based on their skill level. Team fees include matches, match balls, and prizes. Contact the Platform Tennis Professional, Mark Cunnington, at gepaddlepro@gmail. com for more information. Location: Platform Tennis Center. Min/Max: 8/20. (bt)

#/Link	Day	Date	Time	R/NR
125550	Sa	4/9	9am-3pm	\$125/team •

## Men's & Women's Quick Start Paddle

Ages 18 and up

This is a fun and dynamic crash course that covers all the basics of Platform Tennis, including court positioning, stroke technique, screen play, communication, scoring, and rules of the game. Best for beginners and advanced beginners. Location: Platform Tennis Center. Min/Max: 4/12. (bt)

#/Link	Section	Day	Date	Time	R/NR	
125553	Women	Μ	4/18-5/16	6-7pm	\$125/\$150	•
<u>125552</u>	Men	Tu	4/19-5/17	6-7pm	\$125/\$150	•

## Monday Spring Co-Rec In-House League

#### Ages 21 and up

This popular league is open to Glen Ellyn Platform Tennis Center members only and is designed to help introduce new players to the game and enhance the experience for advanced beginners. Sign up is first come, first serve. Players will be ranked by the Platform Tennis Pro and placed on teams. All games are played on platform tennis courts at Maryknoll Park. Email gepaddlepro@gmail.com for more information. Min/Max: 16/84. (bt)

#### Register by 4/11

#/Link	Day	Date	Time	R/NR	
<u>125554</u>	Μ	4/18-5/23	7-10pm	\$70/\$105	•

## Wednesday Spring In-House Women's League

Ages 21 and up

This league is geared toward female players. Members will be evaluated by the Platform Tennis Pro and placed on teams. Teams will play a weekly match on the courts at Maryknoll Park. A Glen Ellyn Platform Tennis Membership is required to participate. Email <u>gepaddlepro@gmail.com</u> for more information. Min/Max: 16/40. (bt)

#### Register by 4/11

#/Link	Day	Date	Time	R/NR	
<u>125549</u>	W	4/20-5/25	5-6:30pm	\$70/\$105	•

# dance academy



Please contact Chad Shingler at <u>cshingler@gepark.org</u> with questions.

## class descriptions

## Adult/Tot Dance

Designed for our littlest dancers, this class introduces basic ballet, coordination, and gross motor skills through creative movement and interactive songs with a caregiver present. Ballet shoes are optional for adults/caregivers.

## **Tiny Tot**

Your child will learn dance concepts and develop rhythm, coordination, and balance while moving and grooving to music and using creative props to inspire imagination. Adults are required to stay within the building for the duration of each class, no exceptions. Children must be able to attend class without an adult/caregiver present.

## **Creative Movement**

This class develops motor skills, balance, cognitive awareness, creativity, rhythm, musicality, and self-esteem. Adults are required to stay within the building for the duration of each class, no exceptions. Children must be able to attend class without an adult/caregiver present.

## **Creative Hip Hop**

This class develops creativity and musicality with a special focus on the rhythm, muscle memory, and coordination found in this urban dance style. Adults are required to stay within the building for the duration of each class, no exceptions. Children must be able to attend class without an adult/caregiver present.

## Pre-Ballet/Tap

This class is divided into two units: ballet and tap. Your child will be taught core concepts, age-appropriate technique, and vocabulary in these two genres of dance.

## Intro Ballet/Jazz

Your child will learn core concepts from both ballet and jazz. Both techniques will be taught in class at an ageappropriate level.

## Ballet 1

This class will build a solid foundation of ballet terms and technique. Your child will learn to have musicality within their movement and gain strength. We will focus on core ballet concepts and build upon their previous dance knowledge.

#### Ballet 2

This class will use the foundations built in Ballet 1 but continue to grow and expand knowledge and ballet technique. Your child will learn more complex movement, and skills.

#### Jazz 1

This class is a focus on jazz technique and style, and growing confidence in movement. Your child will learn basic technique to rhythmic songs, while also finding their own way of moving.

## Tap 1

Your child will be taught core concepts, age-appropriate technique, and vocabulary in tap.

## Hip Hop 1

Your child will learn the basics of hip hop in this class. This high energy style of dance encompasses many different

urban dance styles and focuses on rhythm, muscle memory, and coordination. Gym shoes or sneakers are usually worn.

#### Modern

This class will center around modern techniques and finding your dancer's center. It will help dancers to find meaning in the movements they are doing and express that outwardly. We explore new ways of moving while building core strength and flexibility.

## Lyrical

Lyrical is a combination of ballet and jazz styles that also focuses on expression. In this class dancers learn how to express themselves through movement while improving their technical skills. (cs)

## class schedule

Instructional dance classes are offered on a seasonal basis. These participants do not participate in the annual spring dance recital. Download the <u>Dance Academy Guide</u>, which includes dance class dress codes, at gepark.org/dance. Location: Spring Avenue Recreation Center. No class 4/15 or 7/2-7/8. (cs)

#/Link	Class	Day	Age	Date	Time	Min/Max	R/NR
Spring Sessi	on						
<u>125578</u>	Hip Hop 1	Μ	6-8	4/11-5/16	5:20-6:05pm	5/12	\$60/\$75
125579	Creative Hip Hop	Μ	3-4	4/11-5/16	6:10-6:55pm	5/12	\$60/\$75
<u>125580</u>	Adult/Tot	Tu	18-36 mo.	4/12-5/17	4:10-4:40pm	5/12	\$50/\$75
<u>125581</u>	Tiny Tot	Tu	2.5-3	4/12-5/17	4:45-5:15pm	5/8	\$50/\$75
125636	Нір Нор 1	Tu	6-8	4/12-5/17	5:20-6:05pm	5/12	\$60/\$75
<u>125582</u>	Adult/Tot	W	18-36 mo.	4/13-5/18	9:15-9:45am	5/12	\$50/\$75
<u>125583</u>	Tiny Tot	W	2.5-3	4/13-5/18	9:55-10:25am	4/8	\$60/\$75
125584	Tap 1	W	6-11	4/13-5/18	4:30-5:15pm	5/12	\$60/\$75
125585	Teen Tap 1	W	12-17	4/13-5/18	6:10-6:55pm	5/12	\$60/\$75
<u>125586</u>	Pre-Ballet/Tap	Th	4-5	4/14-5/19	9:30-10:15am	5/12	\$60/\$75
125587	Creative Movement	Th	3-4	4/14-5/19	10:20-11:05am	5/12	\$60/\$75
<u>125588</u>	Tiny Tot	Th	2.5-3	4/14-5/19	11:15-11:45am	5/8	\$50/\$75
125589	Pre-Ballet/Tap	Th	4-5	4/14-5/19	5:20-6:05pm	5/12	\$60/\$75
125590	Ballet 1	Th	5-6	4/14-5/19	6:10-6:55pm	5/12	\$60/\$75
<u>125592</u>	Adult/Tot	F	18-36 mo.	4/8-5/20	9:15-9:45am	5/12	\$50/\$75
<u>125630</u>	Creative Movement	F	3-4	4/8-5/20	9:50-10:35am	5/12	\$60/\$75

# class schedule continued

	-	_	•	-			
#/Link	Class	Day	Age	Date	Time	Min/Max	R/NR
Spring Sessi	on Continued						
<u>125631</u>	Pre-Ballet/Tap	F	4-5	4/8-5/20	10:45-11:30am	5/12	\$60/\$75
<u>125632</u>	Pre-Ballet/Tap	Sa	4-5	4/16-5/21	9-9:45am	5/12	\$60/\$75
<u>125633</u>	Ballet 1	Sa	5-6	4/16-5/21	9:50-10:35am	5/12	\$60/\$75
<u>125634</u>	Creative Movement	Sa	3-4	4/16-5/21	10:40-11:25am	5/12	\$60/\$75
<u>125635</u>	Tiny Tot	Sa	2.5-3	4/16-5/21	11:30am-12pm	5/8	\$60/\$75
Summer Ses	sion						
125695	Creative Movement	Μ	3-4	6/20-7/25	4:30-5:15pm	5/12	\$50/\$65
<u>125696</u>	Pre-Ballet/Tap	Μ	4-5	6/20-7/25	5:20-6:05pm	5/12	\$50/\$65
<u>125697</u>	Ballet 1	Μ	5-6	6/20-7/25	6:10-6:55pm	5/12	\$50/\$65
125698	Ballet 2	Μ	7-8	6/20-7/25	7-8pm	5/12	\$50/\$65
125699	Adult/Tot	Tu	18-36 mo.	6/21-7/26	4:10-4:40pm	5/12	\$40/\$55
125700	Tiny Tot	Tu	2.5-3	6/21-7/26	4:45-5:15pm	5/8	\$40/\$55
<u>125701</u>	Tap 1	Tu	5-6	6/21-7/26	5:20-6:05pm	5/12	\$50/\$65
<u>125702</u>	Hip Hop 1	Tu	6-8	6/21-7/26	5:20-6:05pm	5/12	\$50/\$65
125703	Modern	Tu	7-9	6/21-7/26	6:10-6:55pm	5/12	\$50/\$65
125704	Jazz 1	Tu	7-9	6/21-7/26	7-8pm	5/12	\$50/\$65
125705	Adult/Tot	W	18-36 mo.	6/22-7/27	9:15-9:45am	5/12	\$40/\$55
125706	Tiny Tot	W	2.5-3	6/22-7/27	9:55-10:25am	4/8	\$40/\$55
125707	Creative Movement	W	3-4	6/22-7/27	10:30-11:15am	5/12	\$50/\$65
125708	Pre-Ballet/Tap	W	4-5	6/22-7/27	11:20am-12:05pm	5/12	\$50/\$65
125709	Creative Hip Hop	W	3-4	6/22-7/27	4:30-5:15pm	5/12	\$50/\$65
125710	Tap 1	W	6-11	6/22-7/27	4:30-5:15pm	5/12	\$50/\$65
125711	Intro Ballet/Jazz	W	4-5	6/22-7/27	5:20-6:05pm	5/12	\$50/\$65
125712	Hip Hop 1	W	6 -8	6/22-7/27	6:10-6:55pm	5/12	\$50/\$65
125713	Ballet 1	W	5-6	6/22-7/27	7-7:45pm	5/12	\$50/\$65
125714	Pre-Ballet/Tap	Th	4-5	6/23-7/28	9:30-10:15am	5/12	\$50/\$65
125715	Creative Movement	Th	3-4	6/23-7/28	10:20-11:05am	5/12	\$50/\$65
125716	Tiny Tot	Th	2.5-3	6/23-7/28	11:15-11:45am	5/8	\$40/\$55
125717	Lyrical	Th	8-12	6/23-7/28	12-12:45pm	5/12	\$50/\$65
125718	Pre-Ballet/Tap	Th	4-5	6/23-7/28	5:20-6:05pm	5/12	\$50/\$65
125719	Ballet 1	Th	5-6	6/23-7/28	6:10-6:55pm	5/12	\$50/\$65
125721	Tiny Tot	F	2.5-3	6/24-7/29	9:15-9:45am	5/12	\$40/\$55
125722	Creative Movement	F	3-4	6/24-7/29	9:50-10:35am	5/12	\$50/\$65
125723	Lyrical	F	8-12	6/24-7/29	10:45-11:30am	5/12	\$50/\$65
125724	Pre-Ballet/Tap	Sa	4-5	6/25-7/30	9-9:45am	5/12	\$50/\$65
125725	Ballet 1	Sa	5-6	6/25-7/30	9:50-10:35am	5/12	\$50/\$65
125726	Creative Movement	Sa	3-4	6/25-7/30	10:40-11:25am	5/12	\$50/\$65

## adult dance

## **Adult Tap**

#### Ages 18 and up

Tap dance is an American art form that is not only entertaining to watch (and hear) but it's fun (and easy) to learn. Tap teaches rhythm, improves balance and provides a great workout. This class includes warm-ups, basic steps, and traveling combinations. Tap shoes are required and available for purchase through the Park District. Contact Chad Shingler at <u>cshingler@gepark.org</u> for questions regarding shoe purchase. Location: Spring Avenue Recreation Center. Min/Max: 4/20. No class 7/4. (cs)

#/Link	Day	Date	Time	R/NR	
125643	Μ	4/11-5/16	8-9pm	\$60/\$75	•
<u>125980</u>	Μ	6/20-7/25	7-8pm	\$50/\$65	•

## **Adult Ballet**

#### Ages 18 and up

A perfect class for those getting started or revisiting ballet again as an adult. This class will focus on alignment, foundation of technique, and movement quality. Location: Spring Avenue Recreation Center. Min/Max: 4/20. No class 7/7. (cs)

#/Link	Day	Date	Time	R/NR	
<u>125591</u>	Th	4/14-5/19	7-7:45pm	\$60/\$75	•
<u>125720</u>	Th	6/23-7/28	7-7:45pm	\$50/\$65	•

## private tap lessons

#### All ages

Go beyond the average tap class and get private, individualized instruction from professional tap dancer and instructor James Demeny. First-timers can start off on the right foot learning basic techniques. Those already familiar with tap can learn anything from improvisation and jazz to musical theatre, or explore historical choreography and the choreography process. Lessons take place at Spring Avenue Recreation Center. Email <u>cshingler@gepark.org</u> to book your private lesson. (cs)

R/NR: \$60/\$90 per 1-hour lesson



#### registration tip

If the class you want is full, add yourself to the waitlist (it's free). If you are on a waiting list and a spot becomes available, we will contact you. It is a good idea to put your name on the waiting list; but, this does not ensure that you will be admitted into the class.

# gymnastics

Proper attire is mandatory for gymnastics participants. Girls should wear a gymnastics leotard or shorts and t-shirt (no tights or jewelry). Boys should wear shorts or sweatpants and t-shirt. Bare feet are required for all participants. Instructors reserve the right to move participants to a different class if they are not developmentally ready. No new registration will be taken after the second week of class. Please contact Christine Hartnett at <u>chartnett@gepark.org</u> with questions.

#### **Adult/Tot Gymnastics**

#### Ages 18-36 months

This fun-filled adult/tot play time program introduces your child to the exciting world of tumbling and gymnastics. Adult/Tot features tumbling and gymnastics equipment, balls, hoops, circles, and parachute play. Adult involvement is the key. Please no siblings. Location: Spring Avenue Recreation Center. Min/Max: 5/12. (ch)

#/Link	Day	Date	Time	R/NR	
<u>125075</u>	Μ	5/2-5/23	9-9:30am	\$44/\$66	•
<u>125087</u>	W	5/4-5/25	9:15-9:45am	\$44/\$66	•
<u>125093</u>	W	6/8-6/29	9:15-9:45am	\$44/\$66	•
<u>125114</u>	Th	5/5-5/26	9:15-9:45am	\$44/\$66	•
<u>125129</u>	Th	6/9-6/30	9:15-9:45am	\$44/\$66	•
<u>125144</u>	Sa	4/30-5/21	9-9:30am	\$44/\$66	•
<u>125157</u>	Sa	6/4-6/25	9-9:30am	\$44/\$66	•

## **Tiny Tumblers Gymnastics**

#### Age 3

This introductory gymnastic class helps develop gross motor skills and body awareness and teaches self-confidence while having fun. A variety of gymnastics and tumbling stations will be set up each week to introduce your gymnasts to the basic skills used in this sport. Children must be able to attend without a caregiver present. Location: Spring Avenue Recreation Center. Min/Max: See online. (ch)

#/l ink	Davi	Date	Time	R/NR	
#/LINK	Day	Date	lime	R/INR	
<u>125078</u>	Μ	5/2-5/23	9:45-10:15am	\$44/\$66	•
<u>125090</u>	W	5/4-5/25	10-10:30am	\$44/\$66	•
<u>125091</u>	W	5/4-5/25	4-4:30pm	\$44/\$66	•
<u>125096</u>	W	6/8-6/29	10-10:30am	\$44/\$66	•
<u>125097</u>	W	6/8-6/29	4-4:30pm	\$44/\$66	•
<u>125117</u>	Th	5/5-5/26	11-11:30am	\$44/\$66	•
<u>125132</u>	Th	6/9-6/30	11-11:30am	\$44/\$66	•
<u>125147</u>	Sa	4/30-5/21	9:45-10:15am	\$44/\$66	•
<u>125161</u>	Sa	6/4-6/25	9:45-10:15am	\$44/\$66	•



#### **Preschool Gymnastics**

Ages 4-5

A variety of gymnastics and tumbling stations will be set up each week to introduce your gymnast to the basic skills used in this sport. Children must be able to attend class without a caregiver present. Location: Spring Avenue Recreation Center. Min/Max: 5/12. (ch)

#### Kindergarten Gymnastics Ages 4-6

This class was designed to help refine and develop the gross motor skills taught in previous classes. A higher skill level of gymnastics stations will be set up each week to increase strength, flexibility, and coordination. Location: Spring Avenue Recreation Center. Min/ Max: 5/12. (ch)

#/Link	Day	Date	Time	R/NR
Preschool	,			
125089	W	5/4-5/25	4:45-5:30pm	\$52/\$78 •
<u>125095</u>	W	6/8-6/29	4:45-5:30pm	\$52/\$78 •
<u>125116</u>	Th	5/5-5/26	10-10:45am	\$52/\$78 •
<u>125131</u>	Th	6/9-6/30	10-10:45am	\$52/\$78 •
<u>125146</u>	Sa	4/30-5/21	10:30-11:15am	\$52/\$78 •
<u>125159</u>	Sa	6/4-6/25	10:30-11:15am	\$52/\$78 •
Kindergarten				
<u>125086</u>	W	5/4-5/25	5:45-6:30pm	\$52/\$78 •
<u>125092</u>	W	6/8-6/29	5:45-6:30pm	\$52/\$78 •
<u>125143</u>	Sa	4/30-5/21	11:30-12:15pm	\$52/\$78 •
<u>125156</u>	Sa	6/4-6/25	11:30-12:15pm	\$52/\$78 •
Preschool & K	Kindergarten	(Combined Class)		
<u>125077</u>	Μ	5/2-5/23	10:30-11:15am	\$52/\$78 •
<u>125076</u>	Μ	5/2-5/23	1:30-2:15pm	\$52/\$78 •
<u>125085</u>	Tu	5/3-5/24	2:30-3:15pm	\$52/\$78 •
<u>125088</u>	W	5/4-5/25	10:45-11:30am	\$52/\$78 •
<u>125094</u>	W	6/8-6/29	10:45-11:30am	\$52/\$78 •

#### Make-Up Policy -

We do not issue refunds for missed classes. Occasionally, we can offer make-up classes if the other sessions are not filled. Please contact Christine Hartnett at <u>chartnett@gepark.org</u> to see if make-ups can be accommodated.



## Stay & Play Open Gym

Children (preschool or younger) can stay active and play in the Spring Avenue Gymnastics Center. This safe and fun environment is the perfect spot for your child to interact with you and other peers. Pre-registration is not required but come early as space is limited to the first 30 participants. Children must be accompanied and supervised by an adult. Please pay inside the Gymnastics Center. (ch)

Dates: Now to May 27 (except for 3/29 & 4/1) Days: Tuesdays and Fridays Time: 9am-11am Drop-in R/NR Fee: \$5/\$8 10-Visit Punch Card R/NR Fee: \$40/\$70



#### **Pre-Developmental Gymnastics**

1st grade to age 12

The focus of this beginner program will be on floor exercise, springboard skills, bars, and beam. Stretching and conditioning for muscle tone will be included. Location: Spring Avenue Recreation Center. Min/Max: See online. (ch)

#/Link	Day	Date	Time	R/NR	
125083	Μ	5/2-5/23	6:15-7pm	\$52/\$78	•
<u>125081</u>	Tu	5/3-5/24	4-5pm	\$60/\$90	•
<u>125082</u>	Tu	5/3-5/24	6:30-7:30pm	\$60/\$90	•
<u>125115</u>	Th	5/5-5/26	4-5pm	\$60/\$90	•
<u>125130</u>	Th	6/9-6/30	4-5pm	\$60/\$90	•
<u>125145</u>	Sa	4/30-5/21	12:30-1:30pm	\$60/\$90	•
<u>125158</u>	Sa	6/4-6/25	12:30-1:30pm	\$60/\$90	•

#### **Developmental Gymnastics**

#### 3rd grade to age 12

This program is a continuation of Pre-Developmental Gymnastics. Participants must be able to perform round offs, cartwheels, forward/backward rolls, handstand, and a bridge in order to register. Location: Spring Avenue Recreation Center. Min/Max: See online. (ch)

#/Link	Day	Date	Time	R/NR	
125084	Tu	5/3-5/24	5:15-6:15pm	\$60/\$90	•
<u>125113</u>	Th	5/5-5/26	5:15-6:15pm	\$60/\$90	•
<u>125134</u>	Th	6/9-6/30	5:15-6:15pm	\$60/\$90	•
<u>125153</u>	Sa	4/30-5/21	12:30-1:30pm	\$60/\$90	•
<u>125165</u>	Sa	6/4-6/25	12:30-1:30pm	\$60/\$90	•



### **Tumbling 1**

Ages 7-14

No skills required. Start out learning the proper way to perform handstands, cartwheels, and more. Participants will build on their skills each session. Location: Spring Avenue Recreation Center. Min/Max: See online. (ch)

#/Link	Day	Date	Time	R/NR	
<u>125079</u>	Μ	5/2-5/23	4-4:45pm	\$52/\$78	•
<u>125124</u>	Th	5/5-5/26	6:30-7:15pm	\$56/\$84	•
<u>125139</u>	Th	6/9-6/30	6:30-7:15pm	\$56/\$84	•

#### **Tumbling 2**

Ages 7-14

Participants must possess basic skills such as cartwheel, round-off, forward/backward rolls, handstand, and bridge. Location: Spring Avenue Recreation Center. Min/Max: See online. (ch)

#/Link	Day	Date	Time	R/NR	
<u>125080</u>	Μ	5/2-5/23	5-6pm	\$60/\$90	•
<u>125125</u>	Th	5/5-5/26	6:30-7:30pm	\$60/\$90	•
<u>125140</u>	Th	6/9-6/30	6:30-7:30pm	\$60/\$90	•



## Spring Stream Clean-Up Tree!

Ages 5 and up

We're teaming up with the Glen Ellyn Public Library to do some cleaning. Help remove trash in and along the waterways that run through Ackerman Park. Wear clothes and shoes (rubber boots work best) that can get wet and muddy. Also bring a pair of work gloves.

Meet in the northwest corner of the parking lot of Ackerman Sports & Fitness Center, 800 St. Charles Road. Minors must be accompanied by an adult. Registration is required so that we can secure the needed equipment. (cg)

Date: Saturday, March 19 Time: 9-10:30am R/NR: Free w/registration #/Link: <u>124599</u> •

## **Guided Nature Walks Free!**

#### Ages 18 and up

These casual walks will highlight seasonal natural happenings and are held snow, rain, or shine. For Lake Ellyn, meet by circle drive in front of the Boathouse. For Churchill Park, meet in the main parking lot on St. Charles Road, just east of Bloomingdale Road. For College of DuPage, please meet in the parking lot 'College 4'. For both Ackerman Park walks, please meet near the playground. For the July program, we will walk along the Great Western Trail to the parakeet zone, then into the Prairie of Churchill Woods Forest Preserve. (cg)

#### **Signs of Spring**

**Date:** Friday, March 18 **Location:** Ackerman Park **Time:** 9-10am

#### **Arbor Day Tree ID**

**Date:** Friday, April 29 **Location:** Lake Ellyn Park **Time:** 9-10:30am

#### **Spring Wildflowers**

Date: Friday, May 27 Location: Churchill Park Time: 9-10am

#### **COD Natural Areas Tour**

Date: Friday, June 17 Location: College of DuPage Time: 9-10:30am

#### **Parakeets and a Prairie**

Date: Friday, July 8 Location: Ackerman Park Time: 9-11am

## **Eco-Lecture Series** Free!

#### Ages 12 and up

We are pleased to present this new series geared for adults. Teens interested in the topics are welcome to join. Local experts will share information about ecological subjects and provide action steps we can take towards making positive eco-improvements at home. These presentations may take place in-person at Spring Avenue Recreation Center, virtually, or both. Registered participants will be notified via email of the final format closer to the presentation date. (cg)

#### **Veggies in Pots**

#### Presented by Ana Vitek, horticulturist

Growing food in containers is a great way to eat local and healthy, while reducing your carbon footprint and creating beautiful spaces. Ana will share tips and examples of a variety of veggies and herbs that do well in our zone.

#### **Saving Butterflies**

#### Presented by DuPage Monarch Project

Learn tips for butterfly friendly gardens! Discover the easy steps for turning your garden and yard into safe havens for butterflies.

#### Shedding Light on the Dark

## Presented by Adam Kreuzer, Delegate

#### with International Dark-Sky Association

Learn what you can do at home to reduce outdoor light pollution. Adam will guide us to what fixtures, bulbs and other measures we should consider, to save and protect our beautiful night sky.

#/Link	Торіс	Day	Date	Time	R/NR	
<u>124643</u>	Veggies	Th	3/3	6:30-7:30pm	Free w/registration	•
<u>124604</u>	Butterflies	Th	3/10	6:30-7:30pm	Free w/registration	•
<u>124603</u>	Light	Th	3/24	6:30-7:30pm	Free w/registration	•

## Earth Day Restore Nature, Restore Health

#### All ages

Earth Day is known as a celebration of nature, and every day we become more aware that restoring nature helps restore our own health. Research overwhelmingly shows that being in nature improves both mental and physical health. Celebrate Earth Day at Lake Ellyn and explore ways nature and health are connected. Outdoor yoga, wellness walks, and a historical hike by the Glen Ellyn Historical Society will be offered. Boat rentals, scavenger hunts, and other family-friendly activities will be available. Presented by Glen Ellyn Park District, Go Green Glen Ellyn, and the Glen Ellyn Environmental Commission. Location: Lake Ellyn Park. (cq)

> Date: Sunday, April 24 Time: 1-4pm R/NR: Free

## **Nature Outings**

#### Ages 2-5 with adult

Explore nature this spring. Each class will feature a different topic supported by a story, craft/project, and an easy exploratory hike. Min/Max: 4/12. (cg)

#/Link	Day	Date	Time	R/NR					
Spring Bire	ds at Churo	chill Park							
<u>125728</u>	F	4/8	10-11am	\$10/\$15	•				
Earth Day	Helpers at	: Lake Ellyn P	ark						
<u>125897</u>	F	4/22	10-11am	\$10/\$15	•				
Life in the	Water at A	Ackerman Pai	rk						
<u>125898</u>	F	5/6	10-11am	\$10/\$15	•				
Earth Art at Lake Foxcroft Park									
<u>125899</u>	F	5/20	10-11am	\$10/\$15	•				

## **Coldblooded Critters**

#### Ages 5-12

We will search for reptiles and amphibians, along with invertebrates in the fields and wetlands. As we look for frogs, toads, snakes, crayfish, and insects - learn how ectothermic animals use cool adaptations and behaviors to maintain their internal temperatures. Location: Ackerman Park. Min/Max: 5/14. (cg)

#/Link	Day	Date	Time	R/NR	
125909	Sa	5/7	1-2:30pm	\$10/\$15	•

## **Predator Patrol**

Ages 5-12

Predators are at the top of the food chain and play an important role in sustaining nature's balance. Many mammals, reptiles, amphibians, birds, and insects are hunters. Explore the trails throughout the park in search of wild stalkers. Location: Churchill Park. Min/Max: 5/14. (cg)

#/Link	Day	Date	Time	R/NR	
<u>125910</u>	Sa	6/11	1-2:30pm	\$10/\$15	•

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SPRING **2022** • **7**% • Registration open now • Registration opens at 9am M

## **Birdwatching for Families**

All ages

These days, it can be challenging to find something for the family to do that is fun for all ages and safe. Birdwatching can be done nearly anywhere by children and adults alike. Learn ways you can discover and enjoy birds as a family, whether you are at your favorite park or at home. Those with binoculars are encouraged to bring them, but not required. Please register just one member of your family. Location: Churchill Park. Min/Max: 4/10 families. (cg)

#/Link	Day	Date	Time	R/NR	
<u>125680</u>	Sa	4/9	1-2:30pm	\$20/\$30	•

## **Nighthawk Walk**

#### All ages

Have you been outside at night in the summer and heard weird noises above you or seen a dark shadow zipping around the night sky? There is a good chance it is a nighthawk. We will walk around the park looking for nighthawks and share where to find them, how they help people, and even crazy myths that have been attached to this bird. Please register just one member of your family. Location: Ackerman Park. Min/Max: 4/10 families. (cg)

#/Link	Day	Date	Time	R/NR	
125679	F	6/3	8-9:30pm	\$20/\$30	•

## Welcome to Birdwatching

#### Ages 18 and up

Millions of people in the United States have become birdwatchers. Find out why this hobby has captivated so many. We will learn about the equipment birders can use, how to identify common birds, and how to find them. You do not have to be an expert in birds to enjoy them. Birdwatching is for everyone. Those with binoculars are encouraged to bring them. Location: Churchill Park. Min/Max: 4/12. (cg)

#/Link	Day	Date	Time	R/NR	
125807	Th	4/14	8:30-10am	\$20/\$30	•

## Migration Mornings Free!

Ages 18 and up

During spring migration, thousands of birds pass through our area on their journey north. With many of these birds traveling from South and Central America to Canada, they rely on patches of natural areas – big and small – to rest and refuel. This is the perfect time to catch a glimpse of these amazing and often beautiful birds, as they pass through our area. Registration required. Min/Max: 4/12. (cg)

#/Link	Day	Date	Time	R/NR
Churchill P	Park			
<u>125881</u>	Th	4/21	8:30-10am	Free w/registration $\bullet$
<u>125893</u>	Th	5/26	8:30-10am	Free w/registration $\bullet$
Ackerman	Park			
<u>125882</u>	Th	4/28	8:30-10am	Free w/registration •
<u>125892</u>	Th	5/19	8:30-10am	Free w/registration •
Lake Ellyn	Park			
<u>125883</u>	Th	5/5	8:30-10am	Free w/registration •
Manor Par	k			
<u>125891</u>	Th	5/12	8:30-10am	Free w/registration •

## DUPAGE RIVER SWEEP:

## Lake Ellyn Clean-Up Free!

#### All ages

For many years, we have helped facilitate the annual DuPage River Sweep - cleaning the shorelines of the East Branch of the DuPage River. This year, we are moving efforts to Lake Ellyn, whose waters enter the river system. Lend a hand and help remove trash from the shoreline and throughout the park. If you have rubber boots or hip waders, please bring them. We will provide buckets, gloves, garbage bags, a limited number of garbage pickers, and fine meshed nets for smaller plastic debris. Registration through The Conservation Foundation is required at <u>theconservationfoundation.org/event/</u> <u>dupage-river-sweep-2022</u>. More detailed information will be provided closer to date. Presented by Glen Ellyn Park District and The Conservation Foundation. (cg)

Day	Date	Time	R/NR	
Sa	5/21	9-11am	Free w/registration	•

## **Restoration Workdays** Free!

#### Ages 8 and up

Help clear invasive plants, cut, and stack brush, plant native flowers, trees, and seeds, maintain trails and more. Please bring your own work gloves and water bottle. Email cgutmann@gepark.org if you have questions. (cg)

Day	Date	Time	Location
Sa	4/9	9-11am	Benjamin Gault Sanctuary
Sa	5/21	9-11am	Lake Ellyn Park
Sa	6/11	9-11am	Maryknoll Park

## **Introduction to Seed Saving**

#### Ages 18 and up

The popularity of gardening has surged in recent years, and some seed sellers have struggled to keep up with demand, making some seeds hard to find. Recent years have also shown us the fragility of our food system. Learn how to become more self-sufficient while growing healthier plants, year after year. Once you get the hang of it, you may never need to buy seeds again. Location: Spring Avenue Recreation Center. Min/Max: 4/20. (cg)

#/Link	Day	Date	Time	R/NR	
<u>125878</u>	Tu	4/12	6:30-7:30pm	\$20/\$30	•

## **Edible Landscaping**

#### Ages 18 and up

Expand your view of what a garden can be. There are seemingly countless ways to design gardens, but many people must work around limitations. For some it is space. For others it may be community aesthetics. Find out how to grow beautiful gardens that also provide food. Location: Spring Avenue Recreation Center. Min/Max: 4/20. (cg)

#/Link	Day	Date	Time	R/NR	
125879	Tu	4/26	6:30-7:30pm	\$20/\$30	•

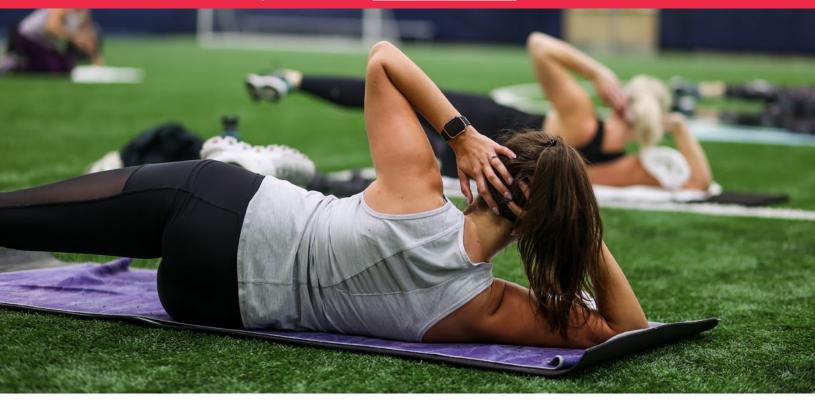
## Nature Lunch & Learn Free!

#### Ages 18 and up

Take your lunch break in a park. Enjoy the spring weather and eat your lunch while chatting with the Park District's Environmental Outreach Specialist, Chris Gutmann. Bring any nature questions that you have, and we will discuss. Location: Maryknoll Park. Min/Max: 4/20. (cg)

#/Link	Day	Date	Time	R/NR	
<u>125880</u>	W	4/20	11:30am-12:30pm	Free w/registration	•
<u>126075</u>	W	5/18	11:30am-12:30pm	Free w/registration	•

# ackerman sfc.com



# ackerman SFC facility hours

#### **Fitness Center/Walking Track**

Monday-Thursday	4:30am-10pm
Friday	4:30am-9pm
Saturday	6am-7pm
Sunday	7am-7pm

#### **Front Desk**

Monday-Friday	5am-9pm
Saturday	6am-5pm
Sunday	7am-5pm

#### Holidays

April 17	7am-1pm
May 30	7am-1pm
July 4	7am-1pm
September 5	7am-1pm

## what's in the gym

- PRECOR Adaptive Motion Trainers
- PRECOR EFX Ellipticals with Crossramp
- Matrix and Life Fitness Treadmills
- NuStep Recumbent Steppers
- Matrix, Octane, & Life Fitness Ellipticals
- Matrix ARC Trainers
- Matrix Bikes (Recumbent/Upright/Hybrid)
- Matrix Single Station Strength Machines
- Gauntlet Stairmasters
- Scifit Pro2 Trainers
- Concept 2 Rowing Machines
- Xerball & Medicine Ball
- Free Weights & Core Conditioning
- Stretching & CrossFit Area w/TRX Straps
- Cable Cross Weight Machines

## amenities

7,000+ square foot fitness center, 3 court gymnasium, 45-yard by 60-yard indoor turf field, 2 lane indoor track (10.3 laps = 1 mile), group fitness studio, locker rooms and shower facility, and free Wi-Fi.

## See the Group Fitness Schedule »

View Personal Training Options »

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## membership rates and benefits

UNDER ARIO

#### **\$0 ENROLLMENT FEE**

- Fitness center and indoor track access
- Free weekly group fitness classes
- Open court/turf time
- Orientation with a personal trainer
- Bring a guest on the first Wednesday of the month
- Use of the Spring Avenue Fitness Center

We will automatically charge your membership fees to the credit/debit card you place on file each month.

Membership Type*	Resident	Nonresident
Teen (14-17)	\$21	\$23
Senior (60+)	\$21	\$23
Active Military	\$21	\$23
Individual (18-59)	\$30	\$35
Couple	\$50	\$55
Family	\$60	\$65

## work in glen ellyn?

Ackerman SFC offers special membership rates to Glen Ellyn employees and teachers with proof of employment. Call or visit the Ackerman SFC front desk for details. Home for break?

## **Student & Teacher Specials**

A valid school ID or proof of employment is required at time of purchase. Must be 14 years of age or older.

#### 30 DAYS FOR \$30

Stay active over spring break by purchasing a membership good for 30 days for only \$30 any time between March 14 through April 16, 2022.

#### 90 DAYS FOR \$90

Avoid a summer slump and keep up with your workouts over the break. Sign up for an Ackerman SFC membership good for 90 days for only \$90 any time between May 1 through June 15, 2022.

## MEMBERSHIP ADD-ON college of dupage lap swimming

Active Ackerman SFC fitness members (ages 16+) may purchase a lap swimming monthly membership to swim at College of DuPage's indoor pool for just \$20 per member per month. Members that are ages 16-17 must have an adult/guardian sign the College's waiver of liability. Walking track only members are not eligible for this offer. To sign up, visit the College's Member Service Office where they will setup your membership. C.O.D. indoor pool hours are available at: www.gepark.org/COD

\*Residents are defined as those living within Glen Ellyn Park District boundaries. Must provide proof of age if requested. A teen is defined as a person age 14-17 (age 11-13, if certified). Waiver must be signed by a legal guardian. An individual is defined as a person age 18 and up. A senior is defined as a person age 60 and up. A family is defined as up to six immediate family members residing in the same household and children 26 years and younger living at home. Other relatives and individuals in the same household are not included in the family pass. Children 10 years and under have access to open turf, open gym, and open climb. Children 8 to 13 can access the track with an adult. Fitness center is available for children 14 years and older (age 11-13 after orientation; see front desk to set up an appointment). A couple is defined as two people living at the same address.

## group fitness classes

Group fitness classes are included as part of the Ackerman SFC member fee. With more than 50 options to choose from each week, you're sure to find a class to fall in love with. Classes do not require registration, and may take place on the court, turf, or in the 2nd floor fitness studio.

#### **VIEW THE CLASS SCHEDULE »**

## walking track

The track is free for Ackerman members. Ages 8-13 must be accompanied by a member age 18 years or older to use the walking track.

#### DAILY DROP-IN

Ackerman	SFC member	Free
R/NR Daily	y Drop-in	\$5/\$7

#### **ANNUAL PASSES**

Resident (Ages 8-59)	\$35
Nonresident (Ages 8-59)	\$50
Senior (Ages 60 & Up)	\$25

## open pickleball

Using a paddle, low net and a plastic ball with holes, this unique sport is enjoyed by people of all ages and athletic abilities thanks to its ease of play and straightforward rules.

#### SCHEDULE

To view the schedule, visit: ackermansfc.com/pickleball

#### FEES

Ackerman SFC member	Free
R/NR Daily Drop-in	\$5/\$7
R/NR 5-Visit Punch Card	\$20/\$30

## open court & turf

No reservations required. Please call the Ackerman SFC front desk for daily available open gym times. Open to both members and non-members.

#### DAILY DROP-IN FEES

Ackerman SFC member	.Free
Youth R/NR Daily Drop-in	.\$4/\$5
Adult R/NR Daily Drop-in	\$5/\$6



## fitness events

BYOB Mothers & Meditation...Page 7 2K Glow Run/Walk...Page 8 Freedom Four 4-Mile Run/Walk...Page 8 Ackerman Summer Shred...Page 8

## monday miles running/walking club

#### **NOW RUNNING YEAR-ROUND!**

Step out with fellow runners, joggers, and walkers every Monday evening from 5 to 7pm, and log your distance to earn special milestone prizes. Monday Miles will be held outdoors at Ackerman Park when weather allows and indoors on the walking track during inclement weather. All ages.

#### Special theme nights this summer include:

Ackerman Night on June 6 Bark in the Park Night on June 20 Nature Night on July 11 Raffle Run on August 1

Free for Ackerman SFC members. Walking track pass or \$3 drop-in fee required for non-members. Contact Michael Nishimura at mnishimura@gepark.org with questions.

Monday Miles will not meet on July 4.



## nutrition coaching

Visit the Ackerman SFC front desk for more information or to setup your sessions.

#### **NEW CLIENT CONSULTATION (60 MINUTES): \$60**

New clients will meet with Kara Downing, Registered Dietitian, to discuss current eating habits, diet/health history, and personal goals. Consultation includes a lifestyle and nutrition assessment and individualized recommendations for reaching your goals, including meal plans, as well as a 30-minute followup appointment to discuss progress, address challenges, and reassessment of individual recommendations if needed.

#### NUTRITION & WELLNESS PACKAGES

Extended nutrition coaching packages are available to further help reach your health goals. Each plan includes email support with two email exchanges per week to ask questions, receive feedback and motivation, as well as additional weekly meal plans.

3-Week Plan: \$80 6-Week Plan: \$165 12-Week Plan: \$325

#### NUTRITION & WELLNESS DISCOUNT ULTIMATE PACKAGE: \$375

Save as you gain more nutritional knowledge with the Ultimate Package, which includes the initial consultation, an in person 30-minute follow-up appointment, and a 12week nutrition plan. Virtual options available as well.

#### ADD PERSONAL TRAINING AND SAVE 10%

Pair your nutritional package with any personal training package and receive 10% off.

## personal training

Our certified personal trainers will design a program that meets your specific fitness needs. They can help you reach and/or maintain your goal by guiding you through safe, productive, supervised workouts.

# of Sessions	Length	Member	Non-Member
One	30 minutes	\$29	\$49
Three	30 minutes	\$84	\$126
Six	30 minutes	\$150	\$225
Twelve	30 minutes	\$282	\$423
One	1 hour	\$45	\$60
Three	1 hour	\$130	\$175
Six	1 hour	\$255	\$340
Twelve	1 hour	\$500	\$638

## sports training

Visit the Ackerman SFC front desk for more information or to setup your sessions.

#### SPORTS PERFORMANCE TRAINING

Strength and Conditioning Coach Mike Nishimura can help players in all sports programs increase their athleticism. Sessions focus on the three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. You'll receive a customized workout plan to target different areas of the body and learn how to properly use workout equipment. Sessions start at \$29.

#### **VOLLEYBALL TRAINING**

All-State Coach Christine Giunta-Mayer offers private lessons for student athletes in 5th grade through college. Private lessons are perfect for players that want to focus on specifics of their game. Sessions start at \$70.

#### **BASKETBALL TRAINING**

Sign up for private lessons from Skill Development Coach Brett Love. Brett has high school and collegiate level playing experience with the credentials to train players to take their skills to the next level. Sessions start at \$45.



## batting cage rentals New!

Four batting cage tunnels are now available to rent at Ackerman SFC. Your batting cage rental includes use of a batting cage tunnel and one L screen. This facility requires visitors to bring their own sport-specific ball. Guests of high school age and older may use the batting cages independently. Guests in 8th grade and below must be accompanied by an adult at all times. Please note, the use of batting cages is not included with memberships, punch cards, or daily drop ins. Batting cages can be reserved in advance by calling (630) 317-0134 or <u>rmiller@gepark.org</u>.



## facility rentals

Three full-size basketball courts and an indoor artificial turf field are available to rent for practices, games, and more. The facility also features two 30' climbing walls, an outdoor volleyball court, and a party room. To learn more, call (630) 317-0134 or email <u>rmiller@gepark.org</u>.

## birthday parties

Our birthday party packages are bursting with activities for kids in an environment that is fun, safe, and truly unique. Choose from a wide variety of age-appropriate themes for kids ages 3 and up. View package options at <u>AckermanSFC.com/birthday-parties</u>.

85 SPRING AVENUE, GLEN ELLYN • (630) 858-2462

Ackerman SFC members use Spring Avenue Fitness Center for free as part of their membership!

## membership fees

Annual memberships are valid for one year from the date of purchase.

Ackerman SFC fitness members have full access to Spring Avenue Fitness Center and group fitness classes.

#### INDIVIDUAL FEES (AGES 14-59)

Annual Pass	.\$245R/\$365NR
3-Month Pass	.\$135R/\$195NR
1-Day Pass	.\$7R/\$8NR

#### SENIOR FEES (AGES 60 & UP)

Annual Pass	\$120R/\$180NR
1-Day Pass	\$4R/\$6NR

## center hours

Monday-Thursday	9am-8pm
Friday	9am-5pm
Saturday	9am-12pm
Sunday	Closed

spring avenue fit

#### HOLIDAY HOURS

Spring Avenue members can utilize Ackerman SFC on holidays when the fitness center is closed.

April 17	Closed
May 30	Closed
July 4	Closed
September 5	Closed

## what you'll find

- Treadmills, Ellipticals, Rowing Machine
- Recumbent Bikes
- Free Weights
- Dual-Station Strength Machines
- Lockers and Showers
- Equipment Orientation

## **SilverSneakers**

If your Medicare health plan, Medicare supplement carrier, or group retiree plan includes SilverSneakers as part of your benefit package, you can work out at no extra cost. Visit the Spring Avenue front desk to learn more.

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# rentals

Planning your next big event? We offer a wide variety of affordable indoor and outdoor venues. Deposits may be required with some rentals. Space is available on a first come, first served basis.





#### Ackerman SFC 800 St. Charles Road, Glen Ellyn

Ackerman SFC has three full-size basketball courts, an indoor artificial turf field, and four batting cages available to rent for practices, games, parties and more. The facility also features an outdoor sand volleyball court and outdoor turf field. **Contact:** Ryan Miller at (630) 317-0134 for general rentals and Stacey Lim (630) 942-7275 for parties.



## Spring Avenue Recreation Center

185 Spring Avenue, Glen Ellyn Spring Avenue Recreation Center can accommodate a variety of events. A single classroom (up to 30 people) or the craft lab (up to 50 people) are available to rent. **Contact:** Christine Hartnett at (630) 942-7268



## Main Street Recreation Center

501 Hill Avenue, Glen Ellyn Conveniently located near downtown Glen Ellyn. Rent a single classroom (up to 30 people), double classroom (up to 50 people), or elementary-sized gymnasium. **Contact:** Christine Hartnett at (630) 942-7268



## **Athletic Fields**

The Glen Ellyn Park District has fields available for soccer, baseball or softball: Ackerman Park, 800 St. Charles Road; Village Green, 130 S. Lambert Road; or Newton Park, 707 Fairview Avenue.

Village Green & Newton Parks: (630) 942-7290

Ackerman Park: Grass Fields: (630) 942-7288 Synthetic Turf Field: (630) 317-0134



## Sunset Pool

483 Fairview Avenue, Glen Ellyn Private pool rentals are perfect for

picnics, neighborhood parties, birthdays, group outings, and more. The pool is available to rent on Friday and Saturday evenings from early June through late August. **Contact:** Chad Shingler at (630) 942-7264





## Maryknoll Clubhouse Party Room

#### 845 Pershing Avenue, Glen Ellyn

Enjoy a gathering with friends, family and co-workers. Room rental includes tables and chairs. Renter may bring in own food, and alcohol is permitted with a liability contract. Maximum number of guests is 50. Room size is 25' x 40'.

## Maryknoll Park Picnic Pavilion

#### 845 Pershing Avenue, Glen Ellyn

This pavilion can accommodate groups of 50 patrons or less. There is a maximum of 6 picnic tables that can be set up for your exclusive use.

## Maryknoll Splash Park

#### 845 Pershing Avenue, Glen Ellyn

The splash park is available for groups of 50 patrons or less Monday-Saturday for private rentals from 7-8:30pm. Rentals include 2 hour use of the pavilion from 6:30-8:30pm. Six permanent picnic tables are set up for your use. Available June through August (excl. July 4).

**Contact:** Christine Hartnett at (630) 942-7268 for Maryknoll Park rentals.





# Boathouse 645 Lenox Road, Glen Ellyn

Located just 25 miles from downtown Chicago, this unique landmark house was built in 1937 as a community facility and was fully restored to its historic beauty in 2016. Beautifully placed along Lake Ellyn, the Boathouse has been home to numerous wedding ceremonies, receptions, anniversary parties, birthdays, and more.

## **NOW BOOKING**

Call Jeannie Robinson at (630) 942-7267 for more details.

SCHOLARSHIP PROGRAM

## Glen Ellyn Park District ScholarShip PARKS & ACTIVITIES FOR EVERYONE

The scholarship program is available to all Glen Ellyn Park District residents that qualify. Scholarship funds can be used for non-contractual camps and classes, pool passes, trips, preschool, fitness, athletics, etc., where fees are required. Funds are not eligible for equipment purchases or rental fees. Residents who qualify are eligible to receive up to \$400 maximum per person per calendar year (January 1-December 31) based on need and availability of funds.

Applicants must be able to provide proof of residency and income as defined on the application. Copies of the application are available at gepark.org/financial-aid or by visiting the Spring Avenue (185 Spring Avenue) or Main Street (501 Hill Avenue) Recreation Centers.

A completed application form along with copies of supporting documents must be returned in person or mailed to: Scholarship Program, Glen Ellyn Park District, 185 Spring Avenue, Glen Ellyn, IL 60137. Please allow up to 3 weeks for the application process. Applicants will be notified by letter or phone of the decision made concerning the scholarship. If you have further questions, call (630) 858-2462.

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		ıs/Trail		tball Field	ourt	Tennis Court (Hard Court)	ourt	inis	all Court	Synthetic Turf Athletic Field	Open Play Area/Grass Fields	Outdoor Fitness Equipment	-	-	F	PAR	ΚI	NFC	DR <i>M</i>	AT	ION
park features	<ul> <li>Denotes also lined for Pickleball</li> </ul>	Walking Paths/Trail	Playground	Baseball/Softball Field	<b>Basketball Court</b>	Tennis Court	Pickleball Court	<b>Platform Tennis</b>	Sand Volleyball Court	Synthetic Tu	Open Play A	Outdoor Fitr	<b>Picnic Shelter</b>	Outdoor Pool	Fishing Pier	Splash Park	Mini Golf	Disc Golf	Skate Park	lce Skating	Sled Hill
Ackerman Park	800 St. Charles Rd.	•	•	•					•	•	•	•									
Babcock Grove Park	324 Linden St.		•								•										
Churchill Park	271 St. Charles Rd.	•											•								
Co-Op Park	515 Wilson Ave.		•								•										
Danby Park	280 Duane St.	•	•								•										
Ellynwood Preserve	801 Ellynwood Dr.																				
Benjamin Gault	625 N. Main St.	•																			
George Ball Park	801 Elm St.					•					•		•								
Glen Ellyn Manor Park	375 Illinois St.	•	•								•										
Glen Oak Park	350 Woodstock Ave.		•								•										
Greenbriar Park	430 Second Place Glendale Heights	•	•								•		•								
Frank Johnson Center	490 Kenilworth Ave.		•								•										
Lake Ellyn Park	645 Lenox Rd.	•	•								•				•					•	
Lake Foxcroft Park	2S540 Lambert Rd.	•	•								•		•		•					•	
Main Street Rec. Ctr.	501 Hill Ave.		•		•						•										
Maryknoll Park	845 Pershing Ave.	•	•					•			•		•			•	•	•			
Newton Park	707 Fairview Ave.		•	•	•	•				•	•		•						•	•	•
Panfish Playground	Maintained by GEPD		•								•										
Sam Perry Preserve	735 Grand Ave.																				
Pfuetze Park	400 N. Park Blvd.										•										
Prairie Path Park	565 Steward Ave.																				
President's Park	265 Cumnor		•								•										
Spalding Park	22W325 2nd St.		•								•		•								
Spring Avenue Rec. Ctr.	185 Spring Ave.										•										
Stacy Park	50 Geneva Rd.		•		•						•		•						•		
Sunset Park	483 Fairview Ave.		•			•					•			•							
Surrey Park	95 Surrey Dr.		•		•						•										
Village Green Park	130 S. Lambert Rd.		•	•	•	•	•				•		•			•					
Walnut Glen Park	860 Walnut St.		•																		

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## **The Fun Starts Here**



WDSRA RECREATIONAL & SOCIAL PROGRAMS: IN-PERSON & VIRTUAL

WDSRA provides fun, engaging recreational and social programs, trips, and special events for children, teens, and adults with special needs. Programs are structured to allow everyone to participate at their own ability level. Through WDSRA each individual has the opportunity to grow personally, connect with their community and discover their potential.

- Sports
- Special Olympics
- Music and Dance
- Art and Drama
- Bowling
- Social Clubs

- Special Events
- Adaptive Sports
- Overnight Outings
- Weeklong Trips
- And much more!

## **INCLUSION SERVICES**

Inclusion Services are designed to provide the least restrictive environment while providing the maximum opportunity to participate in regular park programs. There is no charge for WDSRA support. To register for services, simply indicate that special accommodations are needed on the park district registration form. Two-week advance notice is requested for inclusion support.



Western DuPage Special Recreation Association 630-681-0962 • www.wdsra.com

# district policies

#### **DEFINITION OF RESIDENCY**

Not all Glen Ellyn residents are in the Park District. Anyone living within the geographic boundaries of the Glen Ellyn Park District is considered a resident. Glen Ellyn Park District residents, via property taxes, make financial contributions to the operation of the park system. Non-residents are charged higher fees for programs than residents to compensate for property tax disparity.

Residents of Glen Ellyn who are not residents of the Glen Ellyn Park District or any other park district may receive all the privileges of belonging to the Glen Ellyn Park District by paying the equivalent of Park District taxes annually. This membership allows for priority registration, pool passes, and any other services provided to our residents at the resident rate.

To participate in any Glen Ellyn Park District program, you must sign a waiver releasing the Park District of any liability.

#### **REFUNDS, CANCELLATIONS**

The Glen Ellyn Park District reserves the right to cancel, postpone or combine classes, or change instructors. If insufficient enrollment causes a class to be canceled, notification will be given 7 days in advance, and full tuition refunded. Withdrawals prior to the start of a class will be assessed at minimum a \$5.00 service charge. Refunds for moving, injury/illness, or schedule changes will be pro-rated according to the date the request for a refund is made.

**COMMITMENT TO QUALITY** To encourage first time participation as well as repeat participation, the Park District has a refund policy highlighted by a satisfaction guarantee. This special refund policy provides us with timely feedback about dissatisfaction regarding our services. We can then take prompt action to improve services. If you are not completely satisfied, tell us and we will either: invite you to repeat the class at no charge; allow you a credit that can be applied to another program; issue you a full refund.

Our guarantee is based on fulfilling our promise to deliver the published expectations describing the service you have used. A refund will be granted if you were dissatisfied with the experience due to circumstances under the Park District's control.

Requests for the above-mentioned options must be made before the midpoint of the program or within two weeks of a single meeting activity. All refund requests must be submitted in writing and returned to the Spring Avenue Recreation Center or the Main Street Recreation Center. Satisfaction Guarantee does not apply to trips, special events with prepaid admissions and tickets, and athletic programs where equipment has already been ordered.

#### **FINANCIAL ASSISTANCE**

The Glen Ellyn Park District recognizes there are community residents who may suffer economic setbacks that might preclude their participation in Glen Ellyn Park District programs. Financial assistance forms are available at the Spring Avenue and Main Street Recreation Center. All requests remain confidential. If you have questions, please call (630) 858-2462.

A referral for additional scholarship assistance is also available to gualified resident children under the age of 18 through the Milton Township Youth Committee's Family Youth Scholarship Fund.

#### **INSURANCE**

The Glen Ellyn Park District does not provide medical insurance coverage for individuals who participate in our programs or use our facilities. To do so would make programs and user fees cost prohibitive.

## AMERICANS WITH DISABILITIES ACT The Americans with Disabilities Act (ADA) prohibits

discrimination on the basis of a disability. The Glen Ellyn Park District will make reasonable accommodations in recreation programs to enable participation by an individual with a disability that meets essential eligibility requirements for that leisure program and facility.

If you have questions or believe you have been unfairly discriminated against by the Park District, please contact Nick Cinquegrani at (630) 942-7257. Those who use the Telecommunications Device for the deaf may reach the Park District by calling the Illinois Relay Line at (800) 526-0844.

NON-DISCRIMINATION STATEMENT The Glen Ellyn Park District prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital or family status.

#### **BEHAVIOR POLICY**

Participants are always expected to exhibit appropriate behavior. The following guidelines have been developed to help make Park District programs safe and enjoyable for all participants. Additional rules may be developed for specific programs and athletic leagues as deemed necessary by staff. Participants shall:

- 1. Show respect to all participants and staff, take direction from staff.
- 2. Refrain from using abusive or foul language.
- 3. Refrain from causing bodily harm to self, other participants or staff.
- 4. Show respect for equipment, supplies and facilities.

A positive approach will be used regarding discipline. Staff will periodically review rules with participants during the program session. If inappropriate behavior occurs, prompt resolution will be sought specific to each individual situation. The Park District reserves the right to dismiss a participant whose behavior endangers the safety of themself or others.

#### **ADULT'S CODE OF ETHICS**

- I will encourage good sportsmanship by demonstrating positive support for players, coaches, and officials at every game and practice.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the
- responsibilities of being a youth sports coach. • I will remember that the game is for youth - not
- adults. · I will do my very best to make youth sports fun for
- my child. • I will ask my child to treat other players, coaches,
- and officials with respect regardless of race, gender, creed, or ability.
- I agree with these rules and understand that the Glen Ellyn Park District Associations have adopted a Zero-Tolerance Policy and that not abiding by these rules may restrict me from attending future games and practices.

#### PETS AT EVENTS

The Glen Ellyn Park District asks that everyone please exercise good judgment and leave pets at home when attending events that draw large crowds. Please show respect for other people, yourself and your pet by helping the Park District maintain a safe and healthy environment where all people have the opportunity to participate and enjoy themselves.

#### **NOTICE OF POSSIBLE**

CHANGES IN PLAYBOOK LISTINGS The policies, procedures, requirements, programs, fees and facility availability contained in this Playbook represent Park District program and policies at the time of publication. Sometimes changes in the programs (including fees, locations, times, etc.) and policies are necessary after Playbook publication but prior to program commencement or facility operation.

To provide the best services, programs and facilities to the public, the Park District reserves the right to add, to change, modify or delete any program or policies after they have been published. The Park District will attempt to make a reasonable effort to give prompt public notice of any material changes in the programs and policies, but notice cannot be assured. We apologize for any inconvenience this may cause and appreciate your understanding and cooperation.

#### **PHOTO/VIDEO POLICY**

The Glen Ellyn Park District uses pictures or videos of participants to publicize recreation opportunities in our social media, print, and online marketing. If you do not want a picture taken, please tell our photographer. If the picture has already been taken, please contact the Park District at (630) 942-7260.