



PROGRAMS & EVENTS

Winter 2025

PRPARKS.ORG

847-692-5127

comment@prparks.org



RESIDENT REGISTRATION:

Monday, December 9

7:30am online | 8:30am in person

NON-RESIDENT REGISTRATION:

Friday, December 13

8:30am online & in person



DREAM TOWN REAL ESTATE TEAM FALLICO — COUNT ON US! —

Selling your home next year?

Hire the Top Listing Agents in Park Ridge!

DREAM TOWN

TEAM
FALLICO
— COUNT ON US! —

Craig & Nick Fallico
847.226.0834

TEAMFALLICO.COM

Find out why more Park Ridge sellers choose Team Fallico. Visit our site at teamfallico.com/sellers to learn more about what sets our marketing and experience apart.



7280 W DEVON AVE 🏠

847.226.0834 | TeamFallico.com
TeamFallico@dreamtown.com

Important Registration Information

Registration

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

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

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

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

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

Acceptable forms of proof of residency include:

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

After customer service creates your account, you will receive an email from parkridge@rectrac.com that contains a link which will direct you to our registration site to create a password for access to online registration. Please be aware that this link expires 24 hours after the email is sent.

Click to watch short tutorials:

Creating a Household Account

How to Register Online



Resident Registration Begins Monday, December 9

7:30 am online at prparks.org

8:30am in person

Non-Resident Registration Begins Friday, December 13

8:30am online & in person

Your Residency Verification is Valid for Two Years!

To check if you have a valid Residency Verification pass, log in to your online account, and select "My Membership Card" from the menu. If your membership is current, it will be listed beneath the barcode along with the date range your pass is valid. If you do not see a pass listed with the description of "Residency Verification", your residency needs to be renewed.

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

Options for renewing your residency verification pass:

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

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

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





RECREATION PROGRAMS

- 22-31** Active Adult Classes (Age 55+)
- 74** Adult Athletics
- 61** Adult Classes
- 54** Beyond the Bell
- 64** Canine Classes
- 66** Dance
- 43-48** Early Childhood Classes
- 19-21** Fitness Classes
- 75-76** Gymnastics
- 77** Martial Arts
- 65** Music Lessons
- 52-53** Nature Preschool
- 73** Pickleball Lessons
- 49-51** Preschool
- 55** School Days Off
- 9-11** Special Events
- 62-63** Swim Lessons
- 59-60** Teen Programs
- 68-72** Youth Athletics
- 56-58** Youth Enrichment Classes

RENTALS

- 37-39** Birthday Parties
- 40** Facility Rentals
- 41** Picnic & Pavilion Rentals

FACILITIES

- 32-33** Brickton Art Classes
- 22-31** Centennial Activity Center
- 16-21** Centennial Fitness Center
- 15** Oakton Sports Complex
- 14** Outdoor Skating & Sledding
- 34-36** Wildwood Nature Center



ADDITIONAL INFORMATION

- 83** General Information
- 80** M-NASR (Maine-Niles Association of Special Recreation)
- 79** Park District Affiliates
- 81-82** Parks & Facilities Map
- 84-86** Registration Information
- 78** Scout Group Programs
- 87** Sponsorship
- 6-7** Staff Directory

JOB OPPORTUNITIES

- 8** Join the Team - We're Hiring!

**Resident Registration Begins
Monday, December 9**

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

**Non-Resident Registration Begins
Friday, December 13**

8:30am online & in person

Facilities & Program Locations

Program Locations

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

Park Locations

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

Centennial Activity Center (CAC)

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

The Centennial Activity Center is home to the S.T.A.R. Membership, where active adults 55+ can partake in classes, games, luncheons, events, and trips. The Center also features spacious multi-purpose rooms, a kitchen, and stage available to rent. **See pages 22-31.**



Centennial Fitness Center (CFC)

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

The Centennial Fitness Center features fitness machines, a full gymnasium and elevated indoor walking track, a lap and leisure pool, racquetball courts, and more. Become a member and enjoy the many amenities. **See pages 16-21.**



Maine Park Leisure Center (MPLC)

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

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



Prospect Park (PROS)

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

Prospect Park is the Park District's newest park and facility location. It is home to the Park District's administrative offices, Prospect Park Splash Pad, playground, performing arts area, athletic field, jogging track, and the Paula Hassell O'Connor Community Building, which is available for private rental. **See page 40.**



Oakton Sports Complex (OSC)

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

This facility is currently closed for construction of the new Oakton Sports Complex. Visit prparks.org for project updates.



South Park Recreation Center (SP)

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

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



Wildwood (WPC/WNC)

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

Wildwood Nature Center (WNC), located at 531 Forestview, houses our nature staff, live animals, and Nature Nook environmental playroom. This facility offers drop-in hours for nature discovery! Across the pathway is the Wildwood Program Center (WPC), located at 529 Forestview, which hosts our scheduled nature classes, birthday parties, scout programs, school groups, and camps. Outside these unique facilities, spend some time enjoying the Maine Park Ponds, Prairie, and Woodland. **See page 34-36.**



Staff Directory

Administrative Staff

Executive Director	John Shea, Jr., CPRP	jshea@prparks.org	847-692-3442
Superintendent of Business & Finance	Karen Larson	klarson@prparks.org	847-692-3406
Superintendent of Buildings & Grounds	Terry Wolf, CPSI, CPO	twolf@prparks.org	847-692-3516
Superintendent of Recreation	April Armer, CPRP	aarmer@prparks.org	847-692-3319
Marketing & Public Relations Director	Margaret Holler, CPRE	mholler@prparks.org	847-692-3346
Human Resources Director	Alison Reicher, SHRM-SCP	areicher@prparks.org	847-692-3405
Executive Administrative Assistant	Marybeth Golden	mgolden@prparks.org	847-692-3482

Support Staff

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

Park District Board of Commissioners

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

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



Joan Bende
jbende@prparks.org



Rob Bowe
rbowe@prparks.org



Cindy Grau
cgrau@prparks.org



Melissa Hulting
mhulting@prparks.org



Jennifer LaDuke
jladuke@prparks.org



Brian Matza
bmatza@prparks.org



John Tunnell
jtunnell@prparks.org

OUR MISSION

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

Staff Directory

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



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



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



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



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



Preschool & Early Childhood
Brooke Plofsky (BP)
847-685-4400
bplofsky@prparks.org



Nature Program Coordinator II
Cara Ruffo (CR)
847-232-8746
cruffo@prparks.org



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



Athletics
Jim DiHu (JD)
847-692-3316
jdiHu@prparks.org



Nature Program Coordinator II - Nature Preschool
Molly Kowalski (MK)
224-585-4861
mkowalski@prparks.org



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



Special Events, Parties & Youth
Meghan O'Neill (MO)
847-292-8906
moneill@prparks.org



Nature Program Coordinator I - Nature Preschool
Maggie Martin (MM)
224-585-4862
mmartin@prparks.org



Fitness Supervisor
Laurie Streff (LS)
847-692-5149
lstreff@prparks.org



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



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



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



Teens & Cultural Arts
Mathew Skorupski (MS)
847-692-3367
mskorupski@prparks.org



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



Seniors & Adults
Eileen Gabriel-Gálan (EG)
847-692-3007
egalan@prparks.org



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



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

Now Hiring

at the **PARK RIDGE
PARK DISTRICT**

We have many exciting current and upcoming job opportunities!

Plus, we offer our employees a multitude of great benefits, a flexible schedule, and a fun place to work!

Current Job Opportunities Include:

- **Aquatics**
Lifeguards and Swim Instructors, Part-Time
- **Before & After School Program**
Counselors, Part-Time
- **Centennial Fitness Center**
Fitness Instructor, Part-Time
- **Music & Dance**
Music Instructor, Part-Time

Be sure to visit our online job board often!

**Click this ad to View ALL
of our job openings and
APPLY TODAY!**



where
WORK
MEETS
play

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

Enjoy Employee Benefits valued up to \$6,000!
Fitness Center Membership • Indoor & Outdoor Pool Use
Recreational Classes & more!

SCIENCE NIGHT

Families

CR

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

Winter Themes:

January - CSI Science: Examine fingerprints, analyze chemicals, and follow the clues to have some forensics fun!

February - Bath Bomb Explosions: design and dissolve bath bombs as you explore what makes them fizz and foam.

Activity	Day	Date	Time	R/NR
1160503-03	M	Jan 20	4:00pm-5:00pm	\$22
1160503-04	M	Jan 20	6:00pm-7:00pm	\$22
1160503-05	M	Feb 17	4:00pm-5:00pm	\$22
1160503-06	M	Feb 17	6:00pm-7:00pm	\$22



Valentine's Bash

Ages 1-13

JJ

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

Activity	Day	Date	Time	R/NR
1210107-01	Sa	Feb 8	12:15pm-1:15pm	\$9/\$12

Valentine's Party with the Animals

Ages 3-7 without adult

CR

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

Activity	Day	Date	Time	R/NR
1160210-05	M	Feb 10	6:00pm-7:30pm	\$22/\$26
1160210-06	Tu	Feb 11	6:00pm-7:30pm	\$22/\$26





The Great Family Magic Show

Ages 3 & Up **MO**

Join us for an afternoon of magic you will never forget! The event includes lunch and a magic show. Don't forget your camera for photo ops. Magician starts promptly at 11:45am. Please register in advance; in-person registration is not accepted. Fee is per person. Registration deadline: Jan 12. CAC

Sunday, January 19 • 11:00am-12:30pm
Activity #1150209-01 • \$23 R/\$40 NR per person



Sponsored by

The McGovern Group
RE/MAX Properties Northwest
773.294.9912



Chris Varco
VP of Mortgage Lending
(847) 409-0274
Chris.Varco@proprerate.com
NMLS 99388



A Guaranteed Rate Company


Royal Ball

Ages 3 & Up with Adult **MO**

Hear ye, hear ye! You and your favorite adult are invited to join us for an evening of dinner, dancing, and fun at this year's Royal Ball. Attire is dress to impress and do not forget your camera for photo ops with your favorite princesses. Registration fee is per person. Please register in advance; at-the-door registration is not accepted. Registration deadline: Jan 31. CAC

Friday, February 7 • 6:00pm-8:00pm
Activity #1150302-01 • \$25 R/\$41 NR per person

Add-On Options:
Order Wristlets and Boutonnieres for pickup at the Ball. Your choice of white, red or pink.
Wristlets: \$20 • Activity #1150304-01
Boutonnieres: \$15 • Activity #1150304-02



Sponsored by


The McGovern Group
RE/MAX Properties Northwest
773.294.9912



Chris Varco
VP of Mortgage Lending
(847) 409-0274
Chris.Varco@proprerate.com
NMLS 99388



A Guaranteed Rate Company



St. Patrick's Day Treasure Hunt

All Ages

MO

A mischievous leprechaun dropped his pot of coins. Search high and low - in bushes, behind trees, and other hidden spots - for the cleverly hidden coins, shamrocks, and trinkets. We will provide pots for your treasure. Hunt is outdoors, weather permitting, so please dress accordingly. **CAC**

Activity	Day	Date	Time	R/NR
1150322-01	Su	Mar 9	10:30am-11:00am	\$10

Family St. Patrick's Day Event

Ages 2 & Up

MO

Celebrate the luck of the Irish with a Family St. Patrick's Day Celebration! This fun-filled event is perfect for all ages, offering something for everyone. Enjoy traditional Irish music and lively dances performed by the Trinity Irish Dancers, while the little ones partake in exciting activities like face painting and arts and crafts. Calling all bakers, enter your soda bread in our competition. Our staff will taste and pick the best one, giving you bragging rights for the year! Put on your best green attire and join in the festive spirit. Whether you're looking to enjoy some family-friendly fun or simply soak in the cheerful atmosphere, our St. Patrick's Day celebration is sure to create lasting memories for the whole family! Fee is per person for age 2 & up. **CAC**

Activity	Day	Date	Time	R/NR
1150323-01	Su	Mar 9	11:00am-12:30pm	\$11 per person

Leprechaun Hunt

Ages 2 & Up

MO

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

Activity	Day	Date	Time	Fee
1150501-01	W	Mar 12	Noon-3:00pm	\$21
1150501-02	Th	Mar 13	Noon-3:00pm	\$21

St. Patrick's Day Treasure Hunt & Family Event is sponsored by





Chris Varco
VP of Mortgage Lending
(847) 409-0274
Chris.Varco@properrate.com
NMLS: 19088



A Guaranteed Rate Company

Park District Facilities

Winter 2025



Outdoor Skating & Sledding
Page 14

Oakton Sports Complex
Page 15

**Centennial Fitness Center &
Group Fitness**
Page 16-21

**Centennial Activity Center & Active
Adult Programs (S.T.A.R.)**
Page 22-31

Brickton Art Center
Page 32-33

Wildwood Nature Center
Page 34-36

Parties & Facility Rentals
Page 37-41

CHECK THE FACILITY STATUS

Quickly check our current status information

Statusfy App



Download the app & receive notifications on your phone!



Scan to download the Statusfy App for the Park Ridge Park District.



After you download the app, search for Park Ridge Park District.



Click the star icon to favorite locations.



After you have selected a location as a favorite, you can enable notifications by clicking the bell icon.



Call in!

(847) 847-5055



Check online!

prparks.statusfy.com



Get text messages or emails!



Visit the website, prparks.statusfy.com



Click the star icon to favorite locations.



After you have selected a location as a favorite, click the bell icon to choose to receive email or texts.



Outdoor Skating & Sledding

CENTENNIAL PARK • MAINE PARK • SOUTH PARK



Outdoor Skating

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

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

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

South Park Rink Hours

Daily Dawn-9:00pm

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

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

South Park Ice Rink Rules

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

Flag System for Outdoor Skating at South Park

GREEN FLAG
Good to Skate

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

RED FLAG
Do not Skate

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

Outdoor Sledding

Sledding at Maine Park Bunny Hill

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

Sledding at Centennial Park

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

Sledding Hours

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

Sledding Rules

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

WEATHER GUIDELINES

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

In case of an emergency, please contact 911.

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



Progress continues at Oakton Park!



Indoor Athletic Field



Studio Ice Rink Building



Main Ice Rink

Construction is anticipated to be completed in late Summer 2025.

Keep an eye on our social media channels or click here to view updates on the project at prparks.org.



TRAVEL PROGRAM

Since 1985

Join us for Learn to Play Hockey Classes!

For information on winter programming, please contact Andy Pape at andypape7@gmail.com.

Northern Express Hockey Club has been a respected and successful travel hockey program in Park Ridge, Illinois since 1985.

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

For more information, contact:

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



Centennial Fitness Center

1515 W. TOUHY AVENUE • 847-692-5129



COMMUNITY. FITNESS. FUN.

BECOME A MEMBER TODAY!

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

Centennial Fitness Center Membership Includes:

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



HOURS

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

HOLIDAY HOURS

December 24 7:00am-1:00pm
 December 25 Closed
 December 31 7:00am-1:00pm
 January 1, 2025 Closed

NON-MEMBER DAILY DROP-IN *Effective January 1, 2025*

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

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

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

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

Contact the Staff: We're Here to Help!

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

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

Fitness Supervisor
 Laurie Streff (LS)
 847-692-5149
lstreff@prparks.org

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

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

Centennial Fitness Center

MEMBERSHIP OPTIONS

ANNUAL MEMBERSHIPS <small>Effective January 1, 2025</small>	Monthly Fee
All Access (CFC Membership + Unlimited Group Fitness)	\$87
Individual/Corporate (Age 13-64)	\$46
Daylight Savings (M-F, 9am-3pm)	\$28
Senior (Ages 65 & over)	\$37
Youth - Pool & Gym (Ages 9-12)	\$30
Add-On: Age 12 & under*	\$22
Add-On: Age 13 & over*	\$29
Private Locker*	\$15

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

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

SHORT TERM MEMBERSHIPS <small>Effective January 1, 2025</small>	Fee
Individual 6-Month	\$320
Individual 3-Month	\$180 (\$155 Student)
Individual 1-Month	\$80 (\$65 Student)
Individual 1-Week	\$45

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

ADDITIONAL FITNESS OPTIONS

Unlimited Group Fitness Pass

Fee: \$75 per month

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

Private Locker Rental

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

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



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

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



FREE
EQUIPMENT ORIENTATION
 AVAILABLE TO NEW OR EXISTING MEMBERS
 SIGN UP AT THE FRONT DESK TODAY FOR YOUR FREE TUTORIAL

TEEN FITNESS ORIENTATION

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

[Register for Teen Fitness Orientation](#)

Centennial Fitness Center Meet-Up Groups

With your Fitness Center Membership, you are welcome to join these meet-up groups. Non-members, purchase a day pass for \$5 R/\$6 NR and join the group!

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

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



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

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

Meet Our Personal Trainers



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



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



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



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



Janet Glown: Bachelor's Degree in Nutrition. NASM Certified Personal Trainer. Former competitive body builder. Specializes in Weight Loss, Strength Training, Body Building, TRX, Circuits, Boxing. **Available: Mon-Fri; weekends upon request**



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



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



David Villarreal: With 11 years of experience as a certified personal trainer and a background as an athlete, David brings dedication and expertise to his clients. He has education in massage therapy and an EMT license, further enhancing his understanding of the human body and ensuring a safe, effective training environment. David focuses on holistic fitness, integrating strength, endurance, and recovery strategies. Whether you're aiming to boost performance or improve overall well-being, he is committed to helping you achieve your goals and live a healthier, more active life. **Available: Sun 7:00am-Noon; Mon 6:00am-5:00pm; Wed 6:00am-5:00pm; Fri 6:00am-2:00pm**



Nahi Lichtenstein: Nahi is a certified personal trainer and nutrition coach with NASM. He has experience coaching one-on-one and group training in both commercial gym settings and private at-home sessions. Nahi has worked with clients of all ages and backgrounds and has helped them achieve their goals - whether that is strength or nutrition. He is well versed in all aspects of fitness and enjoys sharing that knowledge with others. **Available: Mon-Fri 6:00am-Noon or 4:00pm-7:00pm; Sat Noon-4:00pm**

Group Fitness

[Click here to view our current class schedule. Schedule is subject to change based on participation.](#)

Group Fitness

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

1. PURCHASE A CLASS PASS

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

Fees for Class Passes are as follows (effective January 1, 2025):

CLASS PASS FEES	Single Class	10-Pass	20-Pass
Individual (Age 13-64)	\$13	\$113	\$205
Individual, Member Discount	\$11	\$82	\$155
Senior (Age 65 & over)	\$12	\$98	\$183
Senior, Member Discount	\$9	\$77	\$144

UNLIMITED GROUP FITNESS PASS

\$75/month

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

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

[CLICK HERE TO PURCHASE ONLINE](#)

2. RESERVE YOUR SPOT IN GROUP EX PRO

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

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

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



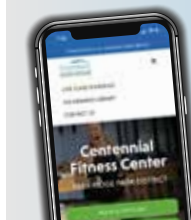
What should you bring to class?

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

We Kindly Request:

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

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



No time to get to the Fitness Center?
Take classes with your favorite instructors

ON DEMAND!

[Click here to learn more!](#)

[Click here to view our current class schedule.](#) Schedule is subject to change based on participation.

STRENGTH

Barre Above® blends the latest exercise science with the principles of the Lotte Berk method (the genesis of the Barre movement) delivering a fusion of ballet, pilates, yoga and strength training in each workout.

Power Pump Using moderately weighted barbells, dumbbells and weighted bars with lots of reps, this class gives you a total body resistance training workout.

Strictly Strength & Sunrise Strength A full body, strength workout using body bars, barbells, dumbbells to build muscular strength and endurance. Core conditioning added to the mix for a complete workout. No muscles neglected!

TRX Developed by a Navy Seal! A full-body, small-group workout using your body and a strap to improve strength, flexibility, and mobility. All levels welcome.

TOTAL BODY CONDITIONING

3D Strength & Stability This whole-body conditioning class uses Therabands, hand weights, and the PelvicorePro ball to challenge the body 3-dimensionally in order to integrate movement and improve mobility, stability, and coordination.

Fit Start gives you a comprehensive workout to get your heart beat going and your muscles stronger. It is low impact fitness for all levels, with easy to follow step moves and cardio strength intervals.

Functional Fitness Experience this dynamic combination of fun cardio activity, effective strength training moves, and engaging balance exercises to prepare for life's functional fitness challenges.

Intervals A challenging, ever-changing workout using the principles of interval training to get stronger, increase endurance, build your body's aerobic and anaerobic capacity, and improve core strength and balance.

Step Interval A high-energy, low-impact workout combining simple, fun step choreography with weight intervals designed to keep you moving. Boost your cardio, strengthen your lower body and core, and improve balance, agility, and bone mineral density.

Tabata Fit Intervals of cardio, strength training, core conditioning in this high intensity class.

Total Body Trifecta Challenge yourself with upper body, lower body, and core exercises repeated in sets of 3 for an effective circuit. Rev it up with total body cardio for a heart rate burst at the end of each Trifecta.

CYCLING

Power Ride Using the Coach by Color system, riders are guided through a variety of intensities uniquely fit to each individual.

Rhythm Ride For those who love to connect to a beat...this ride is all about feeling the energy of the music!

Rhythm & Weights This full body, fully energized workout incorporates free weights while riding to the rhythm of the music.

Spin & Pump Get an upper body strength workout along with heart-pumping cardio! This class alternates riding segments with upper body resistance training.

AQUA

Aqua Fit Cardio and strength workout in the pool using resistance bands, water barbells, noodles, and more. No swimming skills required.

Aqua Zumba® High energy Latin music and movement in the pool for all fitness levels. Low impact; requires no swimming or dancing skills.

YOGA

Gentle Yoga Great for beginners, seniors, and those with limitations or prior injury. Ability to stand up and down and move independently is needed. Class is a well rounded, alignment-based practice with mindful transitions and modifications for personalizing the poses.

Gentle Yoga Stretch This class focuses on gentle stretching, low impact postures, mindful breathing, and relaxation techniques to improve both physical and mental health. Modifications are offered to help people of all fitness levels.

Restorative Yin Yoga is an all-level class that works deeply into the muscles, connective tissues, and joints to lengthen and release tension. Class consists of floor poses (seated, supine and prone) held for 3-5 minutes with props.

Slow Flow Vinyasa Yoga is a slower pace class, mindfully moving, and breathing while holding poses longer. You explore your edge, yet still feel a relaxed and renewed experience. This class is geared towards all practitioners looking to build muscle strength.

CORE & MOBILITY

Pelvic and Core This class strengthens your pelvic floor (improving bladder control) and strengthens the glutes with movements from Yoga/Pilates and using the Pelvicore ball.

CIRCL Mobility - Based on the science of functional movement, this is a challenging class that focuses on flexibility, breath work, and mobility exercises. Release stress, restore your range of motion, and renew your ability to move better, longer.

Pilates Barre Fusion This mash-up of two fitness formats delivers core awareness and strength in effective and efficient ways. Discover how mixing controlled Pilates and Barre movements with speed and tempo changes alters intensity variables and builds core strength to enhance spinal stabilization and total body agility. This class is suitable for all fitness levels.

CARDIO

Strength & Cardio is the perfect class to get it all. This class rotates through strength sequences with short cardio drills included to burn calories and hit every muscle group.

Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

WERQ Dance Fitness is the wildly addictive cardio dance workout based on trending pop and hip hop music. Join our judgment-free dance space built on good vibes, a great sweat, and a supportive community.

Specialty Group Fitness

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

Yoga for Stress and Anxiety Relief

Ages 18 & Up

LS

Experience how the tools of yoga can help relieve symptoms of stress and anxiety. We explore breath work (pranayama), gentle movement (asana), and guided meditation to down regulate the nervous system and release muscle tension while cultivating an awareness. These skills can be used both on and off the yoga mat. No previous yoga experience required; beginners are welcome! **CFC**

Activity	Day	Date	Time	M/NM
1225129-01	Tu	Jan 7-Feb 11	11:45am-12:45pm	\$75/\$88
1225129-02	Tu	Feb 18-Mar 25	11:45am-12:45pm	\$75/\$88

LaBlast Line Dancing

Ages 18 & Up

LS

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

Activity	Day	Date	Time	M/NM
1225103-01	Th	Feb 6-Mar 13	7:00pm-8:00pm	\$75/\$88

Tai Chi

Ages 18 & Up

LS

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

Activity	Day	Date	Time	M/NM
1225102-01	Th	Jan 9-Feb 13	12:45pm-1:30pm	\$75/\$88
1225102-02	Th	Feb 20-Mar 27	12:45pm-1:30pm	\$75/\$88

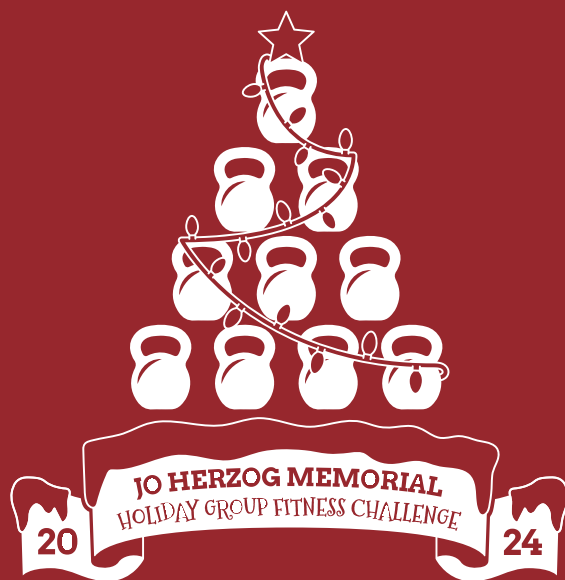
Yoga for Bone Health, Strength, and Balance

Ages 18 & Up

LS

This empowering yoga series provides professional guidance, gentle adaptations, and instruction of essential yoga poses to improve your bone health, strength, and balance. Each session concludes with breathing and relaxation techniques to embrace overall wellbeing, so that you can enjoy an active life with confidence. Instructor: Cindy Dienhart, E-RYT 200, RYT 500, YACEP & Certified Yoga Teacher for Osteoporosis. **CFC**

Activity	Day	Date	Time	M/NM
1225118-01	M	Jan 6-Feb 10	Noon-1:00pm	\$75/\$88
1225118-02	M	Feb 17-Mar 24	Noon-1:00pm	\$75/\$88



How to Join Pick up a participant challenge card at the front desk. Complete Challenge #1 to earn 1 raffle entry. Earn one bonus entry for completing Challenge #2 and another entry for completing Challenge #3.

ALL PARTICIPANTS RECEIVE A T-SHIRT!

Challenges

- 1 ATTEND 15 GROUP FITNESS CLASSES between December 2-31**
Ask your instructor to initial and date the challenge card at each class.
- 2 BRING A NEW CFC GUEST to One Group Fitness Class**
Check in with your guest at the front desk.
- 3 REGISTER for 1 Personal Training Session or Equipment Orientation Session**
At the completion of the session, ask the trainer to initial and date the card. Session must be scheduled by January 15, 2025.

Challenge Prizes

- 1st Prize:** Winner's choice of 1 Month All Access Membership or a 10-pack Class Pass
- 2nd Prize:** Winner's choice of 2 Weeks All Access Membership or a 5-pack Class Pass
- 3rd Prize:** Two Single Class Passes

For more information, call Laurie Streff at 847-692-5149.

FOOD DRIVE In conjunction with the Challenge, we are hosting a food drive for the Maine Township Food Pantry. Drop off items from December 2-19.



Centennial Activity Center

100 S. WESTERN AVENUE • 847-692-3597



HOME OF THE S.T.A.R.S.!



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

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

S.T.A.R. Members can begin registering for all Active Adult programming on December 9. Non-Member registration begins on December 13.

OFFICE HOURS

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

HOLIDAY HOURS

December 24-25 Closed
December 31 Closed
January 1 Closed

S.T.A.R. MEMBERSHIP FEES

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

	Resident	Non-Resident
Single	\$52	\$74
Couple	\$80	\$108
Over 90 Single	\$26	\$37
Over 90 Couple	\$40	\$54

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

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

Contact the Staff: We're Here to Help!

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

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



Weekly Drop-In Fun!

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

Day	Time	Class	Fee
M	9:00am-Noon	Mah Jongg	Free
	1:00pm-4:00pm	Table Tennis	Free
	2:30pm-3:30pm	Uketones	Free
	Anytime	Cards & Games	Free
Tu	10:00am-11:00am	Science for the Inquisitive Mind (3rd Tues of the month)	Free
	12:30pm-4:15pm	Bunco (1st & 3rd Tues of the month)	\$1
	1:00pm	Pinochle (2nd & 4th Tues of the month)	Free
	1:00pm-4:00pm	Table Tennis	Free
	1:00pm-4:00pm	Older Adults Benefits Specialist (3rd Tues of the month)	Free
	Anytime	Cards & Games	Free
W	9:00am-Noon	Mah Jongg	Free
	1:00pm-4:00pm	Table Tennis	Free
	1:00pm-4:15pm	Gamers	Free
	Anytime	Cards & Games	Free
Th	1:00pm-3:00pm	Book Worms (1st Thurs of the month)	Free
	1:00pm-4:00pm	Table Tennis	Free
	1:00pm-4:00pm	Sit & Stitch	Free
	Anytime	Cards & Games	Free
F	9:00am-12:45pm	Duplicate Bridge	Free
	12:45pm-4:30pm	Gamers	Free
	1:00pm-4:00pm	Table Tennis	Free

S.T.A.R. Clubs & Services

LENDING CLOSET

We have a variety of medical equipment for use. We are currently in need of walkers, wheelchairs, rollators, and shower benches. Please call 847-692-3597 to check on availability or schedule a drop-off time.

LENDING LIBRARY

Our Lending Library is available Monday-Friday, 8:30am-4:30pm. We are currently looking for large print books, mystery books, and puzzles.

UKETONES

Mondays, 2:30pm-3:30pm

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

STREET SMART SENIORS

**Park Ridge Police Department
3rd Tuesday of the month, bimonthly, 9:00am**

The Police are back bringing you bi-monthly topics to keep you aware of things going on in our community and the greater Chicago area. Coffee and light refreshments are provided. Registration is required.

Activity	Day	Date	Time
1230811-01	Tu	Feb 18	9:00am

SCIENCE FOR THE INQUISITIVE MIND

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

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

OLDER ADULT BENEFITS SPECIALIST

3rd Tuesday of the month, 1:00pm-4:00pm

North Shore Senior Center Older Adult Benefits Specialist, Robin, is available for Medicare assistance, supportive services, and entitlement application assistance. Please contact the registration office for further contact information outside normal office hours.

BOOKWORMS

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

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

SIT & STITCH

Thursdays, 1:00pm-4:00pm

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

TABLE TENNIS

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

Friendly competition - all levels welcome!

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



Special Events

The Flavors of Poland

Ages 55 & Up EG

Delight your taste buds with the flavors of Poland as you embody the spirit of Polish cuisine. Whether it's traditional or popular Polish foods, enjoy a taste of Poland on your plate! **Registration deadline: Jan 2. CAC**

Activity	Day	Date	Time	M/NM
1230104-01	F	Jan 10	12:30pm-1:30pm	\$22/\$25

Celebrate Lunar New Year!

Ages 55 & Up EG

Welcome in the Year of the Snake and celebrate Lunar New Year Season. It is a holiday observed by about 20% of the world's population, yet many are unfamiliar with how it is celebrated. Educator Yvonne Wolf will tell us about the Chinese calendar in relation to the Chinese New Year, the rites, activities, symbols, and foods associated with it. Enjoy delicious Chinese cuisine and learn what makes Lunar New Year a lot of fun to celebrate. **Registration deadline: Jan 13. CAC**

Activity	Day	Date	Time	M/NM
1230103-01	W	Jan 22	12:30pm-2:15pm	\$30/\$32
1230103-02	W	Jan 22	1:15pm-2:15pm	\$12/\$14 (show only)

The Art of Mah Jongg Luncheon

Ages 55 & Up EG

Mah jongg came a long way...from China to the United States. Enjoy delicious Chinese cuisine and learn from educator, Yvonne Wolf, who will enlighten you about how that journey came about, what the Mahjong characters (AKA kraks), bamboos (AKA bams), and dots represent, and the difference between Mah jongg and mahjong. Yvonne Wolf also explains the history, cultural symbols, Chinese expressions, and cultural evolution of the internationally popular game. **Registration deadline: Feb 24. CAC**

Activity	Day	Date	Time	M/NM
1230105-01	W	Mar 5	12:30pm-2:15pm	\$30/\$32
1230105-02	W	Mar 5	1:15pm-2:15pm	\$12/\$14 (show only)

Valentine's Day Luncheon

Ages 55 & Up EG

Celebrate Valentine's Day with a delicious lunch and sweets followed by a uniquely entertaining program, "The Rich and Romantic History of Valentines" with Ellie Carlson. See S.T.A.R. newsletter for lunch menu. **Registration deadline: Feb 3. CAC**

Activity	Day	Date	Time	M/NM
1230106-01	M	Feb 10	12:30pm-2:15pm	\$28/\$30
1230106-02	M	Feb 10	1:15pm-2:15pm	\$12/\$14 (show only)

Oscar Party

Ages 55 & Up EG

Join us for lunch as we celebrate the 97th Academy Awards honoring motion pictures released in 2024. Ron Falzone, an award-winning screenwriter, associate professor in Cinema and Television Arts, and an instructor in film comedy at Second City's Film School at Chicago's famed Second City, will share clips and review this year's films and personalities. You will also get to vote on who you believe will win in each category, and the person(s) with the most correct wins a prize. Menu announced in the S.T.A.R. Newsletter. **Registration deadline: Feb 17. CAC**

Activity	Day	Date	Time	M/NM
1230107-01	Th	Feb 27	12:30pm-2:45pm	\$28/\$30
1230107-02	Th	Feb 27	1:15pm-2:45pm	\$12/\$14 (show only)

St. Patrick's Day Luncheon

Featuring Harrington's Corned Beef Dinner

Ages 55 & Up EG

Celebrate St. Patrick's Day with fun, fellowship, an abundance of green, and a little taste of Ireland! Harrington's is back with their traditional lunch of corned beef, boiled potatoes, cabbage, Irish soda bread with butter, horseradish and mustard, and dessert. Once you've gotten your fill of traditional Irish fare, sit back and enjoy Irish American singer and songwriter, Terry Byrne. **Registration deadline: Feb 24. CAC**

Activity	Day	Date	Time	M/NM
1230108-01	M	Mar 10	12:30pm-2:15pm	\$38/\$42
1230108-02	M	Mar 10	1:15pm-2:15pm	\$12/\$14 (show only)

Sounds of Spring Luncheon

Ages 55 & Up EG

Welcome milder, warmer weather, more daylight, plants beginning to grow, and deciduous trees unfurling their leaves. Join your friends to enjoy the sounds of Jerry Rite as he brings us the best of 50s, 60s and 70s music. See S.T.A.R. Newsletter for lunch menu. **Registration deadline: Mar 17. CAC**

Activity	Day	Date	Time	M/NM
1230110-01	W	Mar 26	12:30pm-2:15pm	\$28/\$30
1230110-02	W	Mar 26	1:15pm-2:15pm	\$12/\$14 (show only)

Feast of Olives Tasting

Ages 55 & Up EG

Where and how do olives grow? Aleca Breneman teaches us how olives are made into olive oil, and about the many health benefits of olives and olive oil. Taste a variety of olives, olive oil, bread, crackers, and Parmesan cheese. Tasting includes a Mediterranean "Tapenade," a healthy mixture of olives. You will receive a list of recipes to make and share with family and friends. Bonus: there will be a drawing for a special gift. **Registration deadline: Mar 19. CAC**

Activity	Day	Date	Time	M/NM
1230111-01	F	Mar 28	12:30pm-1:30pm	\$20/\$22

Luncheons

Just Lunch

Ages 55 & Up

EG

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

Activity	Day	Date	Time	M/NM
1230304-01	M	Jan 6	Noon-1:00pm	\$16/\$17
1230304-02	M	Feb 3	Noon-1:00pm	\$16/\$17
1230304-03	M	Mar 3	Noon-1:00pm	\$16/\$17

S.T.A.R. Movies & Games

Oscar Series

Ages 55 & Up

EG

Join us to view five Oscar nominated movies with fresh popcorn. Check with the front desk for movie titles, which will be available January 18. We'll also be throwing an Oscar Party on February 27. See page 24 for more details. **CAC**

Activity	Day	Date	Time	M/NM
1230404-01	M	Jan 27	1:00pm-3:30pm	\$4/\$5
1230404-02	M	Feb 3	1:00pm-3:30pm	\$4/\$5
1230404-03	M	Feb 10	1:00pm-3:30pm	\$4/\$5
1230404-04	M	Feb 17	1:00pm-3:30pm	\$4/\$5
1230404-05	M	Feb 24	1:00pm-3:30pm	\$4/\$5

New Movies

Ages 55 & Up

EG

Enjoy the latest movie releases along with freshly popped popcorn! Check the S.T.A.R. Newsletter for the movie of the month. **CAC**

Activity	Day	Date	Time	M/NM
1230401-01	M	Mar 3	1:00pm-3:30pm	\$4/\$5

Bingo and Pizza

Ages 55 & Up

EG

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

Activity	Day	Date	Time	M/NM
1230305-01	W	Jan 15	12:30pm-2:30pm	\$14/\$16
1230305-02	W	Feb 19	12:30pm-2:30pm	\$14/\$16
1230305-03	W	Mar 19	12:30pm-2:30pm	\$14/\$16



Poker Tournament

Ages 55 & Up

EG

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

Activity	Day	Date	Time	M/NM
1230514-01	Th	Jan 16	1:00pm-4:00pm	\$9/\$11
1230514-02	Th	Feb 20	1:00pm-4:00pm	\$9/\$11
1230514-03	Th	Mar 20	1:00pm-4:00pm	\$9/\$11

Centennial Game Show


Ages 55 & Up

EG

Want to have some fun and spirited competition? Spend a Wednesday afternoon competing against your friends in a friendly game showdown! Test your knowledge through a variety of games, from classics like *Who Wants to Be a Millionaire*, *Wheel of Fortune*, and *Family Feud*, to name a few. Enjoy a delicious seasonal treat and hone in on your skills! **CAC**

Activity	Day	Date	Time	M/NM
1230533-01	W	Feb 5	1:30pm-3:00pm	\$5/\$7

AARP Tax Preparation



We will start taking appointments for 2024 taxes on Monday, January 20. Call 847-692-3597.

Educational Seminars

Navigating Real Estate Trends & Simplifying Your Space

Ages 55 & Up

EG

Discover the latest real estate trends and learn how to make informed decisions in today's market. Whether you're considering downsizing, relocating, or simply curious about the value of your home, we'll cover what you need to know. Plus, get practical tips on de-cluttering to create a more organized, stress-free living environment. Simplify your space, maximize your comfort, and set the stage for a fresh chapter in life. This is your chance to ask questions, share experiences, and gain insights in a friendly and supportive atmosphere. Let's make your home work better for you! Instructor: Anna Purymska. **CAC**

Sponsored by



Activity	Day	Date	Time	M/NM
1230309-01	Th	Jan 23	10:00am-11:00am	Free

Boost Your Brain Health

Ages 55 & Up

EG

Research has shown that decision-making skills improve as we age. Discover how to keep your mind sharp, healthy, and fit. This series provides you with exercises to enhance brain health, address management of other factors such as sleep, nutrition, supplements, and so much more! Instructor: Mary Bielski, RN, MSN, EdD. **CAC**

Activity	Day	Date	Time	M/NM
1230308-01	Tu	Feb 4-Feb 25	1:30pm-3:30pm	\$40/\$56

The Importance of Gut Health with a Salty Twist

Ages 55 & Up

EG

Enhance your health, feel better, and eat better. Learn about the benefits of salt in your diet, why you need it, how much is too much, and how to cut back. Discover the differences and benefits of prebiotics vs. probiotics, their sources, and how they affect gut health, our immune system, allergies, and viruses. Instructor: Mary Bielski, RN, MSN, EdD. **CAC**

Activity	Day	Date	Time	M/NM
1230313-01	F	Feb 7	1:30pm-3:00pm	\$8/\$10

AARP Driver Safety

Ages 55 & Up

EG

This eight-hour, two-day course is for motorists age 55 and older. It focuses on the physical changes that accompany aging and on ways older adult drivers can compensate for these changes to improve their driving skills. After taking this course you will be eligible for a multi-year discount on your car insurance! Fee must be paid on the first day of class to AARP. Make checks payable to AARP. Credit cards will not be accepted. Registration is required. Instructor: Phil Breneman. **CAC**

Activity	Day	Date	Time
1230202-01	W & Th	Feb 12 & 13	8:30am-12:30pm

Fee: \$20 AARP Member / \$25 AARP Non-Member

Your Diet, Your Bones & How the Two Work Together

Ages 55 & Up

EG

Learn about carbonated beverages and its effect on your bones, including the impact of vitamins, herbs, and supplements on health. Discover what you need to add to your diet, or not. Instructor: Mary Bielski, RN, MSN, EdD. **CAC**

Activity	Day	Date	Time	M/NM
1230314-01	F	Feb 21	1:30pm-3:00pm	\$8/\$10

Brain Fog **NEW!**

Ages 55 & Up

EG

What is brain fog? How long has it been a medical diagnosis? How is it diagnosed and treated? Can it be prevented? Instructor: Mary Bielski, RN, MSN, EdD. **CAC**

Activity	Day	Date	Time	M/NM
1230315-01	Tu	Mar 4	1:00pm-2:30pm	\$8/\$10
1230315-02	Tu	Mar 11	1:00pm-2:30pm	\$8/\$10

Impact of AI on Healthcare **NEW!**

Ages 55 & Up

EG

Artificial Intelligence: What is it? Should I be concerned? How will it impact me and my health? What is it used for? What are the advantages and disadvantages? Instructor: Mary Bielski, RN, MSN, EdD. **CAC**

Activity	Day	Date	Time	M/NM
1230316-01	Tu	Mar 18	1:00pm-2:30pm	\$8/\$10
1230316-02	Tu	Mar 25	1:00pm-2:30pm	\$8/\$10

What is Senior Medicare Patrol?

Ages 55 & Up

EG

Find out how The Senior Medicare Patrol educates Medicare beneficiaries about what they can do to prevent Medicare fraud, how to report it, how they provide information about current scams, consequences of scams and participate in an informational Bingo session with prizes. This is a free program, but registration is required. **CAC**

Sponsored by



Activity	Day	Date	Time	M/NM
1230317-01	Th	Mar 27	1:00pm-2:00pm	FREE

Take Charge of Your Health Preview Session

Ages 55 & Up

EG

Learn about this evidence-based series of workshops designed to empower seniors to manage chronic conditions and improve your overall health and well-being. This is a free program, but registration is required. **CAC**

Sponsored by



Activity	Day	Date	Time	M/NM
1230318-01	Th	Mar 27	2:00pm-3:00pm	FREE

Fitness Classes

Yoga for Aging Well

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

Activity	Day	Date	Time	M/NM
1230601-01	M	Jan 6-Feb 10	10:00am-10:45am	\$54/\$66
1230601-02	M	Feb 17-Mar 24	10:00am-10:45am	\$54/\$66

Mindful Chair Yoga

Combine mindfulness practices with yoga movements and breath work that will help you find strength, flexibility, and balance. Tuesday class incorporates seated and standing poses using a chair and mat. Thursday class is entirely on a chair. All experience levels are welcome. Please bring your own mat. Class size is limited, so sign up today. Instructor: Maryann Beckman-Berman. **CAC**

Activity	Day	Date	Time	M/NM
1230602-01	Tu	Jan 7-Feb 11	10:15am-11:00am	\$54/\$66
1230602-02	Th	Jan 9-Feb 13	10:15am-11:00am	\$54/\$66
1230602-03	Tu	Feb 18-Mar 25	10:15am-11:00am	\$54/\$66
1230602-04	Th	Feb 20-Mar 27	10:15am-11:00am	\$54/\$66

Gentle Exercise with a Therapy Dog

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

Activity	Day	Date	Time	M/NM
1230521-01	Tu	Jan 7-Feb 11	12:30pm-1:15pm	\$54/\$66
1230521-02	Tu	Feb 18-Mar 25	12:30pm-1:15pm	\$54/\$66

FUNctional Fitness

Join us Wednesday and Friday mornings for a combo of cardio and resistance training. Please wear comfortable gym shoes. Instructor: Maria Nickolson (Wed) and Meghan Cashman (Fri). **CAC**

Activity	Day	Date	Time	M/NM
1230610-01	W	Jan 8-Feb 12	9:00am-10:00am	\$42/\$54
1230610-02	F	Jan 10-Feb 14	9:00am-10:00am	\$42/\$54
1230610-03	W	Feb 19-Mar 26	9:00am-10:00am	\$42/\$54
1230610-04	F	Feb 21-Mar 28	9:00am-10:00am	\$42/\$54

Balance Burst

This class is a combination of balance and flexibility training with a "burst" of resistance and cardio training to enhance better balance and movement. The class is designed for those that prefer a workout without the added impact to joints. A portion includes basic aerobic movements performed while either sitting or standing. Instructor: Michele Crump. No class March 21. **CAC**

Activity	Day	Date	Time	M/NM
1230616-01	F	Jan 10-Feb 7	10:15am-11:15am	\$35/\$45
1230616-02	F	Feb 21-Mar 28	10:15am-11:15am	\$35/\$45

Seated Pelvic Core Fusion - Cardio

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

Activity	Day	Date	Time	M/NM
1230611-01	Tu	Jan 7-Feb 11	9:10am-10:00am	\$42/\$54
1230611-02	Tu	Feb 18-Mar 25	9:10am-10:00am	\$42/\$54

Seated Pelvic Core Fusion – Flexibility

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

Activity	Day	Date	Time	M/NM
1230614-01	W	Jan 8-Feb 12	10:30am-11:30am	\$42/\$54
1230614-02	W	Feb 19-Mar 26	10:30am-11:30am	\$42/\$54

Tai Chi for Arthritis and Chronic Conditions

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

Activity	Day	Date	Time	M/NM
1230603-01	F	Jan 10-Feb 14	11:30am-12:15pm	\$54/\$66
1230603-02	F	Feb 21-Mar 28	11:30am-12:15pm	\$54/\$66

Sculpt & Stretch **NEW!**

This 45-minute class combines the use of free weights to strengthen, resistance bands to lengthen, and stretching to increase flexibility. Warm-up consists of light stretching and low cardio to prep the muscles and joints. Next, 30 minutes of resistance training using resistance bands and dumbbells strengthens and further sculpts the muscles, followed by gentle stretching for a complete cool-down. Instructor: Michele Crump. No class: Jan 20, Feb 17. **CAC**

Activity	Day	Date	Time	M/NM
1230617-01	M	Jan 6-Feb 17	11:00am-11:45am	\$28/\$36
1230617-02	M	Feb 24-Mar 24	11:00am-11:45am	\$28/\$36

Chair Pilates **NEW!**

Chair Pilates is a seated exercise class utilizing gentle stretches to improve core, posture, bone density, and balance. Use of light resistance bands and balls may be included for added optional intensity. Instructor: Michele Crump. No class: Feb 27, Mar 20. **CAC**

Activity	Day	Date	Time	M/NM
1230618-01	Th	Jan 9-Feb 13	2:00pm-2:45pm	\$42/\$54
1230618-02	Th	Feb 20-Mar 27	2:00pm-2:45pm	\$28/\$36

Special Interest Classes

Jewelry Making Series

Ages 55 & Up

EG

Learn easy and fun ways to make jewelry in this 3-part jewelry making series. Come to one or to all three classes where you will make bracelets, earrings, or necklaces. Create unique pieces for yourself or to gift. You can design the pieces to be worn together or separately. All supplies and instruction included. Instructor: Robin Moss. **CAC**

Activity	Day	Date	Time	M/NM	Item
1230532-01	M	Jan 13	10:00am-Noon	\$15/\$17	Bracelet
1230532-02	M	Jan 20	10:00am-Noon	\$15/\$17	Earrings
1230532-03	M	Jan 27	10:00am-Noon	\$15/\$17	Necklace

No Sew Fleece Shawl **NEW!**

Ages 55 & Up

EG

Make your own personal and warm shawl out of fleece with easy no sew steps. There are several fleece material pieces for you to choose from. Supplies are included. Please bring your own fabric scissors. Instructor: Robin Moss. **CAC**

Activity	Day	Date	Time	M/NM
1230534-01	F	Jan 17	1:00pm-3:00pm	\$25/\$30

Sun Macramé Wall Hanging

Ages 55 & Up

EG

Let's celebrate Spring with an easy macramé wall hanging to brighten any room! Knots are very beginner friendly and easy to learn. All supplies are provided. Instructor: Robin Moss. **CAC**

Activity	Day	Date	Time	M/NM
1230535-01	M	Feb 24	10:00am-Noon	\$15/\$17

Art Workshop

Ages 55 & Up

EG

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

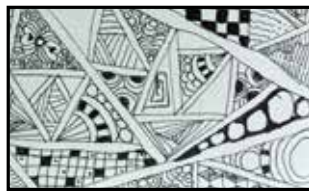
Activity	Day	Date	Time	M/NM
1230501-01	M	Jan 6-Feb 10	10:00am-Noon	\$66/\$78
1230501-02	M	Feb 17-Mar 24	10:00am-Noon	\$66/\$78

Zentangle 4-Week Workshop

Ages 55 & Up

EG

Learn the process of Zentangle, where anyone can be an artist using simple strokes or expand what you already know. Use different color pens and pencils on a grey surface to create a magical effect that lends itself to this time of year. All supplies are included. Instructor: Robin Moss. **CAC**



Activity	Day	Date	Time	M/NM
1230529-01	Tu	Jan 7-Jan 28	11:00am-Noon	\$40/\$45



Spring Wood Napkin Holder **NEW!**

Ages 18 & Up

EG

Create an outside napkin holder that you can build and decorate. No cutting, just drill, glue, assemble, and decorate. Supplies are provided to paint and finish it. Instructor: Ted Sigg. **CAC**

Activity	Day	Date	Time	Fee
1230536-01	W	Mar 5	1:00pm-3:00pm	\$10

Plant Box Making

Ages 18 & Up

EG

Build a 2 ft. plant box with a rack that holds four round flower pots. The plant box can be decorated and used inside, while the rack and flower pots can be used outside, if desired. All materials for the plant box, flower pots, potting soil, and seedlings are provided. If you desire, you can bring your own seeds or seedlings. Decorating of the plant box is on your own. Instructor: Ted Sigg. **Registration deadline: Mar 3. CAC**

Activity	Day	Date	Time	Fee
1230531-01	Th	Mar 13	1:00pm-3:00pm	\$30

Hat Decorating **NEW!**

Ages 55 & Up

EG

Explore different ways to individualize your hat with stencils, paint, sparkles, and ribbon. Bring your own felt or straw hat to decorate for yourself or to give away. Show off your hat at the next Centennial Activity Center trip or class! All supplies for decorating your hat are included except hat. Instructor: Robin Moss. **CAC**

Activity	Day	Date	Time	M/NM
1230537-01	M	Mar 24	10:00am-11:30am	\$12/\$14

Active Adults

Beginning Mah Jongg

Ages 55 & Up EG

Discover the exciting game of Mah Jongg and learn in a fun, relaxed setting. This class introduces you to the tiles, basic moves, how to choose a hand, the progression of play, and strategies. Game play taught is based on the American Standard Way. All supplies are included for game play. This is a contracted class. Instructor: Joyce De Winter. **CAC**

Activity	Day	Date	Time	M/NM
1230522-01	Th	Feb 6-Mar 27	1:00pm-3:00pm	\$72/\$88

Intermediate Mah Jongg

Ages 55 & Up EG

This class is designed for players who already understand the basic rules of play and have had some experience playing the game. The class emphasizes strategies and techniques designed to sharpen your skills, improve your game, and play more defensively. Game play taught is based on the American Standard Way. All supplies are included for game play. This is a contracted class. Instructor: Joyce De Winter. **CAC**

Activity	Day	Date	Time	M/NM
1230524-01	W	Feb 5-Mar 26	1:00pm-3:00pm	\$72/\$88

Yoga + Flower Arranging

Ages 18 & Up EG

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

Activity	Day	Date	Time	Fee	Theme
1230528-01	Th	Feb 13	9:30am-10:15am	\$25	Valentine's Day

Reader's Theatre

Ages 55 & Up EG

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

Activity	Day	Date	Time	M/NM
1230507-01	Th	Jan 9-Feb 13	11:30am-12:30pm	\$72/\$84

Improv Games and Scenes

Ages 55 & Up EG

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

Activity	Day	Date	Time	M/NM
1230520-01	Th	Feb 20-Mar 27	11:30am-12:30pm	\$72/\$84



Beginner Tap

Ages 55 & Up EG

In this beginning tap class you learn the fundamental tap movements, vocabulary, and basic rhythms and steps. Progress towards combinations and fun dances. Instructor: Jeannine Pilolla. **CAC**

Activity	Day	Date	Time	M/NM
1230609-01	Tu	Jan 7-Feb 11	11:15am-12:15pm	\$42/\$54
1230609-02	Tu	Feb 18-Mar 25	11:15am-12:15pm	\$42/\$54

Tap Classes

Ages 55 & Up EG

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

Activity	Day	Date	Time	M/NM
1230605-01	Tu	Jan 7-Feb 11	12:30pm-1:30pm	\$42/\$54
1230605-02	Tu	Jan 7-Feb 11	1:45pm-2:45pm	\$42/\$54
1230605-03	Tu	Feb 18-Mar 25	12:30pm-1:30pm	\$42/\$54
1230605-04	Tu	Feb 18-Mar 25	1:45pm-2:45pm	\$42/\$54

Intermediate Sewing

Ages 18 & Up EG

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

Activity	Day	Date	Time	Fee
1230527-01	M	Jan 6-Feb 10	6:30pm-8:00pm	\$60
1230527-02	M	Feb 17-Mar 24	6:30pm-8:00pm	\$60

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

Day Trips All trips depart from CAC

Pinstripes: Bocce & Lunch

Northbrook, IL

Ages 55 & Up

EG

Take a break this winter to enjoy some gaming fun. Join us for bocce and lunch. No bocce experience required. Please wear closed-toe shoes or gym shoes to play bocce ball. Lunch is on your own at Pinstripes Bistro where you can mix and match your favorite sandwiches, salads, and flatbreads to craft a lunch combo. Fee includes transportation and one hour bocce court play time. **Registration deadline: Jan 20.**

Activity	Day	Date	Time	M/NM
1230901-01	W	Jan 29	10:45am-3:30pm	\$20/\$24

Hard Rock Casino

Rockford, IL

Ages 55 & Up

EG

Play and win big at Hard Rock Casino Rockford's newest casino that features nearly 1,300 slot machines, 50 live table games including a poker room, a state-of-the-art sportsbook, six unique restaurants, and a Rock Shop offering authentic Hard Rock merchandise. Fee includes transportation and \$10 of Free Play. **Registration deadline: Feb 3.**

Activity	Day	Date	Time	M/NM
1230904-01	W	Feb 12	9:00am-3:15pm	\$22/\$25

Back in the Building - Elvis Tribute

Fireside Theatre – Fort Atkins, WI

Ages 55 & Up

EG

In honor of Elvis' 90th birthday, The Fireside and Legends in Concert kick off the 2025 season with jumpsuits, black leather, swiveling hips, and leg-shaking, presenting their newest retrospective of Elvis' life in music told through the eyes of the world's best tribute artists. Being an Elvis tribute artist means more than just donning a jumpsuit and singing classic songs. It's about capturing the essence of Elvis Presley, honoring his legacy, bringing joy to fans who still adore the King of Rock 'n' Roll, and keeping his spirit alive for new generations. Whether on stage or off, these artists live and breathe Elvis' charisma, talent, and timeless appeal. Select one entrée from a choice of grilled pork rib eye, rainbow trout, or sliced roast beef tenderloin. Fee includes lunch, ticket, and transportation. **Registration deadline: Jan 17.**

Activity	Day	Date	Time	M/NM
1230905-01	F	Feb 21	8:30am-6:30pm	\$140/\$150



America's Bandstand Lunch & Show

Rosewood Theatre, Lake Delavan, WI

Ages 55 & Up

EG

America's Bandstand takes you back to the sock hop, spotlighting Rockabilly, Doo-Wop and Motown artists, songs, and the history of early Rock & Roll. Enjoy music of the 1950s with songs by Chuck Berry, Buddy Holly and The Crickets, Elvis Presley, Chubby Checker, Roy Orbison, Diana Ross and The Supremes, The Temptations, Frankie Valli and the Four Seasons and more. Enjoy lunch before the show and shop the on-site home goods store. Lunch includes a chef-attended pasta / made to order station, carving station, plated salad, and assorted desserts. Fee includes transportation, lunch, and show. **Registration deadline: Feb 21.**

Activity	Day	Date	Time	M/NM
1230906-01	W	Mar 12	10:00am-5:30pm	\$120/\$130

Calla Lily Victorian Tea Room

Aurora, IL

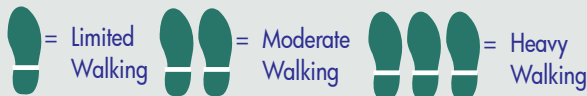
Ages 55 & Up

EG

Treat yourself to the British tradition of Afternoon Tea and sip the afternoon away at The Calla Lily Victorian Tea Room, a place of comfort and relaxation. Indulge in an exquisite selection of food that is home cooked, fresh, and based on the art of English tea. The menu features soup, scones, fresh fruit, finger sandwiches, and delicate pastries. **Registration deadline: Mar 17.**

Activity	Day	Date	Time	M/NM
1230907-01	Th	Mar 27	10:30am-3:00pm	\$55/\$65

Day Trip Walking Guide:





LET'S EAT! DINING OUT TRIPS

Ages 55 & Up

SG

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

The Claim Company

Northbrook, IL

The Claim Company is an American outpost with gourmet burgers, Southwestern fare, BBQ options, and a popular salad bar.

Activity	Day	Date	Time	M/NM
1230902-01	Th	Jan 9	11:00am-3:00pm	\$7/\$8

Benihana

Schaumburg, IL

Enjoy a dining experience where you'll sit at communal hibachi grill tables in a group where the chef will entertain you as they perform the art of Teppanyaki.

Activity	Day	Date	Time	M/NM
1230902-02	Th	Feb 6	11:00am-3:00pm	\$7/\$8

Hackney's on Lake

Glenview, IL

Hackney's on Lake is a cherished classic known for its fantastic burgers, sandwiches and signature onion rings.

Activity	Day	Date	Time	M/NM
1230902-03	Th	Mar 6	11:00am-3:00pm	\$7/\$8

Extended Travel Opportunities with Collette Tours

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

Discover California Dreamin': Monterey, Yosemite, & Napa with Optional 2-Night San Francisco Post Tour Extension

October 6-13, 2025 (8 Days, 12 Meals)

This is the essence of Northern California, from fine wine and freshly caught seafood to vibrant cities and nature on an epic scale. Discover Monterey's Fisherman's Wharf, Old Sacramento and Pier 39 in San Francisco. Witness the stunning views along 17-Mile Drive. Meet a local farmer and visit an almond orchard. Enjoy an olive oil tasting and lunch during an informative presentation. Marvel at the unspoiled beauty of Yosemite National Park. Glide on the pristine waters of Lake Tahoe on a classic yacht. Sip local wines in Napa Valley and enjoy a farm-to-table lunch. Embrace the laid-back life of the Golden State.

Double: \$4,199 / Single: \$4,999 / Triple: \$4,149



Sunny Portugal with Optional 4-Night Madeira Island Post Tour Extension

April 19-28, 2026 (10 Days, 13 Meals)

From the Portuguese Capital, Lisbon to the sunny cliffs of the Algarve and Portuguese Riviera, venture along Portugal's stunning shoreline. In Evora, step inside a medieval city with Roman ruins. Enjoy a leisurely 3-night stay in the Algarve region. Explore the soft sandy beaches and classic fishing villages. Take advantage of a free day to soak in the Portuguese sunshine and savor local flavors. Encounter picturesque resort towns, winding cobblestone streets, oceanfront promenades, and quaint villages of perfection.

Double: \$4,099 / Single: \$4,699





**BRICKTON CLASSES ARE HELD AT THE
CENTENNIAL ACTIVITY CENTER
100 S. WESTERN AVENUE • 847-692-3597**

Youth Programs

The Kids & I

Ages 2-5 with adult

SC

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

Activity	Day	Date	Time	R/NR
1090111-01	Sa	Jan 11-Mar 15	9:30am-10:20am	\$191/\$195
1090111-02	M	Jan 6-Mar 10	9:00am-9:50am	\$191/\$195
1090111-03	Th	Jan 9-Mar 13	9:00am-9:50am	\$191/\$195

Creative Kids

Ages 3-5

SC

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

Activity	Day	Date	Time	R/NR
1090113-01	M	Jan 6-Mar 10	10:00am-10:50am	\$191/\$195
1090113-02	Th	Jan 9-Mar 13	10:00am-10:50am	\$191/\$195

Kids' Clay

Ages 5-8

SC

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

Activity	Day	Date	Time	R/NR
1090120-01	Th	Jan 9-Mar 13	4:00pm-4:50pm	\$191/\$195

**Contact the Staff:
We're Here to Help!**

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

See & Draw

Ages 5-8

SC

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

Activity	Day	Date	Time	R/NR
1090117-01	W	Jan 8-Mar 12	4:00pm-4:50pm	\$191/\$195

Adventures In Art

Ages 5-8

SC

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

Activity	Day	Date	Time	R/NR
1090119-01	Sa	Jan 11-Mar 15	10:30am-11:20am	\$191/\$195
1090119-02	M	Jan 6-Mar 10	4:00pm-4:50pm	\$191/\$195

Paint It All!

Ages 5-8

SC

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

Activity	Day	Date	Time	R/NR
1090112-01	Th	Jan 7-Mar 11	4:00pm-4:50pm	\$191/\$195

Mixed Media

Ages 8-12

SC

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

Activity	Day	Date	Time	R/NR
1090114-01	M	Jan 6-Mar 10	5:00pm-6:00pm	\$191/\$195

Painting On Canvas

Ages 8-12 SC

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

Activity	Day	Date	Time	R/NR
1090118-01	Tu	Jan 7-Mar 11	5:00pm-6:00pm	\$191/\$195

Drawing For Older Children

Ages 8-12 SC

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

Activity	Day	Date	Time	R/NR
1090134-01	W	Jan 8-Mar 12	5:00pm-6:00pm	\$191/\$195

Cool Clay

Ages 8-12 SC

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

Activity	Day	Date	Time	R/NR
1090122-01	Th	Jan 9-Mar 13	5:00pm-6:00pm	\$191/\$195

Painting & Drawing Studio

Ages 10-14 SC

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

Activity	Day	Date	Time	R/NR
1090128-01	Th	Jan 9-Mar 13	6:30pm-8:00pm	\$231/\$235

Beginning Animation Workshop

Ages 10-14 SC

This course provides an introduction to the basics of animation. Learners use traditional animation practices to create artwork and apply the elements and principles of art and design, as well as the principles of animation. Students experiment, take inspiration with watching examples, and create artworks demonstrating the elements of art: Animation Basics, Principles of Animation, Character Design, Backgrounds, Movement, Script, and Storyboards. There is a showcase of projects for friends and family. **CAC**

Activity	Day	Date	Time	R/NR
1090140-01	Th	Jan 9-Feb 27	4:30pm-6:00pm	\$186/\$190

Brickton Birthday Parties

We put the ART in pARTy! Let Brickton Art Center do all the work of providing ARTSY entertainment for your birthday party or private event! Staff will help you settle in, instruct the children while they paint and create, and even assist with clean-up when finished. Recommended for children ages 5 and up, and not more than 20 kids. We recommend booking parties 4 to 6 weeks in advance to ensure your preferred time is available.

Party Options:

- 2 Hour Party - includes 75 minutes of instruction by an experienced artist and 45 minutes for refreshments \$250 for up to 16 kids; \$300 for 17-20 kids
- 1.5 Hour Party - includes 60 minutes of instruction by an experienced artist and 30 minutes for refreshments \$225 for up to 16 kids; \$250 for 17-20 kids

Email bricktondirector@gmail.com for more information.

Advanced Beginner Animation Workshop

Ages 10-14 SC

Building off of what they learned in our Beginning Animation workshop, students learn more advanced techniques to use in their own creations. *Prerequisite is to have taken Beginning Animation course at least twice. There is a showcase of projects for friends and family. **CAC**

Activity	Day	Date	Time	R/NR
1090141-01	Th	Jan 9-Feb 27	6:30pm-8:00pm	\$186/\$190

Tween Pottery & Wheel Throwing

Ages 10-14 SC

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

Activity	Day	Date	Time	R/NR
1090121-01	Th	Jan 9-Mar 13	6:30pm-8:00pm	\$231/\$235

Adult Fine Art Classes

Creative Ceramics

Ages 15 & Up SC

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

Activity	Day	Date	Time	R/NR
1090127-01	M	Jan 6-Mar 10	7:00pm-9:00pm	\$271/\$275



PARK RIDGE'S HIDDEN GEM

Inside Wildwood Nature Center

531 Forestview Avenue

Animal Room Exhibit

Our animal exhibit room is home to over 35 animals! Stop in at the Wildwood Nature Center during our visiting hours to visit our turtles, frogs, snakes, salamanders, and well as rabbits, guinea pigs, and bearded dragons.

Nature Nook

Learn and play in our Nature Nook, a free, interactive, educational area complete with books, puzzles, puppets, games, and activities. Each month explores a different nature topic!

Wildwood Staff

Wildwood's staff offices are inside the Nature Center. Also inside is a restroom, bottle filler, and first aid. Feel free to ask questions of our talented, knowledgeable naturalist staff about any plants or animals that you see.



Admission to the Wildwood Nature Center is FREE.

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

NATURE CENTER VISITING HOURS

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

HOLIDAY HOURS

December 24 & 25 Closed
December 31 Closed
January 1 Closed

NOTE: For the safety of others and the animals, strollers are not allowed inside the Nature Center building.

Contact the Staff: We're Here to Help!

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

Nature Program Coordinator II
Cara Ruffo (CR)
847-232-8746
cruffo@prparks.org

Nature Program Coordinator II - Nature Preschool
Molly Kowalski (MK)
224-585-4861
mkowalski@prparks.org

Nature Program Coordinator I - Nature Preschool
Maggie Martin (MM)
224-585-4862
mmartin@prparks.org

Outside and Around Wildwood

From dawn to dusk, venture around Wildwood on paved paths that encircle the pond, a crushed gravel path that wanders through the prairie, and a woodchipped walk traversing the woodland. Wildwood is nestled on 5 acres where you can discover the diversity of native trees, flowers, and plants. Catch a glimpse of animals including variety of reptiles, amphibians, insects, and numerous songbirds and waterfowl. Learn about the plants and animals through the interpretive signage and living field guide garden.

Wildwood Prairie

Wildwood has one and a half acres of restored native prairie. Our tallgrass prairie blooms throughout the summer with a wide variety of native plants.

Since the prairie began in 2001, we have documented 88 different native prairie plants, a flock of migrating Monarch butterflies, Ruby-throated hummingbirds, American Toads, a Meadow Vole, and a decrease in the overpopulated Canadian Goose.

Wildwood Woodland Walk

This quaint woodland walk is home to an impressive variety of native woodland wildflowers and plants. The woodland was enhanced in 2006 with a woodchip path and wooden signs and expanded in 2009. Visit during February through June, and discover Mayapples, Snow Drops, five different species of Trillium, Jack in the Pulpit, Wild Ginger, Bluebells, Solomon Seal, and more.

Walking Paths

Walking paths surround the Wildwood Nature Center, Woodland Walk, Wildwood Prairie, and Maine Park Ponds. The paths also lead to a wooden fishing deck overlooking one of the ponds, two rock landing areas, and the Sam Biardo Prairie Observation Deck.



Explore Wildwood's grounds, trails, and ponds!

Fishing and Pond Dipping (Available March to October)

Check out fishing poles and pond dipping nets in the Nature Center to explore the Wildwood ponds. Fishers need to bring their own bait and have a valid fishing license if over 16, and everything in the pond is catch and release. Help keep the pond safe for people, plants, and wildlife, and be sure to clean up any garbage and fishing line.

Other Features in the Park

- Informational Signage & Interactive Exhibits
- Picnic Pavilion
- Fishing Ponds
- Campfire Circle (*paid reservation required; call Wildwood to schedule your campfire event*)
- Rain Garden
- Labyrinth
- Human Sundial
- Sam Biardo Prairie Observation Deck
- Fishing Deck and Rock Landing Areas

Inside the Wildwood Program Center

529 Forestview Avenue

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

For more information on these offerings, please see the pages below:

Nature Programming - Page 36

Scout Programs - Page 78

Birthday Parties - Page 37



Wildwood Program Center

Early Childhood (with Adult)	DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR
Wild Ones (Ages 1-2 w/ Adult)	See page 43	M	Jan 27-Mar 17	9:00am-10:00am	1160101-01	\$88/\$129
		M	Jan 27-Mar 17	10:30am-11:30am	1160101-02	\$88/\$129
		M	Jan 27-Mar 17	4:00pm-5:00pm	1160101-03	\$88/\$129
Tu		Jan 28-Mar 11	9:30am-10:30am	1160101-04	\$88/\$129	
Polar Pals (Ages 2-3 w/ Adult)		Th	Jan 16-Feb 6	9:30am-10:30am	1160103-05	\$51/\$79
		F	Jan 17-Feb 7	9:00am-10:00am	1160103-06	\$51/\$79
		F	Jan 17-Feb 7	10:30am-11:30am	1160103-07	\$51/\$79
Jungle Journey (Ages 2-3 w/ Adult)	See page 44	Th	Feb 13-Mar 13	9:30am-10:30am	1160104-06	\$63/\$94
		F	Feb 14-Mar 14	9:00am-10:00am	1160104-07	\$63/\$94
		F	Feb 14-Mar 14	10:30am-11:30am	1160104-08	\$63/\$94

Early Childhood (without Adult)	DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR	
Nature's Two-Riffic (Ages 2-3)	See page 46	W	Jan 8-Mar 19	9:30am-11:00am	1160212-03	\$201/\$271	
Toddler Tree School (Ages 2-3 as of 9/1/24)		Tu/Th	Jan 7-May 8	9:15am-11:15am	1160215-02	\$814/\$996	
Nature PlaySchool + Lunch Bunch (Ages 3-4 as of 9/1/24)		See page 53					
Nature Friends (Ages 3-6)	See page 48	M	Jan 6-Mar 17	9:00am-11:30am	1160201-05	\$215/\$266	
		M	Jan 6-Mar 17	12:30pm-3:00pm	1160201-06	\$215/\$266	
		M	Jan 6-May 5	9:00am-11:30am	1160201-11	\$358/\$441	
		M	Jan 6-May 5	12:30pm-3:00pm	1160201-12	\$358/\$441	
Science Kids (Ages 3-6)		W	Jan 8-Mar 19	9:00am-11:30am	1160202-03	\$263/\$324	
		W	Jan 8-Mar 19	12:30pm-3:00pm	1160202-04	\$263/\$324	
		W	Jan 8-May 7	9:00am-11:30am	1160202-11	\$406/\$499	
		W	Jan 8-May 7	12:30pm-3:00pm	1160202-12	\$406/\$499	
Wild Child (Ages 3-6)			F	Jan 10-May 2	12:30pm-3:00pm	1160206-05	\$382/\$470
Afternoon Adventure Club (Ages 3-5)			M	Jan 6-May 5	3:00pm-4:30pm	1160342-01	\$181/\$230
			Tu	Jan 7-May 6	3:00pm-4:30pm	1160342-02	\$205/\$260
			W	Jan 8-May 7	3:00pm-4:30pm	1160342-03	\$205/\$260
	Th		Jan 9-May 8	3:00pm-4:30pm	1160342-04	\$205/\$260	
Valentine's Party with the Animals (Ages 3-7)	F		Jan 10-May 2	3:00pm-4:30pm	1160342-05	\$193/\$245	
	See page 9		M	Feb 10	6:00pm-7:30pm	1160210-05	\$22/\$26
Tu			Feb 11	6:00pm-7:30pm	1160210-06	\$22/\$26	

Youth Programs	DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR
To The Troposphere and Beyond! (Ages 6-11)	See page 56	Th	Jan 16-Feb 13	4:00pm-5:30pm	1160412-01	\$91/\$118
Inside Your Insides (Ages 6-11)		Th	Feb 20-Mar 20	4:00pm-5:30pm	1160401-02	\$71/\$98
Adventure Club (Ages 5.5-11)		W	Jan 15-Feb 12	3:30pm-5:00pm	1160417-05	\$70
		W	Feb 19-Mar 19	3:30pm-5:00pm	1160417-06	\$70
Rangers in Training (Ages 10-14)		F	Jan 10-Feb 7	4:00pm-5:00pm	1160407-01	\$63/\$98
		M	Jan 27-Mar 3	4:00pm-5:00pm	1160407-03	\$63/\$98
		F	Feb 14-Mar 14	4:00pm-5:00pm	1160407-02	\$63/\$98

Families	DESCRIPTION	DAY	DATE	TIME	ACTIVITY	R/NR
Science Night: Ice Powers	See page 9	M	Jan 20	4:00pm-5:00pm	1160503-03	\$22 per family
		M	Jan 20	6:00pm-7:00pm	1160503-04	\$22 per family
Science Night: Color Science		M	Feb 17	4:00pm-5:00pm	1160503-05	\$22 per family
		M	Feb 17	6:00pm-7:00pm	1160503-06	\$22 per family

Wildwood Birthday Parties

Host a Birthday Party at Wildwood!

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

Party Fee: \$220 Resident / \$260 Non-Resident for 2-hour party

Have additional friends and guests? Try our two room party.

Two Room Party Fee: \$280 Resident / \$320 Non-Resident

Tiny Tots Animal Adventure Party Ages 3-4

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

Max: 15 children / 30 total people*

**Two Room party maximum 18 children/40 total people*

Diggin' Dino Party Ages 4-9

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

Max: 15 children / 30 total people*

**Two Room party maximum 18 children/40 total people*

Animal Party Ages 5-10

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

Max: 20 children / 30 total people*

**Two Room Party maximum 25 children/40 total people*

Weird, Wacky Science Party Ages 5-12

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

Max: 15 children / 25 total people*

**Two Room party maximum 18 children/40 total people*

About Your Wildwood Party Package

- Parties are typically held Saturdays and occasionally Sundays from 11:00am-1:00pm or 2:00pm-4:00pm, and during available times Monday-Friday. If these times do not match your schedule, please contact us and special arrangements can be made.
- You are responsible for refreshments, decorations, and paper products. (No alcoholic beverages are allowed in any Park Ridge Park District open spaces, parking lots, or parks at any time.)
- Parties should be scheduled at minimum, one month in advance. Full payment is required at time of reservation.
- Parties are held in the Maple Room inside at Wildwood with trips to the animal room and an outdoor hike.



Incredible Insect Party

Ages 5-12

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

Max: 20 children / 30 total people*

**Two Room party maximum 25 children/40 total people*

Outdoor Gamer Party Ages 5-12

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

Max: 20 children / 30 total people*

**Two Room party maximum 25 children/40 total people*

Availability: March through November

TRAVELING PARTY OPTION:

Traveling Animal Show

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

\$160 Resident / \$185 Non-Resident

- Parties are geared toward engaging and educating the children attending, large amounts of adults in attendance can detract from the intended experience. If you are interested in a large family party, consider a Park District room rental with the Traveling Party Option.
- Wildwood Pavilion (if available) can be added on to your Wildwood Birthday Party package for an additional fee (\$57/\$114 for 2 hours). Pavilion capacity 50 (however this outdoor space is not lightning safe).

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

Maine Park Birthday Parties

BIRTHDAY PARTIES AT MAINE PARK

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

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

Parties are available:

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

Please note that certain dates and times may not be available for parties.

For more information and to book a party, please complete a [Facility/Park Rental Application](#) or contact Meghan O'Neill at moneill@prparks.org.



BIRTHDAY PARTY THEMES:

Jigglejam Party

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

Children Guest Maximum: 25 / Guest Total Maximum: 40

Party Fee: \$400 Resident / \$475 Non-Resident

Magic Party

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

Children Guest Maximum: 20 / Guest Total Maximum: 30

For magic party inquiries, please email moneill@prparks.org.

Character Visit

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

Children Guest Maximum: 15 / Guest Total Maximum: 30

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

Dance Party

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

Children Guest Maximum: 15 / Guest Total Maximum: 20

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

The Stage School Parties

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

Ages 4-7 Themes:

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

Children Guest Maximum: 15

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

Ages 7-12 Themes:

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

Children Guest Maximum: 20

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

Glitzy Parties by Glitzy Girlz

Choose one of our many parties and glam out! Co-ed options available for all parties. Email moneill@prparks.org for more details.

- Rock Diva Dance Party
- Glitzy Glam
- Pretty Princess/Prince
- Unicorn Fantasy Glam
- Super Sassy Spa Retreat
- Princess and Pirates Hidden Treasure

Party Fee: \$450



Birthday Parties

BIRTHDAY PARTIES AT CENTENNIAL FITNESS CENTER

Athletic Party Ages 5-13

Your 1½ hour private party includes 1 hour activity and 30 minutes in our party room, set up, take down, and clean up, and coaches for athletic themes. Themes for Athletic Parties: basketball, dodgeball, kickball, soccer, flag football, floor hockey, Nerf battle. Additional options include: capture the flag, whiffle ball, relay races. Within the hour activity time, up to three sports can be played.

\$350 R/\$455 NR

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

Indoor Pool Rentals All Ages

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

\$176 R/\$250 NR per hour

Capacity 162

Public Pool Party: A public pool party occurs during open swim hours, approximately 12pm-5pm on Saturdays and Sundays, and includes shared use of the leisure pool. The capacity for a public pool party is 25 swimmers.

\$126 R/\$143 NR per hour

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



Add the Party Room to Your Pool Rental!

\$66 R/\$99 NR per hour



BIRTHDAY PARTIES AT BRICKTON ART CENTER

We put the ART in pARTY! Let Brickton Art Center do all the work of providing ARTSY entertainment for your birthday party or private event! Staff will help you settle in, instruct the children while they paint and create, and even assist with clean-up when finished. Recommended for children ages 5 and up. We recommend booking parties 4 to 6 weeks in advance to ensure your preferred time is available.

Party Options:

- 2 Hour Party - includes 75 minutes of instruction by an experienced artist and 45 minutes for refreshments
\$275 for up to 16 kids; Additional guests: \$12/guest
- 1.5 Hour Party - includes 60 minutes of instruction by an experienced artist and 30 minutes for refreshments
\$250 for up to 16 kids; Additional guests: \$12/guest

Party Availability:

- Saturday: 1:00pm-3:00pm or 4:00pm-6:00pm
- Sunday: 10:30am-12:30pm, 1:00pm-3:00pm or 4:00pm-6:00pm

*Please inquire if additional weekend or weekday times are available.

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

Facility Rentals



HOST YOUR NEXT GATHERING AT THE PARK DISTRICT!

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

Our facility staff is here to assist you with personalized service in order to find what will work best for you. Fees vary based on the facility, room size, and individual group needs.



Facility Rental Rates

All rates are per hour.

SMALL FACILITIES (Classroom size)	Capacity	R/NR
Centennial Activity Center (Activity Rooms 2 & 4)	15	\$33/\$50
Centennial Fitness Center (Multi-Purpose Room)	50	\$66/\$99
Maine Park	40	\$33/\$50
Prospect Park (Paula Hassell O'Connor Community Building – Rooms A,B)	40	\$53/\$80

LARGE FACILITIES	Capacity	R/NR
Centennial Indoor Pool	162	\$176/\$250

BANQUET FACILITIES	Capacity	R/NR
Prospect Park (Paula Hassell O'Connor Community Building – Full Room)	120	\$96/\$144
South Park (Main Room)	130	\$96/\$144
Centennial Activity Center (Multipurpose Room)	140	\$96/\$144

GYMNASIUM	Capacity	R/NR
Centennial Fitness Center (Full Gym, 2 full courts)	300	\$170/\$250
Centennial Fitness Center (½ Gym, 1 full court)	150	\$85/\$128
Maine Park	75	\$54/\$81

Click here to learn more about our facility rentals, or call one of our friendly party specialists to book your private event today!

For more information or to schedule a tour:

Maine Park Leisure Center, South Park Rec Center, Prospect Park:
847-692-5127
Centennial Activity Center: 847-692-3597
Centennial Fitness Center: 847-692-5167

Picnic, Pavilion & Park Rentals



CELEBRATE IN THE GREAT OUTDOORS!

PICNIC & PAVILION RENTALS

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

PICNIC LOCATION

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

Stationary charcoal grills are available.

PAVILION LOCATION

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

PAVILION ADD-ONS

Wildwood Pavilion Wood-Burning Fireplace Purchase firewood to use in the wood-burning fireplace for an additional fee of \$29.

Woodland Park Sports Equipment For an additional fee you can rent a sports equipment kit that includes a ping pong set, bags set, and pickleball set.

About Your Outdoor Rental

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

PROSPECT PARK PERFORMING ARTS AREA

Complete a Special Event Application to rent this outdoor space.

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

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



Professional Photos

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

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



Click here to learn more about our park rentals, or call 847-692-5127 book your outdoor rental today!

General Recreation

Winter 2025



Early Childhood

Page 43-48

Preschool

Page 49-51

Nature Preschool

Page 49, 52-53

Beyond the Bell

Page 54

School Days Off

Page 55

Youth Programs

Page 56-58

Teen Programs

Page 59-60

Adult Programs

Page 61

Swim Lessons

Page 62-63

Canine Classes

Page 64

Music Lessons

Page 65

Dance Classes

Page 66

Jigglejam Music



Ages 6-42 months with Adult **BP**

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

Ages 6-16 months

Activity	Day	Date	Time	R/NR
1130101-01	Tu	Jan 21-Mar 18	11:15am-Noon	\$165/\$251
1130101-02	W	Jan 22-Mar 19	9:15am-10:00am	\$165/\$251
1130101-03	Th	Jan 23-Mar 20	11:15am-Noon	\$165/\$251

Ages 12-24 months

Activity	Day	Date	Time	R/NR
1130101-04	Tu	Jan 21-Mar 18	10:15am-11:00am	\$165/\$251
1130101-05	W	Jan 22-Mar 19	10:15am-11:00am	\$165/\$251
1130101-06	Th	Jan 23-Mar 20	9:15am-10:00am	\$165/\$251

Ages 24-42 months

Activity	Day	Date	Time	R/NR
1130101-07	Tu	Jan 21-Mar 18	9:15am-10:00am	\$165/\$251
1130101-08	W	Jan 22-Mar 19	11:15am-Noon	\$165/\$251
1130101-09	Th	Jan 23-Mar 20	10:15am-11:00am	\$165/\$251

Toddler Time

Ages 12-24 months with Adult **BP**

Music, friends, and fun! Have a blast while climbing through tunnels, playing with bean bags, balls, parachutes, and so much more! Meet new friends and join us for this chill morning playgroup with your toddler. Class ends with a short circle time full of songs and stories. *No class Jan 20, Feb 17.* **MPLC**

Activity	Day	Date	Time	R/NR
1130107-01	M	Jan 6-Mar 17	9:15am-10:15am	\$120/\$184

Mini Gym

Ages 16-24 months with Adult **BP**

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

Activity	Day	Date	Time	R/NR
1130109-01	W	Jan 8-Mar 19	9:00am-10:00am	\$147/\$223
1130109-02	W	Jan 8-Mar 19	10:15am-11:15am	\$147/\$223



Wild Ones

Ages 1-2 years with Adult **JC**

Spark the natural curiosity in your "Wild One" as we take in the beauty of the natural world. Discover snow, ice, fur, and other winter wonders with free play, outdoor nature walks (weather permitting), crafts, songs, themed activities, and visit to the animals each week. Dress for a mess. *No class Feb 17.* **WPC**

Activity	Day	Date	Time	R/NR
1160101-01	M	Jan 27-Mar 17	9:00am-10:00am	\$88/\$129
1160101-02	M	Jan 27-Mar 17	10:30am-11:30am	\$88/\$129
1160101-03	M	Jan 27-Mar 17	4:00pm-5:00pm	\$88/\$129
1160101-04	Tu	Jan 28-Mar 11	9:30am-10:30am	\$88/\$129

Jr Gym

Ages 24-36 months with Adult **BP**

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

Activity	Day	Date	Time	R/NR
1130116-01	Th	Jan 9-Mar 20	9:00am-10:00am	\$147/\$223

Polar Pals

Ages 2-3 with Adult **JC**

Go on an expedition all the way to the North and South Poles to discover our Polar Pals. Enjoy activities inspired by our cold weather friends, an animal tale, a fun craft, a visit to the Nature Center's animal room, and a short nature walk outdoors (weather permitting). Featuring polar bears, arctic foxes, and other creatures of the cold! **WPC**

Activity	Day	Date	Time	R/NR
1160103-05	Th	Jan 16-Feb 6	9:30am-10:30am	\$51/\$79
1160103-06	F	Jan 17-Feb 7	9:00am-10:00am	\$51/\$79
1160103-07	F	Jan 17-Feb 7	10:30am-11:30am	\$51/\$79

Baby Sign Language & Early Language

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

Toddler Talk

Ages 12-24 months with Adult BP

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

Activity	Day	Date	Time	R/NR
1130122-01	F	Jan 10-Feb 14	9:30am-10:15am	\$111/\$169
1130122-02	F	Feb 21-Mar 21	9:30am-10:15am	\$92/\$142



Jungle Journey

Ages 2-3 with Adult JC

Venture into the jungle to discover the animals that call this lush green place home. Enjoy activities inspired by our featured jungle animals, a creature tale, a fun craft, a visit to the Nature Center's animal room, and a short nature walk outdoors (weather permitting). Featuring anteaters, jaguars, and other jungle animals! **WPC**

Activity	Day	Date	Time	R/NR
1160104-06	Th	Feb 13-Mar 13	9:30am-10:30am	\$63/\$94
1160104-07	F	Feb 14-Mar 14	9:00am-10:00am	\$63/\$94
1160104-08	F	Feb 14-Mar 14	10:30am-11:30am	\$63/\$94

Growing Up!

Ages 2-3 with Adult BP

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

Activity	Day	Date	Time	R/NR
1130112-01	Tu	Jan 7-Mar 18	9:30am-10:30am	\$147/\$223

Wee Chefs

Ages 2-3 with Adult BP

We provide easy, age-appropriate instruction in basic cooking combined with skill development in measuring, mixing, pouring, nutrition, safety, and following directions. Enjoy a new delicious creation each week. All children attending class must be registered. Please, only one adult in attendance per child. No class Jan 20, Feb 17. **MPLC**

Activity	Day	Date	Time	R/NR
1130114-02	M	Jan 6-Mar 17	10:00am-11:00am	\$175/\$266

Kiddie Kreaions

with Brickton Art Center

Ages 2-3 with Adult BP

Draw it, paint it, stick it, sculpt it! Brickton Art Center provides excellent projects and directions to teach children to discover colors, textures, and other skills in this hands-on art class. Children work on sharing and listening skills and they create beautiful art projects with their special adult while making friends and trying new things. Fees include all art supplies used during class. **MPLC**

Activity	Day	Date	Time	R/NR
1130113-01	Tu	Jan 7-Feb 11	10:15am-11:00am	\$102/\$157
1130113-02	Tu	Feb 18-Mar 18	10:15am-11:00am	\$85/\$131

Baby Rock

Ages 3-12 months with Adult

BP

Wiggle and giggle with Baby Rock, a unique combination of sensory experiences with stimulating music and exercises to help strengthen and stretch your baby. Activities include singalongs, exposure to simple instruments and sensory props, bean bag massages, motion exercises, and bubbles. Please bring a blanket or mat and get ready for a rockin' good time with your tiniest dancer! For more information, visit www.rockitkids.com. **MPLC**

Activity	Day	Date	Time	R/NR
1130100-01	F	Jan 10-Feb 7	10:50am-11:20am	\$53/\$84
1130100-11	F	Feb 21-Mar 21	10:50am-11:20am	\$53/\$84

Tot Rock & Kid Rock

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

Tot Rock

Ages 12-30 months with Adult

BP

Activity	Day	Date	Time	R/NR
1130102-01	F	Jan 10-Feb 7	9:15am-9:55am	\$60/\$93
1130102-11	F	Feb 21-Mar 21	9:15am-9:55am	\$60/\$93

Kid Rock I

Ages 2-3 with Adult

BP

Activity	Day	Date	Time	R/NR
1130103-01	F	Jan 10-Feb 7	10:00am-10:40am	\$60/\$93
1130103-02	F	Feb 21-Mar 21	10:00am-10:40am	\$60/\$93



Drop-In

Ages 16-26 months with Adult

BP

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

Day	Date	Time	R/NR
F	Jan 10-Mar 21	9:15am-10:45am	\$5/\$8

Drop-In Punch Card

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

Activity	Fee
1130121-01	\$30



Twos on the Move

Ages 2-3 without Adult BP

Each week we explore a new fun-filled theme while working on socialization, developing fine motor skills, and getting lots of support from our teachers. This program involves both individual play and group interaction. Patience and time helps your child overcome separation anxiety, learn to play with friends, and start their road to preschool! No class Jan 20, Feb 17. **MPLC**

Activity	Day	Date	Time	R/NR
1130201-01	M	Jan 6-Mar 17	9:30am-11:00am	\$157/\$239
1130201-02	Tu	Jan 7-Mar 18	9:30am-11:00am	\$192/\$291
1130201-03	W	Jan 8-Mar 19	9:30am-11:00am	\$192/\$291
1130201-04	Th	Jan 9-Mar 20	9:30am-11:00am	\$192/\$291
1130201-05	F	Jan 10-Mar 21	9:30am-11:00am	\$192/\$291

Toddler Tree School

Ages 2-3 without Adult (as of Sep 1, 2024) CR

Does your toddler miss the cutoff for Nature Preschool or Nature PlaySchool? Toddler Tree School is an introductory class for two- and three-year-olds. Tots explore nature through hikes, outdoor exploration, sensory activities, dramatic play, songs, stories, and art. No class Mar 25, 27. **WPC**

Registration Information: New registration begins Monday, December 9 at 7:30am online or 8:30am in person.

Activity	Day	Date	Time	R/NR
1160215-02	Tu/Th	Jan 7-May 8	9:15am-11:15am	\$814/\$996

Nature's Two-riffic

Ages 2-3 without Adult CR

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

Activity	Day	Date	Time	R/NR
1160212-03	W	Jan 8-Mar 19	9:30am-11:00am	\$201/\$271

Stepping Stones

Ages 3-4 without Adult BP

Did your child miss the cut off for preschool? Then sign up for Stepping Stones! This program provides hands-on activities through art, music, manipulative techniques, and dramatic play to enhance your child's independence through learning in a preschool setting. No class Jan 20, Feb 17. **MPLC**

Activity	Day	Date	Time	R/NR
1130202-01	M	Jan 6-Mar 17	9:30am-11:00am	\$142/\$216

Learn and Play

Ages 3-4 without Adult BP

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

Activity	Day	Date	Time	R/NR
1130203-05	F	Jan 10-Mar 21	9:30am-11:00am	\$173/\$262

Playtime Pals Ages 3-4 without Adult BP

Start your child's day in our morning playgroup of 3 and 4 year olds. This is the perfect setting to work on social growth and creativity. Our skillful teachers provide a warm classroom filled with friends and fun. Play on the rug, do an art project, or climb on our classroom mountain! These are just a few of the activities this class provides. Playtime Pals includes time for a snack, circle time, and enjoying our playground. If your child is enrolled in a class at Maine Park after Playtime Pals, staff can transition them to their next location within the building. Your child must be age appropriate by September 1, 2024 to register. **MPLC**

Activity	Day	Date	Time	R/NR
1140501-01	Tu	Jan 7-Mar 18	9:00am-11:30am	\$265/\$401
1140501-02	Th	Jan 9-Mar 20	9:00am-11:30am	\$265/\$401

Alphabet Animals Ages 3-4 without Adult BP

P is for Panda, O is for Owl! Discover all kinds of animals through stories, games, and crafts while working on letter sounds, too. Focus on fun facts like habitat, animal sounds, food, and where to find these glorious creatures. Alphabet Animals is held in a small classroom setting. Children must be age appropriate by September 1, 2024. **MPLC**

Activity	Day	Date	Time	R/NR
1130221-01	W	Jan 8-Mar 19	9:30am-10:30am	\$147/\$223

Baking Buddies Ages 4-6 without Adult BP

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

Activity	Day	Date	Time	R/NR
1130214-01	Th	Jan 9-Feb 13	1:00pm-2:30pm	\$163/\$248
1130214-11	Th	Feb 20-Mar 20	1:00pm-2:30pm	\$136/\$208

Little Chefs Ages 4-6 without Adult BP

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

Activity	Day	Date	Time	R/NR
1130213-01	F	Jan 10-Feb 14	1:00pm-2:30pm	\$163/\$248
1130213-11	F	Feb 21-Mar 21	1:00pm-2:30pm	\$136/\$208

Kindergarten Bookworms Ages 5-6 without Adult BP

In a small group setting your kindergartner works on the fundamentals of beginning to read. Word sounds, letters, and word recognition are taught through games and our reading A-Z books. Have your child discover the joy of reading! Children must be age appropriate by September 1, 2024. **MPLC**

Activity	Day	Date	Time	R/NR
1130222-01	W	Jan 8-Mar 19	4:00pm-5:00pm	\$147/\$223

Early Childhood WITHOUT ADULT

These enrichment classes can be taken on their own or as an extension to your child's preschool day!

Our staff escorts children to/from preschool and enrichment classes, ensuring smooth transitions throughout the day.



Lunch and Play

Ages 3-4 without Adult

BP

Munch and crunch your lunch in the Ridge Room with us. After you finish eating, relax and play in our room until it's time to go to your next class. Teachers escort children to their afternoon program. This class is for children in our 3 and 4-year-old preschool classrooms. No class Mar 25, 27, Apr 24. **MPLC**

Activity	Day	Date	Time	R/NR
1140343-12	Tu	Jan 7-May 6	11:30am-12:30pm	\$146
1140343-14	Th	Jan 9-May 8	11:30am-12:30pm	\$138

Rising Stars Theater with The Stage School

Ages 3-4 without Adult

BP

Spark your little one's creativity in this intro to musical theatre class. Students explore their imaginations with equal class time devoted to dancing, singing, and acting. Children develop poise, confidence, coordination, as well as motor and language skills through imaginative and creative play. No class Jan 20, Feb 17, Mar 24. **MPLC**

Activity	Day	Date	Time	R/NR
1140408-21	M	Jan 6-Mar 17	10:30am-11:15am	\$127
1140408-11*	M	Jan 6-May 5	11:30am-12:30pm	\$248
1140408-31	M	Jan 6-Mar 17	12:45pm-1:30pm	\$127

*Class section includes time for lunch. Bring a nut free lunch and drink.

Fitness Fun

Ages 3-4 without Adult

BP

Train like a champion in this new exercise class! Strength, agility, and speed are the goals of Fitness Fun. Burn off some steam and get a great workout! No class: Jan 20, Feb 17, Mar 24. **MPLC**

Activity	Day	Date	Time	R/NR
1140408-22	M	Jan 6-Mar 17	10:30am-11:15am	\$140
1140408-12*	M	Jan 6-May 5	11:30am-12:30pm	\$246

*Class section includes time for lunch. Bring a nut free lunch and drink.

Space Station NEW!

Ages 3-4 without Adult

BP

Blast off to outer space in this new science class! Each week we explore different planets and, of course, astronauts and space shuttles. Your child will be over the moon learning, crafting, reading, and pretending to be an astronaut! Get ready for take-off! Bring a nut free lunch and drink. No class Mar 25. **MPLC**

Activity	Day	Date	Time	R/NR
1140408-13	Tu	Jan 7-May 6	11:30am-12:30pm	\$205

Art Creations with Brickton Art Center

Ages 3-4 without Adult

BP

Your preschooler will love this self-expression class! Students learn how to follow directions, listen to an instructor, and share supplies to create unique art projects with a professional instructor from the Brickton Art Center. Bring a nut free lunch and drink. No class Mar 25. **MPLC**

Activity	Day	Date	Time	R/NR
1140408-14	Tu	Jan 7-May 6	11:30am-12:30pm	\$304

Sports with All Star Sports

Ages 3-4 without Adult

BP

Does your child need to burn off some steam? This class is great for little ones who love to run! Play structured games and learn to work together as a team while acquiring the fundamentals of some popular sports. Ready, set, go! No class Mar 26. **MPLC**

Activity	Day	Date	Time	R/NR
1140408-26	W	Jan 8-Mar 19	10:30am-11:15am	\$175
1140408-16*	W	Jan 8-Apr 30	11:30am-12:30pm	\$270

*Class section includes time for lunch. Bring a nut free lunch and drink.

Reading Rookies

Ages 3-4 without Adult

BP

Give your child the keys to reading success! This enrichment class uses fun themes, multi-sensory instruction, games, crafts, and stories to teach children how to build their letter and sound knowledge. Each weekly lesson focuses on 2-3 letters. The lessons will ignite your child's reading interest, while improving the ability to hear, identify, and manipulate individual sounds. By the end of the session, your child will have the building blocks to become a successful reader. Reading Rookies is built around multi-sensory lessons. Regardless of your child's learning style, your child will thrive, have fun, and learn! For more information, visit www.readingrookies.com. No class Mar 26. **MPLC**

Activity	Day	Date	Time	R/NR
1140408-25	W	Jan 8-Mar 19	10:15am-11:15am	\$232
1140408-15*	W	Jan 8-Apr 30	11:30am-12:30pm	\$337
1140408-35	W	Jan 8-Mar 19	12:45pm-1:45pm	\$232

*Class section includes time for lunch. Bring a nut free lunch and drink.

These enrichment classes can be taken on their own or as an extension to your child's preschool day!

Our staff escorts children to/from preschool and enrichment classes, ensuring smooth transitions throughout the day.

Spanish for Preschoolers

Ages 3-4 without Adult BP

Encourage growing your child's Spanish vocabulary through an immersion method of games, stories, and music. Language Academy provides a foundation for children to begin communicating in a foreign language. Unit examples include: winter clothing, fruits and food, sports, animals, transportation, and more. *No class Mar 27. MPLC*

Activity	Day	Date	Time	R/NR
1140408-27	Th	Jan 9-Mar 20	10:30am-11:15am	\$155
1140408-17*	Th	Jan 9-May 1	11:30am-12:30pm	\$226

*Class section includes time for lunch. Bring a nut free lunch and drink.

Rock Wall Climbing

Ages 3-4 without Adult BP

Walls are meant for climbing! Test your strength and adventure in this new class! Hot Shots instructors supervise the children as they climb up and across the rock wall in our gym. All kids must wear gym shoes and bring a bike helmet. *No class Mar 27. MPLC*

Activity	Day	Date	Time	R/NR
1140408-28	Th	Jan 9-Mar 20	10:30am-11:15am	\$171
1140408-18*	Th	Jan 9-May 1	11:30am-12:30pm	\$247
1140408-38	Th	Jan 9-Mar 20	12:45pm-1:30pm	\$171

*Class section includes time for lunch. Bring a nut free lunch and drink.

Kid Rock!

Ages 3-4 without Adult BP

Sing, dance and play; make it a musical day! Kid Rock is a structured music and movement program with a large educational component. Combining imaginative play with sensory activities and motor skills, Kid Rock provides a creative and energetic environment for children to learn. We combine music and literacy for a unique rock 'n' roll experience! Class activities involve songs and rhymes, fine and gross motor activities, use of rhythm instruments and movement props, imaginative exercises, parachute play, and fun, fun, fun! Bring a nut free lunch and drink *No class Mar 28. MPLC*

Activity	Day	Date	Time	R/NR
1140408-19	F	Jan 10-May 2	11:30am-12:30pm	\$211

Busy Builders NEW!

Ages 3-4 without Adult BP

We are going up the tower, over the bridge, in the tunnel, and around the ramp. This STEM based class has your preschooler getting creative with various ways to build using lots of recyclable materials and even toys! We learn more about these challenges through books, games, and play! This class gets your little builders thinking differently about ways to create. Let's get building! Bring a nut free lunch and a drink. *No class Mar 28. MPLC*

Activity	Day	Date	Time	R/NR
1140408-20	F	Jan 10-May 2	11:30am-12:30pm	\$181

Science Kids

Ages 3-6 without Adult CR

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

Winter Session Only:

Activity	Day	Date	Time	R/NR
1160202-03	W	Jan 8-Mar 19	9:00am-11:30am	\$263/\$324
1160202-04	W	Jan 8-Mar 19	12:30pm-3:00pm	\$263/\$324

Full Semester:

Activity	Day	Date	Time	R/NR
1160202-11	W	Jan 8-May 7	9:00am-11:30am	\$406/\$499
1160202-12	W	Jan 8-May 7	12:30pm-3:00pm	\$406/\$499

Nature Friends

Ages 3-6 without Adult CR

Experience the wonders of animals, plants, and the outdoors with fun games, crafts, experiments, and activities. We are all about hands-on learning and discovery and venture outside each day. Different topics each season. *No class Jan 20, Feb 17, Mar 24. WPC*

Winter Session Only:

Activity	Day	Date	Time	R/NR
1160201-05	M	Jan 6-Mar 17	9:00am-11:30am	\$215/\$266
1160201-06	M	Jan 6-Mar 17	12:30pm-3:00pm	\$215/\$266

Full Semester:

Activity	Day	Date	Time	R/NR
1160201-11	M	Jan 6-May 5	9:00am-11:30am	\$358/\$441
1160201-12	M	Jan 6-May 5	12:30pm-3:00pm	\$358/\$441

Wild Child

Ages 3-6 without Adult CR

Preschool explorers get ready for outdoor adventure! Wild Child's kid crew creates their own adventures around Wildwood's pond, prairie, and woodland paths, and extends the exploration inside the classroom. *No class Mar 28. WPC*

Activity	Day	Date	Time	R/NR
1160206-05	F	Jan 10-May 2	12:30pm-3:00pm	\$382/\$470

Afternoon Adventure Club

Ages 3-6 without Adult MK/MM

Afternoon Adventure Club extends your preschooler's day by an additional 1.5 hours. We look forward to a WILDLY fun time! *No class Jan 20, Feb 17, Mar 24-28. MPLC*

Activity	Day	Date	Time	R/NR
1160342-01	M	Jan 6-May 5	3:00pm-4:30pm	\$181/\$230
1160342-02	Tu	Jan 7-May 6	3:00pm-4:30pm	\$205/\$260
1160342-03	W	Jan 8-May 7	3:00pm-4:30pm	\$205/\$260
1160342-04	Th	Jan 9-May 8	3:00pm-4:30pm	\$205/\$260
1160342-05	F	Jan 10-May 2	3:00pm-4:30pm	\$193/\$245

2025-26 School Year Full Day Preschool Options

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

Both programs are housed within the Maine Park campus. Our staff will take your child from class to class ensuring smooth transitions throughout the day. You can choose only traditional play-based programs or only nature-based programs, or do a combination of both.

Full day options are only for students enrolled in 3 and 4-year-old classes in Preschool and all Nature Preschool and Playschool students. Registration for all classes is open now.

3 & 4-Year-Old Full-Day Preschool - Create Your Own Schedule!

Customize your child's schedule to create a full preschool day from 9:00am-3:00pm. You can choose to follow only traditional play-based programs or only nature-based programs, or do a combination of both.

Click the page numbers below to view the Winter/Spring 2025 class sessions.

9:00am-11:30am Choose one program from either column below:	
<p>Traditional Preschool Programs: AM Traditional Preschool (Tu/Th, MWF, M-F) Pages 50-51 STEAM School (Tu/Th) Page 51 Playtime Pals (Tu, Th) Page 46</p>	<p>Nature-Based Preschool Programs: AM Nature Preschool (Tu/Th, MWF, M-F) Pages 52-53 AM Nature Playschool (Tu, W or Th) Pages 52-53 Science Kids (M) Page 48 Nature Friends (F) Page 48</p>
11:30am-12:30pm Choose one program from either column below:	
<p>Traditional Preschool Programs: Enrichment Classes (M, Tu, W, Th, F) Pages 47-48 Lunch & Play (Tu, Th) Page 47</p>	<p>Nature-Based Preschool Programs: Lunch Bunch (M, Tu, W, Th, F) Page 53</p>
12:30pm-3:00pm Choose one program from either column below:	
<p>Traditional Preschool Programs: PM Traditional Preschool (Tu/Th, MWF, M-F) Page 50 STEAM School (4-Year Olds Only) (Tu/Th) Page 51</p>	<p>Nature-Based Preschool Programs: PM Nature Preschool (Tu/Th, MWF) Page 52-53 Science Kids (M) Page 48 Wild Child (W) Page 48 Nature Friends (F) Page 48</p>



2701 W. SIBLEY STREET • 847-685-4400

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

SUPERVISOR: Brooke Plofsky



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

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

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

2025-2026 School Year

- 2 Days/Week** \$1,707
- 3 Days/Week** \$2,446
- 5 Days/Week** \$4,279

Fees are subject to change.

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



Wednesday, February 26
Maine Park Leisure Center, 2701 W. Sibley St.
 Prospective families interested in learning more about the Park Ridge Park District Preschool Program are invited to attend our Open House, from 10:00am-11:00am (parents only) or 5:30pm-7:00pm (families welcome).

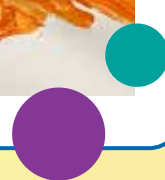
Registration Info

Fall 2025 Online Registration

Open Registration: Monday, March 10, 2025 at Noon

General Information

- Some classes may be full due to advanced registration for children currently enrolled in our Preschool Program.
- Birth Certificates, current Medical Report, and up to date Immunization Records are required for all students before the first day of school.
- Children must be age appropriate by September 1, 2025.
- All children must be completely toilet trained to participate.
- A \$100 non-refundable deposit is required at the time of registration.
- School starts Tuesday, September 2, 2025.



2025 Preschool Programs

2-Year-Old Program

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

Class Days	Time	Fee
M/W/F AM	9:00am-11:30am	\$2,446
Tu/Th AM	9:00am-11:30am	\$1,707

3-Year-Old Program

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

Class Days	Time	Fee
M/W/F AM	9:00am-11:30am	\$2,446
M/W/F PM	12:30pm-3:00pm	\$2,446
Tu/Th AM	9:00am-11:30am	\$1,707
Tu/Th PM	12:30pm-3:00pm	\$1,707
M-F AM	9:00am-11:30am	\$4,279
M-F PM	12:30pm-3:00pm	\$4,279

4-Year-Old Program

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

Class Days	Time	Fee
M/W/F AM	9:00am-11:30am	\$2,446
M/W/F PM	12:30pm-3:00pm	\$2,446
M-F AM	9:00am-11:30am	\$4,279
M-F PM	12:30pm-3:00pm	\$4,279



STEAM School for 4-Year-Olds **NEW!**

Get ready to explore the unknown in this new specialty preschool class incorporating science, technology, engineering, art, and math. Learn to predict, observe, mix, measure, analyze, collect data, estimate, investigate, and most importantly, use your creativity and critical thinking skills. Use science tools like beakers, magnifying glasses, pipettes, microscopes, and more. The power of science is endless! Children must be 4 years old by September 1, 2025.

Class Days	Time	Fee
Tu/Th AM	9:00am-11:30am	\$1,707
Tu/Th PM	12:30pm-3:00pm	\$1,707



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

Extend Your Child's Preschool Day!

**Full Day Options - Page 49
Preschool Enrichments - Page 47-48**

NATURE PRESCHOOL

PARK RIDGE PARK DISTRICT

PRESCHOOL: 2701 W. Sibley St. • 224-585-4861
PLAYSCHOOL: 529 Forestview Ave. • 224-585-4862

SUPERVISORS:

MOLLY KOWALSKI • EMAIL: mkowalski@prparks.org
MAGGIE MARTIN • EMAIL: mmartin@prparks.org



Nature Playschool & Preschool

Ages 3-4 as of September 1, 2025

MK/MM

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

Nature Preschool: 2025-2026 School Year

Class Days	Time	Resident	Non-Resident
M/W/F AM	9:00am-11:30am	\$2,343	\$2,902
M/W/F PM	12:30pm-3:00pm	\$2,343	\$2,902
M-F AM	9:00am-11:30am	\$3,991	\$4,939
Tu/Th AM	9:00am-11:30am	\$1,648	\$2,042
Tu/Th PM	12:30pm-3:00pm	\$1,648	\$2,042

Nature Playschool: Fall 2025

Class Days	Time	Resident	Non-Resident
Tuesday AM	9:00am-11:30am	\$439	\$482
Wednesday AM	9:00am-11:30am	\$439	\$482
Thursday AM	9:00am-11:30am	\$439	\$482

Nature Preschool & Playschool fees are subject to change.

Fall 2025 Online Registration Dates:

Open Registration:
 Monday, March 10, 2025 at Noon

General Information

- Some classes may be full due to advance registration for children currently enrolled in our Nature Preschool Program.
- A \$100 non-refundable deposit is required at the time of registration. Balance is due by August 16, 2025.
- Children must be age appropriate by September 1, 2025.
- All Children must be completely toilet trained to participate. No pull-ups or diapers.
- Tentative start date is Tuesday, September 2, 2025.



OPEN HOUSE

Wednesday, February 26

Maine Park Leisure Center, 2701 W. Sibley St.

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



Space is still available for Winter/Spring 2025 Playschool & Lunch Bunch!

Nature Playschool: Winter/Spring 2025

Ages 3-4 as of September 1, 2024

MK/MM

Hike the trails around the pond, prairie, and woodland, draw in journals, turn over logs to look for insects and worms, sled down hills and trek through the snow, and get to know the animals at Wildwood while developing lifelong learning skills. Nature PlaySchool rotates curriculum, exploring different seasonal nature and science topics. This allows your child to attend a unique program for two years. All children must be completely toilet trained to participate; no pull-ups or diapers. A \$50 non-refundable deposit required at registration. Must be age appropriate by September 1, 2024. No class Jan 20, Feb 17, Mar 24-28. **WPC**

Activity	Day	Date	Time	R/NR
1160310-01	Tu	Jan 7-May 6	9:00am-11:30am	\$413/\$500
1160310-03	Th	Jan 9-May 8	9:00am-11:30am	\$413/\$500
1160310-05	F	Jan 10-May 2	9:00am-11:30am	\$389/\$471

Nature Preschool & Playschool Philosophy

Wildwood's nature-based preschool and playschool provides children with special opportunities to learn about themselves and the world around them. By connecting young children with the natural world, we hope to inspire a love of nature, foster environmental awareness, and nurture a caring attitude that will follow them throughout their lives.

We offer experiences that are typically found in a child centered early childhood program with opportunities to:

- Make discoveries and learn through play.
- Make choices and follow their interests.
- Use their senses.
- Work on fine and gross motor skills.
- Express themselves creatively and use language in its many forms.
- Make friends and foster their social emotional development.
- Work on critical thinking and problem-solving skills. o Explore natural science themes and topics.

Nature-based activities happen both indoors and outdoors, in whole groups, small groups, and individually. Children have daily experiences with plants, animals, and the natural world by hiking, exploring, observing, and experimenting.

Lunch Bunch

Ages 3-4 as of September 1, 2024

MK/MM

Extend your Preschool or Playschool day at Lunch Bunch. Eat your lunch then enjoy free play indoors and outdoors after your meal. Children are escorted by staff to/from lunch and Nature Preschool or Playschool, Maine Park Preschool, or early childhood programs. No class Jan 20, Feb 17, Mar 24-28. **MPLC**

Activity	Day	Date	Time	R/NR
1160340-01	F	Jan 10-May 2	11:30am-12:30pm	\$137/\$189
1160340-02	M	Jan 6-May 5	11:30am-12:30pm	\$129/\$178
1160340-03	Tu	Jan 7-May 6	11:30am-12:30pm	\$146/\$201
1160340-04	W	Jan 8-May 7	11:30am-12:30pm	\$146/\$201
1160340-07	Th	Jan 9-May 8	11:30am-12:30pm	\$146/\$201

Extend Your Child's Preschool Day!

Full Day Options - Page 49

Preschool Enrichments - Page 47-48



Beyond the Bell

Before & After School Program for Grades K-5

2024-25
School Year

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

This program runs in conjunction with D64 school calendar.

Hours of Operation:

Before CareMon-Fri, 7:00am-8:50am
After CareMon, Tues, Thurs, Fri, 3:30pm-6:00pm
 Wed, 2:40pm-6:00pm

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

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

REGISTRATION FOR 2024-25 SCHOOL YEAR:

Online Registration Information

Registration for the 2024-25 school year is currently open. Detailed registration instructions are available at www.prparks.org.

General Registration Information

- **Limited space is available for the 2024-25 school year in this very popular program.**
- A \$10 service fee per schedule change per participant will be charged to your credit card on file.
- Enrollment is limited, but continues throughout the school year if space is available.

For questions regarding Beyond the Bell, contact:

Robin Battaglia, Youth Coordinator Meghan O'Neill, Youth Supervisor
 847-292-8901 • rbattaglia@prparks.org 847-292-8906 • moneill@prparks.org



PARK RIDGE
PARK DISTRICT

We're Hiring Beyond the Bell Counselors!

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

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

Registration Information for the 2025-26 school year will be in our Spring Brochure.

2024-2025 School Year Fees

Before Care	Fee
Monday Only	\$244
Tuesday Only	\$274
Wednesday Only	\$290
Thursday Only	\$290
Friday Only	\$267
After Care	Fee
Monday Only	\$348
Tuesday Only	\$391
Wednesday Only	\$553
Thursday Only	\$413
Friday Only	\$381



A HEALTHY PLATE MADE TO ORDER

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

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



SCHOOL BREAK CAMPS

Ages 5-12

RB

Enjoy a fun-filled day off of school here at the Park District. We will fill the day with fun crafts, wacky science experiments, sports, games, Lego challenges and more! Don't forget to pack a nut-free lunch, both morning and afternoon snacks, and a reusable water bottle.

School's Out Fun Club!

Activity	Day	Date	Time	Fee	Loc
1110606-02	M	Jan 20	8:00am-5:00pm	\$70	MPLC
1110606-05	F	Feb 14	8:00am-5:00pm	\$70	SP
1110606-28	M	Feb 17	8:00am-5:00pm	\$70	MPLC

Spring Break Camp

Activity	Day	Date	Time	Fee	Loc
1110606-08	M-F	Mar 24-28	8:00am-5:00pm	\$350	MPLC



Youth Programs

Nature Classes

To The Troposphere and Beyond! **NEW!**

Ages 6-11

CR

Escape Earth's gravity to explore sky and space! Meteorologists, don your lab coats and rain boots. We're off to watch the weather! Explore the wild side of weather as you generate static electricity lightning and twisting tornadoes in water. Create a homemade anemometer, rain gauge, and wind vane to take home. Then pop into your spacesuit for some fun amongst the stars! Use telescopes to see the night sky and build a telescope to take home. Learn how to locate constellations, planets, and other fun astronomy finds. **WPC**

Activity	Day	Date	Time	R/NR
1160412-01	Th	Jan 16-Feb 13	4:00pm-5:30pm	\$91/\$118

Inside Your Insides

Ages 6-11

CR

Get ready to explore the human body! Discover how your body breaks down food by creating a working model of an esophagus and stomach and exploring acids and bases. Follow a blood cell and find out its unique purpose in transporting oxygen all around our body, and test your breath capacity with different experiments. Trick your brain with fun smell and taste experiments, make your own optical illusions, and test your memory against your friends. See how tendons and muscles work with your bones to move your body by engineering a hand model. **WPC**

Activity	Day	Date	Time	R/NR
1160401-02	Th	Feb 20-Mar 20	4:00pm-5:30pm	\$71/\$98

Adventure Club

Ages 6-11

CR

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

Activity	Day	Date	Time	R/NR
1160417-05	W	Jan 15-Feb 12	3:30pm-5:00pm	\$70
1160417-06	W	Feb 19-Mar 19	3:30pm-5:00pm	\$70

Rangers in Training

Ages 10-14

JC

Interested in being a ranger at Wildwood? Get a hands-on taste of what it's like to be a Wildwood ranger. Learn how to clean, feed, and care for the animals during this fun training session. *No class Feb 17.* **WPC**

Activity	Day	Date	Time	R/NR
1160407-01	F	Jan 10-Feb 7	4:00pm-5:00pm	\$63/\$98
1160407-02	F	Feb 14-Mar 14	4:00pm-5:00pm	\$63/\$98
1160407-03	M	Jan 27-Mar 3	4:00pm-5:00pm	\$63/\$98



4TH & 5TH GRADE NIGHT AT THE

POOL

Ages
9-11

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

Activity	Day	Date	Time	R/NR
1110720-01	F	Jan 10	7:00pm-8:30pm	\$8
1110720-02	F	Mar 7	7:00pm-8:30pm	\$8

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

Technology Classes

Castles, Moats and Catapults

Ages 4½ -6

MO

Build to withstand any siege! Students learn principles of construction and use math skills as they experiment with scale and size, staggering vs. stacking. In a hands-on class using Lego® materials, work in teams to build castles, towers of strength, and working catapults. On the last day, we have a marshmallow launching challenge with our catapults! **MPLC**

Activity	Day	Date	Time	R/NR
1110408-05	Th	Feb 27-Mar 20	6:00pm-7:00pm	\$80/\$120

Minecraft Club

Ages 5-7

MO

In this awesome class, kids learn while having fun! Students learn to move, explore, and build/craft within Minecraft. Then, we recreate real life structures while learning about architecture, physics, and circuitry. By the end, students will use their knowledge and creativity to make projects on their own. No prior experience with Minecraft is necessary. **MPLC**

Activity	Day	Date	Time	R/NR
1110402-01	W	Feb 5-Mar 19	5:00pm-6:00pm	\$350/\$450

Minecraft Code: Avatar the Last Airbender

Ages 8-11

MO

The balance of the Minecraft world is disrupted! In this riveting class, students dive into the immersive world of Avatar the Last Airbender, harnessing the power of coding to master the four elements: air, water, earth, and fire! Each session uncovers a new element for our young coders to explore and conquer, each with its unique challenges and mysteries. From the towering mountains to the depths of the oceans, from molten lava caverns to expansive plains of gusting winds, the Minecraft world is awaiting your command! Students embark on an unforgettable journey, putting their coding skills to the ultimate test in an adventure of creativity, problem-solving, and elemental mastery! **MPLC**

Activity	Day	Date	Time	R/NR
1110402-03	W	Feb 5-Mar 19	5:00pm-6:00pm	\$350/\$450

Cars, Catapults and Bridges

Ages 7-12

MO

This class focuses on teaching the FUNdamentals of engineering as students work in teams using LEGO simple machine kits. Each session builds upon the student's skill level as they learn about levers, wheels/axles, and gears. Projects could include building: drawbridges, cars, amusement park ride, cranes catapults, and much more! Join the fun while you explore engineering concepts that you can use at home for your own projects. **MPLC**

Activity	Day	Date	Time	R/NR
1110408-06	Th	Jan 30-Feb 20	6:00pm-7:15pm	\$100/\$150

Youth Enrichment Classes

Glitzy Girlz: Winter Fantasy Princess Glam Night

Ages 4-10

MO

Beat the winter slump and join Glitzy Girlz (www.glitzygirlz.com) for a night of glam with a unicorn rainbow fantasy theme. Get a pretty make-over complete with hairdo, make-up sparkle, and nail polish application. Decorate a unique craft with paints, stickers, embellishments, and personalization. Design a beautiful beaded bracelet with a fantasy charm assortment. Staff will play music and run a fashion show at end of class for parents. A fantasy glam bag goes home with each participant. **MPLC**

Activity	Day	Date	Time	R/NR
1110801-01	Th	Jan 16	6:00pm-7:15pm	\$35/\$50

Glitzy Girlz: Neon Glam Jam Dance Party

Ages 4-11

MO

Join Glitzy Girlz (www.glitzygirlz.com) for a night of neon and fun! We give each participant a pampering of glam with neon hair braids, neon make-up sparkle, and neon nail polish application. Each person decorates a unique craft with a neon color and accents like jewels and personalization, and also designs a cool beaded bracelet with charm. Our night ends with a retro lights dance party to popular songs! A neon glam bag goes home with each guest. Sign up with friends! **MPLC**

Activity	Day	Date	Time	R/NR
1110801-02	Tu	Mar 4	6:00pm-7:15pm	\$35/\$50

Sticky Fingers

Ages 5-10

MO

Your kids can have a blast every week discovering how easy and fun it is to cook and gobble up tasty, healthy, American classics and globally-inspired Sticky Fingers Cooking recipes! Sticky Fingers Cooking offers young chefs the chance to explore exciting tastes and master culinary skills that kids can put to use in their family kitchens while nourishing their bodies and minds. We provide all of the tools, ingredients, and instruction needed to cook up a fun, delicious, and incredibly healthy after-school snack each week. **MPLC**

Activity	Day	Date	Time	R/NR
1110830-01	W	Jan 15-Mar 12	4:00pm-5:00pm	\$301/\$355



Theater Classes



Premier Program:

Show Toons! An Animated Musical Adventure

Ages 4-6 MS

Fun is the focus of this 90-minute class that dedicates 30 minutes each to singing, dancing and acting. Your little star learns basic vocal technique, refines coordination while working on simple rhythm and dance moves, and explores stories and characters through fun drama games and activities. This Winter/Spring, join us for *Show Toons! An Animated Musical Adventure*. This vibrant new musical features characters and songs from some of your favorite animated films including *Moana*, *Zootopia*, and *Monsters, Inc.* Every child has a chance to shine in this enchanting journey of music and imagination!

- No class Mar 22 and Apr 20 (make-up class for Apr 20 will be held on Thursday, Apr 24 at the Centennial Activity Center).
- Classes on Sunday, Mar 16, Mar 30, Apr 6, and Apr 13 will be held at the Centennial Activity Center.
- All of the Premier Program classes perform on Sunday, April 27.

Activity	Day	Date	Time	R/NR	Loc
1180106-01	Sa	Jan 11-Apr 27	9:00am-10:30am	\$476	CAC
1180106-02	Sa	Jan 11-Apr 27	10:45am-12:15pm	\$476	CAC
1180106-03	Su	Jan 12-Apr 27	1:30pm-3:00pm	\$476	MPLC
1180106-04	Th	Jan 16-Apr 27	1:30pm-3:00pm	\$476	MPLC

Creative Drama

Ages 5-8 MS

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

Activity	Day	Date	Time	R/NR
1180101-01	M	Jan 27-Mar 17	4:00pm-5:00pm	\$151

Musical Theatre: Dance

Ages 5-8 MS

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

Activity	Day	Date	Time	R/NR
1180104-01	W	Jan 29-Mar 19	4:00pm-5:00pm	\$151

Musical Theatre: Singing

Ages 5-14 MS

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

Activity	Age	Day	Date	Time	R/NR
1180103-01	5-8	Tu	Jan 28-Mar 18	4:00pm-5:00pm	\$151
1180103-02	9-14	Tu	Jan 28-Mar 18	5:15pm-6:15pm	\$151

Sketch Comedy and Improvisation

Ages 9-14 MS

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

Activity	Day	Date	Time	R/NR
1180102-01	M	Jan 27-Mar 17	5:15pm-6:15pm	\$151

Audition Technique

Ages 9-14 MS

Looking to prep for that next audition? Students learn the tools and preparation needed to go into auditions with confidence. We cover a variety of different types of auditions including cold readings, monologues, on-camera, and musical theater. Whether you are auditioning for the school play, professional theater, or a feature film, this class leaves you prepared to nail that next audition! **CAC**

Activity	Day	Date	Time	R/NR
1180105-01	W	Jan 29-Mar 19	5:15pm-6:15pm	\$151/\$151

The Company: Singin' in the Rain Jr.

Ages 6-16 MS

Students in The Company are divided into three groups based on age. They take a one-hour class in each of our three disciplines: drama, singing, and dance. Your child works on vocal technique, trains in several dance styles, and hones their drama skills through improv exercises and script work. This Winter/Spring, our students will perform what is widely considered the greatest movie musical of all time, *Singin' In the Rain Jr!* This charming musical transports you to the vibrant streets of 1920s Hollywood, where the glitz of silent films meets the magic of sound. Follow the dashing Don Lockwood as he navigates the comedic chaos of a changing industry, juggling his affections for the sweet-hearted Kathy Selden and the melodramatic Lina Lamont. Packed with infectious energy, unforgettable tunes, and spectacular dance routines, this delightful show is sure to be a hit with students and audiences alike. So grab your umbrellas and prepare for a splash of fun! Performance on the last day of term.

- No class Mar 22 and Apr 20 (make-up class for Apr 20 will be held on Thursday, Apr 24 at the Centennial Activity Center).
- Classes on Sunday, Mar 16, Mar 30, Apr 6, and Apr 13 will be held at the Centennial Activity Center.

Activity	Day	Date	Time	R/NR	Loc
1180107-01	Sa	Jan 11-Apr 26	10:00am-1:00pm	\$746	CAC
1180107-02	Sa	Jan 11-Apr 26	2:00pm-5:00pm	\$746	CAC
1180107-03	Su	Jan 12-Apr 27	1:00pm-4:00pm	\$746	MPLC

Teen Programs

Teen Trips

Snow Tubing at Villa Olivia

Ages 11-15 MS

We are going to Villa Olivia to enjoy a day of snow tubing fun, followed by hot cocoa to warm up. Grab your friends so you don't miss out on this event; it is going to be a blast! **Registration deadline: Jan 14. Departs from MPLC**

Location: Villa Olivia, 1401 W Lake St, Bartlett, IL 60103

Activity	Day	Date	Time	R/NR
1110205-01	M	Jan 20	4:00pm-8:00pm	\$75

K-1 Speed

Ages 11-15 MS

Go-kart racing will never be the same after racing at K-1 Speed! This indoor track is designed for both beginners and experienced go-kart racers. Race wheel-to-wheel with your friends at speeds approaching 45 mph. Transportation and adult supervision are provided. You must be 4'10" or taller. Additional details will be provided closer to the start date. **Registration deadline: Feb 10. Departs from MPLC**

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

Activity	Day	Date	Time	R/NR
1110201-01	M	Feb 17	1:00pm-4:30pm	\$86

Teen Bowling Trip

Ages 11-15 MS

Spend your night bowling with friends as we head to Classic Bowl in Morton Grove. Join other teens for a fun time hitting pins and having a blast! The fee includes transportation, shoe rental, and two hours of open bowling. Please bring extra spending money. **Registration deadline: Feb 21. Departs from MPLC**

Location: Classic Bowl, 8530 Waukegan Rd, Morton Grove, IL 60053

Activity	Day	Date	Time	R/NR
1110202-01	F	Feb 28	4:00pm-7:30pm	\$36

Chicago Wolves Hockey Game

Ages 11-15 MS

Join us for a fun teen trip to a Wolves hockey game! Enjoy live action, hang out with friends, and cheer on the team. Don't miss out! Please bring money if you'd like to purchase items from the gift shop or concession stand. **Registration deadline: Mar 3. Departs from MPLC**

Location: Allstate Arena, 6920 Mannheim Rd, Rosemont, IL 60018

Activity	Day	Date	Time	R/NR
1110203-01	Su	Mar 9	1:30pm-6:00pm	\$51



"Guys & Dolls" Theater Trip

Ages 11-15 MS

Catch Music Theater Works™ lively performance of Guys and Dolls! Set in New York, this classic musical is packed with fun songs, vibrant characters, and a charming love story. Perfect for a fun afternoon at the theater! Please bring money if you'd like to purchase items from the gift shop or concession stand. **Registration deadline: Mar 10. Departs from MPLC**

Location: North Shore Center for the Performing Arts, 9501 Skokie Blvd, Skokie, IL 60077

Activity	Day	Date	Time	R/NR
1110204-01	Sa	Mar 15	12:30pm-5:30pm	\$85

Middle School Night

AT THE

POOL

Ages 11-14 MS

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

Activity	Day	Date	Time	R/NR
1110314-01	F	Feb 7	7:00pm-8:30pm	\$8
1110314-02	F	Apr 4	7:00pm-8:30pm	\$8

Teen Programs

Spring Break Skateboard Camp

Ages 7-12

MS

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

Activity	Day	Date	Time	R/NR
1110119-01	M-F	Mar 24-Mar 28	9:30am-Noon	\$225

Safe Sitter® Babysitting Training

Ages 10-14

MS

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

Activity	Day	Date	Time	R/NR
1110115-01	Sa	Jan 11	9:00am-2:30pm	\$198

Safe@Home Training

Ages 10-12

MS

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

Activity	Day	Date	Time	R/NR
1110116-01	F	Jan 24	4:30pm-6:00pm	\$68
1110116-02	F	Feb 7	4:30pm-6:00pm	\$68

First Aid: Girl Scout/Brownie

Ages 10-14

MS

Our 90-minute class, sponsored by Healthy Pi, is for all teens (including Girl Scouts). Make a first aid kit, learn how to treat minor household injuries, and learn how to prevent and treat outdoor injuries. Class meets some of the Girl Scout First Aid Badge requirements, but class does not include a badge. This is a great opportunity to get kids geared up for summer camp. **MPLC**

Activity	Day	Date	Time	R/NR
1110113-01	F	Feb 28	4:30pm-6:00pm	\$38

For more information on Girl Scout program offerings, contact Mat Skorupski at 847-692-3367 or mskorupski@prparks.org.



Adult Programs

Creative Ceramics

Ages 15 & Up

SC

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

Activity	Day	Date	Time	Fee
1090127-01	M	Jan 6-Mar 10	7:00pm-9:00pm	\$271/\$275

Yoga + Flower Arranging

Ages 18 & Up

EG

Let this flower arranging class boost your mood, stimulate your intellect, and engage your senses while improving your motor function and dexterity. To get your creative juices flowing, we begin class with chair yoga followed by guided instruction to help you create your own beautiful floral arrangement for Valentine's Day! Cost includes instruction and all supplies. Instructor: Jodi Fedoruk. **CAC**

Activity	Day	Date	Time	Fee
1230528-01	Th	Feb 13	9:30am-10:15am	\$25

Spring Wood Napkin Holder **NEW!**

Ages 18 & Up

EG

Create an outside napkin holder that you can build and decorate. No cutting, just drill, glue, assemble, and decorate. Supplies are provided to paint and finish it. Instructor: Ted Sigg. **CAC**

Activity	Day	Date	Time	Fee
1230536-01	W	Mar 5	1:00pm-3:00pm	\$10

Plant Box Making

Ages 18 & Up

EG

Build a 2-foot plant box with a rack that holds four round flower pots. The plant box can be decorated and used inside, while the rack and flower pots can be used outside, if desired. All materials for the plant box, flower pots, potting soil, and seedings are provided. If you desire, you can bring your own seeds or seedings. Decorating of the plant box is on your own. **Registration deadline: Mar 3.** Instructor: Ted Sigg. **CAC**

Activity	Day	Date	Time	Fee
1230531-01	Th	Mar 13	1:00pm-3:00pm	\$30

We offer even more programs for adults age 55 & older!
See pages 22-31



Intermediate Sewing

Ages 18 & Up

EG

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

Activity	Day	Date	Time	Fee
1230527-01	M	Jan 6-Feb 10	6:30pm-8:00pm	\$60
1230527-02	M	Feb 17-Mar 24	6:30am-8:00pm	\$60

Pollinator Gardening with Native Plants

Ages 18 & Up

SC

You can make a positive impact on the local ecosystem through gardening! Learn about the common pitfalls of planting a pollinator garden and how to use indigenous plants to lure winged beauty. Sample garden palates and simple design techniques are covered to inspire your green thumb. Instructor: Sara Strother, a certified Cook County Master Naturalist and the owner of Planted Green LLC. **CAC**

Activity	Day	Date	Time	Fee
1230311-01	Th	Mar 6	7:00pm-8:30pm	Free

Werk Up A Sweat **NEW!**

Ages 18 & Up

MS

Looking to get moving during your lunch break? "Werk Up A Sweat" is the perfect 30-minute dance class designed to boost your energy and leave you feeling refreshed for the rest of your day! This high-energy class combines fun dance moves with cardio-based sequences that will have your blood pumping and your body moving to the beat. No dance experience is needed. Carol R. **MP/ds**

Activity	Day	Date	Time	R/NR
1100311-01	Th	Jan 9-Mar 20	Noon-12:30pm	\$157/\$237

Indoor Swim Lessons

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

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



For more information, please refer to the [Parent's Guide for Starfish Swimming Curriculum](#).

General Lesson Information

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

StarBabies™ & StarTots™

Ages 6 months-3 with Adult

JJ

The purpose of this course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers are required. No class Jan 18-19, Feb 15-16. **CFC/p**

Activity	Day	Date	Time	R/NR
1210103-01	Tu/Th	Jan 7-Jan 30	5:55pm-6:25pm	\$87/\$138
1210103-02	Tu/Th	Feb 4-Feb 27	5:55pm-6:25pm	\$87/\$138
1210103-03	Tu/Th	Mar 4-Mar 20	5:55pm-6:25pm	\$65/\$104
1210103-04	Sa	Jan 11-Mar 15	10:30am-11:00am	\$87/\$138
1210103-05	Sa	Jan 11-Mar 15	11:10am-11:40am	\$87/\$138
1210103-06	Su	Jan 12-Mar 16	10:50am-11:20am	\$87/\$138

Starfish Swim School® for Preschoolers

Age 3-5 without parent

JJ

Designed to meet the needs of children ages 3 to 5, this course develops a high comfort level in the water and a readiness to swim, and for those children who are developmentally ready, it teaches functional swim skills. This class approaches teaching swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting. No class Jan 18-19, Feb 15-16. **CFC/p**

Activity	Day	Date	Time	R/NR
1210102-01	M/W	Jan 6-Jan 29	4:15pm-4:45pm	\$87/\$138
1210102-02	M/W	Jan 6-Jan 29	4:50pm-5:20pm	\$87/\$138
1210102-03	M/W	Jan 6-Jan 29	5:30pm-6:00pm	\$87/\$138
1210102-04	Tu/Th	Jan 7-Jan 30	4:00pm-4:30pm	\$87/\$138
1210102-05	Tu/Th	Jan 7-Jan 30	4:40pm-5:10pm	\$87/\$138
1210102-06	M/W	Feb 3-Feb 26	4:15pm-4:45pm	\$87/\$138
1210102-07	M/W	Feb 3-Feb 26	4:50pm-5:20pm	\$87/\$138
1210102-08	M/W	Feb 3-Feb 26	5:30pm-6:00pm	\$87/\$138
1210102-09	Tu/Th	Feb 4-Feb 27	4:00pm-4:30pm	\$87/\$138
1210102-10	Tu/Th	Feb 4-Feb 27	4:40pm-5:10pm	\$87/\$138
1210102-11	M/W	Mar 3-Mar 19	4:15pm-4:45pm	\$65/\$104
1210102-12	M/W	Mar 3-Mar 19	4:50pm-5:20pm	\$65/\$104
1210102-13	M/W	Mar 3-Mar 19	5:30pm-6:00pm	\$65/\$104
1210102-14	Tu/Th	Mar 4-Mar 20	4:00pm-4:30pm	\$65/\$104
1210102-15	Tu/Th	Mar 4-Mar 20	4:40pm-5:10pm	\$65/\$104
1210102-16	Sa	Jan 11-Mar 15	9:15am-9:45am	\$87/\$138
1210102-17	Sa	Jan 11-Mar 15	9:50am-10:20am	\$87/\$138

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

Indoor Swim Lessons

Starfish Swim School® for Youth

Ages 5-12

JJ

Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is self-paced but challenging. Swimmers who are beginners up to those starting rotary breathing should sign up for Swim School. *No class Jan 18-19, Feb 15-16. CFC/p*

Activity	Day	Date	Time	R/NR
1210101-01	M/W	Jan 6-Jan 29	4:50pm-5:25pm	\$91/\$143
1210101-02	Tu/Th	Jan 7-Jan 30	4:00pm-4:35pm	\$91/\$143
1210101-03	Tu/Th	Jan 7-Jan 30	4:40pm-5:15pm	\$91/\$143
1210101-04	M/W	Feb 3-Feb 26	4:50pm-5:25pm	\$91/\$143
1210101-05	Tu/Th	Feb 4-Feb 27	4:00pm-4:35pm	\$91/\$143
1210101-06	Tu/Th	Feb 4-Feb 27	4:40pm-5:15pm	\$91/\$143
1210101-07	M/W	Mar 3-Mar 19	4:50pm-5:25pm	\$68/\$108
1210101-08	Tu/Th	Mar 4-Mar 20	4:00pm-4:35pm	\$68/\$108
1210101-09	Tu/Th	Mar 4-Mar 20	4:40pm-5:15pm	\$68/\$108
1210101-10	Sa	Jan 11-Mar 15	10:30am-11:05am	\$91/\$143
1210101-11	Sa	Jan 11-Mar 15	11:15am-11:50am	\$91/\$143

Starfish Stroke School™

Ages 5-14

JJ

This course is for students who have achieved the green Swim School benchmarks. Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance. Swimmers should sign up for Stroke School if they can swim at least half a lap independently with some rotary breathing. *No class Jan 18-19, Feb 15-16. CFC/p*

Activity	Day	Date	Time	R/NR
1210105-01	M/W	Jan 6-Jan 29	4:50pm-5:25pm	\$91/\$143
1210105-02	Tu/Th	Jan 7-Jan 30	4:00pm-4:35pm	\$91/\$143
1210105-03	Tu/Th	Jan 7-Jan 30	4:40pm-5:15pm	\$91/\$143
1210105-04	M/W	Feb 3-Feb 26	4:50pm-5:25pm	\$91/\$143
1210105-05	Tu/Th	Feb 4-Feb 27	4:00pm-4:35pm	\$91/\$143
1210105-06	Tu/Th	Feb 4-Feb 27	4:40pm-5:15pm	\$91/\$143
1210105-07	M/W	Mar 3-Mar 19	4:50pm-5:25pm	\$68/\$108
1210105-08	Tu/Th	Mar 4-Mar 20	4:00pm-4:35pm	\$68/\$108
1210105-09	Tu/Th	Mar 4-Mar 20	4:40pm-5:15pm	\$68/\$108
1210105-10	Sa	Jan 11-Mar 15	10:30am-11:05am	\$91/\$143
1210105-11	Sa	Jan 11-Mar 15	11:15am-11:50am	\$91/\$143



Private Swim Lessons

Ages 3 & Up

JJ

We offer one-on-one private swim lessons, set to specific times and days of the week. Just pick the one that works for you. *No class Jan 18-19, Feb 15-16. CFC/p*

Activity	Day	Date	Time	R/NR
1210108-01	Tu/Th	Jan 7-Jan 30	5:20pm-5:50pm	\$320/\$416
1210108-02	Tu/Th	Jan 7-Jan 30	5:55pm-6:25pm	\$320/\$416
1210108-03	Tu/Th	Jan 7-Jan 30	6:30pm-7:00pm	\$320/\$416
1210108-04	Tu/Th	Feb 4-Feb 27	5:20pm-5:50pm	\$320/\$416
1210108-05	Tu/Th	Feb 4-Feb 27	5:55pm-6:25pm	\$320/\$416
1210108-06	Tu/Th	Feb 4-Feb 27	6:30pm-7:00pm	\$320/\$416
1210108-07	Tu/Th	Mar 4-Mar 20	5:20pm-5:50pm	\$240/\$312
1210108-08	Tu/Th	Mar 4-Mar 20	5:55pm-6:25pm	\$240/\$312
1210108-09	Tu/Th	Mar 4-Mar 20	6:30pm-7:00pm	\$240/\$312
1210108-10	Sa	Jan 11-Mar 15	9:15am-9:45am	\$320/\$416
1210108-11	Sa	Jan 11-Mar 15	9:50am-10:20am	\$320/\$416
1210108-12	Su	Jan 12-Mar 16	9:00am-9:30am	\$320/\$416
1210108-13	Su	Jan 12-Mar 16	9:35am-10:05am	\$320/\$416
1210108-14	Su	Jan 12-Mar 16	10:10am-10:40am	\$320/\$416

Riptides Off-Season

Ages 5-16

JJ

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

Activity	Day	Date	Time	R/NR
1210207-01	M/W	Jan 6-Mar 19	4:00pm-4:45pm	\$243/\$374

Introduction to Water Polo

Ages 3-12

JJ

This program is designed to introduce the sport of water polo to children 3-12 years old. Participants must be capable of swimming one length of the pool unassisted and be comfortable in the deep end to participate. Coaches are former Division 1 water polo players who are also parents of young kids. *No class Jan 19, Feb 16. CFC/p*

Activity	Day	Date	Time	R/NR
1210407-01	Su	Jan 12-Mar 16	5:15pm-6:15pm	\$60/\$85

SCHOOL BREAK PRIVATE LESSONS

Check our website in December for school break private lessons schedule! Some of our most in-demand instructors offer lessons over Winter Break.

Canine Programs

Puppy Kindergarten

Ages 12 & Up

SC

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

First class is held Wednesday, January 8 at South Park Recreation Center at 7:30pm.

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

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

Activity	Day	Date	Time	R/NR
1240101-01	W	Jan 8-Mar 5	7:00pm-7:55pm	\$108/\$117



Dog Obedience

Ages 12 & Up

SC

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

First class is held Wednesday, January 8 at South Park Recreation Center at 7:30pm.

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

Instructor: Gloria Urquhart

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

Activity	Level	Day	Date	Time	R/NR
1240102-01	Beginner	W	Jan 8-Mar 12	8:00pm-8:55pm	\$120/\$130

Instructor: Sheryl Phelps

Location: South Park, 833 Talcott Rd.

Activity	Level	Day	Date	Time	R/NR
1240102-02	Beginner	W	Jan 8-Mar 12	7:00pm-7:55pm	\$120/\$130
1240103-01	Novice 1	W	Jan 8-Mar 12	8:00pm-8:55pm	\$120/\$130
1240103-02	Novice 2	W	Jan 8-Mar 12	9:00pm-9:55pm	\$120/\$130



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



Music Lessons General Information

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

Private Piano

Ages 6 & Up

MS

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

Private Guitar

Ages 6 & Up

MS

We offer a full range of youth and adult music lessons for all abilities. Our instructors are skilled, professional musicians passionate about staying current with the best teaching practices and passing on the art of playing musical instruments. Our trained instructors help you learn your instrument in a style that caters to your musical interest and unleashes your creativity. Whether you are a beginner, intermediate, or advanced student, we have a lesson suited for you. All materials are included. **MPLC**

Private Drums

Ages 6 & Up

MS

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

PRIVATE LESSONS

Date: January 6 - March 22

R/NR: \$364/\$555

Private Piano (Ages 6 & Up)	1190103-01
Private Guitar (Ages 6 & Up)	1190102-02
Private Drum (Ages 6 & Up)	1190104-01
Parent/Child Lesson (Ages 5-10 with adult)	1190101-07

Parent/Child Lesson

Ages 5-10 with Adult

MS

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



Non-Recital Dance

Youth Dance Classes

Adult/Tot Predance

Ages 18m-3y with Adult MS

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

Activity	Day	Date	Time	R/NR
1100111-01	F	Jan 10-Mar 21	9:30am-10:00am	\$167/\$256
1100111-02	Tu	Jan 7-Mar 18	10:05am-10:35am	\$167/\$256

Baby Ballet

Ages 2-3 MS

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

Activity	Day	Date	Time	R/NR
1100112-01	Tu	Jan 7-Mar 18	4:00pm-4:30pm	\$333/\$511

Teeny Tiny Tots

Ages 2-4 MS

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

Activity	Day	Date	Time	R/NR	Inst.
1100113-01	Tu	Jan 7-Mar 18	9:30am-10:00am	\$167/\$256	LS
1100113-02	F	Jan 10-Mar 21	10:05am-10:35am	\$167/\$256	LS
1100113-03	Th	Jan 9-Mar 20	4:00pm-4:30pm	\$167/\$256	CR

Storybook Ballet

Ages 3-5 MS

This beginner ballet class incorporates steps and terminology with fairytale music. Participants enjoy using tiaras, wands, and horses. Instructor: Carol R. **MP/ds**

Activity	Day	Date	Time	R/NR
1100114-01	Th	Jan 9-Mar 20	11:15am-Noon	\$167/\$256

Fairytale Ballet NEW!

Ages 3-5 MS

Fairytale Ballet invites young dancers to discover ballet through enchanting stories and imaginative play! Each class blends basic ballet moves with beloved tales, allowing dancers to leap, twirl, and explore in a fun, magical setting. Instructor: Carol R. **MP/ds**

Activity	Day	Date	Time	R/NR
1100122-01	Sa	Jan 11-Mar 22	11:15am-Noon	\$167/\$256



Ballet

Ages 3-6 MS

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

Activity	Day	Date	Time	R/NR
1100115-01	F	Jan 10-Mar 21	10:45am-11:30am	\$157/\$237

Bit Bop

Ages 4-6 MS

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

Activity	Day	Date	Time	R/NR
1100121-03	Tu	Jan 7-Mar 18	6:45pm-7:15pm	\$167/\$256

Adult Dance Classes

Werk Up A Sweat NEW!

Ages 18 & Up MS

Looking to get moving during your lunch break? "Werk Up A Sweat" is the perfect 30-minute dance class designed to boost your energy and leave you feeling refreshed for the rest of your day! This high-energy class combines fun dance moves with cardio-based sequences that will have your blood pumping and your body moving to the beat. No dance experience is needed. Carol R. **MP/ds**

Activity	Day	Date	Time	R/NR
1100311-01	Th	Jan 9-Mar 20	Noon-12:30pm	\$157/\$237

Athletics

Winter 2025



Youth Athletics

Page 68-72

Pickleball Lessons

Page 73

Adult Athletics

Page 74

Gymnastics

Page 75-76

Martial Arts

Page 77

Adult and Child Classes

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

Hot Shots Sports Adult-Tot Tumbling

Ages 2-3 with Adult JD

Your child's physical, mental, emotional, and social skills are developed through this fun and challenging class. Children are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic gymnastics and movement, participants experience their world in a whole new way and begin to understand how their bodies work. Wear loose fitting clothing, gym shoes and be prepared to have tons of fun! Parent or caregiver participation is required. No class Jan 20, Feb 17. **SP/gS**

Activity	Day	Date	Time	R/NR
1011840-01	M	Jan 6-Mar 17	9:15am-10:00am	\$141/\$215
1011840-02	Tu	Jan 7-Mar 18	9:15am-10:00am	\$172/\$261
1011840-03	W	Jan 8-Mar 19	9:15am-10:00am	\$172/\$261
1011840-04	W	Jan 8-Mar 19	6:00pm-6:45pm	\$172/\$261
1011840-05	Th	Jan 9-Mar 20	9:15am-10:00am	\$172/\$261
1011840-06	Sa	Jan 11-Mar 15	11:15am-Noon	\$156/\$237

Hot Shots Sports Adult Tot Ninja Warriors

Ages 2-3 with Adult JD

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

Activity	Day	Date	Time	R/NR
1011862-01	Tu	Jan 7-Mar 18	6:00pm-6:45pm	\$139/\$212
1011862-02	Sa	Jan 11-Mar 15	9:00am-9:45am	\$126/\$192

Hot Shots Sports Adult-Tot Sports

Ages 2-4 with Adult JD

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Motor skill activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. Parents or caregiver participation is required. No class Jan 20, Feb 17. **MP/g**

Activity	Day	Date	Time	R/NR
1011801-01	M	Jan 6-Mar 17	3:30pm-4:15pm	\$114/\$174
1011801-02	Sa	Jan 11-Mar 15	9:00am-9:45am	\$126/\$192
1011801-03	Sa	Jan 11-Mar 15	Noon-12:45pm	\$126/\$192



Hot Shots Sports Adult-Tot Soccer

Ages 2-4 with Adult JD

Young children develop motor skills while having fun running and kicking. Parents and tots work together in this class, learning the basics of soccer. Class emphasizes dribbling, passing, shooting, and kicking. A variety of activities are played each week. Parents or caregiver participation is required. **MP/g**

Activity	Day	Date	Time	R/NR
1011851-01	F	Jan 10-Mar 21	2:45pm-3:30pm	\$139/\$212
1011851-02	Sa	Jan 11-Mar 15	10:30am-11:15am	\$126/\$192

Hot Shots Sports Adult-Tot T-Ball

Ages 2-4 with Adult JD

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

Activity	Day	Date	Time	R/NR
1011811-01	Sa	Jan 11-Mar 15	9:45am-10:30am	\$126/\$192

Soccer

Hot Shots Sports Sweeper Soccer

Ages 3-4

JD

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

Activity	Day	Date	Time	R/NR
1011852-01	F	Jan 10-Mar 21	3:30pm-4:15pm	\$139/\$212

Hot Shots PeeWee Soccer League

Ages 3-6

JD

In this extended version of our striker's soccer class, players spend the first part of class working on fun drills and games to develop skills, and finish with a scrimmage each week. Each participant also receives a jersey. Focused solely on player development, players get as many reps as possible both in practice and during games. **MP/g**

Activity	Age	Day	Date	Time	R/NR
1011856-01	3-4	Su	Jan 12-Mar 16	11:00am-12:15pm	\$222/\$336
1011856-02	5-6	Su	Jan 12-Mar 16	12:30pm-1:45pm	\$222/\$336

All Star Soccer

Ages 3-8

JD

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

Activity	Age	Day	Date	Time	R/NR
1013606-01	3-4	Sa	Jan 11-Mar 15	1:00pm-1:45pm	\$151/\$230
1013606-02	4-6	W	Jan 15-Mar 19	3:15pm-4:00pm	\$151/\$230
1013606-03	4-6	Sa	Jan 11-Mar 15	1:45pm-2:45pm	\$151/\$230
1013606-04	6-8	W	Jan 15-Mar 19	4:00pm-5:00pm	\$151/\$230

Hot Shots Sports Strikers Soccer

Ages 4-6

JD

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

Activity	Day	Date	Time	R/NR
1011853-01	F	Jan 10-Mar 21	4:15pm-5:00pm	\$139/\$212

Hot Shots Sports Soccer 101

Ages 6-8

JD

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

Activity	Day	Date	Time	R/NR
1011854-01	F	Jan 10-Mar 21	5:00pm-6:00pm	\$172/\$261

Football

Hot Shots Sports Pee Wee Flag Football

Ages 4-6

JD

Develop early football skills such as rushing, receiving, and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the football beginner looking to understand the game, learn new skills, and have fun! *No class Jan 20, Feb 17.* **MP/g**

Activity	Day	Date	Time	R/NR
1011831-01	M	Jan 6-Mar 17	4:00pm-5:00pm	\$141/\$215

Hot Shots Sports Junior Flag Football

Ages 6-8

JD

Join the fun and start playing the nation's most loved game! Players are introduced to stance, receiving, rushing, blocking, and defense. Each week ends with a scrimmage encouraging teamwork and sportsmanship. Players always get to play either receiver or running back each week. Games focus on fundamentals and field concepts, as well as positions and mechanics. No equipment necessary! *No class Jan 20, Feb 17.* **MP/g**

Activity	Day	Date	Time	R/NR
1011832-01	M	Jan 6-Mar 17	5:15pm-6:15pm	\$141/\$215



Basketball

Hot Shots Sports Lil' Dribblers

Ages 3-5

JD

The Lil' Dribblers Basketball program introduces children to the game of basketball in a safe, fun, and exciting environment. Our curriculum uses age appropriate activities and games specifically designed to increase balance, body awareness, motor skills, hand eye coordination, listening skills, and the ability to follow directions. The Lil' Dribblers program includes exclusively design equipment tailored to enhance the basketball experience for each participant. The program challenges children to develop new cognitive, physical, and social skills. In addition, each child experiences social interaction with children and adults in a fun environment. **MP/g**

Activity	Day	Date	Time	R/NR
1011826-01	W	Jan 8-Mar 19	3:15pm-4:00pm	\$139/\$212

All Star Basketball

Ages 3-8

JD

Our instructional program is designed to teach the game of basketball at a basic level while keeping players active and engaged. We play fun games to teach the importance of each skill learned. Our foundation technique focuses on basic mechanics to build confidence, then adds larger challenges as we progress. Footwork is an extremely important aspect of the game. This means no players are sitting! We work on dribbling with each hand, passing, shooting technique, and understanding basic offense and defense. *No class Jan 20, Feb 17.* **CFC**

Activity	Age	Day	Date	Time	R/NR
1013602-01	3-4	M	Jan 13-Mar 17	4:00pm-4:45pm	\$121/\$185
1013602-02	4-6	M	Jan 13-Mar 17	4:45pm-5:45pm	\$121/\$185
1013602-03	4-6	Th	Jan 9-Mar 13	4:00pm-5:00pm	\$151/\$230
1013602-04*	4-6	Tu	Jan 14-Mar 18	4:00pm-5:00pm	\$151/\$230
1013602-05	6-8	M	Jan 13-Mar 17	5:45pm-6:45pm	\$121/\$185
1013602-06*	6-8	Tu	Jan 14-Mar 18	5:00pm-6:00pm	\$151/\$230
1013602-07	6-8	Th	Jan 9-Mar 13	5:00pm-6:00pm	\$151/\$230

*Girls Only Classes

All Star 1st Grade Basketball League

Ages 6-7½

JD

This instructional basketball program gives players their first team experience as we focus on working together while improving each player's individual skills. We create 8 teams of 10 players. Each team has a rotating schedule and plays a one-hour game within the four-hour designated time. Each player receives a team jersey, schedule, and participation award. Our goal is to get these players off to the right start! **CFC**

Activity	Day	Date	Time	R/NR
1013609-01	F	Jan 10-Mar 14	4:00pm-8:00pm	\$181/\$275

Hot Shots Sports Basketball 101

Ages 6-8

JD

Develop early basketball skills such as shooting, dribbling and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun! **MP/g**

Activity	Day	Date	Time	R/NR
1011824-01	W	Jan 8-Mar 19	4:00pm-5:00pm	\$172/\$261

Hot Shots Sports Basketball League

Ages 8-12

JD

One of the best ways to develop your basketball skills is through game play, and in Game Time you do just that. Each week, basketball players are challenged through various games including 1-on-1, 3-on-3, and 5-on-5. Coaches referee and guide the class to enhance the players' understanding of the game. The first half of the league focuses on drills/skills building, and the last hour focuses on scrimmages. **MP/g**

Activity	Day	Date	Time	R/NR
1011827-01	Su	Jan 12-Mar 16	9:00am-11:00am	\$312/\$471

Hot Shots Sports Game Time Basketball

Ages 8-12

JD

One of the best ways to develop your basketball skills is through game play, and in Game Time you do just that. Each week, basketball players are challenged through various games including 1-on-1, 3-on-3, and 5-on-5. Coaches referee and guide the class to enhance the players' understanding of the game. **MP/g**

Activity	Day	Date	Time	R/NR
1011825-01	W	Jan 8-Mar 19	5:00pm-6:00pm	\$172/\$261

J Dreams Basketballing 101

Ages 8-10

JD

This program introduces your children to the game of basketball if they are beginners or if they need the know how to get to the next level. We teach basic skills of dribbling, passing, shooting, and defense. New individual challenges are presented to develop the importance of reaching goals. Modified basketballs help reach the next level. Lesson plan also incorporates pivoting, closeouts, and jump-stops. **MP/g**

Activity	Day	Date	Time	R/NR
1011013-01	Sa	Jan 11-Feb 8	4:00pm-5:00pm	\$101/\$155
1011013-21	Sa	Feb 15-Mar 15	4:00pm-5:00pm	\$101/\$155

J Dreams Basketballing 102

Ages 11-14

JD

This program advances children into "game situation" drills and continues to build basketball fundamentals on an individual basis. We teach advanced skills and drills of dribbling, passing, finishing, shooting, and defense. Pairing games are played to show the importance of counter-moves! Lesson plan also incorporates reverse pivoting, closeouts, and jump-stops. **MP/g**

Activity	Day	Date	Time	R/NR
1011014-01	Sa	Jan 11-Feb 8	5:00pm-6:00pm	\$101/\$155
1011014-21	Sa	Feb 15-Mar 15	5:00pm-6:00pm	\$101/\$155



Baseball & Softball

All Star T-Ball

Ages 3-6

JD

We engage all players no matter their skill level. Our coaching technique provides basic building blocks in a fun, safe environment. Players keep moving and learning, even while in the dugout! Mechanics and hand-eye coordination are the keys to early success. Players become more confident as we work on the proper mechanics of catching, throwing, fielding, base running, and batting. This program prepares players for level II, t-ball, or coach pitch leagues. **CFC**

Activity	Age	Day	Date	Time	R/NR
1013608-01	3-4	Sa	Jan 11-Mar 15	11:00am-11:45am	\$151/\$230
1013608-02	4-6	Sa	Jan 11-Mar 15	11:45am-12:45pm	\$151/\$230

Hot Shots Sports Minor League Baseball: Triple A

Ages 4-6

JD

The Triple A program builds on skills and rules learned in the Double A class and introduces more fundamental techniques and basic rules. **MP/g**

Activity	Day	Date	Time	R/NR
1011813-01	Tu	Jan 7-Mar 18	4:15pm-5:00pm	\$139/\$212

Hot Shots Sports Baseball Clinic 101

Ages 7-10

JD

This class gives players an introduction to baseball. Players work on technique and enhancing form in this comprehensive skills clinic. The program teaches throwing mechanics as well as batting stance, bat positioning and speed, using both live pitching and hitting off the tee. Players learn various positions in the field through game play and basic game strategy. Players should bring their own glove and be ready for a fun, fast-paced learning environment. **MP/g**

Activity	Day	Date	Time	R/NR
1011814-01	Tu	Jan 7-Mar 18	5:00pm-6:00pm	\$172/\$261

Fencing

Fencing

Ages 5-17

JD

Learn the basics of sword-fighting and participate in an exciting new sport! Group classes include games, footwork exercises, and real fencing matches with all equipment provided. Fencing helps to develop agility, focus, muscle strength, coordination, and sportsmanship. This class is coached by a Master Fencing Instructor who is a former World Cup Champion and National US Fencing Team Coach.

Location: Fencing Center of Chicago, 111 S. Washington Ave.

Activity	Day	Date	Time	R/NR
1012801-01	F	Jan 10-Mar 14	5:00pm-6:30pm	\$301

Volleyball



Youth Volleyball Class

Ages 8-14

JD

Class concentrates on the fundamentals of passing, setting, and spiking. Players learn to overhand serve and play games. **MP/g**

Activity	Age	Day	Date	Time	R/NR
1011001-01	6-8	Sa	Jan 11-Feb 8	1:00pm-2:00pm	\$101/\$155
1011001-21	6-8	Sa	Feb 15-Mar 15	1:00pm-2:00pm	\$101/\$155
1011002-01	8-11	Sa	Jan 11-Feb 8	2:00pm-3:00pm	\$101/\$155
1011002-21	8-11	Sa	Feb 15-Mar 15	2:00pm-3:00pm	\$101/\$155
1011003-01	11-14	Sa	Jan 11-Feb 8	3:00pm-4:00pm	\$101/\$155
1011003-21	11-14	Sa	Feb 15-Mar 15	3:00pm-4:00pm	\$101/\$155

Junior Volley Series Match Play

Ages 11-14

JD

Play volleyball with other skilled athletes and compete against other park teams! Our Volleyball Pro develops a team and brings game-situation lesson plan to the weekly classes to prepare for match-PLAY. The coaches' lesson plan guides the team in weekly training for 90 minutes. At weekly practice the teams learn team defense and offense positions while they improve on their fundamentals of passing, setting, spiking, and overhand serving. Each athlete receives EVP Volley Series t-shirt. **CFC**

Activity	Day	Date	Time	R/NR
1011010-01	W	Jan 8-Feb 5	6:00pm-7:30pm	\$151/\$230
1011010-21	W	Feb 12-Mar 12	6:00pm-7:30pm	\$151/\$230

Spiking and Serving 101

Ages 11-14

JD

Improve your volleyball attack with 90 minutes of drills. Spiking 101 is for intermediate players who wish to learn proper arm swing, footwork, and jumping technique. Class drills keep players focused on reach and power while plyo-metrics training enhances vertical jump and game performance. The 3-step approach is taught along with transition attacking. **CFC**

Activity	Day	Date	Time	R/NR
1011011-01	W	Jan 8-Feb 5	7:30pm-9:00pm	\$151/\$230
1011011-21	W	Feb 12-Mar 12	7:30pm-9:00pm	\$151/\$230

Ninja Warrior Classes

Hot Shots Sports Adult Tot Ninja Warriors

Ages 2-3 with Adult JD

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

Activity	Day	Date	Time	R/NR
1011862-01	Tu	Jan 7-Mar 18	6:00pm-6:45pm	\$139/\$212
1011862-02	Sa	Jan 11-Mar 15	9:00am-9:45am	\$126/\$192

Hot Shots Sports Tiny Ninja Warriors

Ages 3-4 JD

This course is perfect for young children looking to get involved in sports in a fun, safe way. Players take turns on various obstacles working on balance, gross and fine motor function, body control, hand dexterity and strength, and speed. This program is tremendous for helping players find a love of fitness and sports in an interactive and accessible environment where players can grow and have fun. Begin building confidence and a love for fitness and sports! **SP/gS**

Activity	Day	Date	Time	R/NR
1011863-01	Tu	Jan 7-Mar 18	4:15pm-5:00pm	\$139/\$212
1011863-02	W	Jan 8-Mar 19	12:30pm-1:15pm	\$139/\$212
1011863-03	Sa	Jan 11-Mar 15	9:45am-10:30am	\$126/\$192

Hot Shots Sports Mini Ninja Warriors

Ages 4-5 JD

Leap, hop, skip, run your way through obstacles and put your child's Ninja skills to the test. This fun movement-based class challenges your Ninja to maneuver over and under objects. In addition, we play group games to further challenge their Ninja skills. **SP/gS**

Activity	Day	Date	Time	R/NR
1011860-01	W	Jan 8-Mar 19	1:15pm-2:00pm	\$139/\$212
1011860-02	Th	Jan 9-Mar 20	4:15pm-5:00pm	\$139/\$212
1011860-03	F	Jan 10-Mar 21	10:30am-11:15am	\$139/\$212
1011860-04	Sa	Jan 11-Mar 15	10:30am-11:15am	\$126/\$192

Hot Shots Sports Junior Ninja Warriors

Ages 6-8 JD

Take everything you learned from Mini Ninja Warriors and test your Ninja skills with even more difficult obstacles to leap, hop, skip and run your way through. Group games put your Ninja skills to the test in this fun movement-based class. **SP/gS**

Activity	Day	Date	Time	R/NR
1011861-01	Th	Jan 9-Mar 20	5:00pm-6:00pm	\$172/\$261
1011861-02	Th	Jan 9-Mar 20	6:00pm-7:00pm	\$172/\$261

Hot Shots Sports Amazing Ninja Warriors

Ages 9-11 JD

The ultimate stage in our Ninja Warriors program, players are exposed to challenging obstacles that require them to use every aspect of their strength and core. We teach simple gymnastics principles in order to conquer these incredible courses, and use gymnastics gear to ensure a difficult but safe environment. Players of all levels of athletic and sports backgrounds are able to participate, compete, and have fun in this program which focuses on personal growth, development, and fitness. Get ready to conquer the course! **SP/gS**

Activity	Day	Date	Time	R/NR
1011864-01	Tu	Jan 7-Mar 18	5:00pm-6:00pm	\$172/\$261

Youth Sports Variety

Hot Shots Sports Ultimate Team Sport NEW!

Ages 6-10 JD

This class focuses on a variety of fun team games, like kickball, capture the flag, dodgeball, running games, and other group games. Each week, participants play a different game, and different variations of the game if applicable. Coaches ensure a fun and energetic atmosphere while promoting teamwork and good sportsmanship. **MP/g**

Activity	Day	Date	Time	R/NR
1011807-01	Th	Jan 9-Mar 20	4:00pm-5:00pm	\$172/\$261

Hot Shots Sports Sports and More

Ages 3-5 JD

Children are introduced to the fundamentals of sports including basketball, floor hockey, football, kickball, soccer, t-ball and other sports and group games. The program provides an opportunity for each child to develop motor skills and nurture their growth socially and emotionally through teamwork and good sportsmanship. **MP/g**

Activity	Day	Date	Time	R/NR
1011802-01	Tu	Jan 7-Mar 18	3:30pm-4:15pm	\$139/\$212
1011802-02	Sa	Jan 11-Mar 15	11:15am-Noon	\$126/\$192

Hot Shots Sports Battle: Nerf and Dodgeball

Ages 8-12 JD

This class features games from two of our most popular classes: Dodgeball and Nerf Elite Battle! All Nerf guns, ammo, and eye protection are provided. Dodgeball uses super soft balls and safety is stressed during game play. **MP/g**

Activity	Day	Date	Time	R/NR
1011858-01	Th	Jan 9-Mar 20	5:00pm-6:00pm	\$172/\$261

Pickleball Lessons

Adult Pickleball Clinic for Beginners

Ages 15 & Up

JD

This clinic introduces new players to the basics of playing the game of pickleball. **CFC**

Activity	Day	Date	Time	R/NR
1060895-01	Tu	Jan 21	7:00pm-8:30pm	\$12
1060895-02	Tu	Feb 18	7:00pm-8:30pm	\$12
1060895-03	Tu	Mar 18	7:00pm-8:30pm	\$12

Pickleball Lessons - Beginner

Ages 18 & Up

JD

No prior or very limited pickleball experience is necessary. Introduction to rules and emphasis on stroke development are the main goals of this class. Please bring your own paddle to class. *No class Jan 20, Feb 17, Mar 24-28.* **CFC**

Activity	Day	Date	Time	R/NR
1060898-01	M	Jan 6-Feb 24	12:30pm-1:30pm	\$172
1060898-02	M	Jan 6-Feb 24	7:00pm-8:00pm	\$172
1060898-03	Tu	Jan 7-Feb 18	12:30pm-1:30pm	\$201
1060898-04	W	Jan 8-Feb 19	12:30pm-1:30pm	\$201
1060898-05	Th	Jan 9-Feb 20	12:30pm-1:30pm	\$201
1060898-06	F	Jan 10-Feb 21	12:30pm-1:30pm	\$201
1060898-21	M	Mar 3-Apr 14	12:30pm-1:30pm	\$172
1060898-22	M	Mar 3-Apr 14	7:00pm-8:00pm	\$172
1060898-23	Tu	Feb 25-Apr 15	12:30pm-1:30pm	\$201
1060898-24	W	Feb 26-Apr 16	12:30pm-1:30pm	\$201
1060898-25	Th	Feb 27-Apr 17	12:30pm-1:30pm	\$201
1060898-26	F	Feb 28-Apr 11	12:30pm-1:30pm	\$172

Pickleball Lessons - Advanced Beginner

Ages 18 & Up

JD

Participants should be able to maintain a slow-paced rally of several shots. Emphasis is on stroke improvement and basic court strategy. Please bring your own paddle to class. *No class Jan 20, Feb 17, Mar 24-28.* **CFC**

Activity	Day	Date	Time	R/NR
1060899-01	M	Jan 6-Feb 24	1:30pm-2:30pm	\$172
1060899-02	M	Jan 6-Feb 24	8:00pm-9:00pm	\$172
1060899-03	Tu	Jan 7-Feb 18	1:30pm-2:30pm	\$201
1060899-04	W	Jan 8-Feb 19	1:30pm-2:30pm	\$201
1060899-05	Th	Jan 9-Feb 20	1:30pm-2:30pm	\$201
1060899-06	F	Jan 10-Feb 21	1:30pm-2:30pm	\$201
1060899-21	M	Mar 3-Apr 14	1:30pm-2:30pm	\$172
1060899-22	M	Mar 3-Apr 14	8:00pm-9:00pm	\$172
1060899-23	Tu	Feb 25-Apr 15	1:30pm-2:30pm	\$201
1060899-24	W	Feb 26-Apr 16	1:30pm-2:30pm	\$201
1060899-25	Th	Feb 27-Apr 17	1:30pm-2:30pm	\$201
1060899-26	F	Feb 28-Apr 11	1:30pm-2:30pm	\$172



Pickleball Drop-In

Ages 13 & Up

JS

With your Fitness Center Membership, you are welcome to join the pickleball meet-up group at Centennial Fitness Center for FREE! Non-members pay \$4 R/\$5 NR per visit.

Pickleball is a great way to move, burn calories, and have fun, and it's one of the fastest growing sports as mentioned in *Time Magazine*. Equipment is provided.

Pickleball is limited to groups of four at a time. Hours are subject to change at any time. For more information on the Park Ridge Pickleball Club, please contact Bob Rhine at 847-269-1012 or rsrhine77@gmail.com.

Hours Available: (Fall/Winter/Spring)

- Sundays, 7:00am-10:00am
- Monday-Friday 10:30am-12:30pm





For questions or to register your team, contact Jim DiHu, Athletic Supervisor, at jdihu@prparks.org or 847-692-3316.

MEN'S BASKETBALL LEAGUES

Ages 18 & Up

The basketball league has a regular season and playoffs. The number of games played depends on the number of teams registered, but should be around 9-11 games. Monetary prizes are awarded for regular season champions and playoff winners.

Location: Centennial Fitness Center

Registration deadline: January 17

Open League: Thursdays, January 23 - April 10

6:20pm-10:00pm

\$875 per team

Register with Activity #1020100

CO-ED VOLLEYBALL LEAGUE

Ages 18 & Up

Register for our co-ed volleyball league. Games are held at the Centennial Fitness Center with one referee per match.

Space is limited, so register early.

Location: Centennial Fitness Center

Registration deadline: January 16

Tuesdays, January 21 - April 8

6:00pm-10:00pm

\$400 per team

Register with Activity #1020110



For questions or to register your team, contact Jim DiHu, Athletic Supervisor, at jdihu@prparks.org or 847-692-3316.

Hot Shots Sports Adult-Tot Tumbling

Ages 2-3 with Adult

JD

Your child's physical, mental, emotional, and social skills are developed through this fun and challenging class. Children are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic gymnastics and movement, participants experience their world in a whole new way and begin to understand how their bodies work. Wear loose fitting clothing, gym shoes and be prepared to have tons of fun! Parent or caregiver participation is required. *No class Jan 20, Feb 17.* **SP/gs**

Activity	Day	Date	Time	R/NR
1011840-01	M	Jan 6-Mar 17	9:15am-10:00am	\$141/\$215
1011840-02	Tu	Jan 7-Mar 18	9:15am-10:00am	\$172/\$261
1011840-03	W	Jan 8-Mar 19	9:15am-10:00am	\$172/\$261
1011840-04	W	Jan 8-Mar 19	6:00pm-6:45pm	\$172/\$261
1011840-05	Th	Jan 9-Mar 20	9:15am-10:00am	\$172/\$261
1011840-06	Sa	Jan 11-Mar 15	11:15am-Noon	\$156/\$237



Hot Shots Sports Tiny Tumblers

Ages 3-4

JD

This program is perfect for getting your child active and moving in a fun and safe setting. Children are introduced to basic gymnastics and tumbling movements to help them build coordination and body control. Players execute introductory acrobatic movements such as rolls, twists, handsprings, and somersaults, as well as other concepts the instructor deems appropriate after getting to know the class. Fun equipment and apparatus are used to provide participants with fun, challenging, but safe ways to become an amazing tiny tumbler! Wear loose fitting clothing, gym shoes, and be prepared to have tons of fun! *No class Jan 20, Feb 17.* **SP/gs**

Activity	Day	Date	Time	R/NR
1011844-01	M	Jan 6-Mar 17	10:00am-10:45am	\$141/\$215
1011844-02	Tu	Jan 7-Mar 18	10:00am-10:45am	\$172/\$261
1011844-03	W	Jan 8-Mar 19	10:00am-10:45am	\$172/\$261
1011844-04	W	Jan 8-Mar 19	4:15pm-5:00pm	\$172/\$261
1011844-05	Th	Jan 9-Mar 20	10:00am-10:45am	\$172/\$261
1011844-06	F	Jan 10-Mar 21	9:45am-10:30am	\$172/\$261
1011844-07	Sa	Jan 11-Mar 15	12:30pm-1:15pm	\$156/\$237

Titan Tumblers

Ages 3-6

JD

This program blends the technique of our tumbling classes with the fun, upbeat activities of our Ninja Warriors programs. Learn basic stance, rolls, somersaults, and twists for tumbling while also getting to end with exciting and fun obstacle courses to ensure a tremendous workout each class. Join us today to learn the basics of gymnastics while getting the thrill of being a Titan Warrior! *No class Jan 20, Feb 17.* **SP/gs**

Activity	Ages	Day	Date	Time	R/NR
1011845-01	3-5	W	Jan 8-Mar 19	11:45am-12:30pm	\$172/\$261
1011845-02	3-5	F	Jan 10-Mar 21	11:15am-Noon	\$172/\$261
1011845-03	4-6	W	Jan 8-Mar 19	6:45pm-7:30pm	\$172/\$261
1011845-04	4-6	W	Jan 8-Mar 19	7:30pm-8:15pm	\$172/\$261

Hot Shots Sports Mini Tumblers

Ages 4-5

JD

The next step in our tumbling program, the Mini Tumblers provides access for beginners, but also continues the development of those who have taken our Tiny Tumbler program. Players continue to refine basic movements, while also doing more combination movements and increasing their body control. New games and apparatus are introduced to continue to develop players, while ensuring gear is age-appropriate. Skill competitions are introduced to allow players to compete in a fun and interactive setting. Wear loose fitting clothing, gym shoes, and be prepared to have tons of fun! *No class Jan 20, Feb 17.* **SP/gs**

Activity	Day	Date	Time	R/NR
1011843-01	M	Jan 6-Mar 17	10:45am-11:30am	\$141/\$215
1011843-02	M	Jan 6-Mar 17	4:15pm-5:00pm	\$141/\$215
1011843-03	Tu	Jan 7-Mar 18	10:45am-11:30am	\$172/\$261
1011843-04	W	Jan 8-Mar 19	10:45am-11:30am	\$172/\$261
1011843-05	Th	Jan 9-Mar 20	10:45am-11:30am	\$172/\$261
1011843-06	Sa	Jan 11-Mar 15	1:15pm-2:00pm	\$156/\$237

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

Gymnastics

Hot Shots Sports Gymnastics 101

Ages 6-8

JD

This introductory course exposes participants to the basics of gymnastics, working on balance and how to control their core and form. Participants learn how to properly invert themselves and do so in a safe, controlled manner, while also working on basic technique. There is no specific focus on any one aspect of gymnastics, but a broad study of what it takes to be a gymnast. We use skill competitions and individual challenges to provide a fun, safe, and interactive environment to learn and grow. Wear loose fitting clothing, gym shoes, and be prepared to have tons of fun! No class Jan 20, Feb 17. **SP/gS**

Activity	Day	Date	Time	R/NR
1011841-01	M	Jan 6-Mar 17	5:00pm-6:00pm	\$178/\$270
1011841-02	M	Jan 6-Mar 17	6:00pm-7:00pm	\$178/\$270
1011841-03	M	Jan 6-Mar 17	7:00pm-8:00pm	\$178/\$270
1011841-04	Sa	Jan 11-Mar 15	2:00pm-3:00pm	\$196/\$297
1011841-05	Sa	Jan 11-Mar 15	3:00pm-4:00pm	\$196/\$297

Hot Shots Sports Gymnastics 102

Ages 7-9

JD

Expand on the skills learned in the Gymnastics 101 class. There is a greater emphasis on form and execution to really fine tune their skills. We work to continue building the kids' strength and flexibility to help them grow as an athlete. Take those skills to the next level! **SP/gS**

Activity	Day	Date	Time	R/NR
1011842-01	W	Jan 8-Mar 19	3:15pm-4:15pm	\$216/\$327

Hot Shots Sports Gymnastics 201

Ages 9-11

JD

This intermediate class works great for both beginners and those with a solid foundation of gymnastics form and technique. Participants focus on developing control and balance while learning more advanced concepts on how to control the body during handstands, handsprings, and cartwheels. Kids are exposed to a general knowledge of all the different events involved in gymnastics, and how each event requires a different skill set. **SP/gS**

Activity	Day	Date	Time	R/NR
1011846-01	W	Jan 8-Mar 19	5:00pm-6:00pm	\$216/\$327
1011846-02	Sa	Jan 11-Mar 15	4:00pm-5:00pm	\$196/\$297



Illinois Shotokan Karate Club

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion, and President of the American Shotokan Karate Association.

- Uniforms and belt testing are options available through the ISKC instructor.
- Please note that the Youth and Adult classes train together.
- Beginner students will not be permitted to register into the current session after the second class has met.
- Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required.
- Please visit www.iskc.com for more information or call us at 847-359-0666.



Pre Karate

Ages 4-6

JD

In our Pre-Karate classes, young children develop flexibility, strength, and coordination in fun, yet disciplined, activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve. **SP/ma**

Activity	Level	Day	Date	Time	R/NR
1042201-01	Beginner (No Experience)	Sa	Jan 11-Mar 22	9:10am-9:55am	\$169/\$257
1042201-02	Intermediate/Advanced	W	Jan 8-Mar 19	4:50pm-5:35pm	\$169/\$257
1042201-03	Beginner/Continuer	W	Jan 8-Mar 19	4:00pm-4:45pm	\$169/\$257
1042201-04	Continuer (1 Prior Session)	Sa	Jan 11-Mar 22	10:00am-10:45am	\$169/\$257

Youth/Adult Karate

Ages 7 & Up

JD

ISKC's classes offer a good mix of strength training, with cardiovascular and flexibility exercises included. Students 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. **SP/ma**

Activity	Level	Day	Date	Time	R/NR
1042202-01	Beg/Continuer (White-Red)	W	Jan 8-Mar 19	5:40pm-6:40pm	\$169/\$257
1042202-02	Novice (Orange-Blue)	W	Jan 8-Mar 19	6:45pm-7:45pm	\$169/\$257
1042202-03	Advanced (Brown-Black)	W	Jan 8-Mar 19	7:50pm-9:15pm	\$213/\$323
1042202-04	Intermediate (Green-Purple)	W	Jan 8-Mar 19	7:50pm-8:50pm	\$169/\$257
1042202-05	Beginner (White-Red)	Sa	Jan 11-Mar 22	10:45am-11:45am	\$169/\$257
1042202-06	Continuer (Orange-Yellow)	Sa	Jan 11-Mar 22	11:50am-12:50pm	\$169/\$257
1042202-07	Novice (Blue-Green)	Sa	Jan 11-Mar 22	1:00pm-2:00pm	\$169/\$257
1042202-08	Intermediate (Purple-3rd Brown)	Sa	Jan 11-Mar 22	2:00pm-3:00pm	\$169/\$257
1042202-09	Advanced (2nd Brown-Black)	Sa	Jan 11-Mar 22	3:00pm-4:00pm	\$169/\$257

Tae Kwon Do Jujitsu

Ages 7 & Up

JD

This is a comprehensive self-defense program that utilizes techniques and strategies from multiple martial arts such as Tae Kwon Do, Hapkido, and Brazilian Jujitsu Classes. Parent and youth can train and learn together. Instructor: 7th Dan Master Instructor, Mike Norman. **SP/ma**

Activity	Day	Date	Time	R/NR
1042301-01	M	Jan 6-Mar 17	6:30pm-7:45pm	\$139/\$212
1042301-02	Th	Jan 9-Mar 20	6:30pm-7:45pm	\$139/\$212

Advanced Tae Kwon Do Jujitsu

Ages 7 & Up

JD

Students must be blue belt rank or higher. Students must be competent in International Taekwondo Federation (ITF) patterns up to blue belt rank. **SP/ma**

Activity	Day	Date	Time	R/NR
1042311-01	Tu	Jan 7-Mar 18	6:30pm-7:45pm	\$139/\$212

Scout Group Programs

Brickton Art Center Scout Badges

Potter Badge

Earn this badge in a fun, 1.5-hour session at Brickton Art Center. Our instructor covers topics required to earn the badge such as the history of ceramics, kiln operations, and hand building techniques. The scouts also have a hands-on experience working with clay by making and glazing their own coil pot. Projects are ready for pickup in 10-14 days.

Fee: \$12/scout (min 5/max 20)

Painting Badge

Learn to paint and color your world in this 1.5-hour session at Brickton Art Center. We help you earn your badge while creating a colorful self-portrait on 11x14 canvas.

Class covers how to:

1. Get inspired
2. Paint the real world
3. Paint a mood
4. Paint without brushes
5. Paint a mural

When you've earned this badge, you'll have new ideas about what to paint—and how to paint it.

Fee: \$12/scout (min 5/max 20)

Days and times can be arranged by emailing the Brickton Art Center Director, Alyssa Harris, bricktondirector@gmail.com.

Centennial Fitness Center Scout Swim Lane Rental

Does your scouting group need their aquatic merit badge? This program is designed for scout groups that need to fulfill their water safety requirements for their merit badge. This program is not designed to meet the requirements of the Boys Scouts of America Aquatics Badge.

- A maximum of 10 scouts can be accommodated and all scouts must be accompanied by a leader.
- All pool rules apply during Scout Swim.
- Fee: \$40 if the group just needs pool space and \$55 if they need a staff member to sign off on any requirements.

Contact Ethan Williams at 847-692-8599 or ewilliams@prparks.org for lane rental availability.



Wildwood Scout & Community Programs

Wildwood offers Girl Scout programs for Daisies, Brownies, Juniors, and Cadettes, and Cub Scout programs for Lions, Tigers, Wolves, Bears, and Webelos that fulfill all the necessary requirements to earn a badge. We also offer general programs for scouts and other community groups.

General Programs

- Animals
- Hiking
- Geocaching
- Campfire
- Fishing
- Outdoor Workdays/Clean-Ups
- Eagle Scout Projects/Gold Award Projects

Booking A Program

Programs are usually scheduled on weekdays in the afternoons or evenings. We ask that you book your program by the 15th of the month before your program so we can schedule our staff. Programs booked after that date will have to wait for staff confirmation.

Visit www.prparks.org for more details, or contact Cara Ruffo at cruffo@prparks.org or 847-692-3570.

THANK YOU TO OUR AFFILIATES FOR YOUR SUPPORT

The Park Ridge Park District recognizes that certain organizations exist within the community whose purposes are to serve and enhance recreational opportunities for a specific purpose and group. These organizations are separate and independent from the Park District and provide for their own leadership, organizational and operational structure. Although the stated missions of the organizations may differ, the contractual relationship between the Affiliate and the Park District creates a mutually beneficial environment in which to provide quality recreation for all the individuals served by the parties, as well as the general public. The Park District recognizes that at times it is in the best interest of the community that the Park District work with outside organizations in coordinating, integrating, and consolidating the planning and provision of recreational facilities and programs when basic functions are compatible and a public benefit may be derived. Through working relationships with outside organizations and joint efforts, each party can contribute to greater public service without relinquishing their separate identities or any of their individual responsibilities. The Park Ridge Park District thanks each affiliate organization for their contributions to the District and the community.

Park Ridge Garden Club

The Park Ridge Garden Club has been in existence since 1929 and is still "growing". General meetings of the club are held at 7:00pm on the second Thursday of the month, September through June at the Centennial Activity Center. Visit us online for more club information at www.parkridgegardenclub.org.

Park Ridge Pickleball Club (PRPC)

PRPC is dedicated to promoting the sport of pickleball in Park Ridge. The club's goals are to encourage pickleball play, teach its rules, and to grow participation in this active, easy-to-learn, and fun sport. We play indoors at the Centennial Fitness Center year-round and outdoors at Northeast Park, weather permitting. For more information, please contact Bob Rhine at 847-269-1012 or rsrhine77@gmail.com.

Northern Express Hockey Association

Northern Express Hockey Association is a not-for profit, family-oriented organization dedicated to the development of travel hockey in Park Ridge. The Express employs a paid, professional coaching staff that will develop your young hockey player. For more information, visit www.northernexpresshockey.org.

Park Ridge Speed Skating Club

The Park Ridge Speed Skating Club has been skating for fun, fitness, and competition for over 40 years. Our skaters range from 5 to 55 and ability levels range from novice to recreational to national level competitors. Our club staff consists of volunteers and compensated elite coaches. For more information, visit www.parkridgespeedskating.org or contact prspeedskating@gmail.com.

Park Ridge Football & Cheer

Park Ridge Football & Cheer is a non-profit organization that offers 5-14 year old boys and girls an exciting opportunity to compete and perform in an organized House or Travel setting for both football and cheerleading, fostering teamwork and friendships as well as building self-respect and discipline. For program information visit www.parkridgefootballandcheer.com.

Park Ridge Baseball

Park Ridge Baseball/Softball (PRBS) has been providing youth of Park Ridge fun and exciting competition for over 60 years and is open to boys and girls of all abilities, ages 5-17. PRBS's purpose is to teach the boys and girls the correct way to play baseball/softball; provide role models; teach sportsmanship and other life lessons, which will benefit them in their lives. PRBS is administrated by an all-volunteer group of residents, who serve as Directors. Directors, managers and coaches are not compensated for their service. The Park District provides the fields and maintenance for the program and PRBS contributes a per player head tax for these services. For further information and details, please visit www.prbaseball.com.

Park Ridge Soccer

Park Ridge Soccer offers children a place to play soccer to improve their skills, for excitement, to be with friends, to make new friends and to be part of a team. For more information, visit www.prsoccer.com.

Park Ridge Mixed Doubles Tennis Association

PRMDTA promotes the game of mixed doubles tennis in Park Ridge by providing a friendly and social atmosphere with scheduled matches between teams of similar ability. This permanent partner league includes teams of ALL ability levels—beginner, intermediate, and advanced. Membership also includes various tennis mixers and an end of season platform tennis party. The season runs from April 1 to October 7 at Hinkley Park. For more information, visit www.prmtda.weebly.com.

Park Ridge Women's Tennis Association

The Park Ridge Women's Tennis Association (PRWTA) promotes tennis and provides opportunities for all levels of players through singles and doubles challenge ladders, open play, social events, and tournaments. The outdoor season runs from May 1 to September 30. Visit www.prwta.org for membership information.

Maine-Niles Association of Special Recreation



We are dedicated to improving the quality of life and through advocacy and awareness, promoting a successful leisure lifestyle for individuals with disabilities.

Recreation programs and services for all ages and abilities

About Us

Since 1972, M-NASR has provided and facilitated recreation programs and services for children, teens and adults with disabilities. We are an extension of the park districts in Des Plaines, Golf-Maine, Morton Grove, Niles, Park Ridge and Skokie and Lincolnwood's Parks and Recreation department.

M-NASR Programs

M-NASR offers a wide range of recreation programming, both in person and virtual. Programs include athletics, adaptive sports, camps, cultural arts, social opportunities, special events and much more. M-NASR's full time recreation staff have therapeutic recreation backgrounds and all programs are designed with the cognitive, psychological, social and physical needs of participants in mind.

M-NASR programs are offered throughout our member districts. M-NASR participants are welcome to register for all programs regardless of location, and transportation is available to select programs. To view our latest program guide, [click here](#).

M-NASR Inclusion Services

Inclusion provides opportunities for individuals with disabilities to participate alongside their non-disabled peers in park district recreation programs. M-NASR works cooperatively with its member park districts to provide training and education to staff, as well as resources and reasonable accommodations to include individuals with disabilities registered for recreational programs they offer. To view our Inclusion Information Guide, [click here](#).



MAINE-NILES ASSOCIATION OF
SPECIAL RECREATION
6820 W. Dempster Street
Morton Grove, IL 60053
Voice: 847-966-5522
Fax: 847-966-8340
Relay System: 800-526-0844

For more information about M-NASR programs and inclusion services, go to mnasr.org or call 847-966-5522.

Facility Locations

3. At Centennial Park

- **Centennial Fitness Center**
1515 W. Touhy Ave.
847-692-5129
- **Centennial Activity Center**
100 S. Western Ave.
847-692-3597
- **Centennial Aquatic Center**
100 S. Western Ave.
847-692-5044
- **Sled Hill**

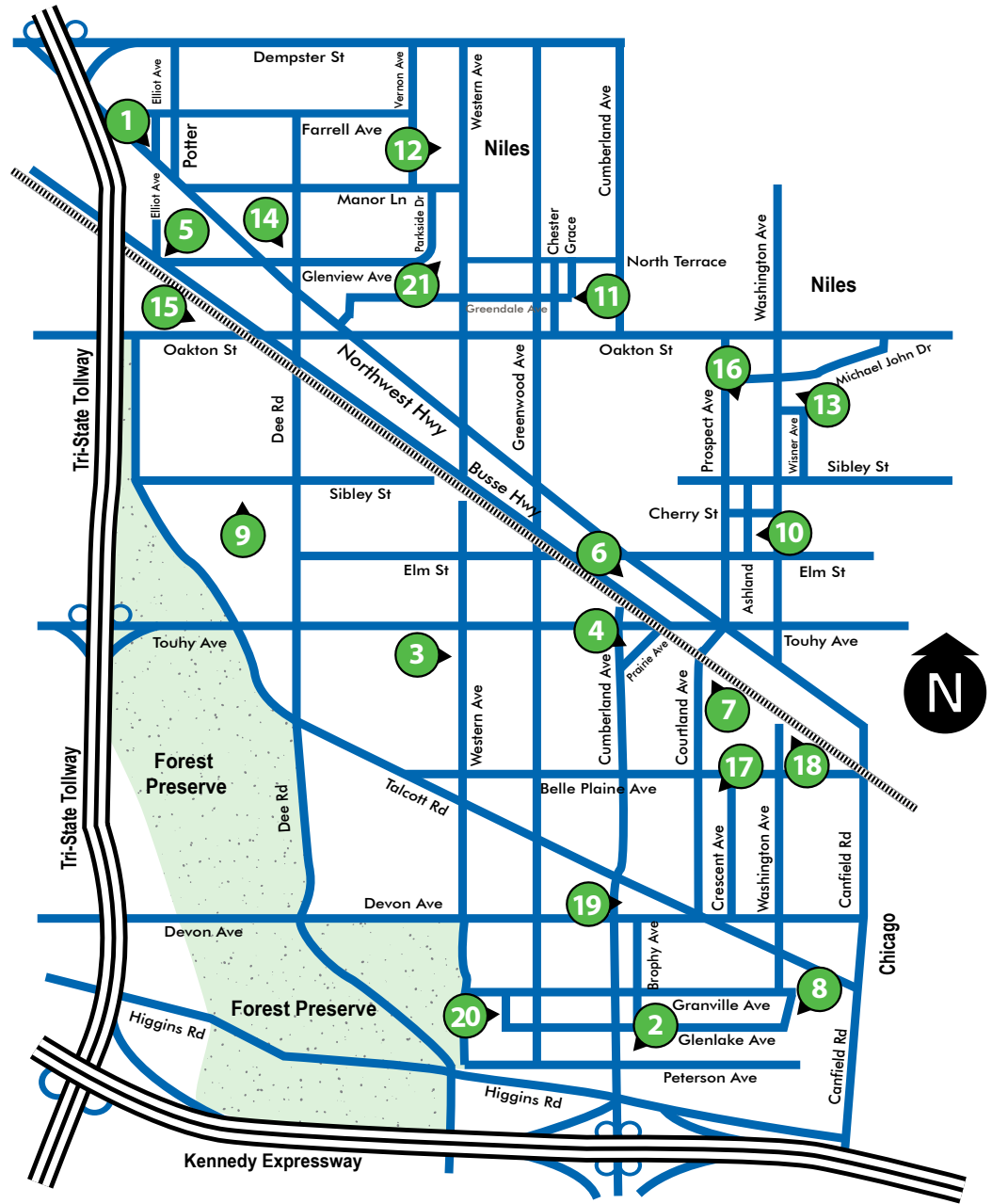
6. At Hinkley Park

- **Hinkley Skate Park**
283 Busse Hwy.
- **Hinkley Pool**
25 Busse Hwy.
847-692-6602

9. At Maine Park

- **Maine Park Leisure Center**
2701 W. Sibley St.
847-692-5127
- **Wildwood Nature Center**
529 Forestview Ave.
847-692-3570
- **Wildwood Prairie & Pond**

15. At Oakton Park 2800 W. Oakton St. Under Construction



16. At Prospect Park 733 N. Prospect Ave.

- **Park District Administrative Offices**
- **Prospect Park Splash Pad**
847-232-8737
- **Paula Hassell O'Connor Community Building**

19. At South Park 833 W. Talcott Rd.

- **South Park Wading Pool**
847-692-3489
- **South Park Rec Center**
847-692-3556

Park Locations

1. **Mary Q. Alberding Park**, 1502 N. Northwest Highway
2. **Brickton Park**, 801 W. Glenlake
3. **Centennial Park**, 100 S. Western Avenue
4. **Cumberland Park**, 101 S. Cumberland
5. **Francis Park**, 1140 Good Avenue
6. **Hinkley Park**, 25 Busse Highway
7. **Hodges Park**, 101 S. Courtland Avenue
8. **Jaycee Park**, 1515 S. Washington Street
9. **Maine Park**, 2701 W. Sibley Street
10. **Morgan Park**, 302 N. Ashland
11. **Ni-Ridge Park**, 1101 N. Chester
12. **North Park**, 1400 N. Western Avenue
13. **Northeast Park**, 801 N. Washington
14. **Northwest Park**, 1200 N. Dee Road
15. **Oakton Park**, 2800 W. Oakton Street
16. **Prospect Park**, 733 N. Prospect Avenue
17. **Ridge Park**, 501 W. Belle Plaine
18. **Rotary Park**, 400 S. Washington Street
19. **South Park**, 833 W. Talcott Road
20. **Southwest Park**, 1600 S. Lincoln
21. **Woodland Park**, 1200 N. Western Avenue

PARK AMENITIES	Acres	AMENITIES																										
		Athletic Field	Ball Diamonds	Community Gardens	Dog Park	Football Fields	Golf Range	Gymnasium	Indoor Skating	Jogging Trails	Nature Center	Outdoor Basketball	Outdoor Skating	Performing Arts Area	Pickleball Court	Picnic Areas/Pavilion	Playground	Ponds	Port-a-Pottys	Recreation Center	Restrooms	Sand Volleyball	Skate Park	Sledding	Soccer Fields	Swimming	Tennis Courts	Wading or Splash Pad
1. Mary Q. Alberding Park	.25																											
2. Brickton Park	5		●													●			●							●		
3. Centennial Park	15.5		●				●		●						●	●				●	●			●	●	●		●
4. Cumberland Park	2.2																											
5. Francis Park	.25																											
6. Hinkley Park	12.5		●	●		●					●				●	●					●	●	●			●	●	
7. Hodges Park	.75																											
8. Jaycee Park	5.2		●								●				●	●			●						●			
9. Maine Park	10.1		●				●			●				●	●	●			●	●				●	●			
10. Morgan Park	2.5																											
11. Ni-Ridge Park	4										●				●	●				●	●				●			
12. North Park	4.3															●			●						●			
13. Northeast Park	9.1										●			●	●	●			●	●					●		●	
14. Northwest Park	13		●			●									●	●			●									
15. Oakton Park	16.5	<i>UNDER CONSTRUCTION</i>																										
16. Prospect Park	11.3	●							●				●		●	●			●	●								●
17. Ridge Park	.25																											
18. Rotary Park	.5										●					●												
19. South Park	5.8		●									●			●	●			●	●							●	●
20. Southwest Park	6.9		●			●					●				●	●			●						●			●
21. Woodland Park	12													●	●	●			●						●			●

Inclusion Services

The Park Ridge Park District welcomes participation in all programs and activities by individuals with disabilities and special needs. The Park Ridge Park District is committed to inclusion and providing public recreation services in the most integrated setting, in which interaction between people with and without disabilities is provided to the maximum extent feasible. The Park Ridge Park District works cooperatively with the Maine-Niles Association of Special Recreation (M-NASR) to facilitate successful participation for participants who register for inclusive programming. Participants will be required to function and participate within set ratios, behave in a way that results in appropriate, kind, and positive interactions with others, and independently manage personal care including toileting, feeding, and personal hygiene.

If you have a special need or request for reasonable accommodation, please contact the Park District in advance - call 847-692-5127 or email drossi@prparks.org. Our Recreation team and M-NASR will evaluate each request on a case by case situation to abide by the Americans with Disabilities Act. Once reviewed, the Park District will contact you.

Medical Care

The Park District does not employ any nurses, doctors or other staff who are licensed, certified, or trained to provide medical diagnoses or care to patrons. Whenever possible, medications should be dispensed or administered by parents or guardians before or after programs and camps. The Park District reviews requests for assistance with administration of medicine on a case-by-case basis. In some circumstances, the administration of medication cannot be performed by Park District staff because of specific and /or complex physician or manufacturer instructions, because a request requires medical diagnosis or judgment from our lay staff, and/or because the medication requires invasive procedures.

Illness

For the well-being of all participants, any person who has a contagious disease or is running a fever, experiencing diarrhea, cold symptoms, or vomiting should refrain from attending programs or visiting facilities. Any contagious disease (i.e. chicken pox, measles, roseola, mumps, strep, or rubella) should be reported to a Park District staff member; as well as any cases of head lice, impetigo, or other skin disorders. Participants should be free of all symptoms for 24 hours before returning. Parents/Guardians will be called to come and pick-up their child if the child becomes ill during a class.

Safety

Recreational activities are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury when participating in any recreational activity.

All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers, and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision or instruction, and other risks inherent to the particular activity. In this regard, it is impossible for the Park District to guarantee absolute safety.

Code of Conduct – Park & Facility Users

All patrons are welcome to participate in programs, leisure activities, and recreational opportunities at the Park District. We trust our patrons to act in a civil manner and use safe practices while on Park District property.

We immediately address and take appropriate measures regarding unacceptable behavior, verbal disrespect, or abuse in order to insure the safety of all patrons and staff.

Code of Conduct - Participants

Safety is our utmost concern and we want all our participants to remember that good manners and behavior is essential to ensuring everyone's safety and making your experience with us a pleasant one. We ask that you report any conduct that is not acceptable to the supervisor on duty.

Photos & Videos

The Park Ridge Park District occasionally takes photographs or video of participants, staff and volunteers for promoting/advertising our programs, services, events, activities and facilities in our brochures, website or agency social media, and other promotional avenues. By registering for, participating in, working as an employee and/or volunteer, or attending Park Ridge Park District programs, events or other activities, the participant (or parent/guardian or a minor), employee or volunteer irrevocably agrees to the use and distribution by the Park Ridge Park District of his or her image (or of his minor child/ward) in photographs, video recordings, and any other electronic reproductions of such programs, events and activities for any purpose without inspection or approval and without compensation, rights to royalties or any other consideration now and in the future.

We Try Our Best

to make sure there are no mistakes in our brochure. Due to the large amount of information that makes up the brochure, errors prior to or after publication can occur. These may include fees, schedules, program codes, instructors, etc. We apologize for any inconvenience this may cause.

Registration Information

Online Registration

In order to use our online registration, a family account must be established with the Park District. Please complete a family information form and submit it along with proof of residency to the Park District prior to your first registration. This form can be found on page 85.

Upcoming Brochures

Please note, all Park District program brochures are available online to provide maximum flexibility and cost savings. The next brochure will be released as follows:

Camp 2025 Brochure:

Programs start June 2, 2025

- Released Monday, January 27
- Resident registration begins Monday, February 3
- Non-Resident registration begins Friday, February 7

Spring 2025 Brochure:

Programs start March 31, 2025

- Released Monday, February 24
- Resident registration begins Monday, March 3
- Non-Resident registration begins Friday, March 7

Scholarship Funds Are Available

Scholarship funds are available to assist low income families participating in Park District programs. Assistance is available to eligible Park Ridge Park District residents only. Due to limited space, you will need to register and pay in full. Approved scholarships will be applied to your account and awarded amount will be refunded to you. Scholarship application can be found online at www.prparks.org under Notices and Documents —>Forms and Publications. Complete the form and email it to jgreve@prparks.org.

Waiver

Park Ridge Park District is a member of Park District Risk Management Agency (PDRMA). PDRMA is a self-insured pool that provides liability, workman's compensation, and property insurance to its agencies. PDRMA does not provide medical accident insurance. As part of its loss control program, PDRMA requires each agency to have its participants sign a "Release and Hold Harmless Agreement" for all activities. You will agree to the waiver as part of your online registration process.

Family Definition:

A family is parent(s) or civil union partners along with unmarried children age 25 and under living at home. Children age 26 and older living at home and any other relative or individual may not be included on the family account. This includes nannies, grandparents, aunts, uncles, etc. They are considered individual residents and must be entered as an individual family account.

Residency

Resident rates apply to addresses within the Park District boundaries. Please check your itemized property tax bill to verify that you are a Park Ridge Park District resident.

Residency Verification:

Proof of residency and the Family Information Form is required with your first registration in order to receive resident rates. An acceptable form of residency verification includes a current driver's license or utility bill. **Your residency verification is valid for two years.** To check if you have a valid Residency Verification pass, log in to your online account, and select "My Membership Card" from the menu. If your membership is current, it will be listed beneath the barcode along with the date range your pass is valid. If you do not see a pass listed with the description of "Residency Verification", your residency needs to be renewed. To renew your proof of residency or to verify a change in address, email photos of your documentation to recreation@prparks.org. The head of the household must provide a current driver's license or utility bill.

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

Non-Resident Buy-In Option

Some residences are within the boundaries of the City of Park Ridge but not wholly or partially within the Park District. Those residents are eligible to purchase an annual buy-in. The buy-in provides your household with resident rates on Park District programs and facilities for one-year from the date of purchase. (Please be aware, you must still wait until non-resident registration begins to register for programs.) The cost of the buy-in option is based on the assessed value of your property multiplied by the last known tax rate of the Park Ridge Park District. Please call 847-692-5127 for more details.

Family Situations

Staff understand and respect the differences in all families and will aim to do our best to work with each individual circumstance. Regarding divorce and separated situations, Park District staff will not act as an intermediary between parents and will call the police as necessary.

Parents must communicate with each other first, and then contact the Park District. Staff will not coordinate items such as payments, communication between parents, or child pickup. We understand these situations can be difficult and emotional, but we ask to please refrain from taking out frustrations on staff. We can help by setting up separate accounts and, if requested, we can email both parents/guardians program information. To set up separate family accounts or to request an additional email for communication please contact Debbie Majchszak at dmajchszak@prparks.org or 847-692-5127.

In cases where the child is the subject of a court order (e.g., Custody Order, Restraining Order, or Protection from Abuse Order) a Certified Copy of the most recent order and all amendments thereto must be uploaded into ePact in the Shared Files section or shared with the supervisor. The orders of the court will be strictly followed unless the parent or parents with legal custody requests a more liberal variation of the order in writing. In the case where both parents have joint legal custody by order of the court, both parents must sign the request for more liberal interpretation of the order.

In the absence of a court order on file, both parents will have equal access to their child as stipulated by law. Without a court order, the Park Ridge Park District cannot limit the access of one parent by request of the other parent, regardless of the reason. Staff will contact the police should a conflict arise.

Program Withdrawals

You may request a withdrawal either by calling 847-692-5127 or by submitting a completed "Program Withdrawal Request" form (available at prparks.org) and emailing to recreation@prparks.org. If you withdraw from a program prior to the start, a full program fee **minus a \$3 administrative fee** will be applied as a credit to your Park District account. Prorated refunds will be issued for classes canceled by the District that are unable to be rescheduled or for a patron moving out of District. If for any reason, you would like to be reimbursed instead of credited, please allow two to three weeks for refund processing. After the start, a prorated program fee, **minus the \$3 administrative fee**, will be issued as a credit based on the date of the request. The district may prorate the expenses already incurred in advance for any program or event. No refunds will be issued after the third class. Class credits or refunds will not be granted for participant schedule conflicts. This refund policy does not apply to summer camps.

The above policy does not apply if you are unsatisfied with a program; the Park Ridge Park District promises to provide quality recreational services. Visit www.prparks.org for our Satisfaction Guarantee.

Family Information Form



Are you new to the Park Ridge Park District? In order to register, a current Family Information Form must be completed to establish your family account.

Please complete ALL OF THE INFORMATION below. Return this form to any Park District facility for processing or email completed form along with proof of residency to recreation@prparks.org.

When establishing a new resident household account, proof of residency is required. Acceptable forms of proof of residency are as follows:

1. Valid driver's license or state ID
2. Current utility bill (within the last 30 days)

Resident rates apply to addresses within the geographical boundaries of the Park Ridge Park District. Please check your itemized property tax bill to verify that you pay taxes to the Park Ridge Park District. Your residency verification is valid for two years from the date of submission.

Family Definition: A family is parent(s), civil union partners, or legal guardians with unmarried children age 25 and under living at home. Children age 26 and older living at home and any other relative or individual may not be included on the family account. This includes nannies, grandparents, aunts, uncles, etc. They are considered individual residents and must be entered as an individual family account.

Primary Contact for Family: (please print)

Family Last Name _____

Address _____

Apt # _____

City _____

State _____

Zip _____

Primary Phone _____

Primary E-mail _____

(The Park District will keep your e-mail address confidential. This information may be used for updates & marketing promotions from the District.)

Family Members at Above Address: (Please list if any Americans with Disabilities accommodations are needed.)

Last Name	First Name	Birth Date	Phone Number	Gender
1 _____ ADA Accommodations: Y / N	Relationship: _____	_____	Primary: _____ Alternate: _____	M / F
2 _____ ADA Accommodations: Y / N	Relationship: _____	_____	Primary: _____ Alternate: _____	M / F
3 _____ ADA Accommodations: Y / N	Relationship: _____	_____	Primary: _____ Alternate: _____	M / F
4 _____ ADA Accommodations: Y / N	Relationship: _____	_____	Primary: _____ Alternate: _____	M / F
5 _____ ADA Accommodations: Y / N	Relationship: _____	_____	Primary: _____ Alternate: _____	M / F
6 _____ ADA Accommodations: Y / N	Relationship: _____	_____	Primary: _____ Alternate: _____	M / F

Emergency Contact Information: (alternate to primary)

Full Name _____ Relationship _____

Home _____ Work _____ Cell _____

Staff Use: _____ Date Entered: _____ Proof of Residency: D U



Registration Form

Return this form for processing:

1. Fax completed form to 847-692-6949 or email to recreation@prparks.org.
2. A confirmation email will be sent once registration is complete.

Call Maine Park at 847-692-5127 with questions regarding your registration.

Family Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Primary Phone: _____ Alternate Phone: _____

A.D.A. Statement: Park Ridge Park District intends to comply with the intent and spirit of the Americans With Disabilities Act. If you need special accommodations, please call 847-692-5127 so that we may make the necessary arrangements for you.

Yes, I have special disability needs. Name of Participant _____



PARTICIPANT'S FIRST NAME	ACTIVITY #	PROGRAM TITLE	2nd CHOICE (ACTIVITY #)	M/F	DATE OF BIRTH	FEE

NOTE: Program withdrawals are subject to a \$3 administrative fee.

Subtotal	
Wildwood Nature Center Donation	
Account Credit	
Total Enclosed	

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the programs, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in or being transported during any and all activities connected with and associated with this registration. I recognize and acknowledge that there are certain risks of physical injury as a participant in this program(s), and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in any programs or activities against the Park District and/or the Park Ridge Friends of the Parks, including their respective officers, agents, volunteers and employees. I have read and fully understand the above important information, warning of risk, assumption of risk, waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature. I have read and fully understand this waiver and understand my signature, or my guardian's signature if I'm under 18, is required to take part in Park District programs.

Signature _____ Date _____

By signing, I attest I am the legal parent/guardian for any participants under the age of 18 included on this registration form.

FOR OFFICE USE ONLY:

Total Paid \$ _____

Accepted by: _____

Date: _____

Method of Payment		Card # _____	Exp Date _____
<input type="radio"/> Cash <input type="radio"/> Check		Name _____	(as it appears on card)
<input type="radio"/> Credit Card		Signature _____	
<input type="radio"/> Gift Card			

MAKE DIFFERENCE

PARTNER WITH THE PARK RIDGE PARK DISTRICT

For over 100 years, the Park Ridge Park District has provided recreational, leisure, and life-enhancing experiences to the community. Our unique and multi-faceted program allows sponsors to align your business to Park Ridge and surrounding communities. By partnering with local businesses, organizations, and individuals, we can build strong community relationships resulting in more opportunities to serve our participants and enhance experiences that last a lifetime. We strive to fulfill and exceed our obligations to our partners. Please consider partnering with us for one of the following opportunities:

- **Sponsorship of upcoming seasonal events such as Valentine's Bash, Bunny Baskets & Egg Hunt, and our Annual Earth Day Celebration**
- **Opportunities at the new Oakton Sports Complex**
- **Advertising opportunities**

We also work directly with a partner to develop a sponsorship package to meet your individual needs. To learn more about our sponsorship opportunities, please contact Margaret Holler, Marketing & Public Relations Director at mholler@prparks.org.

Why Partner with Us?

Promote Your Business

- Over 3,800 programs attract thousands of families each year from Park Ridge and the surrounding areas

Publicize Your Business

- Quarterly program brochure is distributed electronically to over 15,600 individuals in Park Ridge and surrounding areas
- Our website, prparks.org, attracts over 20,000 users each month
- Park District emails are sent to over 15,600 individuals
- Reach a larger audience with promotion on the Park District's social media pages, 5,900+ Facebook followers and 3,100+ Instagram followers

Increase Image & Visibility

- Showcase your goods or services
- Build goodwill among your client base

Create a Legacy

- Unite with a stable, respected organization with a prominent presence within the community for over 100 years



Thank you to our Partners!

Allstate - Tunnell Insurance Agency
Alteas Health
Amada Senior Care
Beer on the Wall
Chestnut Square at the Glen
Chris Varco - Proper Rate
College H.U.N.K.S. Hauling and Moving
Coogan Gallagher
Comfort Keepers HomeCare
Dreamtown - Team Fallico Real Estate
Harp and Fiddle
HomeSmart Realty - Anna Purymaska
Humana
IAPD - Powerplay!
Illinois Bone & Joint Institute
Lakeside Bank
MD Ventures Medical Spa
Montclair Assisted Living and Memory Care
Moti Michoacana
MPowered Smiles Orthodontics
Oak Street Health
Park Ridge Community Fund
Park Ridge Friends of the Parks
Park Ridge Wilderness Scouts
Patina Wine Bar
Physicians Immediate Care/WellNow Urgent Care
Purely Smiles Dental
STROLL Park Ridge Magazine
Summit of Uptown Park Ridge
Sunrise of Park Ridge
Team Skateboard
The McGovern Group - RE/MAX Properties Northwest
The Real Park Ridge Magazine
The Sheridan at Park Ridge

