

DOWNERS GROVE PARK DISTRICT

Recreation Guide

WINTER 2019



Downers
Grove
Park District

your chance to play

630.960.7500 |  info@dgparks.org |     | dg parks.org

It's your chance to play

RESIDENT REGISTRATION | NOV 26
NON-RESIDENT REGISTRATION | DEC 3

2019 WINTER RECREATION GUIDE

REGISTRATION DATES

- **NOV. 26** RESIDENT REGISTRATION OPENS
- **DEC. 3** NON-RESIDENT REGISTRATION OPENS

What's inside...

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Park & Facility IMPROVEMENT PROJECTS



ANTICIPATED COMPLETION NOV. 2018 **O'BRIEN PARK PLAYGROUND**

As part of the Downers Grove Park District's annual Capital Improvement Program, the new playground will feature an Omni® Spinner, track ride, multiple slides and swings.



NOW OPEN AT THE DG GOLF CLUB! **DRIVING RANGE SHELTER**

Golfers can enjoy an extended playing season at the all-new driving range shelter at the Downers Grove Golf Club. The shelter covers 10 hitting stations and features seating, infrared heaters, lights, ceiling fans and garage doors for a comfortable experience even on cold or rainy days. Solar panels have been installed on the roof to offset energy costs.

For project updates and information, visit dgparks.org

4 EASY WAYS TO REGISTER

DETAILS ON PGS. 74 - 75



ONLINE



IN PERSON



DROP OFF



FAX

From the board

The weather may be cooling off, but we're just getting warmed up! The Downers Grove Park District is proud to offer the community year-round programs and activities to keep families active even in the winter months. We encourage you to try something new this season!

Winter is a great time to enjoy the great outdoors, relax, unwind and exercise. The District offers multiple locations for sledding, ice skating, skiing and snowshoeing (p. 57). Stay warm and hit some balls at the all-new driving range shelter at the Downers Grove Golf Club (p. 34). Explore nature and make discoveries at Lyman Woods (p. 58).

Planning to start a new year's resolution to get fit and healthy in 2019? Become a member of 4500 Fitness at the Downers Grove Recreation Center (p. 8)! Membership includes access to our newly remodeled locker rooms, 40+ cardio machines, 3-lane indoor track, free weights, steam rooms and towel service in addition to discounts on personal training and premier and group exercise classes. New members can take advantage of our NEW lower enrollment fees (p. 8). Winter specials include a Student Winter Break Pass and a "5 for \$25" Fitness Center and Group Exercise Pass (p. 10)—a great opportunity to kick start or maintain your health goals!

Adults can explore a variety of programs, trips and tours (p. 56) this season! Brush up on your camera skills with our series of photography classes (p. 51), join an adult sports league (p. 31-32) or express yourself through art programs (p. 65) and dance classes (p. 68) just for adults! For adults ages 55+, the Adult Center offers activities and clubs that provide opportunities that encourage friendship and socialization (p. 54).

Looking for fun for the whole family? Check out our new special events! Two new theatrical productions will take place at the Lincoln Center—"Christmas Evie" on Dec. 8 and 9 and "Me, Myselfie and I" on Jan. 11 to 13 (p. 5). Celebrate the new year with the New Year's Eve Countdown to Noon on Dec. 31 at the Recreation Center (p. 5). Kids can take aim and compete in our Nerf Gun War on Feb. 7 at the Recreation Center (p. 16).

Younger children can explore science, technology and art through our new STEM-based and arts-enrichment programs (p. 42). School-aged kids can stay busy before or after school at The Link (p. 36) as well as during days off from school with The Link Day Off Adventures (p. 37), Spring Break Nature Camp (p. 59) and History Adventure Camp (p. 62).

Bundle up and head on out to see us this winter!

Sincerely,
Downers Grove Park District Board of Commissioners



GET YOUR WEATHER UPDATES WITH
RAINOUTLINE

This is the District's notification system for users to learn the status of our programming and facilities. Areas included are fields, diamonds, outdoor leagues, group fitness classes, the Downers Grove Golf Club and Miner Mike's Adventure Golf.

VISIT DGPARKS.ORG AND CLICK ON "WEATHER STATUS"

BOARD OF PARK COMMISSIONERS



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SPECIAL EVENTS

MAKE MEMORIES & CELEBRATE THE SEASON!



WINTER WONDERLAND LIGHT DECORATING CONTEST

If you believe your outdoor holiday decorating skills deserve a little fanfare, this is your chance to get the recognition you deserve! The criteria that will be judged includes first impression, use of lights and decorations and overall presentation. The winner of each category will receive a great prize! Addresses of all entered homes will be included on the Holiday Decorating Contest map and on our website. Judging will take place between December 6 to 9. Be sure to have your holiday lights on from 5:00 to 10:00 p.m. each night. The deadline to register is December 2. This event is only available for Downers Grove residents. The 2017 winner is not eligible to win prizes.

Age: 18+ Min/Max: 5/10 Fee: Free

Class #	Date	Day	Time	Category
472013-01	12/6 - 12/9	TH-SU	5:00-10:00pm	Griswold
472013-02	12/6 - 12/9	TH-SU	5:00-10:00pm	Traditional

MERRY & BRIGHT A VICTORIAN CHRISTMAS

Join us for a celebration of the season at this free family event! Learn about Victorian Christmas traditions, tour the holiday-decorated Victorian Blodgett house and listen to Victorian-era carolers. Stroll the park while warming up around a campfire and visit with Santa! Holiday snacks and hot cocoa will be available for sale to enhance the holiday cheer.

Ages: All Fee: Free

Location: Downers Grove Museum

Day	Date	Time
SA	12/8	3:00-7:00pm



SANTA'S LETTER

Santa has been very busy this year working with the elves to bring gifts to all of the good boys and girls. Give your child an opportunity to hear from "Mr. C" himself via a letter! Santa will mail out letters by December 12. Registration is open to Downers Grove Park District residents only. Registration deadline is December 6. Please be prepared to answer questions when registering.

Age: 3-10 Fee: \$1

Class #	Date	Day
472012-01	12/12	W

CHRISTMAS EVIE

AN ORIGINAL CHRISTMAS MUSICAL

New! Get into the holiday spirit with this original Christmas musical performed by local actors. Meet Evie, a young girl from Downers Grove, as she learns a shocking truth about Amelia, her little sister. Amelia is certain her name has been put on Santa's Naughty List and with good reason! When Evie sends a thought-provoking letter to Santa, telling him she can't believe in him anymore, Santa loses his Christmas Spirit. He struggles to resist a change he knows has to be made in order for the meaning of Christmas to ring true. Tickets can be purchased starting Nov. 1 at dgparks.org.

Ages: All Location: Lincoln Center

Tickets: \$12 general admission • \$8 children ages 2 to 17 • \$8 senior age 62+

Day	Date	Time
SA	12/8	7:00pm
SU	12/9	2:00pm



NEW YEAR'S EVE

COUNTDOWN TO NOON!

New! Join us to ring in the New Year at noon. We'll celebrate with party favors, DJ Coach Josh, a photo booth, face painting, snacks,* a balloon drop at noon and more. Parents must stay and supervise their children. Children 2 years old and under are welcome to attend, but will be limited in activities being offered. Registration deadline is December 20. *Participants with food allergies may be exposed to allergens.

Age: 3-10 Min/Max: 20/200 R/NR: \$12/\$18

Location: Recreation Center

Class #	Day	Date	Time
472021-01	M	12/31	10:00am-12:00pm

New! NERF GUN NIGHT

Coming Feb. 7! See page 16.

New! ME, MY SELFIE & I

Through a series of scenes and monologues — everything from an accidental first date to a most unusual art exhibit to creating that last, best selfie — meet a group of teens who are struggling to find the balance between documenting their lives and living them. Award-winning playwright Jonathan Dorf uses this thought-provoking, one act "dramedy" to explore the world of social media that we live in.

Ages: All Location: Lincoln Center

Tickets: \$12 general admission • \$8 children ages 2-17 • \$8 senior age 62+

Day	Date	Time
F	1/11	7:00pm
SA	1/12	7:00pm
SU	1/13	2:00pm



DADDY/DAUGHTER SWEETHEART BALL

Spend an unforgettable evening with your little sweetheart! Dads and their special little girls are invited to enjoy light refreshments, music and fun activities. On the way out, they can strike a pose in our photo booth for a keepsake to remember this good time! "Substitute" daddies are welcome (grandpa, uncle, etc.). Registration will continue until the event is full, however if you register by January 28, you will be entered in a drawing to win a limo ride to and from the event! Each additional sibling will receive a 50% discount on registration. Only register your little sweetheart(s).

Age: 4-13 Min/Max: 60/70 R/NR: \$48/\$72 per couple
Location: Lincoln Center

Class #	Date	Day	Time
172020-01	2/2	SA	6:30-8:30pm

MOTHER/SON GYM JAM

Moms, have a fun filled evening with your special guy(s). Enjoy snacks, games, entertainment and music with DJ Coach Josh. Dress is casual and substitute mommies are welcome (grandma, aunt, etc.). All proceeds from the event to benefit District 99 Senior Scholarships. Sponsored by the Downers Grove Park District and the Downers Grove Junior Woman's Club.

Ages: 4-12 Min/Max: 30/200
Location: Recreation Center
R/NR: \$25/\$37 1st child;
\$12.50/\$18.50 each add'l child

Class #	Date	Day	Time
472011-01	1/25	F	6:30-8:30pm

WINE TASTING

Enjoy an evening tasting wonderful wines while learning about the perfect dessert pairings. Register in advance by January 25. No registrations will be taken at the door. Please be prepared to provide a valid ID for age verification.

Age: 21+ Min/Max: 25/50 Fee: \$30 Location: Downers Grove Golf Club

Class #	Date	Day	Time
188501-01	2/1	F	7:30-9:30pm

ROAD RALLY

Looking for adventure? Grab your neighbors and friends to create a team of 4 to 6 adults per vehicle. You will get a map and bag of clues; you'll need teamwork, logic and luck to stay on track. Some clues are helpful while others are designed to throw you off course. This exciting and somewhat physically challenging four-hour scavenger hunt on wheels will test your mind, body and teamwork, so put on your thinking caps and start your engines! At the completion of the rally, teams meet for an awards presentation and socialize at a pizza dinner. This fun-filled event is coordinated with the Bolingbrook, Lisle, Naperville and Woodridge Park Districts. Space is limited. Registration deadline is April 24. Captain's letters are emailed the week prior to the event. An email address is required upon registration.

Age: 18+ Min/Max: 10/20 R/NR: \$109/\$129 Location: TBA

Class #	Date	Day	Time
272100-01	4/27	SA	3:00-8:30pm

THANK YOU SPONSORS!

We would like to thank our 2018 Downers Grove Park District partners and sponsors. Partnerships established with local businesses and organizations assist the District in hosting dozens of special events, health and environmental programs that enhance our community and contribute to Downers Grove's reputation as one of the region's best places to live and work.

BankFinancialSM



ENGAGE WITH THE COMMUNITY! **BECOME A 2019 SPONSOR**

LEARN MORE AT DGPARKS.ORG OR EMAIL INFO@DGPARKS.ORG.

ADVERTISING OPPORTUNITIES ARE ALSO AVAILABLE!



4500 FITNESS



RECREATION CENTER | 4500 BELMONT AVE. DOWNERS GROVE, IL | 630.960.7250

MONDAY - FRIDAY: 5AM - 10PM | SATURDAY: 6AM-7PM | SUNDAY: 7AM-6PM

At 4500 Fitness, you'll find friendly and knowledgeable staff who will help you meet your fitness goals; a wide array of group classes for every interest and to fit every schedule; open gyms that let you hit the court running and other opportunities to learn more about healthy living.

MEMBERSHIP BENEFITS

- 40+ Cardio Machines
- 3-lane Indoor Track
- Free Weights
- Newly Remodeled Locker Rooms
- Steam Rooms & Towel Service
- Equipment Orientation
- Reduced Rates on Personal Training
- Reduced Rates on Premier & Group Fitness Classes

2018 MEMBERSHIP RATES FM: FITNESS MEMBER RATE | R: RESIDENT RATE | NR: NON-RESIDENT RATE

MEMBERSHIP TYPE	RESIDENT RATES		NON-RESIDENT RATES	
	PAID IN FULL	PAYMENT PLAN (PER MONTH)	PAID IN FULL	PAYMENT PLAN (PER MONTH)
INDIVIDUAL	\$306	\$25.50	\$459	\$38.25
HOUSEHOLD OF 2	\$537	\$44.75	\$807	\$67.25
HOUSEHOLD OF 3	\$690	\$57.50	\$1,035	\$86.25
ADDITIONAL MEMBER (4+)*	\$75	\$6.25	\$114	\$9.50
SENIOR INDIVIDUAL (62 YRS+)	\$240	\$20	\$360	\$30
SENIOR COUPLE (62 YRS+)	\$384	\$32	\$576	\$48
STUDENT (15-23 YRS)	\$240	\$20	\$360	\$30
MILITARY	\$240	\$20	\$360	\$30
BUSINESS	\$306	\$25.50		

All members must be a minimum of 15 yrs of age or older. Household members must live at same address. Students must be full-time students. We reserve the right to cancel or change membership options. *Can only be added to Household of 3 membership, fee is per person.

NEW! LOWER ENROLLMENT FEES

\$30 FOR FIRST MEMBER
\$20 FOR EACH ADDITIONAL FAMILY MEMBER

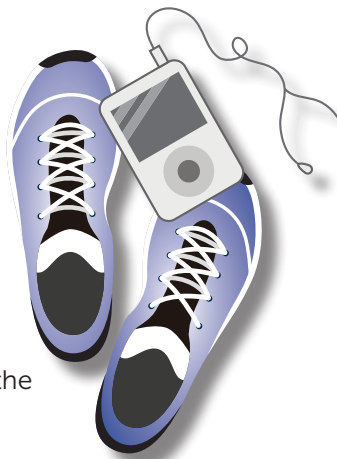
NEW RATES COMING SOON EFFECTIVE JANUARY 1, 2019

4500 Fitness is dedicated to providing members with quality service including new equipment and facility improvements. Please note that membership rates will be slightly adjusted starting Jan. 1, 2019. Members will be notified and rates will be posted by Dec. 1 at dgparks.org.

Free!

Indoor Track

No matter the weather, come enjoy use of the indoor track! The indoor track is FREE to all visitors ages 13 years and up. Ages 7 to 12 may use track with parent/guardian supervision. Sign in at the check-in table in the main lobby before using track.



Teen Fitness University

BECOME A MEMBER BEFORE AGE 15!
RESIDENT: \$60 | NON-RESIDENT: \$90
AGES 12-14 YEARS

Get certified with a nationally certified personal trainer! Pay NO ENROLLMENT FEE with Fitness Membership once program is completed. Forms available at 4500fitness.org. Parent must attend first session. A 24-hour cancellation is required to avoid a \$25 fee.

Group Exercise Classes

Purchase punch card or add-on to your 4500 Fitness Membership. View the group exercise schedule at 4500fitness.org.

GROUP EXERCISE CLASSES INCLUDE:
BODY PUMP | CYCLE | YOGA | ZUMBA
PILATES | BOOT CAMP | STEP & TONE

PUNCH CARDS			
VISITS	FITNESS MEMBER*	RESIDENT	NON-RESIDENT
ONE CLASS	\$8	\$10	\$15
FIVE CLASSES	\$35	\$45	\$67
TEN CLASSES	\$60	\$80	\$120

UNLIMITED: ADD-ON MEMBERSHIP		
MEMBERSHIP TYPE	PAID IN FULL*	PAYMENT PLAN
INDIVIDUAL MEMBER	\$228	\$19 PER MONTH

Join any class on the Group Exercise Class schedule. All participants must be 15 years and up.

*Fee is per person on the membership.

Work in Downers Grove?

With proof of employment, you can receive resident rates on the following:

- **FITNESS MEMBERSHIP**
- **DAILY FITNESS CENTER GUEST PASS**
- **GROUP EXERCISE DAILY PASSES**
- **OPEN GYM**

KIDZONE CHILD CARE CENTER

CHILDREN AGES 12 WEEKS - 12 YEARS

We'll keep an eye on your children in the KidZone Childcare Center while you work out! Our staff are CPR and First Aid certified. Visit 4500fitness.org for the latest schedules, hours of operation and information about using KidZone.

MEMBERSHIP TYPE	PAID IN FULL	PAYMENT PLAN
ONE CHILD	\$204	\$17/MONTH
TWO CHILDREN**	\$288	\$24/MONTH
THREE OR MORE CHILDREN**	\$384	\$32/MONTH

*All children must be in the same household of the attached active fitness member.

FITZONE CHILDREN AGES 5-12 YEARS

Presented by KidZone, FitZone gives your kids the chance to get some exercise while you work out. Kids can participate in supervised open gym including games and activities at the Recreation Center. Kidzone Daily, Unlimited Kidzone or Kidzone punch card visits are accepted for Fitzone. Visit the Registration Desk for details or call 630.960.7250.

DATE	TIME
1/8, 1/21 & 3/11	8:30AM - 12PM
SPRING BREAK FITZONE	
3/25-3/29	8:30AM - 12PM

Personal Training

Get real results with a fitness plan custom designed for your goals with a Nationally Certified Personal Trainer. Call 630.960.7250 to make an appointment. Sessions expire 6 months after purchase.

30-MINUTE SESSIONS (2018 RATES)

Number of Sessions	Individual Fitness Member*
1	\$25
5	\$120
10	\$230

*Rates will increase starting Jan. 1, 2019. Visit 4500fitness.org for rates.

1-HOUR SESSIONS

Number of Sessions	Individual Fitness Member	Group Training Fitness Member
1	\$50	\$80
5	\$240	\$390
10	\$460	\$760

Transformation Solutions

Designed for anyone aiming to lose more than 50 pounds. This 26-week program offers 20 half-hour sessions and includes exercise instruction, nutrition support in 2-13 week programs with Pete Wilt, a nationally certified ACE® personal trainer and health coach with proven success and a 29-year veteran in the fitness field. Each client will be required to complete a personal training packet and a doctor's note may be required. Once you begin your session, no refunds will be applied.

Participant	13 Weeks	26 Weeks
Fitness Member	\$500	\$980
Non-member	\$620	\$1,220

NOTE: Non-member pricing includes a fitness membership for the length of the program.



SilverSneakers Program

4500 Fitness is a proud partner with Tivity SilverSneakers Fitness Program. With SilverSneakers, you can get fit when, where and how you want. The program, for older adults, is available through many healthcare plans. To check if you are eligible, visit silversneakers.com.

Prime Memberships

Prime is a well-being benefit that is offered by most employers as part of a health insurance plan. Contact your insurance carrier to see if you qualify for this benefit.

NIHCA Rewards

Blue Cross and Blue Shield of Minnesota members can visit myBlueCross in the member self-service center at www.bluecrossmn.com to find out if they are eligible. Members can click on the "Plan Details" tab and select "Health Programs and Discounts" and finally, select "find a fitness center." Members must be at least 18 years old to participate in the fitness discounts program.



Winter Fitness Specials!

STUDENT WINTER PASS SALE

ON SALE NOV. 16 TO JAN. 16!

Students, stay in shape over winter break with this discounted pass just for you! Fitness pass includes access to 4500 Fitness, track and open gyms. Student ID required for ages 15 to 23.

Winter Week Pass: \$20
Winter Month Pass: \$45

5 FOR \$25 PASS SALE

ON SALE NOV. 16 TO DEC. 30!

Good for fitness and group exercise! Get five workouts for just \$25. This pass is for anyone ages 15 years and older. All five visits must be used by Jan. 31, 2019. Fitness Center and Group Ex visits are accounted for separately. Non-transferable, non-refundable.

PREMIER FITNESS CLASSES

Weight Training for Women

Recent studies show weightlifting two times a week can reduce overall body fat by three percentage points in just 10 weeks, while increasing bone density! A certified personal trainer provides resistance training, proper form, personal program design and muscle training theory.

Age: 15+ Min/Max: 5/15

Location: Downers Grove Recreation Center

Instructor: Cari Zalesiak

Class #	Date	Day	Time	FM/R/NR
130202-01	1/8 - 2/5	TU	7:10-8:00pm	\$32/\$42/\$63
130202-02	1/10 - 2/7	TH	7:10-8:00pm	\$32/\$42/\$63
130202-03	1/8 - 2/7	TU/TH	7:10-8:00pm	\$56/\$74/\$110
130202-04	2/12 - 3/19	TU	7:10-8:00pm	\$38/\$50/\$75
130202-05	2/14 - 3/21	TH	7:10-8:00pm	\$38/\$50/\$75
130202-06	2/12 - 3/21	TU/TH	7:10-8:00pm	\$66/\$88/\$132

Balance & Strength

We can train and slow down the aging process by focusing on mental health, cardiovascular conditioning, strength training, flexibility and fall prevention and balance. Enjoy practical exercises and approaches for training brains and bodies. No class Feb. 18.

Age: 40+ Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: Susan Mitchell

Class #	Date	Day	Time	FM/R/NR
130220-01	1/7 - 2/4	M	4:00-4:45pm	\$32/\$42/\$63
130220-02	2/11 - 3/18	M	4:00-4:45pm	\$32/\$42/\$63
130220-03	1/10 - 2/7	TH	4:00-4:45pm	\$32/\$42/\$63
130220-04	2/14 - 3/21	TH	4:00-4:45pm	\$38/\$50/\$75

Foot to Core Integration

As the only contact point between the body and the ground, our feet play a critical role in the way in which our body controls and reacts to every upright movement. Start stimulating your feet and experience change in balance, core stabilization and everyday function. Expect to work in your bare feet.

Age: 15+ Min/Max: 6/12 FM/R/NR: \$12/\$16/\$24

Location: Downers Grove Recreation Center

Instructor: Vicki Klimkiewicz

Class #	Date	Day	Time
130222-01	2/6	W	7:15-8:45pm

Core & Pelvic Floor

The pelvic floor muscles are important components of the core and provide support to the internal organs. Learn background information and exercises to activate and strengthen the pelvic floor. This mini workshop will combine lecture and floor work with an aim to develop greater control.

Age: 15+ Min/Max: 6/12 FM/R/NR: \$12/\$16/\$24

Location: Downers Grove Recreation Center

Instructor: Rita Meier

Class #	Date	Day	Time
130236-01	2/13	W	6:15-7:45pm

Strengthen Knees

The goal of this class is to strengthen the muscles around the knee. Learn how to correctly set up the indoor cycle bike for your body and learn correct cycle bike techniques that will keep your knees safe. The time spent on the bike will increase over the duration of the class session. Exercises off the bike will be included focusing on the health of the knees.

Age: 15+ Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: Vicki Klimkiewicz

Class #	Date	Day	Time	FM/R/NR
130249-01	1/10 - 2/7	TH	9:15-10:00am	\$32/\$42/\$63
130249-02	2/14 - 3/21	TH	9:15-10:00am	\$38/\$50/\$75

Yoga Essentials

This class introduces fundamental yoga poses and breathing techniques to achieve a calm mind and body. Modifications are offered to accommodate joint limitations. Learn yoga poses with correct form, posture and alignment and begin to improve your strength, balance and flexibility. No class Feb. 18.

Age: 15+ Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: M- Vicki Klimkiewicz, W- Rita Meier

Class #	Date	Day	Time	FM/R/NR
130238-01	1/7 - 2/4	M	5:00-5:55pm	\$32/\$42/\$63
130238-02	1/9 - 2/6	W	5:00-5:55pm	\$32/\$42/\$63
130238-03	2/11 - 3/18	M	5:00-5:55pm	\$32/\$42/\$63
130238-04	2/13 - 3/20	W	5:00-5:55pm	\$38/\$50/\$75

Chair Yoga

Practice yoga in a chair. Gently strengthen your spine and core, increase flexibility and mobility and leave this class relaxed and balanced.

Age: 18+ **Min/Max: 6/15**
Location: Lincoln Center **Instructor: Eileen Johnson**

Class #	Date	Day	Time	FM/R/NR
130213-01	1/8 - 2/5	TU	9:00-9:55am	\$32/\$42/\$63
130213-02	1/8 - 2/5	TU	10:00-10:55am	\$32/\$42/\$63
130213-03	2/12 - 3/19	TU	9:00-9:55am	\$38/\$50/\$75
130213-04	2/12 - 3/19	TU	10:00-10:55am	\$38/\$50/\$75

Pilates with MELT Rollers

Find your center of gravity by using MELT rollers. Experience a posture change by re-hydrating and lengthening techniques done with the MELT moves. Core Pilate moves will be learned along with reintegrating and re-patterning exercises to assist the body in functioning properly. Instructor is Stott Pilates and MELT Neuro-Strength trained.

Age: 15+ **Min/Max: 6/10**
Location: Downers Grove Recreation Center
Instructor: Linda Ruff

Class #	Date	Day	Time	FM/R/NR
130246-01	1/7 - 2/4	M	8:05-9:00pm	\$40/\$54/\$80
130246-02	2/11 - 3/18	M	8:05-9:00pm	\$48/\$64/\$96
130246-03	2/14 - 3/21	TH	4:00-4:55pm	\$48/\$64/\$96

Reiki Energy

Learn with a Reiki Master to access where pain and stress lives in your body. Partner work will be done during the laying of the hands to help you understand how energy is held in your body. Learn to align energy to find a state of calm and carry it with you even when life gets chaotic.

Min/Max: 4/20 **FM/R/NR: \$33/\$35/\$53**
Location: Downers Grove Recreation Center
Instructor: Julie Jancius

Class #	Age	Date	Day	Time
130248-01	16+	1/15	TU	10:00-11:00am
130248-02	16+	2/12	TU	10:00-11:00am
130248-03	16+	3/12	TU	10:00-11:00am

Tai Ji Quan for Health

Experience the many health benefits of this traditional Chinese exercise and martial art. Exercises help you improve concentration, reduce mental stress, stimulate circulation and breathing, and develop better balance, flexibility and strength. Ideal for all fitness levels, individuals can modify the exercise to be as gentle or vigorous as desired.

Age: 18+ **Min/Max: 6/12**
FM/R/NR: \$63/\$84/\$126
Location: Lincoln Center **Instructor: Judy Kline**

Class #	Date	Day	Time
130207-01	1/8 - 3/12	TU	7:00-7:55pm

Athletic Team Training

This program has your high school sports teams in mind (Basketball, Cheerleading, Volleyball, Football, etc.)! If you need team building for flexibility or strength, we offer your team private Boot Camp, Yoga, TRX Circuit Training, Pilates, Body Pump and Cycle. Or, let us know if you have a specific class in mind! The trainings have a maximum of 40 participants (24 maximum for Cycle bikes).

8-20 participants: \$80 flat fee for a 55-minute training
21-40 participants: \$90 flat fee for a 55-minute training

The DGPD waiver needs to be signed by each participant and for participants under the age of 18, one parent or custodial parent must sign. Waivers and payment must be submitted to the Downers Grove Recreation Center one week prior to the class.

Location: Recreation Center
Please call 630.960.7250 to schedule your group.



TRX FORMATS

Min/Max: 5/10 Location: Downers Grove Recreation Center

TRX

Build power, strength, flexibility, balance and mobility with the method of leveraging body weight. As control is achieved, cardio challenges will be structured in the class activity.

TRX Power Circuit

Experience new power circuits each week. Never do a regular old squat, push-up or lunge again! Add intensity, focus and fierceness to your circuit training while providing a balanced, full body work-out. Ropes, weights and bosu are some of the toys of our trade used to incorporate new programming options with the TRX straps. No class Feb. 18.

TRX Aging & Engaging

The TRX Suspension Trainer makes you feel more supported as you explore new ways to build a stronger body. Strengthen and lengthen the major muscles of the lower body and upper body as well as increasing mobility.

TRX for Golfers

The concept is to place your arms or legs in a harness that is anchored up high and perform exercises that challenge you to battle the effects of gravity and instability. Use the suspension straps to improve your backswing and through-swing while strengthening muscle function in key areas such as the glutes, hips and core.

Class #	Age	Class	Dates	Day	Time	FM/R/NR
130230-01	15+	Power Circuit	1/7 - 2/4	M	5:30-6:25am	\$60/\$80/\$120
130230-02	15+	Power Circuit	1/7 - 2/4	M	9:00-9:55am	\$60/\$80/\$120
130230-03	15+	Power Circuit	1/8 - 2/5	TU	6:30-7:25pm	\$60/\$80/\$120
130230-04	40+	Aging & Engaging	1/9 - 2/6	W	10:15-11:10am	\$60/\$80/\$120
130230-05	40+	Aging & Engaging	1/9 - 2/6	W	5:00-5:55pm	\$60/\$80/\$120
130230-06	15+	TRX	1/9 - 2/6	W	6:00-6:55pm	\$60/\$80/\$120
130230-07	15+	TRX for Golfers	1/9 - 2/6	W	7:00-7:55pm	\$60/\$80/\$120
130230-08	15+	TRX	1/10 - 2/7	TH	7:00-7:55pm	\$60/\$80/\$120
130230-09	15+	Power Circuit	2/11 - 3/18	M	5:30-6:25am	\$60/\$80/\$120
130230-10	15+	Power Circuit	2/11 - 3/18	M	9:00-9:55am	\$60/\$80/\$120
130230-11	15+	Power Circuit	2/12 - 3/19	TU	6:30-7:25pm	\$72/\$96/\$144
130230-12	40+	Aging & Engaging	2/13 - 3/20	W	10:15-11:10am	\$72/\$96/\$144
130230-13	40+	Aging & Engaging	2/13 - 3/20	W	5:00-5:55pm	\$72/\$96/\$144
130230-14	15+	TRX	2/13 - 3/20	W	6:00-6:55pm	\$72/\$96/\$144
130230-15	15+	TRX for Golfers	2/14 - 3/21	TH	6:00-6:55pm	\$72/\$96/\$144
130230-16	15+	TRX	2/14 - 3/21	TH	7:00-7:55pm	\$72/\$96/\$144

Stroller Strides

This functional, total-body conditioning workout is designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Visit Fit4Mom.com or call Sara Franko at 708.942.1666 for rate information.

LOCATION: RECREATION CENTER

DAY	TIME
M W F	9:30 - 10:30AM



KIDS FITNESS

TRX for Kids

This class introduces fundamental posture alignment goals for squats, lunges, and planks using the TRX to assist in holding body weight.

Age: 10-14 Min/Max: 6/10 FM/R/NR: \$41/\$54/\$81

Location: Downers Grove Recreation Center

Instructor: Linda Ruff

Class #	Date	Day	Time
130232-01	2/13 - 3/20	W	4:10-4:55pm

Cardio & Strength for Kids

This class is geared to be fun and effective using cardio and strength exercises. Kids will go through a routine that will keep them moving and engaged. Proper form will be taught and exercises will be repeated in the sequences to challenge body strength and cardio. No class Jan. 21 and Feb. 18.

Age: 10-14 Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: Carrie Anslow

Class #	Date	Day	Time	FM/R/NR
130245-01	1/7 - 2/4	M	5:00-5:45pm	\$27/\$36/\$54
130245-02	2/11 - 3/18	M	5:00-5:45pm	\$34/\$45/\$68

Yoga for Little Kids

This class combines exercise with imagination, games and a story. Kids will have the opportunity to be silly, release energy and relax. It introduces a formal way of using their body at a young age. Kids should dress in comfortable clothes.

Age: 3-6 Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: Carrie Santucci

Class #	Date	Day	Time	FM/R/NR
130208-01	1/11 - 2/8	F	10:10-10:55am	\$27/\$35/\$52
130208-02	2/15 - 3/22	F	10:10-10:55am	\$32/\$41/\$61

Yoga for Kids

Give your child the skills to better handle life's ups and downs through yoga. Children will learn a combination of poses that will spike energy as well as bring energy down. Yoga improves flexibility, strength and self-confidence. Kids should dress in comfortable clothes.

Min/Max: 6/15

Location: Downers Grove Recreation Center

Instructor: Eileen Johnson

Class #	Age	Date	Day	Time	FM/R/NR
130209-01	6-9	1/9 - 2/6	W	4:10-4:55pm	\$27/\$35/\$52
130209-02	10-14	1/9 - 2/6	W	5:00-5:45pm	\$27/\$35/\$52
130209-03	6-9	2/13 - 3/20	W	4:10-4:55pm	\$32/\$41/\$61
130209-04	10-14	2/13 - 3/20	W	5:00-5:45pm	\$32/\$41/\$61

Badge Work

MIN/MAX: 8/25 FEE: \$6/PARTICIPANT

LOCATION: RECREATION CENTER

PLEASE CALL 630.960.7250 TO SCHEDULE YOUR GROUP.

K & 1ST GRADE GIRLS

Scouts can work toward the Respect Myself & Others badge as they learn the importance of self-care, the benefits of quiet exercises and how to quiet their minds. By teaching games and poses to fellow Scouts, girls will learn how to lead and respect others.

2ND & 3RD GRADE GIRLS

Work toward the Dancer badge by learning to dance with Latin and International music that we call Zumba. Scouts will discover new ways to move their feet and arms through fast and slow rhythms in this effective fitness class.

4TH & 5TH GRADE GIRLS

Scouts will work toward their Staying Fit badge in this class that teaches different types of exercise such as Zumba, Step, Boot Camp, Core Crunch and more!

OPEN GYM

HOW TO USE OPEN GYM

CHECK OPEN GYM TIMES ON THE ONLINE CALENDAR | **DGPARKS.ORG**

ARRIVE EARLY

Admission is available on first-come, first-served basis. No reservations are necessary or accepted (except for batting cages).

PAY FOR YOUR OPEN GYM SESSION ONE OF THREE WAYS

- 1 PAY THE DAILY FEE**
Resident: \$4 | Non-Resident: \$6
- 2 BECOME A 4500 FITNESS MEMBER**
Membership includes free basketball, volleyball, badminton & pickleball open gym.
- 3 PURCHASE A RESIDENT PLAY PASS***
Verification of residency or employment within Downers Grove Park District boundaries must be provided to receive resident rates.

PLAY PASS

Number of Visits	R/NR
10	\$30/\$60
20	\$60/\$120

*PLAY PASSES CANNOT BE SHARED AND VISITS EXPIRE ONE YEAR FROM DATE OF PURCHASE. NOT AVAILABLE FOR BATTING CAGES.

GET YOUR WRISTBAND

Wristbands help us prevent overcrowding in the gym and must be worn for the whole open gym session. Anyone not wearing a wristband will be asked to leave the gym and will not be allowed to re-enter only after payment is made.

EACH PAID ADMISSION ALLOWS ENTRY INTO THE GYMNASIUM ONLY FOR ONE SPECIFIC OPEN GYM PROGRAM AND USE OF THE LOCKER ROOMS ADJACENT TO THE GYM.

NOTE: The Downers Grove Park District reserves the right to cancel or change open gym days and times.

PARENT/CHILD OPEN GYMNASTICS

AGE: 10 MOS. - 7 YEARS & PARENT

Let your kids burn off some energy on gymnastics equipment, including the preschool balance beam and uneven bars.

- Balls/smaller equipment available for toddlers
- Parents supervise
- Check online calendar for times

VOLLEYBALL

AGE: 17 YEARS & UNDER (YOUTH)

AGE: 18 YEARS + (ADULT)

- Volleyballs are available
- Separate youth & adult sessions
- Check online calendar for times

BASKETBALL

AGE: 17 YEARS & UNDER (YOUTH)

AGE: 18 YEARS + (ADULT)

- Please bring your own basketball
- Separate youth & adult sessions
- Check the online calendar for times

BADMINTON

AGE: 14 YEARS +

Played on 4 badminton courts in the Recreation Center.

- Racquets and birdies are available
- Courts are set up for singles or double play
- Check online calendar for times

PICKLEBALL

AGE: 18+

Played on existing pickleball courts in the Recreation Center.

- Paddles and balls are available
- Courts set up for singles or double play
- Check online calendar for times

BATTING CAGES

FEE (PER 1/2 HOUR):

RESIDENT: \$15 | NON-RESIDENT: \$20

Cages can be reserved for 30-minute time blocks for up to one hour. Pitching machine must be operated by the participant, and batters must supply a helmet and bat.

- Pitching machine and balls provided
- Reservations must be made 24-hours in advance; Reservations available on Sundays



Get Active!

YOUTH SPORTS

RECREATION CENTER | 4500 BELMONT AVE. DOWNERS GROVE, IL | 630.960.7250

New!

Brazilian Futsal Footwork Mastery

This new Futsal program is led by professional Brazilian coaches. Discover how to beat players, improve foot skills and learn about futsal vs outdoor soccer. Futsal balls will be provided for class. Participants are encouraged to bring or purchase a Futsal ball; no regular soccer balls are permitted.

Min/Max: 4/12

Location: Downers Grove Recreation Center

Class #: 143090-99: Futsal Ball Purchase: \$15

Code #	Date	Day	Time	Age	R/NR
143090-01	1/9-3/6*	W	6:00-7:00pm	6-8	\$115/173
143090-02	1/9-3/6*	W	7:00-8:00pm	9-12	\$115/173
143090-03	1/13-3/3	Su	10:00-11:00am	6-8	\$115/173
143090-04	1/13-3/3	Su	10:00-11:00am	9-12	\$115/173

* No class Feb. 13.

Volleyball Skills & Games

Our program is designed to improve your volleyball skills with 60-minutes of setting, passing, serving, and hitting. Our coaches are trained to help you prepare for the next level of fun, and competitive atmosphere.

Min/Max: 8/16 R/NR: \$75/\$113

Location: Downers Grove Recreation Center

Instructor: Serve City

Class #	Age	Date	Day	Time
143082-01	7-12	1/3 - 2/7	TH	4:30-5:30pm
143082-02	7-12	2/14 - 3/21	TH	4:30-5:30pm
143082-03	9-14	1/3 - 2/7	TH	5:30-6:30pm
143082-04	9-14	2/14 - 3/21	TH	5:30-6:30pm

New!



NERF GUN NIGHT

We will transform the gym into an arena for kids to battle and play fun competitive games. We will have an all-out battle to end the night. Participants must provide their own Nerf Gun (no semi-automatic) and have protective eyewear of some kind. Nerf gun must use elite darts only, no mega or rival rounds. Melee weapons are not permitted. Registration deadline is Jan. 31.

Age: 7-12 Min/Max: 10/40 R/NR: \$8/\$12

Location: Downers Grove Recreation Center

Class #	Date	Day	Time
133110-01	2/7	TH	6:00-7:00pm

ALL STAR SPORTS

Parent/Tot Super Sports

Children improve simple motor skills and have fun while learning a variety of sports including soccer, basketball, hockey, t-ball and more. Bring a glove and a soccer ball to class. The Saturday class will not have class on Feb. 10, 24 and March 17.

Age: 2-3 Min/Max: 6/16 Instructor: All Star Sports

Class #	Date	Day	Time	R/NR	Location
133420-01	1/7 - 3/18*	M	6:00-6:45pm	\$96/\$144	Rec Center
133420-02	1/8 - 2/5	TU	10:00-10:45am	\$55/\$83	Rec Center
133420-03	1/12 - 3/16	SA	12:00-12:45pm	\$106/\$159	Herrick MS
133420-04	2/12 - 3/19	TU	10:00-10:45am	\$66/\$99	Rec Center

*No class Jan. 21 or Feb. 18.

Multi Sports

Children have the opportunity to try a variety of sports such as basketball, hockey, soccer, baseball and football and learn the importance of sportsmanship and teamwork.

Min/Max: 6/16 Instructor: All Star Sports

Location: Downers Grove Recreation Center

Class #	Age	Date	Day	Time	R/NR
133408-01	3-4	1/8 - 2/5	TU	11:30am-12:30pm	\$55/\$83
133408-02	3-5	1/8 - 2/5	TU	10:45-11:30am	\$55/\$83
133408-03	3-4	1/10 - 2/7	TH	10:00-10:45am	\$55/\$83
133408-04	4-6	1/10 - 2/7	TH	10:45-11:45am	\$55/\$83
133408-05	3-4	2/12 - 3/19	TU	11:30am-12:30pm	\$66/\$99
133408-06	3-5	2/12 - 3/19	TU	10:45-11:30am	\$66/\$99
133408-07	3-4	2/14 - 3/21	TH	10:00-10:45am	\$66/\$99
133408-08	4-6	2/14 - 3/21	TH	10:45-11:45am	\$66/\$99

Explore!

Volleyball and Basketball Open Gym is available for youth at the Downers Grove Recreation Center. Learn more on page 15.



Multi Sport Camp

This camp is for the all-around athlete or for someone who wants to try it all. Sports like soccer, basketball, hockey, football and baseball will be taught in detail. Also we will play dodgeball, volleyball and a little golf. The main focal point of this camp is teamwork and sportsmanship. Each sport is covered in a way so that every participant can contribute to his or her team's success. This camp is not about winning or losing, it's about having fun and learning. Equipment changes daily with each sport.

Age: 6-10 Min/Max: 10/20 R/NR: \$106/\$159

Location: Downers Grove Recreation Center

Instructor: All Star Sports

Class #	Date	Day	Time
133460-01	3/25 - 3/29	M-F	3:00-5:00pm

T-Ball

Develop basic baseball skills such as hitting, fielding, throwing, catching and running the bases. Fun drills and games are played each week. Please bring your own glove.

Min/Max: 6/16 Instructor: All Star Sports

Location: Downers Grove Recreation Center

Class #	Age	Date	Day	Time	R/NR
133406-01	3-4	1/7 - 3/18*	M	1:00-1:45pm	\$96/\$144
133406-02	4-6	1/7 - 3/18*	M	12:00-1:00pm	\$96/\$144
133406-03	3-4	1/10 - 2/7	TH	2:00-2:45pm	\$55/\$83
133406-04	4-6	1/10 - 2/7	TH	2:45-3:45pm	\$55/\$83
133406-05	3-4	1/11 - 3/8	F	10:00-10:45am	\$106/\$159
133406-06	3-5	1/11 - 3/8**	F	4:00-4:45pm	\$96/\$144
133406-07	4-6	1/11 - 3/8	F	10:45-11:45am	\$106/\$159
133406-08	5-7	1/11 - 3/8**	F	4:45-5:45pm	\$96/\$144
133406-09	3-4	2/14 - 3/21	TH	2:00-2:45pm	\$66/\$99
133406-10	4-6	2/14 - 3/21	TH	2:45-3:45pm	\$66/\$99

*No class on Jan. 21 and Feb. 18.

**No class on Jan. 25.

Basketball Camp

In this camp, skills will be advanced along with teamwork and a positive mental attitude. The camp will consist of stretching and warm ups, drills and skills, strategy session and then games. Balls are provided.

Age: 6-10 Min/Max: 10/20 R/NR: \$106/\$159

Location: Downers Grove Recreation Center

Instructor: All Star Sports

Class #	Date	Day	Time
133461-01	3/25 - 3/29	M-F	12:30-2:30pm

Little Pint Hoops

Introduce your children to the game through instruction in passing, shooting and dribbling. Lower hoops are used to accommodate young players.

Min/Max: 6/16 Instructor: All Star Sports

Class #	Age	Date	Day	Time	R/NR
Recreation Center					
133412-02	4-6	1/8 - 2/5	TU	5:00-6:00pm	\$55/\$83
133412-03	6-8	1/8 - 2/5	TU	4:00-5:00pm	\$55/\$83
133412-06	3-4	2/12 - 3/19	TU	6:00-6:45pm	\$66/\$99
133412-07	4-6	2/12 - 3/19	TU	5:00-6:00pm	\$66/\$99
133412-08	6-8	2/12 - 3/19	TU	4:00-5:00pm	\$66/\$99
Herrick Middle School					
133412-04	3-4	1/12 - 3/16	SA	3:00-3:45pm	\$106/\$159
133412-05	4-6	1/12 - 3/16	SA	3:45-4:45pm	\$106/\$159

Flag Football

An alternative to tackle football, this seven-week class meets once a week for fun, instructional practices and games.

Min/Max: 6/16 Instructor: All Star Sports

Location: Downers Grove Recreation Center

Class #	Age	Date	Day	Time	R/NR
133410-01	3-4	1/10 - 2/14*	TH	4:00-4:45pm	\$55/\$83
133410-02	5-7	1/10 - 2/14*	TH	4:45-5:45pm	\$55/\$83
133410-03	8-10	1/10 - 2/14*	TH	5:45-6:45pm	\$55/\$83
133410-04	3-4	2/21 - 3/21	TH	4:00-4:45pm	\$55/\$83
133410-05	5-7	2/21 - 3/21	TH	4:45-5:45pm	\$55/\$83
133410-06	8-10	2/14 - 3/21	TH	5:45-6:45pm	\$55/\$83

*No class on Feb. 7.

Fencing

The Olympic sport of swordplay. You always thought fencing scenes in movies were exciting, now you can try it too! Fencing is an excellent sport for children and adults. It combines coordination of relaxed and explosive moves, and critical thinking between attack and defensive strategies. Your local fencing location is your next step and all equipment is provided. Parents are encouraged to participate with their children. Skill level of fencers will be managed by coach. 50% discount for each additional family member enrolled.

Age: 8+ Min/Max: 8/16 R/NR: \$54/\$81

Location: Lincoln Center

Class #	Level	Date	Day	Time
143027-01	Beginners	1/8 - 2/12	TU	7:15-8:05pm
143027-02	Advanced	1/8 - 2/12	TU	6:45-7:45pm
143027-03	Beginners	2/19 - 3/19	TU	7:15-8:05pm
143027-04	Advanced	2/19 - 3/19	TU	6:45-7:45pm

Kids Volleyball

Get an introduction to the basics of the game of volleyball including bumping, setting and serving with an emphasis on having fun. Basic team strategies and skills to improve footwork and coordination are also taught. No class on Jan. 21 and Feb. 18.

Age: 8-12 Min/Max: 6/20 R/NR: \$96/\$144

Location: Downers Grove Recreation Center

Instructor: All Star Sports

Class #	Date	Day	Time
133407-01	1/7 - 3/18	M	5:00-6:00pm

Kids Soccer

Have fun and gain coordination and self-esteem while learning the fundamentals of this popular team sport. Basics such as passing, shooting and dribbling are taught. Please bring a soccer ball to class.

Min/Max: 6/16 Instructor: All Star Sports

Class #	Age	Date	Day	Time	R/NR
Recreation Center					
133411-01	3-4	1/7 - 3/18	M*	10:00-10:45am	\$96/\$144
133411-02	4-6	1/7 - 3/18	M*	10:45-11:45am	\$96/\$144
133411-03	3-4	1/10 - 2/7	TH	12:00-12:45pm	\$55/\$83
133411-04	4-6	1/10 - 2/7	TH	12:45-1:45pm	\$55/\$83
133411-05	3-4	1/11 - 3/8	F	1:00-1:45pm	\$106/\$159
133411-06	4-6	1/11 - 3/8	F	12:00-1:00pm	\$106/\$159
133411-09	3-4	2/14 - 3/21	TH	12:00-12:45pm	\$66/\$99
133411-10	4-6	2/14 - 3/21	TH	12:45-1:45pm	\$66/\$99
Herrick Middle School					
133411-07	3-4	1/12 - 3/16	SA	1:00-1:45pm	\$106/\$159
133411-08	4-6	1/12 - 3/16	SA	2:00-3:00pm	\$106/\$159

*No class on Jan. 21 and Feb. 18.

Volleyball Camp

Passing, setting, serving, defensive and offensive strategies are all covered. Join us as we work on improving our footwork, teamwork and the fundamentals of volleyball so we can take it to the next level. Equipment: Knee and elbow pads

Age: 8-12 Min/Max: 6/20 R/NR: \$106/\$159

Location: Downers Grove Recreation Center

Instructor: All Star Sports

Class #	Date	Day	Time
133478-01	3/25 - 3/29	M-F	10:00am-12:00pm

CHICAGO BULLS / SOX ACADEMY

Bulls Sox Academy, 6200 River Bend Dr, Lisle, IL

CHICAGO WHITE SOX Incrediball League

A mini-field with 30-foot bases and a home run fence will be set up inside the Lisle Academy to help teach the kids the basic fundamentals during each week's game. Instructors will be on hand explaining the proper hitting, throwing, fielding and base running techniques in game situations.

Age: 5-6 Min/Max: 4/12 R/NR: \$69/\$104

Class #	Date	Day	Time
143014-01	1/5 - 1/26	SA	10:00-11:00am
143014-02	2/23 - 3/16	SA	10:00-11:00am

CHICAGO WHITE SOX Little Sluggers

White Sox Little Sluggers camp allows players to work on fundamentals of baseball, throwing, hitting and fielding while having fun! Open to both boys and girls.

Age: 5-6 Min/Max: 4/12 R/NR: \$69/\$104

Class #	Date	Day	Time
143013-01	1/5 - 1/26	SA	9:00-10:00am
143013-02	2/23 - 3/16	SA	9:00-10:00am

CHICAGO WHITE SOX Little Sluggers/ Incrediball Combo

The first part of the day allows players to work on beginning baseball fundamentals while having fun! The second part of the camp includes playing games on a mini-field with 30 foot bases and a home run fence. This will be set up inside the Lisle Academy to help teach the kids the basic fundamentals during each week's game.

Age: 5-6 Min/Max: 3/12 R/NR: \$129/\$194

Class #	Date	Day	Time
143015-01	1/5 - 1/26	SA	9:00-11:00am
143015-02	2/23 - 3/16	SA	9:00-11:00am

CHICAGO WHITE SOX FUNdamentals Club

Our "all-skills" Club takes the basics skills of hitting, throwing, and fielding and progresses your child in all aspects of the game. This Club incorporates more advanced techniques, position specific drills, as well as base running. Our instructors are committed to taking your child's game to the next level and putting them in the best position for success to try and become the next five tool player.

Age: 7-8 Min/Max: 4/9 R/NR: \$100/\$150

Class #	Date	Day	Time
143016-01	1/3 - 1/24	TH	5:00-6:00pm
143016-02	2/27 - 3/20	W	5:00-6:00pm

CHICAGO WHITE SOX Fastpitch Hitting Club

A strong focus on stance, linear movement, rotation, contact point, extension and follow through is sure to make your daughter a more confident hitter. Designed for the in-house or recreation player.

Min/Max: 4/12 R/NR: \$99/\$149

Class #	Age	Date	Day	Time
143010-01	7-9	2/25 - 3/18	M	6:00-7:00pm
143010-02	10-12	2/25 - 3/18	M	6:00-7:00pm

CHICAGO WHITE SOX Fastpitch Pitching Club

If you are a pitcher looking to throw harder with better control and keep your skills sharp during the season, then you'll want to take advantage of this Pitching Club. Pitchers must bring their own catcher. Designed for the in-house or recreation player.

Min/Max: 4/12 R/NR: \$99/\$149

Class #	Age	Date	Day	Time
143011-01	7-9	2/26 - 3/19	TU	6:00-7:00pm
143011-02	10-12	2/26 - 3/19	TU	6:00-7:00pm

CHICAGO WHITE SOX Fastpitch Catching Club

This club is for catchers ONLY and will cover stance, signals, framing, blocking, pick-offs, steals, plays at the plate, fielding bunts, foul tips and more. Designed for the in-house or recreation player.

Min/Max: 4/12 R/NR: \$99/\$149

Class #	Age	Date	Day	Time
143012-01	7-9	2/25 - 3/18	M	7:00-8:00pm
143012-02	10-12	2/25 - 3/18	M	7:00-8:00pm

CHICAGO WHITE SOX Hitting Club

This club will give each participant a foundation to become a great hitter. The club will focus on plate coverage and stance, striding into a hitting position, swing plane/hand path, footwork and balance.

Min/Max: 2/12 R/NR: \$100/\$150

Class #	Age	Date	Day	Time
143017-01	8-10	1/4 - 1/25	F	5:30-6:30pm
143017-02	11-12	1/4 - 1/25	F	5:30-6:30pm
143017-03	8-10	2/26 - 3/19	TU	7:00-8:00pm

CHICAGO WHITE SOX Pitching Club

Pitchers will learn to throw harder with better control and keep skills sharp during the season in the Pitching Club. Each session will build on the previous class to teach the basic fundamentals of pitching as well as throwing.

Min/Max: 4/12 R/NR: \$100/\$150

Class #	Age	Date	Day	Time
143018-01	8-10	1/4 - 1/25	F	6:30-7:30pm
143018-02	11-12	1/4 - 1/25	F	6:30-7:30pm
143018-03	8-10	2/26 - 3/19	TU	6:00-7:00pm

CHICAGO BULLS FUNdamentals

Have fun and improve your game! This FUNdamentals basketball camp for boys and girls teaches the latest techniques in ball handling, passing, shooting, footwork, rebounding and offensive and defensive team play.

Min/Max: 4/12 R/NR: \$90/\$135

Class #	Age	Date	Day	Time
143003-01	5-8	3/5 - 3/26	TU	5:30-6:30pm
143003-02	9-13	3/5 - 3/26	TU	5:30-6:30pm
143003-03	14-18	3/5 - 3/26	TU	5:30-6:30pm

CHICAGO BULLS / SOX ACADEMY CAMPS

CHICAGO BULLS Holiday Camp

The holiday season is not too far away! At the Bulls/Sox Academy, we want to remind players that while you're at home taking a break, the competition is practicing! Will you be ready for the season? Start getting ready with one of our holiday camps.

Age: 5-14 R/NR: \$175/\$263

Class #	Date	Day	Time
443096-01	W-F	12/26 - 12/28	1:00-4:00pm

WHITE SOX Holiday Camp

Baseball season is not too far away! Start practicing with this holiday camp offered by the Bulls/Sox Academy. This day camp will cover all things baseball, such as hitting, fielding, throwing and catching.

Age: 5-14 R/NR: \$175/\$263

Class #	Date	Day	Time
443093-01	W-F	12/26 - 12/28	9:00am-4:00pm

CHICAGO BULLS/WHITE SOX Holiday Academy Combo Camp

This camp gives the two-sport athlete the ability to improve their offensive and defensive game in both basketball and baseball. Bring a sack lunch. Players will be grouped by age and ability level.

Age: 5-14 R/NR: \$315/\$473

Class #	Date	Day	Time
443094-01	W-F	12/26 - 12/28	9:00am-4:00pm

CHICAGO BULLS Ball Handling Camp

This camp is designed to teach players to handle the basketball with control and confidence. Players learn ball handling and dribbling techniques such as crossover, between the legs, behind the back and reverse pivot. This camp will equip every player with the tools needed to shake a defender.

Min/Max: 4/12 R/NR: \$90/\$135

Class #	Age	Date	Day	Time
143001-01	5-8	1/8 - 1/29	TU	5:30-6:30pm
143001-02	9-11	1/8 - 1/29	TU	5:30-6:30pm
143001-03	12-14	1/8 - 1/29	TU	5:30-6:30pm

CHICAGO BULLS Shooting Camp

In our Shooting Camp, all players will be taught the necessary skills to become a better and more effective shooter. Players will learn the quick, accurate release that will make you the “go to” shooter. Academy coaches will teach the basic shooting principles: balance, elbow, eyes and follow through.

Min/Max: 4/12 R/NR: \$90/\$135

Class #	Age	Date	Day	Time
143002-01	5-8	2/5 - 2/26	TU	5:30-6:30pm
143002-02	9-11	2/5 - 2/26	TU	5:30-6:30pm
143002-03	12-14	2/5 - 2/26	TU	5:30-6:30pm

CHICAGO BULLS MLK Day Camp

You need to go to work and your kids have the day off from school so bring them to us! This day camp will cover all things basketball, such as shooting, ball handling, post moves and defense. After discovering the correct way to play basketball, players will also participate in fun games to put their new skills to the test.

Age: 5-14 Min/Max: 4/12 R/NR: \$55/\$83

Class #	Date	Day	Time
143004-01	1/21	M	1:00-4:00pm

CHICAGO BULLS/WHITE SOX MLK Day Combo Camp

This camp gives the two-sport athlete the ability to improve their offensive and defensive game in both basketball and baseball. Quality instruction in two sports—this truly is a one-of-a-kind camp! Half of each day will be spent on the courts working on your basketball game with an outstanding coaching staff. The other half of the day will be spent fine tuning your baseball skills with our expert baseball coaches. An hour for lunch will be given each day. Bring a sack lunch. Players will be grouped by age and ability level.

Age: 5-14 Min/Max: 4/12 R/NR: \$100/\$150

Class #	Date	Day	Time
143020-01	1/21	M	9:00am-4:00pm

CHICAGO BULLS President’s Day Camp

You need to go to work and your kids have the day off from school, so bring them to us! This day camp will cover all things basketball, such as shooting, ball handling, post moves and defense. After discovering the correct way to play basketball, players will also participate in fun games to put their new skills to the test.

Age: 5-14 Min/Max: 4/12 R/NR: \$55/\$83

Class #	Date	Day	Time
143005-01	2/18	M	1:00-4:00pm

CHICAGO BULLS/WHITE SOX President’s Day Combo Camp

This camp gives the two-sport athlete the ability to improve their offensive and defensive game in both basketball and baseball. Quality instruction in two sports, this truly is a one-of-a-kind camp! Half of each day will be spent on the courts working on your basketball game with an outstanding coaching staff. The other half of the day will be spent fine tuning your baseball skills with our expert baseball coaches. An hour for lunch will be given each day. Bring a sack lunch. Players will be grouped by age and ability level.

Age: 5-14 Min/Max: 4/12 R/NR: \$100/\$150

Class #	Date	Day	Time
143021-01	2/18	M	9:00am-4:00pm

CHICAGO BULLS/WHITE SOX Spring Break Camp

Do you need to go to work and your kids have the day off from school? Start getting ready for next season with us at our Spring Break Camp!

Min/Max: 4/12

Class #	Age	Date	Day	Time	R/NR
143022-01	5-8	3/25 - 3/27	M-W	1:00-4:00pm	\$175/\$263
143022-02	9-14	3/25 - 3/27	M-W	9:00am-12:00pm	\$175/\$263
143022-03	5-8	3/25 - 3/27	M-W	9:00am-12:00pm	\$175/\$263
143022-04	9-14	3/25 - 3/27	M-W	1:00-4:00pm	\$175/\$263
143022-05	5-14	3/25 - 3/27	M-W	9:00am-4:00pm	\$315/\$473



You'll flip!

GYMNASTICS

LET'S GET READY TO TUMBLE!

Rock 'n' Rollers

Run, jump, stretch! This high energy, interactive program promotes important gross motor development combined with the use of gymnastics equipment. Structured and unstructured activities are included. Kidzone is available for siblings that are not age appropriate or registered for class. No class Jan. 21, Jan. 24 and Feb. 18.

Rock 'n' Rollers I: Ages 18-30 months with parent

Rock 'n' Rollers II: Ages 30 months to 3.5 years with parent

Min/Max: 6/12 Instructor: DGPD Staff

Location: Downers Grove Recreation Center

Class #	Level	Date	Day	Time	R/NR
150800-01	I	1/7 - 3/11	M	9:00-9:30am	\$42/\$63
150800-02	I	1/7 - 3/11	M	9:35-10:05am	\$42/\$63
150800-03	I	1/8 - 3/12	TU	9:45-10:15am	\$53/\$80
150800-04	I	1/10 - 3/14	TH	9:00-9:30am	\$47/\$71
150800-05	II	1/7 - 3/11	M	5:30-6:10pm	\$56/\$84
150800-06	II	1/8 - 3/12	TU	9:00-9:40am	\$70/\$105
150800-07	II	1/9 - 3/13	W	10:20-11:00am	\$70/\$105
150800-08	II	1/10 - 3/14	TH	9:35-10:15am	\$63/\$95

Cartwheelers

Young gymnasts are introduced to balance beams, uneven bars and vaulting. The tumbling component includes skill-building activities to develop rolls, cartwheels and handstands. No class Jan. 21, Jan. 24 and Feb. 18.

Cartwheelers I: Ages 3½-4 with no gymnastics experience

Cartwheelers II: Age 4 with Cartwheelers I experience and instructor's approval

Min/Max: 4/8 Instructor: DGPD Staff

Location: Downers Grove Recreation Center

Class #	Level	Date	Day	Time	R/NR
150801-01	I	1/7 - 3/11	M	10:20-11:00am	\$56/\$84
150801-02	I	1/7 - 3/11	M	11:05-11:45am	\$56/\$84
150801-03	I	1/7 - 3/11	M	6:20-7:00pm	\$56/\$84
150801-04	I	1/8 - 3/12	TU	10:25-11:05am	\$70/\$105
150801-05	II	1/8 - 3/12	TU	4:10-5:00pm	\$88/\$132
150801-06	II	1/9 - 3/13	W	9:15-10:05am	\$88/\$132
150801-07	II	1/10 - 3/14	TH	10:25-11:15am	\$79/\$119

Swingers

Swingers is for boys and girls with little or no gymnastics experience. Learn forward rolls, backward rolls, cartwheels, handstands, round-offs and basic maneuvers on equipment. No class Jan. 14, Jan. 21, Jan. 24 and Feb. 18.

Swingers I: Ages 5-6 (Boys and Girls)

Swingers II: Ages 7-9 (Girls only)

Min/Max: 4/8 Instructor: DGPD Staff

Class #	Level	Date	Day	Time	R/NR
Recreation Center					
150802-01	I	1/8 - 3/12	TU	5:05-6:05pm	\$105/\$156
150802-02	I	1/10 - 3/14	TH	4:15-5:15pm	\$94/\$141
DG North High School					
151001-01	I	1/7 - 3/11	M	6:30-7:30pm	\$83/\$125
151001-02	II	1/16 - 3/13	W	6:30-7:30pm	\$94/\$141

Gliders

Designed for girls with previous gymnastics experience who can execute cartwheels and handstands, gymnasts focus on one-handed cartwheels, round-offs and bridges and begin working on limbers and walkovers.

Note: Training on gymnastics apparatus is also included. No class Jan. 21 and Feb. 18.

Age: 6-9 Min/Max: 4/8 Instructor: DGPD Staff

Class #	Level	Date	Day	Time	R/NR
Recreation Center					
150803-01	I	1/7 - 3/11	M	4:15-5:15pm	\$73/\$110
150803-02	I	1/9 - 3/13	W	4:15-5:15pm	\$105/\$156
DG North High School					
151002-01	I	1/16 - 3/13	W	6:30-7:30pm	\$94/\$141

Leapers

Designed for girls with gymnastics experience who can execute handstands, cartwheels, round-offs and backbends, gymnasts focus on round-off rebounds, back walkovers, front limbers and handstand-forward rolls. Training on gymnastics apparatus is also included.

Age: 6-14 Min/Max: 4/10 R/NR: \$94/\$141

Location: Downers Grove North High School

Instructor: DGPD Staff

Class #	Date	Day	Time
151008-01	1/16 - 3/13	W	7:30-8:30pm

PLEASE NOTE!

Due to construction at District 99 high schools, class location may change.

INVITATION ONLY

Junior Twisters

Participants must have a note from instructor to enroll. Designed for girls to work on advanced skills in preparation for the team level. Online registration is not available. No class Jan. 14, Jan. 21 and Feb. 18.

Age: 5+ Min/Max: 4/10 R/NR: \$110/\$165

Location: Downers Grove North High School

Instructor: DGPD Staff

Class #	Date	Day	Time
151004-01	1/7 - 3/11	M	6:30-8:00pm

Flip Floppers

Participants must have a note from instructor to enroll. For girls who have mastered back walkovers, front limbers and round-off rebounds. Gymnasts master back extension rolls and handstand-forward rolls. Learn flip-flops, front handsprings and round-off flip-flops and continue developing skills on equipment. Online registration is not available.

Age: 7+ Min/Max: 4/8 R/NR: \$118/\$177

Location: Downers Grove North High School

Instructor: DGPD Staff

Class #	Date	Day	Time
151006-01	1/16 - 3/13	W	7:30-8:45pm

Twisters Team

This session focuses on competitive routines for winter meets. All gymnasts who wish to compete must participate in this session. Additional fees are required for meets, leotards and other team expenses. Parents are asked to volunteer for all home meets. Gymnasts must practice on Tuesday and Thursday to register for Saturday practice. Any new team member enrolled in this session will not be eligible for competition. Online registration is not available. No practice Jan. 24, Feb. 14, March 14, 19, 26, 28 and April 2.

Age: 5+ Min/Max: 4/30

Location: Downers Grove North High School

Instructor: DGPD Staff

Class #	Date	Day	Time	R/NR
150900-01	1/22 - 5/23	TU/TH	6:15-8:15pm	\$384/\$576
150900-02	1/22 - 5/23	TU/TH	6:15-8:45pm	\$480/\$720
150900-03	1/26 - 4/13	SA	12:15-2:15pm	\$90/\$135



Shotokan Karate

Classes are taught by Illinois Shotokan Karate Club's expert instructors under the direction of John DiPasquale, four-time National Champion, U.S. Karate National Coach and president of the National Karate Federation of the US. 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. Youth, Parent/Child and Adult classes may train together. Uniforms and belt testing are options available through the ISKC instructor.

MARTIAL ARTS

FOR YOUTH AND ADULTS

Pre-Karate (Beginning/Continuing: Ages 4-7)

Young children develop flexibility, strength and coordination through fun, yet disciplined activities. This program is specifically designed to work with growing minds and bodies to enhance memory and agility. Watch your child blossom while learning karate and having a blast at the same time.

Youth Karate (Ages 7+)

Karate builds coordination, agility, strength and poise, as well as establishes lasting personal safety skills.

Parent/Child Karate (Ages 7+)

Spend quality time with your child, this class conditions muscles, develops coordination and improves fitness. Fee is per person.

Adult Karate (Ages 15+)

Release tension and develop total body fitness! In addition to self-defense skills, karate develops flexibility, muscle tone and core strength.

Min/Max: 4/30 Instructor: Shotokan Karate

Tuesday Location: Downers Grove Recreation Center

Saturday Location: O'Neill Middle School

Class #	Level	Belt	Date	Day	Time	R/NR
138500-01	Pre-Karate	Beg. - Cont.	1/8 - 3/26	TU	4:00-4:45pm	\$132/\$198
138500-02	Pre-Karate	Beg. - Cont.	1/12 - 3/16	SA	9:30-10:15am	\$110/\$165
138500-03	Youth Karate	White - Red	1/8 - 3/26	TU	5:00-5:55pm	\$132/\$198
138500-04	Youth Karate	Orange - Blue	1/8 - 3/26	TU	6:00-6:55pm	\$132/\$198
138500-05	Youth Karate	Green - Black	1/8 - 3/26	TU	7:00-7:55pm	\$132/\$198
138500-06	Youth Karate	White - Red	1/12 - 3/16	SA	10:20-11:20am	\$110/\$165
138500-07	Youth Karate	Orange - Blue	1/12 - 3/16	SA	11:30am-12:30pm	\$110/\$165
138500-08	Youth Karate	Green - Purple	1/12 - 3/16	SA	12:30-1:30pm	\$110/\$165
138500-09	Youth Karate	Brown - Black	1/12 - 3/16	SA	1:30-3:00pm	\$143/\$215
138500-10	Adult Karate	White - Yellow	1/8 - 3/26	TU	8:00-9:00pm	\$132/\$198
138500-11	Adult Karate	Blue - Black	1/8 - 3/26	TU	8:00-9:30pm	\$171/\$257
138500-12	Parent/Child	White - Red	1/8 - 3/26	TU	5:00-5:55pm	\$132/\$198
138500-13	Parent/Child	Orange - Blue	1/8 - 3/26	TU	6:00-6:55pm	\$132/\$198
138500-14	Parent/Child	Green - Black	1/8 - 3/26	TU	7:00-7:55pm	\$132/\$198
138500-15	Parent/Child	White - Red	1/12 - 3/16	SA	10:20-11:20am	\$110/\$165
138500-16	Parent/Child	Orange - Blue	1/12 - 3/16	SA	11:30am-12:30pm	\$110/\$165
138500-17	Parent/ Child	Green - Purple	1/12 - 3/16	SA	12:30-1:30pm	\$110/\$165
138500-18	Parent/Child	Brown - Black	1/12 - 3/16	SA	1:30-3:00pm	\$143/\$215

FITNESS. CONFIDENCE. AGILITY.

SHOTOKAN KARATE

WITH THE DOWNERS GROVE PARK DISTRICT



ILLINOIS SHOTOKAN KARATE CLUBS

VARIETY OF CLASS
TIMES & DAYS

GREAT FOR CHILDREN
& ADULTS

NO CONTRACTS



FOR MORE INFO, VISIT ISKC.COM OR CALL US AT 847-359-0666



KH Kim Taekwondo

Taekwondo is a 2,000-year-old martial art offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self-esteem, achieve lifelong physical fitness and learn self-defense skills. Classes are taught under the direction of G. Master Ki Hong Kim (9th Dan Kukkiwon World Taekwondo Headquarters).

A \$45 uniform fee is required at the first class. Belt testing is offered through the KH Kim Taekwondo Staff at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gear. No refunds after the second week of class.

Little Dragons

Level: All Belts (Ages 4 - 5)

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination and respect for the discipline of martial arts training.

Early Taekwondo

Level: All Belts (Ages 6 - 7)

Designed especially for the younger children, this program helps kids develop conditioning, coordination, listening skill and self-confidence through creative activities.

Youth Taekwondo

Level: All Belts (Ages 8 - 13)

This program includes a balanced cardiovascular workout, including punching, kicking and blocking skills, using the Taekwondo tradition and self-control. Participants improve coordination, power of concentration, balance and both physical and mental discipline.

Parent/Child Taekwondo

Level: All Belts (Ages 7 & up with parent)

Fees are per person

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Taekwondo techniques including punching, kicking and blocking.

Adult Taekwondo

Level: All Belts (High School and older)

This program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking and blocking. This is a great program for those looking to maintain and improve their physical fitness.

Min/Max: 4/12 R/NR \$132/\$198 Instructor: KH Kim Taekwondo Staff

Location: Downers Grove Recreation Center

Class #	Level	Date	Day	Time
138520-01	Little Dragons	1/3 - 3/21	TH	4:00-4:40pm
138520-02	Early	1/3 - 3/21	TH	4:40-5:20pm
138520-03	Youth	1/3 - 3/21	TH	5:20-6:05pm
138520-04	Parent/Child	1/3 - 3/21	TH	6:05-6:50pm
138520-05	Adult	1/3 - 3/21	TH	6:05-6:50pm



Seven Bridges Ice Arena

6690 Route 53, Woodridge, IL

Seven Bridges Ice Arena (S.B.I.A.) has the basic philosophy that anyone can learn to ice skate if they try their best. All ice skating programs feature experienced instructors and free practice time. All new registrants will be charged a required, annual USFS fee of \$14 (July 1 to June 30) which includes accident sports coverage, a skater progress book, stickers and USFS patch. Fees will be collected at the first class. For practice times and further information, please contact Seven Bridges at 630.271.4400. No classes March 28 to 31 and April 18 to 21.

Min/Max: 1/10

ICE SKATING

Parent Tot & Tots 1

This class is for children ages 3 to 4 who have had no formal instruction. Learn coordination, balance and agility in a fun atmosphere.

Basic 1

For children ages 5 to 13 who have had no formal instruction. Learn forward movement, gliding, swizzles, backward movement and beginning stops.

Teen/Adult

For ages 14 and older. Tailors to individual needs.

Little Hockey

For children ages 3 to 4 who have had no formal instruction. Skaters will learn coordination, balance and agility in a fun atmosphere while introducing them to the world of hockey. Hockey skates and Hockey helmet is required. (Hockey skates can be rented at the ice rink).

Beginner Hockey 1

For children ages 5 to 13 who have had no formal instruction. Skaters will learn forward movement, gliding, swizzles, backward movement and Beginning stops while in Hockey skates. Full equipment is not required. Helmet and Hockey skates are required. (Hockey skates can be rented at the ice rink).

Notes:

- Only one make-up class per session is offered.
- All classes are non-refundable.
- Gloves/mittens and helmets are recommended.
- Skate rentals are \$3 each or 11 for \$30.
- Classes that do not meet the minimum number of participants may be combined or cancelled.

Class #	Age	Level	Date	Day	Time	Fee
137501-00	3-5	Parent/Tot	1/12 - 2/23	SA	10:10-10:40am	\$140
137501-01	3-4	Tots I	1/10 - 2/21	TH	9:45-10:15am	\$119
137501-02	4-5	Tots I	1/10 - 2/21	TH	1:15-1:45pm	\$119
137501-03	4-5	Tots I	1/11 - 2/22	F	5:40-6:10pm	\$119
137501-04	4-5	Tots I	1/12 - 2/23	SA	10:10-10:40am	\$119
137501-05	4-5	Tots I	1/12 - 2/23	SA	10:50-11:20am	\$119
137501-06	5-13	Basic I	1/11 - 2/22	F	5:40-6:20pm	\$133
137501-07	5-13	Basic I	1/12 - 2/23	SA	10:10-10:50am	\$133
137501-08	5-13	Basic I	1/12 - 2/23	SA	10:50-11:30am	\$133
137501-09	14+	Teen/Adult	1/10 - 2/21	TH	9:45-10:15am	\$133
137501-10	14+	Teen/Adult	1/10 - 2/21	TH	1:15-1:45pm	\$133
137501-11	14+	Teen/Adult	1/11 - 2/22	F	5:40-6:20pm	\$133
137501-12	14+	Teen/Adult	1/12 - 2/23	SA	10:10-10:50am	\$133
137501-13	14+	Teen/Adult	1/12 - 2/23	SA	10:50-11:30am	\$133
137501-14	3-4	Little Hockey I	1/11 - 2/22	F	4:40-5:10pm	\$119
137501-15	3-4	Little Hockey I	1/12 - 2/23	SA	9:00-9:30am	\$119
137501-16	5-13	Beg Hockey I	1/11 - 2/22	F	4:40-5:20pm	\$133
137501-17	5-13	Beg Hockey I	1/12 - 2/23	SA	9:00-9:40am	\$133
137501-19	3-5	Parent/Tot	3/9 - 4/27	SA	10:10-10:40am	\$136
137501-20	3-4	Tots I	3/7 - 4/25	TH	9:45-10:15am	\$116
137501-21	3-4	Tots I	3/7 - 4/25	TH	1:15-1:45pm	\$116
137501-22	3-4	Tots I	3/8 - 4/26	F	5:40-6:10pm	\$116
137501-23	3-4	Tots I	3/9 - 4/27	SA	10:10-10:40am	\$116
137501-24	3-4	Tots I	3/9 - 4/27	SA	10:50-11:20am	\$116
137501-25	5-13	Basic I	3/8 - 4/26	F	5:40-6:20pm	\$129
137501-26	5-13	Basic I	3/9 - 4/27	SA	10:10-10:50am	\$129
137501-27	5-13	Basic I	3/9 - 4/27	SA	10:50-11:30am	\$129
137501-28	14+	Teen/Adult	3/7 - 4/25	TH	9:45-10:15am	\$129
137501-29	14+	Teen/Adult	3/7 - 4/25	TH	1:15-1:45pm	\$129
137501-30	14+	Teen/Adult	3/8 - 4/26	F	5:40-6:10pm	\$129
137501-31	14+	Teen/Adult	3/9 - 4/27	SA	10:10-10:50am	\$129
137501-32	14+	Teen/Adult	3/9 - 4/27	SA	10:50-11:30am	\$129
137501-33	3-4	Little Hockey I	3/8 - 4/26	F	4:40-5:10pm	\$116
137501-34	3-4	Little Hockey I	3/9 - 4/27	SA	9:00-9:30am	\$116
137501-35	5-13	Beg Hockey I	3/8 - 4/26	F	4:40-5:20pm	\$129
137501-36	5-13	Beg Hockey I	3/9 - 4/27	SA	9:00-9:40am	\$129

Join a team!

YOUTH LEAGUES

DOWNLOAD PARENT MANUALS & SCHEDULES AT DGPARKS.ORG

WINTER 2019

Youth Indoor Futsal

Futsal is fast-paced, high-energy indoor soccer with South American roots. With a smaller playing field and reduced team size (5v5), each player has more involvement in the game and touches on the ball. The game also uses a reduced bounce ball that ensures true roll and the need for a precise touch. Futsal ultimately sharpens technical and tactical skills needed for outdoor play, which allows continual growth and development throughout the year. The Futsal League of the Downers Grove Park District provides players and teams the opportunity to enhance their skills through the futsal philosophy. All teams will play an 8-game regular season. Games will be played on Sundays. All games are governed by the United States Futsal Federation rules and regulations with local exceptions adopted.

Games will be played on the basketball courts. All players will register individually during open registration. Players must purchase DGPD uniforms kits at soccer 2000 (224 Ogden Ave.) in order to play. If you have purchased a jersey in the past from Soccer 2000, then you can wear it for this season. Volunteer coaches are needed. Maximum 12-player roster.

Uniform Fees:

Total (including tax)	\$37.50
Reversible Jersey	\$23
Shorts	\$7.50
Socks	\$4.50
Optional practice T-shirt	\$10

R/NR: \$80/\$95 Location: DGN Field House

Class #	Grade	Date	Day	Time
140000-01	Kindergarten	1/13 - 3/10	SU	2:00-7:00pm
140000-02	1st/2nd	1/13 - 3/10	SU	2:00-7:00pm
140000-03	3rd/4th	1/13 - 3/10	SU	2:00-7:00pm
140000-04	5th/6th	1/13 - 3/10	SU	2:00-7:00pm
140000-05	7th-9th	1/13 - 3/10	SU	2:00-7:00pm

SPRING 2019 NFL Youth Flag Football League

Learn the basics of the game in this 6v6 league on a 30x70 football field. Players receive a NFL logo jersey and a flag belt. Games will be played on Sundays and there will be one practice during the week. This league is both for girls and boys who enjoy the game of football. Volunteer coaches are needed and if interested, please call 630.960.7250.

Registration Begins: January 14 / Registration Deadline: March 12

Games Begin: April 14

Grades: 1st-8th Fee: \$89 Location: Downers Grove North High School

Class #	Grade	Date	Day	Time
242500-02	1st/2nd	4/14 - 6/23	SU	10:00am-5:00pm
242500-03	3rd/4th	4/14 - 6/23	SU	10:00am-5:00pm
242500-04	5th/6th	4/14 - 6/23	SU	10:00am-5:00pm
242500-05	7th/8th	4/14 - 6/23	SU	10:00am-5:00pm





SPRING 2019 Youth Soccer League

This youth soccer league will play an 8-game season on Saturday mornings/afternoons. Each team will also practice one night a week for the duration of the season. Players will be placed on teams based on their grade level and school they attend. If you have purchased a jersey in the past from Soccer 2000, then you can wear it for this season. Volunteer coaches are needed! Players must purchase DGPD uniforms in order to play. Uniforms are available at Soccer 2000, 224 Odgen Ave. Practices start the week of April 15 and games begin on April 20.

High School Basketball League

Our high school basketball league is for players who want to participate in a traditional open-paced league. Each team plays an eight-game season followed by a single-elimination tournament. League play is governed by IHSA rules and regulations with local exceptions adopted.

Registration Begins: October 8
Registration Ends: December 20

How to Register

1. All team players complete a Registration Form and turn in to their team captain
2. Team captains collect all completed Registration Forms from teammates
3. Team captain (or parent/guardian) registers team with all completed Registration Forms and full payment**

Individuals wishing to be placed on a team may call the Park District at 630.960.7250 before December 20 and will be contacted if a team needs additional players. Any player who plays on their high school basketball team cannot participate in the DGPD High School Basketball League. Once the season begins, all Team Rosters and IDs will be checked each week before games.

League Information

- Games will begin January 10 and go no later than March 14.
- Games will be played on Thursdays at the Recreation Center (4500 Belmont Road) between 6:00-10:00 pm.
- League will consist of eight (8) regular season games followed by a single elimination tournament.
- Rosters can be no more than 10 players per team.

Grades: 9-12

Location: Downers Grove Recreation Center

Class #	Date	Day	Time	Fee Per Team
133300-01	1/10 - 3/14	TH	6:00-10:00pm	\$600

Class #	Grade	Date	Day	R/NR
240050-01	Pre-K Co-ed	4/15 - 6/22	SA	\$76/\$91
240050-02	Kindergarten Girls	4/15 - 6/22	SA	\$76/\$91
240050-03	Kindergarten Boys	4/15 - 6/22	SA	\$76/\$91
240050-04	1st Grade Girls	4/15 - 6/22	SA	\$76/\$91
240050-05	1st Grade Boys	4/15 - 6/22	SA	\$76/\$91
240050-06	2nd Grade Girls	4/15 - 6/22	SA	\$76/\$91
240050-07	2nd Grade Boys	4/15 - 6/22	SA	\$76/\$91
240050-08	3rd Grade Girls	4/15 - 6/22	SA	\$81/\$96
240050-09	3rd Grade Boys	4/15 - 6/22	SA	\$81/\$96
240050-10	4th Grade Girls	4/15 - 6/22	SA	\$81/\$96
240050-11	4th Grade Boys	4/15 - 6/22	SA	\$81/\$96
240050-12	5th Grade Girls	4/15 - 6/22	SA	\$81/\$96
240050-13	5th Grade Boys	4/15 - 6/22	SA	\$81/\$96
240050-14	6th Grade Girls	4/15 - 6/22	SA	\$81/\$96
240050-15	6th Grade Boys	4/15 - 6/22	SA	\$81/\$96
240050-16	7th/8th Grade Co-ed	4/15 - 6/22	SA	\$81/\$96
240050-17	9th-12th Grade Co-ed	4/15 - 6/22	SA	\$81/\$96



GET YOUR WEATHER
UPDATES WITH

RAINOUTLINE

This is the District's notification system for users to learn the status of our programming and facilities. Areas included are fields, diamonds, outdoor leagues, group fitness classes, the Downers Grove Golf Club and Miner Mike's Adventure Golf.

VISIT DGPARKS.ORG AND CLICK ON "WEATHER STATUS"

YOUTH SPORTS

Sports Affiliates

DOWNERS GROVE YOUTH BASEBALL (DGYB)

Traditional recreational focused baseball. All players ages six to 16. Spring, summer and fall leagues. Babe Ruth League plays ages 13 to 16. Chicago White Sox sponsored uniforms. Pre-season indoor camp offering.

For information, visit dgyb.org or email info@dgyb.org.

D.O.L.L.S. - DOWNERS OWN LITTLE LASSIES SOFTBALL

The D.O.L.L.S. fast-pitch softball program provides teams for girls from kindergarten to 18 years of age, with levels of play ranging from recreational to highly competitive. It is open to ages 6 to 14 (but not yet entering high school).

For information, visit dgdolls.com.

PANTHER JUNIOR FOOTBALL AND CHEER ASSOCIATION

The Panther Jr. Football and Cheer Association is a program committed to teaching quality football and cheer for the youth of Downers Grove and neighboring communities.

For information, call 630.375.7730 or visit pantherjrfootball.org.

DOWNERS GROVE ROADRUNNERS SOCCER CLUB

Roadrunners has a staff of professional, licensed coaches who follow training outlined by the US Soccer Federation's National Curriculum. A travel soccer club for boys and girls ages 4 to 18 that competes against other Chicago area competitive teams including some of the top teams in the state.

For information, call 630.619.5133 or visit roadrunnersc.com.



discover abilities
achieve potential
realize dreams

SEASPAR (the South East Association for Special Parks And Recreation) provides recreational programs and services for individuals with disabilities served by the Downers Grove Park District and eleven other communities.

Special Olympics

Did you know that SEASPAR trains athletes for Special Olympics? Our dedicated coaches teach fundamentals, teamwork, and sportsmanship, and our ultimate goal is for our athletes to achieve their personal best!

SEASPAR offers training in 16 individual and team sports, and athletes participate in local and state Special Olympics events and other competitions.

We're starting to build our SEASPAR Spartans Softball teams for the spring/summer season, so we're looking for residents ages 16 and older who qualify for Special Olympics to join us!

The season runs from May through July. Weekly practices and home games take place in Lemont. Transportation is provided for away games.

No experience is required – just a love for being part of a team and the spirit of competition! Call us at 630.960.7600 for more information.



SEASPAR also offers weekly programs, special events, trips, adapted sports, the Wonders Multi-Sensory Room, and more for all ages!

Look for our winter-spring program guide in December!

SEASPAR

4500 Belmont Road
Downers Grove, IL 60515

630.960.7600
630.960.7605 TDD

SEASPAR.org





Gather Your Friends!

ADULT SPORTS & LEAGUES

DOWNLOAD FORMS, RULES & SCHEDULES AT DGPARKS.ORG

Adult Indoor Soccer

This adult soccer program is a great way to meet new people. Open to all skill levels, this program provides an excellent combination of fun and exercise. Class consists of ten minutes of warmups followed by pickup-style games ranging from small size to full field matches.

Location: Downers Grove Recreation Center

Day	Date	Time	Fee
SU	1/6-3/10	8-10am	\$10 drop-in

New!

Adult Dodgeball League

Do you know the 5 D's of Dodgeball? Join us this winter for our new co-ed Adult Dodgeball League! All teams will play an eight game season with the top teams competing in an end of the season tournament. League play is scheduled to begin on Feb. 1. All games will be played at the Recreation Center. At the time of registration, the full \$300 payment will be due, as well as a preliminary team roster, including names and addresses of all team members. Roster forms are available at the Recreation Center and Lincoln Center or at dgparks.org. Registration will not be accepted without a completed roster. Individuals wishing to be placed on a team may call the Park District at 630.960.7250 (leave a name and phone number) to be put on a "free agent" list for any captain requesting additional players.

Age: 18+ Location: Downers Grove Recreation Center

Class #	Date	Day	Time	Fee Per Team
133101-01	2/1 - 3/22	F	6:30-10:00pm	\$300

2019 WINTER

Men's Basketball League

Our men's basketball league is for players who want to participate in a traditional open-paced league. Each team plays at least 10 games on Monday or Tuesday nights. A playoff follows the regular season for the top seeds. League play is governed by I.H.S.A. rules and regulations with local exceptions adopted. To be considered a resident team, 60% of team members must pay taxes to the Park District or be employed in Downers Grove. Players must submit copies of their driver's license or employment pay stub of a company within Park District boundaries. At the time of registration, a \$100 deposit is due, as well as a preliminary team roster, including names and addresses of all team members. Teams may register at the Recreation Center on a first-come, first-served basis until all slots are filled. Roster forms are available online at dgparks.org, at the Recreation Center or the Lincoln Center. If you wish to sign up individually, please call the Recreation Center at 630.960.7250 and asked to be placed on the free agent list.

R/NR Fee Per Team: \$630/\$730

Location: Downers Grove Recreation Center

Class #	League	Age	Date	Day	Time
133200-01	35+ League	35+	1/14 - 4/1	M	6:30-10:30pm
133200-02	B League	18+	1/15 - 4/2	TU	6:30-10:30pm
133200-03	C League	18+	1/15 - 4/2	TU	6:30-10:30pm

WEATHER UPDATES WITH
RAINOUTLINE
TURN TO PAGE 3 FOR DETAILS!

ADULT SPORTS & LEAGUES

2019 WINTER/SPRING Indoor Adult Volleyball League

Get a group of friends together and join a Downers Grove Park District league this winter! There are Men's, Women's and Co-Rec leagues that will fit any ability or competitiveness. Each team will play a 10 game season followed by a single-elimination playoffs for the top seeds in each division. All games are officiated with USVA rules.

League Information

To register, email leagues@dgparks.org.

- Resident registration begins Nov. 12, 2018
- Non-resident registration begins Nov. 19, 2018
- Registration closes Jan. 7, 2019

Age: 18+ R/NR Fee Per Team: \$365/\$465

Location: Downers Grove Recreation Center

League	Day	Date	Time
Men'S AA	M	1/14	6:30-10:30pm
Men'S A	M	1/14	6:30-10:30pm
Women's Competitive AA	W	1/16	6:30-10:30pm
Women's Competitive A1 N	W	1/16	6:30-10:30pm
Women's Competitive A1 S	W	1/16	6:30-10:30pm
Women's Competitive A2 N	W	1/16	6:30-10:30pm
Women's Competitive A2 S	W	1/16	6:30-10:30pm
Women's Recreation	W	1/16	6:30-10:30pm
Co-Rec A1 N	F	1/18	6:30-10:30pm
Co-Rec A1 S	F	1/18	6:30-10:30pm
Co-Rec B	F	1/18	6:30-10:30pm

Adult League Note:

To be considered a resident team, 60% of team members must pay taxes to the Park District or be employed in Downers Grove. Players must submit copies of their driver's license or employment pay stub of a company within Park District boundaries.

2019 SPRING/SUMMER Adult Softball League

All Leagues play one evening each week during the 12-game regular seasons. Games are officiated with A.S.A. rules with local exceptions adopted.

League Information

To register, email leagues@dgparks.org.

- Resident registration begins Feb. 11, 2019
- Non-resident registration begins Feb. 18, 2019
- Registration closes April 1, 2019

Age: 18+ R/NR Fee Per Team: \$620/\$720

Location: McCollum Park

League	Day	Date	Time
Men's Rec B 12"	M	4/15 - 8/12	6:30-10:30pm
Women's 11"	M	4/15 - 8/12	6:30-10:30pm
Men's Rec B 12"	TU	4/16 - 8/13	6:30-10:30pm
Men's Comp. League 12"	TU	4/16 - 8/13	6:30-10:30pm
Co-Rec B Tier 1 12"	W	4/17 - 8/14	6:30-10:30pm
Co-Rec B Tier 2 12"	W	4/17 - 8/14	6:30-10:30pm
Men's Rec A 12"	TH	4/18 - 8/15	6:30-10:30pm
Men's Rec B 12"	TH	4/18 - 8/15	6:30-10:30pm
Men's Rec B Tier 1 12"	F	4/19 - 8/16	6:30-10:30pm
Men's Rec B Tier 2 12"	F	4/19 - 8/16	6:30-10:30pm

Save the date!

SPRING TRAINING Adult Softball Tournament

AGES 18+ FEE PER TEAM: \$250

MEN'S TOURNAMENT

April 13 • 10am - 10pm • Class # 242000-12

CO-REC TOURNAMENT

April 14 • 10am - 10pm • Class # 242000-13

Start the year with this weekend 12" softball tournament at McCollum Park. Format is 2-game pool play and then play a double elimination tournament. All games will be played at McCollum Park ball fields 1, 3 and 4. Trophies will be awarded to the winners of each division. Team rosters and registration deadline is April 9.





COME Grow WITH US



ST. JOSEPH SCHOOL



@stjosephdg



@st.josephschoolsg



@sjsdg

St. Joseph School develops the whole student – mind, body and spirit – preparing children for academic and personal success in a faith-filled, nurturing environment.



School renovations will enhance the learning environment for all

- All-Day Academic Kindergarten
- 82% of Graduates are on their High School Honor Roll
- Certified Teachers
- Small Class Sizes and Teacher Aides offer Personalized Learning
- Challenging Academics and Faith Formation
- STEM, Spanish, Music, Art, Computers and Physical Education
- Extended & Holiday Care
- Hot Lunch Program
- Extracurricular Activities & No Cut Sports Programs
- Tuition Assistance Available for Qualifying Students

Now Enrolling!

ST. JOSEPH SCHOOL

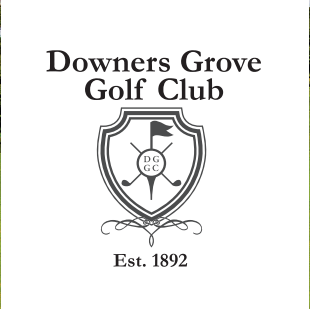
4832 Highland Avenue

Downers Grove

(630) 969-4306

stjosephdg.com

Visitas guiadas disponibles en español



New in 2018

DRIVING RANGE SHELTER

OPEN YEAR ROUND!

GOLF PROGRAMS

2420 HADDOW AVE. DOWNERS GROVE, IL | 630.963.1306 | DOWNERSGROVEGOLFCLUB.ORG

The historic Downers Grove Golf Club, original site of America's first 18-hole golf course, was established in 1892 by legendary golf figure Charles Blair Macdonald. Now a 9-hole course, four sets of tees provide a challenging golf experience for average to high skill levels.

Greens Fees

If the weather is good, the course is open! Open hours are dependent on the weather. Please check the course weather status before visiting. Reserve your tee time up to seven days in advance by calling 630.963.1306, booking in person at the clubhouse or using our online reservation system. Reservations for single golfers are welcome and can be made by calling the clubhouse!

Greens Fees	Resident	Non-resident
Weekday Mon-Thu	\$19	\$23
Mon-Fri - Junior/Senior	\$16	\$20
Weekend (Fri,Sat,Sun-Holiday)	\$21	\$25
Replays	\$13	\$13
Motorized Cart	\$11	\$11
Motorized Cart for replay round	FREE	FREE
Pull Cart	\$3	\$3
Pull Cart for replay round	FREE	FREE
Clubs w/bag	FREE	FREE

Driving Range

The Driving Range at the Downers Grove Golf Club offers a new driving range shelter covering 10 of the 24 hitting stations that features seating, infrared heaters and ceiling fans that provide a comfortable golf experience even on rainy and cold days. Target areas are located throughout the range and are prominently marked.

Bucket Size	Number of Balls	Fee
Small	30	\$6
Medium	60	\$9
Large	90	\$12
X-Large	120	\$15

WEATHER UPDATES WITH

RAINOUTLINE

TURN TO PAGE 3 FOR DETAILS!

PRO SHOP

Merchandise from Srixon™, Cleveland Golf™, Calloway™ and Wilson™ is available for purchase in the Clubhouse Pro Shop. A selection of men's and women's apparel features pieces from Under Armour, Monterey Club and Glen Echo.

DAN A. CERMAK CLUBHOUSE

Stop in and enjoy the view of the course from our 4,000 sq. ft. Clubhouse. Relax and choose from our traditional sandwiches and snacks. Cool off with a variety of soft drinks, domestic and imported beer, and wine. You can also enjoy the news or games on our two HD televisions.

Golf Lessons

Improve your skills with lessons from our certified golf professionals, Tom Olms and Jim Festle. Private, semi-private and group lessons are available. Golf balls are included with each lesson. Call 630.963.1306 for more information on our golf professionals and how to schedule lessons.

Private Lessons (30 mins)	Adult	Junior (18 years & under)
Single	\$50	\$40
3 lessons	\$145	\$115
6 lessons	\$265	\$205
9 lessons	\$370	\$290
12 lessons	\$460	\$350

Semi-Private Lessons (1 hour)	Adult & Junior
2 students	\$45 each
3 students	\$40 each
4 students	\$35 each
5 students	\$30 each

NEW!

On-Course Playing Lesson (1 hour) Includes Greens Fee	Adult & Junior
Private	\$100
2 students	\$60 each
3 students	\$70 each

Jr. Indoor Golf Camps

A continuation of our popular summer camps and designed to keep young golfers engaged during the off-season while learning solid fundamentals with an emphasis on golf technique and swing mechanics. Taught indoors at the Downers Grove Recreation Center and instructed by Golf Professional, Tom Olms. Please bring golf clubs if your junior golfer has access to a set. Loaner clubs can be shared but are limited.

Min/Max: 3/8 Fee: \$55

Location: Downers Grove Recreation Center

Instructor: Tom Olms

LITTLE LINKERS

Class #	Age	Date	Day	Time
188500-01	5-7	1/9 - 1/30	W	3:30-4:15pm
188500-02	5-7	2/6 - 2/27	W	3:30-4:15pm
188500-03	5-7	3/6 - 3/27	W	3:30-4:15pm

JUNIOR ACES

Class #	Age	Date	Day	Time
188500-04	8-12	1/9 - 1/30	W	4:30-5:15pm
188500-05	8-12	2/6 - 2/27	W	4:30-5:15pm
188500-06	8-12	3/6 - 3/27	W	4:30-5:15pm



Create a memorable event!

GOLF OUTINGS

- Corporate
- Charity
- Friends & Family

For more information, contact our Golf Services Coordinator, Janet Haines at 630.963.1306 or jhaines@dgparks.org



THE LINK *Before & After School*

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

The Link is a program from the Downers Grove Park District that provides students fun and engaging enrichment activities including nature, fitness, arts and crafts, science and cultural arts. Children in grades K-6 will enjoy supervised age-based activities before and/or after school in addition to daily homework time and a healthy snack.

FULL TIME ■ Five days a week with AM only, PM only or AM & PM options.

PART TIME ■ Select three or four days each week to attend the Link, with AM only, PM only or AM & PM options.

IMPORTANT DATES

- ONGOING** Registration for the 2018-19 school year
- DEC. 3** Visit dgparks.org for 2019-20 fees
- JAN. 21** Registration opens to current participants
- JAN. 28** Registration opens to new participants
- MAY 1** Registration opens to current participants

NEW FAMILY REGISTRATION

- All students in K-6 grade are eligible for enrollment.
- Registration is ongoing, in person at the Lincoln Center. Online, phone and fax registration are not available.
- All registration forms must be completed and required fees must be paid to register.
- Registration for part-time enrollment must maintain consistent days. Any changes in enrollment must be approved pending availability.

TRANSPORTATION

The Downers Grove Park District will not only provide safe transportation between participating District 58 schools and the Lincoln Center, but also will connect participants to specific programs offered at the District!

PARTICIPATING ELEMENTARY SCHOOLS:

- Lester
- Henry Puffer
- Fairmount
- Pierce Downer
- Hillcrest
- Kingsley

THE LINK MONTHLY FEES

- A \$50 non-refundable fee is required at time of registration in addition to the first payment.
- Remaining fees are divided into eight equal monthly payments and are billed September to April.
- Tuition may also be paid-in-full at the time of registration.

RECEIVE A 10% DISCOUNT WHEN REGISTERING MULTIPLE CHILDREN!

DAYS	AM	PM	AM & PM
3 DAYS	\$103	\$197	\$276
4 DAYS	\$125	\$244	\$347
5 DAYS	\$135	\$287	\$400



THE LINK *Day Off Adventures*

AGES 5 TO 12 AT THE LINCOLN CENTER

Spend your day off with friends playing a variety of games, activities and crafts. The day may include a field trip or in-house entertainment. Examples of field trips include Brookfield Zoo, Enchanted Castle and roller skating. Examples of in-house entertainment include Dave DiNaso and The Traveling World of Reptiles or a magic show. Please remember to bring your own lunch. Registration is required at least one week in advance.

Link Day Off Adventures

Age: 5-12 Min/Max: 10/24 Location: Lincoln Center

Class #	Date	Day	Time	R/NR
119901-01	1/18	F	8:30am-4:00pm	\$43/\$63
119901-02	1/18	F	6:30-8:30am	\$8/\$12
119901-03	1/18	F	4:00-6:30pm	\$10/\$14
119901-04	1/21	M	8:30am-4:00pm	\$43/\$63
119901-05	1/21	M	6:30-8:30am	\$8/\$12
119901-06	1/21	M	4:00-6:30pm	\$10/\$14
119901-07	3/1	F	8:30am-4:00pm	\$43/\$63
119901-08	3/1	F	6:30-8:30am	\$8/\$12
119901-09	3/1	F	4:00-6:30pm	\$10/\$14

Spring Break Adventures

Age: 5-12 Min/Max: 10/24 Location: Lincoln Center

Class #	Date	Day	Time	R/NR
119900-01	3/25	M	8:30am-4:00pm	\$43/\$63
119900-02	3/26	TU	8:30am-4:00pm	\$43/\$63
119900-03	3/27	W	8:30am-4:00pm	\$43/\$63
119900-04	3/28	TH	8:30am-4:00pm	\$43/\$63
119900-05	3/29	F	8:30am-4:00pm	\$43/\$63
119900-11	3/25	M	6:30-8:30am	\$8/\$12
119900-12	3/26	TU	6:30-8:30am	\$8/\$12
119900-13	3/27	W	6:30-8:30am	\$8/\$12
119900-14	3/28	TH	6:30-8:30am	\$8/\$12
119900-15	3/29	F	6:30-8:30am	\$8/\$12
119900-21	3/25	M	4:00-6:30pm	\$10/\$14
119900-22	3/26	TU	4:00-6:30pm	\$10/\$14
119900-23	3/27	W	4:00-6:30pm	\$10/\$14
119900-24	3/28	TH	4:00-6:30pm	\$10/\$14
119900-25	3/29	F	4:00-6:30pm	\$10/\$14



LINCOLN LEARNING CENTER

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

REGISTER FOR THE 2019-20 SCHOOL YEAR

The Lincoln Learning Center provides a curriculum of developmentally appropriate experiences guided by the Illinois Early Learning Standards and designed to develop the whole child and enhance children creatively, intellectually, emotionally, socially and physically.

**REGISTRATION
IS ONGOING FOR
THE 2018-19
SCHOOL YEAR!**

2-YEAR-OLDS

Must turn 2, but not yet 3 by Sept. 1

Help your child get ready for 3-year-old preschool. Class structure is consistent with the 3- and 4/5-year-old preschool program and participants receive priority registration for 3-year-old preschool the following school year. Independence and socialization are emphasized. Children are not required to be potty trained.

- Weekly themes
- Creative expression
- Circle time
- Large and fine motor skill development

3-TO 4-YEAR-OLDS

Must turn 3, but not yet 4 by Sept. 1

For the early learner, or for those continuing from the 2.5 year-old program. Helps foster socialization and independence while introducing children to the classroom setting.

Children learn to follow directions, make new friends and share with others in a group through teacher-directed activities. Children must be potty trained.

- Creative arts
- Cutting and gluing
- Shape, number, letter and color recognition
- Large motor skill enhanced through gym, creative movement activities and outdoor play

4-TO 5-YEAR-OLDS

Must turn 4 or 5, but not yet 6 by Sept. 1

Experienced learners prepare for kindergarten in a program designed for continued enrichment.

Social skills and problem solving are enhanced through child directed play and teacher-directed group activities. Children explore the community through local field trips and community visitors. Children must be potty trained.

- Upper and lower-case letters
- Sound recognition
- Reading and writing activities
- Math concepts
- Color and shape review

2019-20 REGISTRATION INFORMATION

TUITION & SCHEDULE

Preschool begins after Labor Day, Sept. 3 and 4.
 Preschool ends May 13, 14 & 15. Tuition will be drafted on the 15th of the month September through March.

2-YEAR-OLD PRESCHOOL

Age	Days	Times	Resident Annual	Non-resident Annual
2.5-3	M/W	9:00 - 11:00 am	\$917	\$1,372
2-2.5* NEW AGE GROUP	Tu/Th	9:00 - 10:30 am	\$945	\$1,421
2.5-3**	Tu/Th	11:00 am - 1:00 pm	\$945	\$1,421

*New class for students turning 3 between March 15 and Aug. 31.

**For students who turn 3 in September, October or November.

3-YEAR-OLD PRESCHOOL

Days	Times	Resident Annual	Non-resident Annual
M/W	8:45 - 11:15 am	\$1,246	\$1,862
Tu/Th	8:45 - 11:15 am	\$1,316	\$1,960
Tu/W/Th	12:00 - 2:30 pm	\$1,827	\$2,736
Tu/W/Th*	8:45 - 11:15 am	\$1,827	\$2,736

*New class.

4- TO 5-YEAR-OLD PRESCHOOL

Days	Times	Resident Annual	Non-resident Annual
M/W/F	8:45 - 11:15 am	\$1,757	\$2,653
Tu/Th	8:45 - 11:15 am	\$1,316	\$1,960
Tu/W/Th	8:45 - 11:15 am	\$1,827	\$2,737
Tu/W/Th	12:00 - 2:30 pm	\$1,827	\$2,737
M/Tu/W/Th	12:00 - 2:30 pm	\$2,240	\$3,325
Monday Add-on	8:45 - 11:15 am	\$580	\$843

Child must be enrolled in the Tuesday/Thursday or Tuesday/Wednesday/Thursday 8:45-11:15am class in order to register for the Monday Add-on.

HOW TO REGISTER

1. Complete a Preschool registration form, (available at Lincoln Center), indicating your 1st, 2nd, and/or 3rd choice for classtime placement.
2. Bring the completed form, a \$50 deposit and resident information to the Lincoln Center, 935 Maple Ave.
3. You'll receive a letter in August announcing who your child's teacher will be as well as inviting parents to the Parent Orientation.
4. If your first choice of classtime placement is not available we will notify you and let you know if you are placed on a waitlist or put into your 2nd or 3rd choice for classtime placement.

IMPORTANT DATES

- December 10** Returning student and sibling registration begins at 8:30am.
- January 12** Returning student and sibling registration received after 1pm on Jan. 12, 2019 will be processed on a first-come, first-served basis.
- January 14** Returning student and sibling random selection (lottery) for class time placement.
- January 15** New student registration begins at 8:30am.
- January 19** New student registration after 1pm on Jan. 19, 2019 will be processed on a first-come, first-served basis.
- January 22** Random selection (lottery) for class time placement for new student residents.
- January 23** Open registration begins at 8:30am. Both residents and non-residents may register for remaining class openings at the Lincoln Center on a first-come, first-served basis.

LINCOLN LEARNING CENTER INFORMATION AT DGPARKS.ORG

- Registration Information & Documents Required
- Required Preschool Forms
- Meet the Teachers
- Weekly Calendars
- Supply Lists
- Optional Homework

New student?
Meet the teachers & tour the classrooms
PRESCHOOL OPEN HOUSE
WEDNESDAY, JAN. 16

6:30-7:30PM ■ LINCOLN CENTER ■ 935 MAPLE AVE.



EARLY CHILDHOOD

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

PRESCHOOL ENRICHMENT

Preschool Connection

This extension of the 3-year-old preschool experience emphasizes preschool concepts while reinforcing the importance of independence, communication, literacy, arts and sciences, social, emotional and physical development. Each week, teachers review the topics learned in preschool while introducing new projects and activities. Children must be 3 years old, but not yet 4 years old by Sept. 1, 2018. Registration is only available to those children in the Lincoln Learning Center Preschool.

Age: 3-4 **Min/Max: 5/10**
Location: Lincoln Center **Instructor: Beth Sexton**

Class #	Date	Day	Time	R/NR
118014-01	1/11 - 2/8	F	8:45-11:15am	\$80/\$100
118014-02	2/15 - 3/22	F	8:45-11:15am	\$96/\$116

Ready, Set, Kindergarten

With all new activities offered this session, kids will have fun and learn Kindergarten readiness skills in a program that extends the preschool day. Qualified preschool teachers work with children in the areas of language, literacy, communication, social, emotional and physical development and arts and sciences. Activities reinforce the importance of the daily classroom routine. A small snack and drink are served during class. Children must be four years old by Sept. 1, 2018. If your child is attending one of our preschool classes prior to this class, an escort will be provided from their class to Ready, Set, Kindergarten. Registration is only available to students enrolled in the Lincoln Learning Center Preschool. No class Jan. 21 and Feb. 18.

Age: 4-6 **Min/Max: 10/17**
Location: Lincoln Center **Instructor: Cara Shirk**

Class #	Date	Day	Time	R/NR
118013-01	1/7 - 2/4	M	11:30am-12:30pm	\$56/\$76
118013-02	2/11 - 3/18	M	11:30am-12:30pm	\$70/\$90

Math Children will go more in-depth with math concepts regarding shapes, categorizing, sequencing, matching, addition and subtraction.

Spanish Children will learn about shapes, numbers, letters and colors in Spanish while being introduced to basic language.

Science Children will learn about variety of science concepts, as well as participate in science experiments.

Min/Max: 5/10 **Location: Lincoln Center**

Class #	Age	Date	Day	Time	R/NR
MATH					
118520-01	3-4.5	1/11 - 2/8	F	11:30am-12:15pm	\$70/\$90
118520-02	3-4.5	2/15 - 3/22	F	11:30am-12:15pm	\$84/\$108
118518-01	4-5	1/9 - 2/6	W	11:30am-12:15pm	\$70/\$90
118518-02	4-5	2/13 - 3/20	W	11:30am-12:15pm	\$84/\$108
SPANISH					
118516-01	3-5	1/8 - 2/5	TU	11:30am-12:15pm	\$70/\$90
118516-02	3-5	2/12 - 3/19	TU	11:30am-12:15pm	\$84/\$108
SCIENCE					
118519-01	4-5	1/10 - 2/7	TH	11:30am-12:15pm	\$70/\$90
118519-02	4-5	2/14 - 3/21	TH	11:30am-12:15pm	\$84/\$108



Discovery Play

Discovery Play is designed for parent and child to participate together in a social play group with sensory, language and fine and gross motor activities. The end of each class features structured activities and circle time. Discover fresh activities to enhance your child's development while sharing ideas and experiences with other parents. Parents and children should wear gym shoes and comfortable clothing. Fee includes parent and one child. Due to classroom size, non-age appropriate siblings cannot be accommodated. All classes are with parent. For Discovery classes, child must be in the age range listed within one week of the start of the class.

**Age: 1-3 Min/Max: 5/15 Location: Lincoln Center
Instructor: Lincoln Learning Center Staff**

Class #	Date	Day	Time	R/NR
118500-01	1/11 - 2/8	F	9:15-10:15am	\$55/\$65
118500-02	2/15 - 3/22	F	9:15-10:15am	\$66/\$78

Discovery Kids

Recommended for experienced "discoverers," these transitional classes help children develop listening skills, learn to follow directions and improve large and fine motor skills. Caring teachers help children work through separation issues. Structured and unstructured play time is included. Children should wear gym shoes and comfortable clothing. All classes are without a parent. For Discovery classes, child must be in the age range listed within one week of the start date of the class.

**Age: 2.5-3 Min/Max: 5/15 Location: Lincoln Center
Instructor: Lincoln Learning Center Staff**

Class #	Date	Day	Time	R/NR
118502-01	1/11 - 2/8	F	10:30-11:30am	\$60/\$75
118502-02	2/15 - 3/22	F	10:30-11:30am	\$72/\$87

NATURE PLAY SCHOOL

Nurture your little sprout

AGES
4-6



- 🌿 Outdoor Lessons
- 🌿 Nature Exploration
- 🌿 Creative Arts
- 🌿 Math & Science
- 🌿 Language

DETAILS ON PAGE 60

lymanwoods.org

ENGINEERING FOR KIDS

New!

Parent & Tot STEM Club

Toddlers naturally approach the world with the same curiosity needed to learn and explore the foundations of science, technology, engineering and mathematics (STEM). Parents will participate alongside their toddlers the entire class to encourage and assist them. Join us to meet other parents while helping your tots to interact with others, increase their confidence and have fun and learn!

Age: 2-3 Min/Max: 8/15 R/NR: \$120/\$140

Location: Lincoln Center Instructor: Engineering For Kids

Class #	Date	Day	Time
118501-01	1/12 - 2/16	SA	9:00-9:45am

Stem Club-Preschool

The Engineering For Kids Jr. STEM Club at the Lincoln Center will introduce our youngest students to a new, hands-on, STEM learning lesson every week from various engineering disciplines. Our focus is developing students' problem solving, critical thinking and teamwork skills through hands-on, project-based learning. If your child is enrolled at the Lincoln Learning Center, a staff member will walk your child to STEM Club.

Age: 3-6 Min/Max: 8/15 Location: Lincoln Center

Instructor: Engineering For Kids

Class #	Date	Day	Time	R/NR
118503-01	1/9 - 2/6	W	11:30am-12:30pm	\$115/\$135
118503-02	2/13 - 3/20	W	11:30am-12:30pm	\$132/\$152

New!

Jr Mechanical Engineering

The Junior Mechanical Engineering classes introduce our youngest engineers to fundamental concepts of energy, materials, and movement. Through open and focused exploration, students explore and construct their own roller coasters, catapults, cars and more.

Age: 4-6 Min/Max: 5/10 Location: Lincoln Center

Instructor: Engineering For Kids

Class #	Date	Day	Time	R/NR
118504-01	1/12 - 2/16	SA	10:00-11:00am	\$132/\$152



New!

Spring Arts Playschool Camp

Take a break and get some shopping done while your child explores the arts! Through this arts-enrichment program, your child will enhance their social emotional learning, practice mindfulness and broaden their social skills. Arts Playschool brings the love of the arts and learning into your child's life. We support your child in discovering more about themselves, their peers and their community. Our topics include: Identity, Stress Relief, Mindfulness, Self-Esteem, Relationships, Social Skills, Emotions, Relaxation, Body Awareness and Community.

Age: 3-6 Min/Max: 4/10

R/NR: \$175/\$195 Location: Lincoln Center

Instructor: The Center for Creative Arts Therapy

Class #	Date	Day	Time
118523-01	3/25 - 3/28	M-TH	9:00am-12:00pm

New!

Arts Playschool Tuesday/Thursday

Through this arts-enrichment program, your child will enhance their social emotional learning, practice mindfulness and broaden their social skills. Arts Playschool brings the love of the arts and learning into your child's life. We support your child in discovering more about themselves, their peers and their community. Our topics include: Identity, Stress Relief, Mindfulness, Self-Esteem, Relationships, Social Skills, Emotions, Relaxation, Body Awareness and Community. Lincoln Learning Center students will bring a lunch and will eat before the Arts Playschool class begins from 11:15am to 12:00pm.

Age: 3-6 Min/Max: 4/10 Location: Lincoln Center

Instructor: The Center for Creative Arts Therapy

Class #	Date	Day	Time	R/NR
118521-01	1/8 - 2/5	TU	12:00-2:00pm	\$155/\$175
118521-02	2/12 - 3/19	TU	12:00-2:00pm	\$186/\$206

Class #	Date	Day	Time	R/NR
118522-01	1/10 - 2/7	TH	12:00-2:00pm	\$155/\$175
118522-02	2/14 - 3/21	TH	12:00-2:00pm	\$186/\$206

A close-up photograph of a hand holding a purple pen, poised to write on a surface. The hand is wearing a red sleeve. In the background, a grey bowl is visible on a table. The overall scene is softly lit and out of focus.

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YOUTH INTEREST

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JUST FOR FUN

Parents Night Out

Are you desperately in need of a night out but have nowhere safe to stash the kids for a few hours? We've got you covered. Enjoy an evening away as your children are entertained with a variety of games, movies, crafts and pizza. Please note: Children must be toilet trained. Registration is required one week in advance.

Age: 3-12 Min/Max: 8/17 R/NR: \$20/\$28

Location: Lincoln Center

Class #	Date	Day	Time
111012-01	2/22	F	6:00-9:00pm
111012-02	3/15	F	6:00-9:00pm

Magic Class

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks. Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading and more! Children are grouped by age and learn tricks that are age-appropriate. Brand new tricks are always taught at each session! All materials are provided. Each child receives a magic kit to take home.

Age: 5-12 Min/Max: 5/35 R/NR: \$20/\$30

Location: Lincoln Center Instructor: Gary Kantor

Class #	Date	Day	Time
111037-01	1/21	M	6:30-7:25pm
111037-02	3/13	W	4:00-4:55pm



Explore The Link!

Learn more about the Link Before & After School Program (grades K-6) on page 36. Kids ages 5 to 12 can enjoy the day off from school with Day Off Adventures (see page 37).



Valen-Slime Slimeology Lab

Have the slime of your life making Valentine's Day themed slime. Customize your slime with colors and smells. Using your slime we will play a Valentine game and try to catch cupid. A themed snack is provided.

Age: 6-12 Min/Max: 6/12 R/NR: \$23/\$33
Location: Lincoln Center Instructor: Lisa Lombardi

Class #	Date	Day	Time
111004-01	2/13	W	6:00-7:00pm

Have the Slime of Your Life With The Easter Bunny

Have the slime of your life this spring making slime with the Easter Bunny! A mascot will be on hand as kids make slime that stretches, bubbles and smells like spring! Kids leave with a golden egg surprise and their slime.

Age: 5-11 Min/Max: 6/15 R/NR: \$25/\$35
Location: Lincoln Center Instructor: Lisa Lombardi

Class #	Date	Day	Time
111005-01	3/19	TU	6:00-7:00pm

Amigos Youth Spanish Club

Learning Spanish is as easy as uno, dos, tres! In Afterschool Amigos Spanish Club, children learn numbers, colors, shapes, greetings, days of the week and more! We sing, clap and count our way towards learning the Spanish Language.

Age: 5-10 Min/Max: 6/12 R/NR: \$105/\$158
Location: Lincoln Center
Instructor: After School Enrichment Solutions

Class #	Date	Day	Time
111006-01	1/24 - 2/28	TH	4:00-5:00pm

Mother/Daughter Glamour Hair

Moms, bring your daughters to this amazing class and learn the skills in order to create a variety of simple up-do's and braid. Forget going to the beauty salon every time she needs her hair done for a dance, cheer, gymnastics, school play or even special events. A variety of styles will be taught to accommodate different age groups. Each girl will choose from a sparkly collection of clips and glitters to polish off their new look. Goodie bags are included. This class is with a parent.

Age: 4-12 Min/Max: 8/25 R/NR: \$39/\$58
Location: Lincoln Center Instructor: Ultimate Parties

Class #	Date	Day	Time
111031-01	2/8	F	6:30-7:30pm

New!

Manners Matter

Children learn proper classroom, table and even public manners in this class. We will address proper ways to speak to parents and teachers. Table etiquette will be reviewed and each child will receive a place setting to take home to practice.

Age: 5-10 Min/Max: 8/25 R/NR: \$33/\$53
Location: Lincoln Center Instructor: Ultimate Parties

Class #	Date	Day	Time
111011-01	3/5	TU	6:30-7:30pm

Chess Scholars

Develop your child's intellect through the royal game of chess! Chess has been proven to enhance children's motivation, concentration, focus, social skills and creativity. No previous knowledge of chess is necessary. Each class consists of fun, interactive teaching and guided practice time. Both beginners and experienced players are welcome and can get to the next level under the guidance of an experienced Chess Scholars coach. There will also be a chess competition with prizes. No class Feb. 18.

Age: 5-12 Min/Max: 5/12 R/NR: \$99/\$119
Location: Lincoln Center Instructor: Chess Scholars

Class #	Date	Day	Time
111017-01	1/21 - 3/4	M	6:30-7:30pm

Chess Scholars Camp

This camp is designed for both beginners and experienced young players. All participants learn cool new strategies at the appropriate level from a renowned Chess Scholars coach. Each class consists of a fun, interactive teaching period, guided practice time and competition with prizes. Each camper takes home a chess set and an award. Please bring a snack each day.

Age: 6-13 Min/Max: 5/20 R/NR: \$190/\$210
Location: Lincoln Center Instructor: Chess Scholars

Class #	Date	Day	Time
111007-01	3/25 - 3/29	M-F	9:00am-12:00pm

STEM COURSES

New! STEM Challenge

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO parts. Children apply real-world concepts in physics, engineering and architecture through engineering-designed projects including, but not limited to, bulldozers, hot air balloons and the Great Wall of China.

Age: 7-12 Min/Max: 11/16 R/NR: \$175/\$200
Location: Lincoln Center Instructor: Play-Well

Class #	Date	Day	Time
111010-01	3/25 - 3/29	M-F	9:00am-12:00pm

Electronic Game Design with Virtual/Augmented Reality

Enter virtual reality in style! Students create 3D games and scenarios, bringing them to life through an extensive logic system. These creations can be played immediately or uploaded to virtual and augmented reality viewing devices.

Age: 12-14 Min/Max: 2/3 R/NR: \$162/\$194
Location: Lincoln Center
Instructor: Engineering for Kids

Class #	Date	Day	Time
146004-01	1/10 - 2/14	TH	6:15-7:45pm

Electronic Game Design

Enter virtual reality in style! Students create 3D games and scenarios, bringing them to life through an extensive logic system. These creations can be played immediately or uploaded to virtual and augmented reality viewing devices.

Age: 7-11 Min/Max: 8/15 R/NR: \$162/\$194
Location: Lincoln Center Instructor: Engineering for Kids

Class #	Date	Day	Time
111003-01	1/10 - 2/14	TH	4:30am-6:00pm

Claymation Video Production

Tap into the incredible practice of stop-motion film production and learn the technique from the ground up. Claymation class contains everything students need to create their own, individual movies.

Age: 8-12 Min/Max: 8/15 R/NR: \$150/\$180
Location: Lincoln Center Instructor: Engineering for Kids

Class #	Date	Day	Time
111001-01	2/21 - 3/28	TH	4:30-6:00pm

Jr. Robotics & Coding with LEGO WeDo 2.0

Bricks 4 Kidz® Junior Robotics program offers all the fun of engineering with LEGO® Bricks, plus the challenge of computer programming! LEGO Education's WeDo 2.0 is a drag-and-drop, icon-based software that introduces kids to the world of wireless computer coding and robotics. The updated WeDo 2.0 software allows your child to bring our proprietary Bricks 4 Kidz® models to life wirelessly, using Bluetooth communication via the 2.0 Smart Hub.

Age: 7-10 Min/Max: 8/14 R/NR: \$63/\$83
Location: Lincoln Center Instructor: Bricks 4 Kidz®

Class #	Date	Day	Time
111021-01	1/9 - 1/30	W	5:00-6:00pm

LEGO STEM Workshop: Laws of Motion!

Test out some of Sir Isaac Newton's Laws of Motion with amusement park models that illustrate the concepts of inertia, force, mass, acceleration and the observation that every action has an equal and opposite reaction. Kids are introduced to physics by explaining terms like inertia and mass using simple words. Students will use our proprietary kits and step-by-step model plans to construct a different moving model each week. Our exciting one-of-a-kind models incorporate beams, gears, axles, motors, battery packs and other technic LEGO® components. Each model build relates to the key terms and concepts that the students discussed during our lesson that day.

Age: 5-9 Min/Max: 8/20 R/NR: \$58/\$78
Location: Lincoln Center Instructor: Bricks 4 Kidz®

Class #	Date	Day	Time
111008-01	2/19 - 3/12	TU	5:00-6:00pm

New! LEGO City Engineers & Architects Spring Break Camp

Join us this spring break as we use LEGO bricks to build amazing worlds of fun in a variety of exiting themes that engage children in STEM-enriched activities. Build LEGO mosaics, 3D LEGO builds, and motorized technic LEGO projects. City themed crafts will be sent home daily and each child receives a custom mini-figure at the end of the week.

Age: 5-9 Min/Max: 8/20 R/NR: \$175/\$200
Location: Lincoln Center Instructor: Bricks 4 Kidz®

Class #	Date	Day	Time
111009-01	3/25 - 3/29	M-F	1:00-4:00pm

SAFETY COURSES

Safe Kids at Home & Away

This interactive class focuses on thinking safely and making safe choices. Kids learn what to do in an emergency, when to call 911 and how to deal with strangers. Bicycle, skateboard and in-line skating safety, playground rules, water safety and more are covered. Each child receives a certificate of completion.

Age: 4-6 Min/Max: 8/16 R/NR: \$16/\$23
Location: Lincoln Center Instructor: Tracy Gustello

Class #	Date	Day	Time
118517-01	2/20	W	4:15-5:15pm

Babysitting for Success

Discussions, role-playing activities and practical experiences are all part of this class that covers diapering, feeding and playing with children, child development, emergencies and first aid. Bring a snack and a doll to each class. Resource materials are included. Students receive a certificate of completion for the eight-hour class.

Age: 10-16 Min/Max: 8/20 R/NR: \$50/\$75
Location: Lincoln Center Instructor: Tracy Gustello

Class #	Date	Day	Time
146025-01	3/4 - 3/7	M/TU/TH	5:00-8:00pm

CPR Skills for Babysitters

Further your skills and make yourself the most marketable babysitter in your neighborhood! Focus on rescue techniques for full arrest victims from newborn to 12 years of age. The course also covers conscious and unconscious choking, rescue breathing and AED use. Certification is valid for two years.

Age: 10-15 Min/Max: 8/10 R/NR: \$42/\$60
Location: Lincoln Center Instructor: Juli Wascher

Class #	Date	Day	Time
146011-01	3/11	M	5:00-8:00pm

YOUTH COOKING

Instructor: Common Threads

Location: Lincoln Center

For safety purposes, no jewelry or open-toed shoes; hair must be pulled back. Allergy forms must be completed before participation.

Small Bites

This five-week program teaches students about nutrition and healthy cooking through a series of one-hour lessons combining nutrition and knife-free cooking. Students are given the opportunity to connect math, language arts and science concepts to hands-on experiences that will give them the tools to live longer, healthier lives. Students will also make and enjoy eating a snack every class.

Min/Max: 3/10 R/NR: \$104/\$129

Class #	Age	Date	Day	Time
111060-01	5-8	1/7 - 2/4	M	4:00-5:00pm
111060-02	5-8	2/25 - 3/25	M	4:00-5:00pm

Cooking Skills & World Cuisine

CHEF-LED STUDENT COOKING PROGRAM

This five-week, global class explores the culture and cuisine of five countries. Young chefs will learn how to follow a recipe, prepare and cook ingredients. Students will be challenged to use a wide variety of equipment and tools safely and effectively and will be able to eat what they cook every class. Graduates of this program are able to cook a balanced healthy meal.

Age: 9-12 Min/Max: 3/10 R/NR: \$195/\$220

Class #	Date	Day	Time
111059-01	1/9 - 2/6	W	4:00-6:00pm
111059-02	2/27 - 3/27	W	4:00-6:00pm

Advanced Cooking & WORLD CUISINE

Each class explores a different country's cuisine and focuses on an ingredient of the day and specific topics such as yin and yang, how to meld different textures and tastes into a dish, portion control, whole grains and refining, advanced knife skills and cooking methods. Learn to understand the importance of using the five senses in the kitchen and focusing on consistency in recipes and are challenged to use a wide variety of cooking equipment and we ensure they know how to safely and effectively use each tool. Each day we cook a 3-course meal and eat afterwards! This is a nut-free class.

Age: 13-16 Min/Max: 1/2 R/NR: \$260/\$280

Class #	Date	Day	Time
146050-01	1/8 - 2/5	TU	4:00-6:00pm



TEEN PROGRAMS

Feed My Starving Children

This non-profit organization is dedicated to feeding children around the world in over 70 countries. Teens will volunteer and hand-pack meals to be sent to malnourished children. Fee includes transportation and supervision. Trip departs/returns from Lisle Park District 1925 Ohio St.

Age: 12-17

Min/Max: 1/2

R/NR: \$8/\$16

Location: Lisle Park District

Class #	Date	Day	Time
146008-01	3/13	W	5:15-8:00pm

Teen Photography Class

This class is for beginners interested in digital photography. You will have fun learning about photography and your cameras while learning to take better photos and shoot photos with basic composition skills. You must bring a digital camera (any kind is appropriate). Program meets at Darien Park District, 7301 Fairview Ave., Darien.

Age: 13-17 Min/Max: 1/3

R/NR: \$25/\$30

Location: Darien Park District

Instructor: Mike Smith

Class #	Date	Day	Time
146012-01	4/6	SA	9:00am-12:00pm

The Birches Assisted Living

Free! The Birches provide their residents with the necessary resources to live a physically, mentally, and socially active life, so they can remain healthy, strong and vibrant at any age. There are many events the facility schedules that provide recreation opportunities for the residents. Volunteering for one of these events allows you to make a difference in the lives of these residents as well as have fun in the process! An additional perk is the community service hours that will be fulfilled in the process. Come out, have a great time and make a difference! Drop off and pick up takes place at The Birches Assisted Living 215 55th St., Clarendon Hills.

Age: 12-17 Min/Max: 3/3

Location: The Birches, Clarendon Hills

Class #	Date	Day	Time
146009-01	1/21	M	10:00-11:30am

Interview & Application BOOT CAMP

Want a great summer job? You're not alone-in fact, you're competing against hundreds of other teens for only a handful of available jobs. Learn the most common mistakes made during the job search and how to avoid making them. Gain valuable knowledge on how to prepare an effective application and resume. Learn how social media sites like Facebook, Twitter and Instagram are used by employers to find out about you before you even get an interview. Taught by Recreation Professionals from surrounding park districts with experience hiring young staff, this class can help set you apart from your competition and land the job you want. Pizza will be provided.

Age: 12-22 Min/Max: 2/10 R/NR: \$15/\$20

Location: Darien Park District, 7301 Fairview Ave.

Class #	Date	Day	Time
146006-01	2/20	W	5:30-7:00pm

Free
Practice your new skills following the Boot Camp!

TEEN JOB FAIR WEDNESDAY, FEB. 20

7:00-8:00PM

DARIEN PARK DISTRICT ■ 7301 FAIRVIEW AVE.

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ADULT INTEREST

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JUST FOR FUN

Line Dancing

Line Dancing is a great workout, good for your memory and an opportunity to meet new people. This class is appropriate for beginners and experienced dancers looking to learn new dances. Dress comfortably and gym shoes are encouraged. Drop-in rate \$5 per class. No class Feb. 18.

Age: 18+

Min/Max: 10/30

R/NR: \$36/\$40

Location: Lincoln Center

Instructor: Susan Shields

Class #	Date	Day	Time
171002-01	1/7 - 2/25	M	7:30-8:30pm

Passport to the World DVD: Romania

PBS travel expert, Rick Steves, will tour us through Romania's vibrant capital, Bucharest. We then head to Transylvania and Maramures where we will visit fortified churches, legendary castles and places where everyday life feels like an open-air folk museum.

Age: 55+

Min/Max: 10/50

AC/R/NR: Free/\$5/\$7

Location: Lincoln Center

Class #	Date	Day	Time
171006-01	1/9	W	10:00am-12:00pm

Geoffrey Baer's Chicago Southwest Suburbs

We'll "travel" by train, tugboat and a 1958 Edsel to explore the history of the suburbs. Chicago's southwest suburbs is home to a 28-square-mile forest with a rock canyon, where the Blues Brothers did time, and is the setting for the area's most famous ghost story. We will also learn about the Joliet Prison, discover how Romeo and Juliet became Romeoville and Joliet and much more.

Age: 55+ Min/Max: 10/50

AC/R/NR: Free/\$5/\$7

Location: Lincoln Center

Class #	Date	Day	Time
171004-01	3/20	W	10:00-11:00am

PHOTOGRAPHY

Learn to Use 35mm or Digital SLR Camera

This introductory course in 35mm photography utilizing traditional film or digital SLR is designed for users who want to expand their camera knowledge. Topics include proper exposure, action photos, depth of field, close-up flower photo, methods of focus, camera parts, use of flash, proper maintenance, film speeds, and selection of lens. Note: Participants must bring film and 35mm camera that will work in manual mode or digital SLR (removable lens).

Age: 18+ Min/Max: 5/17

R/NR: \$65/\$75

Location: Lincoln Center

Instructor: Laura Piton

Class #	Date	Day	Time
171025-01	1/9 - 1/30	W	10:00-11:30am

Digital 2: Learn to Fix Your Digital Pictures

In this class, you will explore in depth photo editing techniques. The following topics will be covered: color correction, brightness and contrast, replacing one part of the image with another, blurring an area of the photo which is in focus already, correcting for improper white balance, sharpening a blurred photo, creating a card in word using a photo. Participants need to bring a laptop computer to class.

Age: 18+ Min/Max: 5/17

R/NR: \$65/\$75

Location: Lincoln Center

Instructor: Laura Piton

Class #	Date	Day	Time
171026-01	2/6 - 2/27	W	10:00-11:30am

Photography: Natural Lighting & Flash

The key to great picture taking lies in the application of light. In this illuminating new class we will learn how to work with ambient natural light as well as the proper use of an external flash to provide light sources for our photography. Learn about differentiating between manual and automatic modes when using the flash, setting the proper flash output and blending the flash with sunlight to eliminate shadows. Please bring an external flash and camera to class or camera with built in flash.

Age: 18+ Min/Max: 5/17

R/NR: \$65/\$75

Location: Lincoln Center

Instructor: Laura Piton

Class #	Date	Day	Time
171027-01	3/6 - 3/27	W	10:00-11:30am

GIVE THE GIFT OF PLAY



PARK DISTRICT GIFT CARDS MAKE AWESOME STOCKING STUFFERS!

AVAILABLE FOR PURCHASE AT THREE LOCATIONS:

LINCOLN CENTER

935 MAPLE AVENUE

RECREATION CENTER

4500 BELMONT AVENUE

DOWNERS GROVE GOLF CLUB

2420 HADDOW AVENUE

HEALTH & SAFETY

Adult CPR & AED

This course covers CPR for the adult victim (over eight years of age) along with rescue techniques for conscious and unconscious choking victims. The course also covers the use of the AED. Certification is valid for two years.

Age: 12+ Min/Max: 8/15 R/NR: \$42/\$60

Location: Lincoln Center Instructor: Juli Wascher

Class #	Date	Day	Time
171009-01	2/7	TH	6:00-9:00pm

Infant & Child CPR

Designed for childcare providers, teachers and parents. This course focuses on rescue techniques for full arrest victims from newborn to two years of age. The course also covers conscious and unconscious choking along with rescue breathing. The use of an AED is discussed. Certification is valid for two years.

Age: 12+ Min/Max: 8/15 R/NR: \$42/\$60

Location: Lincoln Center Instructor: Juli Wascher

Class #	Date	Day	Time
171010-01	3/7	TH	6:00-9:00pm

CPR/Basic Life Support for Healthcare Providers

This class is for healthcare professionals. All students should have previous CPR training. Class includes adult, child and infant CPR and AED as well as two rescuer CPR, bag valve masks and conscious/unconscious choking victims.

Age: 15+ Min/Max: 8/15 R/NR: \$42/\$60

Location: Lincoln Center Instructor: Juli Wascher

Class #	Date	Day	Time
171011-01	3/14	TH	6:00-10:00pm

AARP Smart Driver Course

Successful completion of this two-day safety course may qualify those over 55 for a reduction in their liability insurance plan. The program is not connected with the written driving exam. Members must bring their AARP card to the first class.

Age: 55+ Min/Max: 10/33 R/NR: \$20/\$25

Location: Lincoln Center

Class #	Date	Day	Time
171001-01	1/2 - 1/3	W/TH	9:00am-1:00pm
171001-02	2/27 - 2/28	W/TH	9:00am-1:00pm

Free!

Rules of the Road

Sponsored by the State of Illinois, prepare for the general written and road sign exam and updates on Rules of the Road.

Age: 55+ Min/Max: 10/30 Location: Lincoln Center

Class #	Date	Day	Time
171000-01	1/28	M	1:30-3:30pm

Free!

Hunter Safety Education

Passing a Hunter Safety class is required for anyone born on or after Jan. 1, 1980, who wants an Illinois hunting license. This course also meets the requirements for adult hunters in many other states. Children under 12 must be accompanied by a parent or guardian. You must attend all sessions and pass an exam to receive a certificate.

Age: 12+ Min/Max: 10/30 Location: Lincoln Center

Class #	Date	Day	Time
171012-01	2/5 - 2/14	TU/TH	6:30-10:00pm

YOUR COMMUNITY FITNESS CENTER



NEW! LOWER ENROLLMENT FEES

\$30 FOR FIRST MEMBER

\$20 FOR EACH ADDITIONAL FAMILY MEMBER

At 4500 Fitness, you'll find friendly, knowledgeable staff who will help you meet your fitness goals!

MEMBER BENEFITS:

- Newly Remodeled Locker Rooms
- Steam Rooms & Towel Service
- 40+ Cardio Machines
- 3-lane Indoor Track
- Free Weights
- Equipment Orientation
- Reduced Rates on Personal Training, Premier & Group Fitness Classes

For membership rates, see page 8. For fitness classes, see page 11.





ADULT CENTER

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

Play for Life!

Pursue fulfilling activities including recreation, education, health, nutrition and social service with programs designed for, but not limited to, adults 55 years and older. The Center is located on the third level of Lincoln Center.

BECOME A MEMBER

The Downers Grove Park District Adult Center was established for active, fun-loving adults in the community and provides social service programs, informal seminars, health checks, entertainment and more. A wide variety of classes, parties, day trips and clubs are offered to encourage friendship and socialization and we are always looking to expand and improve the programs we offer. You have the opportunity to become a member of the Adult Center and receive numerous benefits through that membership.

ANNUAL FEE

RESIDENTS: \$25 | NON-RESIDENTS: \$30

AS A TOKEN OF OUR APPRECIATION FOR YOUR SUPPORT, RECEIVE:

- Membership Photo ID Card
- FREE subscription to Connections (6x/year)
Non-members: \$5/year
- FREE monthly Lunchtime BINGO
- FREE Popcorn Matinee
- FREE and/or discounted fees on various trips and programs
- Annual Membership Appreciation Party

ADULT CENTER **Clubs**

Club	Day	Time	Fee
Bridge Club	M	9:00am-11:30am	Free
Dominoes	M	12:30pm-3:30pm	Free
Red Hats Meeting	3rd M	1:00pm-3:00pm	Dues
MahJong	Tu, Apr-Dec	9:30am-12:30pm	Free
Craft Club	Tu, Mar-Dec	9:00am-11:00am	\$2/month
Pinochle	Tu	11:00am-3:30pm	Free
Progressive Bridge	Tu	1:00pm-4:00pm	Free
Red Hats Book Club	2nd Tu	9:30am-11:00am	Free
Chess Club	W	1:00pm-4:00pm	Free
Friendly Poker	W	12:00pm-2:30pm	\$5
Bunco	2nd Th	10:00am-11:00am	Free
Party Bridge	Th	12:00pm-3:00pm	Free
Canasta	3rd F	1:00pm-3:30pm	Free
Duplicate Bridge	F	9:00am-12:00pm	\$2
Competitive Poker	F	11:00am-3:00pm	Free

ADULT CENTER
Lunchtime Bingo

Co-sponsored by the
Jr. Woman's Club of Downers Grove

It's a Bingo bonanza on the last Wednesday of each month! Get the party started early by coming for lunch! Lunch starts at 11:30am and bingo starts at 12:30pm.

Age: 18+ Min/Max: 10/30 AC/R/NR: Free/\$1/\$1

Location: Lincoln Center

Date	Day	Time
1/30	W	11:30 am - 2:00 pm
2/27	W	11:30 am - 2:00 pm
3/28	W	11:30 am - 2:00 pm

ADULT CENTER
Popcorn Matinee

Enjoy feature films on the 2nd and 4th Thursday of each month.

Age: 18+ Min/Max: 10/80 Day: TH Time: 1:00pm

R/NR: Free/\$1 Location: Lincoln Center

Date	Movie	Rating
1/10	15:17 to Paris	PG-13
1/24	Mamma Mia, Here We Go Again	PG-13
2/14	Chappaquiddick	PG-13
2/28	The Last Movie Star	R
3/14	I Can Only Imagine	PG
3/28	Woman Walks Ahead	R

Check it out! The Downers Grove Park District offers dozens of programs, activities and experiences for adults to explore!

SPECIAL EVENTS	HEALTH & FITNESS	ADULT INTEREST	TRIPS & TOURS	OTHER
Merry & Bright p. 3	4500 Fitness p. 8	Just for Fun p. 50	The Producers p. 56	Volunteer at Lyman p. 60
Christmas Evie p. 4	Indoor Track p. 9	Photography p. 51	Mamma Mia p. 56	Museum Programs p. 63
Wine Tasting p. 5	Balance & Strength p. 11	Health & Safety p. 52	St. Pat's Celebration p. 56	Adult Art p. 65
	Chair Yoga p. 12			Adult Dance p. 68



TRIPS & TOURS

- ### REMINDERS
- Trips are open to all ages unless otherwise noted.
 - A responsible adult must accompany all children.
 - All trips depart from the Lincoln Center, 935 Maple Ave.

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

'The Producers'

*Paramount Theater
Aurora, IL*

LIGHT PHYSICAL ACTIVITY

Max Bialystock used to be the king of Broadway, but after producing one too many flops, he's now just a has-been forced into seducing little old ladies for money. So begins one of the most hilarious cons in musical theater history. This is an uproariously funny musical with hilarious songs that will have you grinning throughout. Lunch is included. Registration deadline is Jan. 16.

Age: 18+ Min/Max: 10/13
AC/R/NR: \$75/\$80/\$83
Departs: Lincoln Center

Class #	Date	Day	Time
171023-01	2/13	W	10:45am-4:00pm

'Mamma Mia'

*Drury Lane
Oakbrook Terrace, IL*

LIGHT PHYSICAL ACTIVITY

This international mega-hit uses the greatest songs of ABBA to tell a hilarious story of marriage, family and finding where you belong proving that in the end the winner takes all. Lunch is included. Registration deadline is Jan. 30.

Age: 18+ Min/Max: 10/13
AC/R/NR: \$82/\$84/\$90
Departs: Lincoln Center

Class #	Date	Day	Time
171024-01	2/20	W	11:00am-4:30pm

St. Patrick's Celebration

Jacob Henry Mansion, Joliet, IL

LIGHT PHYSICAL ACTIVITY

There's going to be a bit of Ireland at the Mansion as we dine on a delicious lunch of corned beef and cabbage (a vegetarian option will be available). Order some green beer if you like and then sit back as we are entertained by a live Bagpipe and Drum performance followed by the Chicago Irish Band show. Before the party you will have time to do a self-guided tour of this historical mansion. Don't miss this fun event and dress in a bit o' the green! Registration deadline is Feb. 21.

Age: 21+ Min/Max: 10/13
AC/R/NR: \$66/\$71/\$73
Departs: Lincoln Center

Class #	Date	Day	Time
171015-01	3/13	W	10:00am-4:00pm

WINTER ACTIVITIES



ICE SKATING *Weather Permitting*

The Downers Grove Park District maintains unsupervised ice skating at Prince Pond, Whitlock Park and McCollum Park. Hours are 8:30am to 10pm daily from approximately mid-December through February. Portable restrooms are provided at McCollum Park and Whitlock Park.

It takes several days of sub-zero temperatures for sufficient ice to form. Ice maintenance will occur after staff has completed snow plowing duties for the day.

Ice Skating Conditions

- Please locate the flag pole at each location for current skating conditions before stepping on the ice. Staff monitors thickness and requires 6 inches of ice to open for skating.
- Green flags: Indicates ice rink conditions are safe at cleared spots only.
- Red flags: Indicate dangerous skating conditions; rink is closed.
- If you witness an emergency, please dial 911 immediately.

SLED HILLS

Sledding is available at Gilbert Park, O'Brien Park, Concord Park and Ebersold Park from 8:30am to 10pm daily.

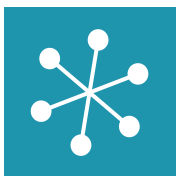
Sled at your own risk! The Downers Grove Park District reminds people that they are responsible for safety while sledding on Downers Grove Park District grounds. Parents are encouraged to make sure supervision is provided before letting children play on the hills. Please check to make sure the hills are safe for sledding.

CROSS COUNTRY SKIING

Unsupervised cross country skiing is welcomed and allowed at Downers Grove Golf Club with no charge to the participant. There must be at least 4 inches of snow on the ground and skiing must take place during daylight hours.

POP-UP SNOW SHOE CLUB

Guided snow shoe hikes and extended hours for snow shoeing at Lyman Woods will be added throughout the winter when there's enough snow. Call 630.963.9388 or sign up for the Snow Shoe Club email alerts at bit.ly/2DqL4YF.



GET YOUR WINTER WEATHER UPDATES RAINOUTLINE

Ice skating, sled hill and snowshoeing conditions are updated daily on our weather status page where you can also enroll in email and text alerts with Rainout Line.

VISIT DGPARKS.ORG AND CLICK ON "WEATHER STATUS"

Play Outdoors!



NATURE PROGRAMS

LYMAN WOODS NATURE CENTER | 901 31ST ST. DOWNERS GROVE, IL | 630.963.9388

FAMILY PROGRAMS

Full Moon Campfire Hikes

Did you know that the full moons have names? Explore the seasonal changes tied to the moon on a guided night hike. End the night by observing the moon through our telescope (weather permitting) and enjoy stories and s'mores around the campfire. Fee is per family; please list the number of people attending.

Age: All Min/Max: 4/8 Fee Per Family: \$18
Location: William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time	Topic
184066-01	1/19	SA	6:30-8:00pm	Quiet Moon
184066-02	2/16	SA	6:30-8:00pm	Storm Moon
184066-03	3/23	SA	6:30-8:00pm	Crane Moon

Winter Telemetry Scavenger Hunt

Winter in the woods can be cold and snowy, but it isn't without life and adventure! Track animals through the woods using radio tracking equipment, find winter animal habitats, travel through the snow and finish with hot chocolate around a toasty campfire. Come dressed to be outdoors. Fee is per family; please list the number of people attending.

Age: All Min/Max: 4/10 Fee Per Family: \$16
Location: William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
184071-01	2/23	SA	12:00-1:30pm

SNOWSHOE AT LYMAN WOODS

Don't let the snow slow you down! Rent a pair of snowshoes at Lyman Woods and get out there to enjoy the winter woods! When there are at least four inches of snow on the trails, both adult and children's snowshoes will be available for use at Lyman Woods. Snowshoes are available during regular Interpretive Center hours on a first-come, first-served basis.

The rental fee for each pair is \$6 for a 3-hour rental. Credit cards, checks, and cash are accepted. Renters must provide valid driver's license for deposit.

Guided snow shoe hikes and extended hours for snow shoeing at Lyman Woods will be added throughout the winter when there's enough snow. Call 630.963.9388 or sign up for the Snow Shoe Club email alerts at bit.ly/2DqL4YF.



PARENT & TOT PROGRAMS

Wild Child NaturePlay Group

Bring out your child's wild side and meet new friends during our nature playgroup! Our Naturalist will get you started as you explore nature play with your children at your own pace through outdoor activity stations and projects. No charge for infant siblings under 12 months. Dress for the weather and to get messy! An adult must accompany their child(ren) during this program.

Age: 0-4 Min/Max: 5/12 Fee: \$27

Location: William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
184047-01	1/30 - 2/20	W	9:30-10:30am
184047-02	1/31 - 2/21	TH	9:30-10:30am
184047-03	2/27 - 3/20	W	9:30-10:30am
184047-04	2/28 - 3/21	TH	9:30-10:30am

Nature Tot Workshop

Have a crafty tot? Bring them to our nature workshop! Each month we will head outdoors for nature discovery time and then make a project to take home that will encourage kids to interact with nature. Dress for the weather and to get messy! An adult must accompany their child(ren) during this program.

Age: 2-4 Min/Max: 4/10 Fee: \$10

Location: William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time	Topic
184039-01	1/11	F	9:30-10:45am	Snowsticks
184039-02	1/12	SA	9:30-10:45am	Snowsticks
184039-03	2/15	F	9:30-10:45am	Spy Glasses
184039-04	2/16	SA	9:30-10:45am	Spy Glasses
184039-05	3/15	F	9:30-10:45am	Bird Nesting Bags
184039-06	3/16	SA	9:30-10:45am	Bird Nesting Bags



YOUTH PROGRAMS

NaturePlay Day

School's out! Drop in and join other adventurers to explore and play in our Wild Woods! Unlike school, you decide what your next assignment will be- build a fort, explore the woods, play games or just relax in nature. A mid-morning snack will be provided. In case of severe weather, the program will take place indoors.

Age: 4-9 Min/Max: 6/24 Fee: \$16

Location: William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
184067-01	1/18	F	9:00am-12:00pm
184067-02	3/1	F	9:00am-12:00pm

Wild Night Out

Spend your Saturday night cooking dinner around the campfire, hitting the trails and searching for nocturnal animals! End the evening with an indoor project. Hey parents! Lyman Woods is less than one mile from Yorktown cinema, shops and restaurants!

Age: 5-10 Min/Max: 5/12 Fee: \$20

Location: William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
184050-01	1/26	SA	6:00-9:00pm
184050-02	2/9	SA	6:00-9:00pm
184050-03	3/9	SA	6:00-9:00pm

SPRING BREAK NATURE CAMP

Go outside after a long winter! Spend your spring break discovering all of the changes that happen at Lyman Woods during the exciting spring season. Each day of camp includes fun crafts, games and outdoor adventures. Dress to go outside and get muddy and wet, but in case of inclement weather, the program will be held indoors. Choose from morning or afternoon options or register for both to make it a full day of camp! Please bring a lunch if staying for the full day; a mid-camp snack will be provided each day, in both the morning and afternoon.

Age: 4-9 Min/Max: 6/24 Fee: \$50

Location: William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
184015-01	3/26 - 3/28	TU-TH	9:00am-12:00pm
184015-02	3/26 - 3/28	TU-TH	1:00pm-4:00pm



WINTER/SPRING

NaturePlay School

Nurture your little sprout in our nature-based early childhood program based on the forest school model! Research shows us the numerous advantages to outdoor nature-based exploration and play as the perfect groundwork for meaningful learning and growth. Lyman Woods' discovery-based NaturePlay School provides this and more! In addition to lessons in creative arts, math, science and language, your child will plant trees, build forts, care for a garden, sing around the campfire, visit with our naturalists, foresters and beekeeper, hike and explore our trails, and spend time each class in the Wild Woods, our popular nature play areas. While we spend as much time as possible in our outdoor classroom of 135 acres of woods, wetlands and prairie, the Interpretive Center serves as our home during inclement weather. The Friday session can be attended as a stand alone one-day session, or can be added to any two-day session to extend the learning and fun. A healthy snack will be provided during each class.

2018-19 NaturePlay School begins the week after Labor Day 2018 and runs until Memorial Day 2019. Class will not be held on District 58 school holidays. Fall 2019-2020 details and early registration will be announced in the Spring 2019 Guide.

Age: 4-6 Min/Max: 5/12

Location: William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time	Fee
184104-01	1/7 - 5/22	M/W	9:00-11:00am	\$450
184104-02	1/8 - 5/23	TU/TH	9:00-11:00am	\$475
184104-03	1/8 - 5/23	TU/TH	12:15-2:15pm	\$475
184104-04	1/11 - 5/24	F	9:00-11:00am	\$200
184104-05	1/11 - 5/24	F	12:15-2:15pm	\$200



VOLUNTEER OPPORTUNITIES

Volunteer Workdays

Join our REAP (Restore, Educate and Preserve) volunteer group to help restore our natural areas. Activities may include collecting and sowing native seed, repairing trails, removing invasive brush and planting native plants. Contact our Volunteer Coordinator at 630.960.2079 or breydi@dgparks.org for more information.

Location	Time	Date
Belmont Prairie	8:00 - 10:30 am	Jan. 19
		Feb. 16
		March 16

GARDEN PLOTS MAR-DUKE FARM

Do you have a green thumb?

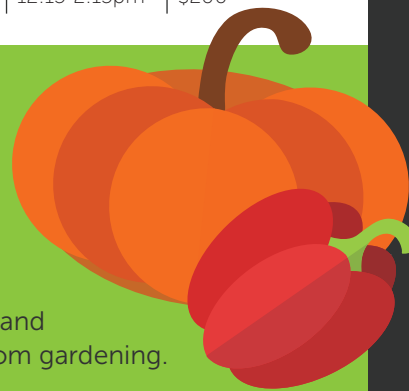
Now is your chance to be a part of a community gardening program! Enjoy nature, plant flowers, grow fruits and vegetables for food and get exercise from gardening.

Renewals will be mailed in January. New plot registration will take place starting at 9am on Saturday, March 2 at the Lincoln Center located at 935 Maple Ave.

GARDEN PLOT INFO

Plot size: 20' x 30' Location: 6800 S. Main St., Downers Grove

Ages	Residents	Non-residents
Adults 18-61	\$38/plot	\$56/plot
Adults 62+	\$27/plot	\$40/plot



MLK Day of Service

Make your community a little bit better on this day of service! Participate in restoration and cleanup efforts improving Lyman Woods for animals, plants and our community. Snacks will be provided throughout the day, and the afternoon will be capped with a campfire complete with hot cocoa. Come dressed to work outdoors. In the case of inclement weather we will have work to do indoors. RSVP at 630.960.2079 or breydi@dgparks.org.

Location	Time	Date
Lyman Woods	10:00 am - 2:00 pm	Jan. 21



HISTORY PROGRAMS

DOWNERS GROVE MUSEUM | 831 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1309

FAMILY PROGRAMS

New!
**Parents and Tots:
 Hands on History**

Get your hands on history! This programs aims to move past the normal "Don't Touch" rule and allows children the chance to explore history with fun crafts and by getting their hands on real artifacts. A parent or guardian must accompany their child/children. Fee is per child.

Age: 3-5 Min/Max: 4/10 R/NR: \$5/\$8
Location: Downers Grove Museum

Class #	Date	Day	Time
120067-01	1/9	W	9:30-10:15am
120067-02	2/6	W	9:30-10:15am
120067-03	3/6	W	9:30-10:15am

Behind-the-Scenes Tour

Take a behind the scenes tour of the Museum. Follow a museum guide through public and private museum spaces while learning about our collection and exhibits. Cost is per family.

Age: All Min/Max: 3/6 Fee: \$10 per family
Location: Downers Grove Museum

Class #	Date	Day	Time
120069-01	1/26	SA	1:00-2:00pm
120069-02	2/23	SA	1:00-2:00pm
120069-03	3/23	SA	1:00-2:00pm

New!
DIY Victorian Architecture

Calling all aspiring architects! Take a tour and learn about the 19th century Victorian architecture of the 1892 Blodgett House. After the tour, create your own blueprint and build your own Victorian inspired model home! Supplies will be provided. Children under 16 must be accompanied by an adult.

Age: 6+ Min/Max: 4/12 R/NR: \$10/\$15
Location: Downers Grove Museum

Class #	Date	Day	Time
120068-01	1/30	W	5:30-7:00pm

New!
**Museum Movie Matinee:
 Little House on the Prairie**

Enjoy a movie and snack while watching the movie adaptation of Laura Ingalls' popular book series Little House on the Prairie. Similar to Laura Ingalls' story, the Blodgetts were pioneers on a journey further west. They traveled from Massachusetts and were some of the first settlers in Downers Grove. Watch pioneer-inspired struggles and events come to life on screen! Minors must be accompanied by an adult.

Age: 4+ Min/Max: 4/20 R/NR: \$5/\$8
Location: Downers Grove Museum

Class #	Date	Day	Time
120070-01	3/2	SA	1:30-3:30pm

YOUTH PROGRAMS

Home School History Workshop

Come to the Downers Grove Museum to learn about history in a hands-on way! Each workshop covers an informal introduction to a history topic and includes a related, hands-on activity!

Age: 7-10 Min/Max: 4/10 R/NR: \$36/\$54
Location: Downers Grove Museum

Class #	Date	Day	Time	Topic
120054-01	1/10 - 1/31	TH	1:00-2:30pm	Museum Finds
120054-02	2/7 - 2/28	TH	1:00-2:30pm	Famous People in DG History
120054-03	3/7 - 3/28	TH	1:00-2:30pm	The Civil War

American Girl Doll Valentine Tea Party

Dress up and bring your favorite American Girl Doll to the Museum for a special Valentine's Day themed tea party. Enjoy scrumptious treats, share stories about your doll and complete a fun craft for your doll.

Age: 6-12 Min/Max: 4/12 R/NR: \$20/\$30
Location: Downers Grove Museum

Class #	Date	Day	Time
120016-01	2/9	SA	12:00-1:30pm

New!

History Adventure Camp

Spend Spring Break exploring the exciting history of Downers Grove with the Downers Grove Museum! We'll get to know some of Downers Grove's coolest residents and perform some fun activities relating to how people lived in the past.

Age: 7-10 Min/Max: 4/12 R/NR: \$100/\$150
Location: Downers Grove Museum

Class #	Date	Day	Time
120057-01	3/25 - 3/29	M-F	9:00am-12:00pm

New!

Student Museum Volunteer Day

Do you know any students looking for volunteer hours? Come to the Museum for two hours of student volunteer work! Museum staff will assign volunteers a behind-the-scenes, hands-on task. Advance registration required.

Age: 14-19 Min/Max: 2/10 Fee: Free
Location: Downers Grove Museum

Class #	Date	Day	Time
120072-01	1/21	M	10:00am-12:00pm



Free!

MERRY & BRIGHT A VICTORIAN CHRISTMAS

Join us for a celebration of the season at this free family event! Learn about Victorian Christmas traditions, tour the holiday-decorated Victorian Blodgett house and listen to Victorian-era carolers. Stroll the park while warming up around a campfire and visit with Santa! Holiday snacks and hot cocoa will be available for purchase to enhance the holiday cheer.

Ages: All Fee: Free
Location: Downers Grove Museum

Day	Date	Time
SA	12/8	3:00-7:00pm



ADULT PROGRAMS

New!

Leather Working Workshop

Have you ever wondered how leather is created into everyday items? From belts to gun holsters, leather making was an important trade during the 19th century. Join museum staff to learn about how leather is made and its historic uses while trying your hand at leather making.

Age: 16+ Min/Max: 4/12 R/NR: \$15/\$20

Location: Downers Grove Museum

Class #	Date	Day	Time
120073-01	1/18	F	6:00-7:30pm

Preserving Family Treasures

Learn to preserve your family heirlooms and antiques for future generations. At each of these classes, the Museum Curator will discuss how to protect specific types of objects from agents of deterioration, such as pests, air and water. Participants will engage in hands-on activities.

Age: 18+ Min/Max: 4/12 R/NR: \$5/\$8

Location: Downers Grove Museum

Class #	Date	Day	Time
120060-01	1/28	M	1:00-2:00pm
120060-02	2/25	M	1:00-2:00pm

Mystery at the Museum

You've just completed dinner and now Emma Blodgett's diamond necklace is missing. Was it stolen? Who could have taken it? Can you solve the mystery? Join us at the museum for an evening of Victorian intrigue! Light appetizers will be served.

Age: 18+ Min/Max: 4/12 R/NR: \$20/\$25

Location: Downers Grove Museum

Class #	Date	Day	Time
120066-01	3/8	F	6:00-8:00pm

New!

The Evolution of Death

In this hour-long lecture the Museum Curator will explore the changes in the attitudes and rituals surrounding death, dying, and burial from the Victorian age to now. Learn about the Good Death, home funerals and current funerary practices that differ wildly from most of human history, and why these practices have changed so rapidly in the last 150 years.

Age: 16+ Min/Max: 10/50 Fee: Free

Location: Lincoln Center

Class #	Date	Day	Time
120071-01	3/18	M	6:00-7:00pm
120071-02	3/21	TH	11:00am-12:00pm

Temporary Exhibit

CAPTURED IN BLACK AND WHITE: DOWNERS GROVE IN THE GREAT DEPRESSION

OPEN FEBRUARY 16 TO JULY 12

Take a look at the Great Depression in Downers Grove through objects, words and sound. Explore the resilience and experiences of the people who lived here at one of the toughest times in American history, and connect the Downers Grove experience to the larger national experience of the time.

**FREE!
OPENING RECEPTION: 1-3PM ON FEB. 16**

Enjoy refreshments and meet with our Museum Staff who curated the exhibit.

Once the Farmers and Merchant Bank in the 1930s, this building is the new Pierce Tavern on Main Street.





SCHOOL OF THE ARTS

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

EARLY CHILDHOOD & YOUTH ART

Messy 2s & 3s & You

Experience and explore creativity with your tot. Parent and child work together on creative art activities that enhance fine motor skills and spark imagination. Parents gain ideas for at-home fun and skill enhancement. No class Feb. 18.

Age: 2-3 Min/Max: 6/10 R/NR: \$28/\$42

Location: Lincoln Center

Class #	Date	Day	Time
110011-01	1/7 - 1/21	M	9:30-10:00am
110011-02	1/28 - 2/11	M	9:30-10:00am
110011-03	2/25 - 3/11	M	9:30-10:00am
110011-04	1/7 - 1/21	M	10:30-11:00am
110011-05	1/28 - 2/11	M	10:30-11:00am
110011-06	2/25 - 3/11	M	10:30-11:00am

Mini Masterpiece-Preschool Art

Get your preschoolers involved making some mini masterpieces. This art class will encourage preschools to be creative as they make different art projects using a variety of mediums. Not only does art help develop fine motor control, but it gives kids a way to express themselves non-verbally and help them be more observant of the world around them.

Age: 4-5 Min/Max: 5/10 R/NR: \$28/\$42

Location: Lincoln Center

Class #	Date	Day	Time
110016-01	1/7 - 1/21	M	11:30am-12:00pm
110016-02	1/28 - 2/11	M	11:30am-12:00pm
110016-03	2/25 - 3/11	M	11:30am-12:00pm

Art Club

Young artists will explore their creativity with this after-school art adventure! Art Club participants will create a variety of art and craft projects, including painting, sculpture, collage and seasonal projects. Projects are age appropriate. Participants should bring a smock. No class Feb. 18.

Age: 6-8 Min/Max: 5/10 R/NR: \$74/\$111

Location: Lincoln Center

Class #	Date	Day	Time
110000-01	1/14 - 3/4	M	3:30-4:30pm

Cartooning

Get your cartooning skills on! Artists will learn how to design and draw a variety of cartoons from animals to people, and create fun cartoon stories.

Age: 9+ Min/Max: 5/10 R/NR: \$74/\$111

Location: Lincoln Center

Class #	Date	Day	Time
110002-01	1/15 - 2/26	TU	4:45-5:30pm

Drawing and Painting

Do you love to draw and paint? Want to learn more about famous artists? Come create in this class where we will learn about famous artists and their masterpieces and create projects based on their styles.

Age: 9+ Min/Max: 5/10 R/NR: \$74/\$111

Location: Lincoln Center

Class #	Date	Day	Time
110012-01	1/15 - 2/26	TU	5:45-6:45pm

Pottery for Kids

Pinch pots, cute cups and fun sculptures are a few of the pieces children create using the hand-building clay techniques of coil, pinch and slab. Participants must attend the first class in order to complete projects.

Age: 5-12 Min/Max: 5/10 R/NR: \$111/\$166

Location: Lincoln Center

Class #	Date	Day	Time
110003-01	1/18 - 2/22	F	3:30-4:45pm

YOUNG REMBRANDTS

Drawing

The Young Rembrandts method was developed to teach the basic concepts of drawing technique. Students will learn a new lesson in each class with a step-by-step approach featuring a variety of subjects including animals, action, still-life, landscape and cartoons. Students use different types of media to help build confidence with drawing concepts and skills.

Age: 6-12 Min/Max: 6/18 R/NR: \$52/\$78

Location: Lincoln Center Instructor: Young Rembrandts

Class #	Date	Day	Time
110042-01	1/5 - 1/26	SA	11:00am-12:00pm
110042-02	2/2 - 2/23	SA	11:00am-12:00pm
110042-03	3/2 - 3/23	SA	11:00am-12:00pm

YOUNG REMBRANDTS

Beginning Techniques

Beginning artists will expand image vocabulary as they learn valuable motor skills and drawing techniques. Learn a new lesson in each class and each session (we have a 5-year curriculum). Engaging subject matter will encourage their active imaginations. Completed drawings will include animals and monsters and other whimsical characters and scenes. We combine basic ideas with exciting drawings! Students use a variety of media to help build art and drawing concepts—all while we are having fun! All supplies included.

Age: 4-5 Min/Max: 6/18 R/NR: \$52/\$78

Location: Lincoln Center Instructor: Young Rembrandts

Class #	Date	Day	Time
110043-01	1/5 - 1/26	SA	10:00-10:50am
110043-02	2/2 - 2/23	SA	10:00-10:50am
110043-03	3/2 - 3/23	SA	10:00-10:50am

ADULT ART

Mixed Media Art

Students will create multi-layered artwork utilizing a variety of materials such as paint, ink, imagery, print making and found objects.

Age: 16+ Min/Max: 5/10 R/NR: \$93/\$140

Location: Lincoln Center

Class #	Date	Day	Time
110072-01	1/15 - 2/26	TU	7:00-8:00pm

Adult Pottery

Learn basic hand building skills in this relaxing class while making new friends. This fun class will enable students to work at their own pace and create one of a kind pieces for their homes. Projects are finished using your choice of color glazes. A separate project pickup date will be announced during class. All materials are provided.

Age: 16+ Min/Max: 5/10 R/NR: \$120/\$180

Location: Lincoln Center

Class #	Date	Day	Time
110073-01	1/18 - 2/22	F	9:30-11:30am

Mosaic Your Pottery

This class combines the basic skills of pottery and mosaics. Each student will make ceramic bases and tiles and then combine them using colorful patterns and designs. Grouting and sealing will also be covered. A project pickup date will be announced during class. All materials provided.

Age: 16+ Min/Max: 5/10 R/NR: \$120/\$180

Location: Lincoln Center

Class #	Date	Day	Time
110074-01	1/18 - 2/22	F	12:30-2:30 pm

Check it out!
ARTS
PLAYSCHOOL™

See page 42 for Arts Playschool programs for ages 4-6.

MUSIC PROGRAMS

Tot Rock

Maracas and clackers and tambourines, too; it's musical fun just for you! Tot Rock and Kid Rock are unique music and learning programs designed specifically for each age group. Each session focuses on a new educational theme that incorporates hand held instruments, play props, sensory integration, coordination exercises, motor skills and socialization. All programs are presented in a structured format, however, Tot Rock also allows for some unstructured play time. Sing, dance and play today!

Age: 1 Min/Max: 4/15

Location: Lincoln Center Instructor: Rock 'N' Kids

Class #	Date	Day	Time	R/NR
116111-01	1/15 - 2/12	TU	9:15-9:55am	\$50/\$75
116111-02	2/26 - 3/19	TU	9:15-9:55am	\$40/\$60

Kid Rock

Maracas and clackers and tambourines, too; it's musical fun just for you! Tot Rock and Kid Rock are unique music and learning programs designed specifically for each age group. Each session focuses on a new educational theme that incorporates hand held instruments, play props, sensory integration, coordination exercises, motor skills and socialization. All programs are presented in a structured format. Sing, dance and play today!

Min/Max: 4/15 Location: Lincoln Center

Instructor: Rock 'N' Kids

Class #	Age	Date	Day	Time	R/NR
Kid Rock I					
116112-01	2 w/parent	1/15 - 2/12	TU	10:00-10:40am	\$50/\$75
116112-02	2 w/parent	2/26 - 3/19	TU	10:00-10:40am	\$40/\$60
Kid Rock II					
116113-01	3-5 w/o parent	1/15 - 2/12	TU	10:45-11:25am	\$50/\$75
116113-02	3-5 w/o parent	2/26 - 3/19	TU	10:45-11:25am	\$40/\$60
Kid Rock III					
116114-01	1.5-5 w/parent	1/15 - 2/12	TU	11:30am-12:10pm	\$50/\$75
116114-02	1.5-5 w/parent	2/26 - 3/19	TU	11:30am-12:10pm	\$40/\$60

Music Together WITH TINY TOES MUSIC

Each week, babies, toddlers, preschoolers and the grownups who love them gather for 45 minutes of fun-filled family music time with Tiny Toes Music. Enjoy music activities ranging from lullabies to full-on jam sessions (with child-friendly instruments, of course!). Everyone participates at their own levels: babies vocalize, listen and observe; toddlers play and experiment; and preschoolers build confidences as they emerge as classroom leaders. Take home the award-winning music used in class, along with an illustrated songbook and other resources. Support your child's music-learning and overall development all week long as you discover new ways to play with music together. Infant siblings under 9 months attend for free and any caregiver (parent, nanny, or grandparent) can participate in this family music experience.

Age: 0-6 Min/Max: 6/12

R/NR: \$226/\$339 Sibling discount: \$143/\$256

Location: Lincoln Center Instructor: Tiny Toes Music

Class #	Date	Day	Time
116110-01	1/22 - 3/12	TU	4:30-5:15pm
116110-02	1/22 - 3/12	TU	5:30-6:15pm
116110-03	1/23 - 3/13	W	9:15-10:00am
116110-04	1/23 - 3/13	W	10:15-11:00am
116110-05	1/23 - 3/13	W	11:15am-12:00pm
116110-06	1/24 - 3/14	TH	9:15-10:00am
116110-07	1/24 - 3/14	TH	10:15-11:00am
116110-08	1/24 - 3/14	TH	11:15am-12:00pm

Rhythm Kids WITH TINY TOES MUSIC

Rhythm Kids Level 1 is the next musical step for your older preschool child with a parent or caregiver. Each week we drum, sing, dance, play rhythm instruments and begin to play music-based games. Children will enjoy developmentally appropriate music and movement activities, create movement ideas for songs and even take a drum solo! Classes include Animal Collection Songbook, audio recording each semester and access to online drum-play videos and other material. Children will explore the world of rhythm through movement, instrument play and song, develop basic rhythm skills and learn to create, cooperate and express themselves musically. Ask your instructor about options available to purchase djembe drums.

Age: 3.5-6 Min/Max: 6/12

R/NR: \$226/\$339 Sibling discount: \$143/\$256

Location: Lincoln Center Instructor: Tiny Toes Music

Class #	Date	Day	Time
116109-01	1/24 - 3/14	TH	1:00-1:45pm

THEATER PROGRAMS

NO CLASS FEB. 18 FOR ALL THEATER PROGRAMS

Little Actors Club

Children love this innovative drama class that develops their imagination and introduces them to the performing arts in a fun and creative atmosphere. Each week is a new and exciting adventure into the imagination with changing themes, music, costumes, and props. They even learn a new joke every week! Kids learn theater terms, enhance spontaneity, build self-esteem and have a blast!

Age: 3-6 Min/Max: 7/16 Location: Lincoln Center
Instructor: Shining Star Productions

Class #	Date	Day	Time	R/NR
116100-01	2/4 - 3/18	M	11:30am-12:15pm	\$77/\$116
116100-02	2/8 - 3/22	F	6:00-6:45pm	\$90/\$135

Young Actors Club

Join the fun in this wonderful and fast-paced creative drama class. Each week is a new and exciting adventure into the imagination with changing themes, music, costumes, props, playbills and a joke of the week. Learn theater terms, enhance spontaneity, build self-esteem and have a blast!

Age: 6-8 Min/Max: 7/16 Location: Lincoln Center
Instructor: Shining Star Productions

Class #	Date	Day	Time	R/NR
116101-01	2/4 - 3/18	M	5:00-5:45pm	\$77/\$116
116101-02	2/8 - 3/22	F	7:00-7:45pm	\$90/\$135

MUSIC LESSONS

Piano Lessons Students are taught to read and perform pieces from the Faber Piano Adventures Series. Each student is instructed based on completion of previous levels and instructor approval. Students also study music theory by completing special assignments.

Guitar Lessons Handouts are used to teach popular songs. This class presents fundamentals such as chord structure, strumming techniques, and chord progression. Classes are also customizable based on skill level.

Drum Lessons Students are taught the basics such as holding and striking a drum properly, coordination, drills and rhythms. Classes are customizable based on skill level.

Voice Lessons Students are taught the basics of healthy vocal technique using a variety of exercises and repertoire. Each curriculum is customized for the student's skill level and interests.

LOL Improv

If you enjoy comedy, laughing, having a good time or acting, this class is for you. Join us in creating characters, playing awesome theater games, inventing scenes, developing social skills and being spontaneous. This is one class you don't want to miss. Warning: due to the creativity of participants in this class you should be prepared to laugh out loud!

Age: 9-13 Min/Max: 7/16 R/NR: \$77/\$116

Location: Lincoln Center Instructor: Shining Star Productions

Class #	Date	Day	Time
116102-01	2/4 - 3/18	M	6:00-6:45pm

Family Acting Scenes

Drama classes aren't just for kids anymore. Here's the chance for parents or grandparents to get in on the fun by performing an original two-person adult/child acting scene. There will be an informal audition process during the first class. Participants will be given an acting scene (approximately 5 to 8 minutes) on the first night, which they will be working on throughout the session. Any props or costumes will be the actor's responsibility to provide. We will have an in-class performance the last day. Fee is per couple. Register child only.

Age: 8-13 Min/Max: 7/16 R/NR: \$128/\$192

Location: Lincoln Center Instructor: Shining Star Productions

Class #	Date	Day	Time
116103-01	1/28 - 3/18	M	7:00-8:15pm

Lesson books for all classes are sold in the Lincoln Center Registration Office. On the first day of class, the instructor informs the student which level book to purchase—fees listed do not include book fees. The Park District does not sell or loan instruments. Participants must already have the instrument of their choice in playing condition.

These lessons are ongoing; register at any time! Sign up for automatic re-enrollment with AutoPay to guarantee your timeslot! Call registration at 630.963.1300 for available times and more information.

Location: Lincoln Center, Room 506

Time: Classes are 30 min. in length

Weekday classes: Between 3 and 8PM

Saturday classes: Between 9AM and 1PM

Musical Recital: May 19 at 4PM

No Class: Feb. 18, March 25 to 30, April 19 to 20 and May 27

Day	Age	Monthly Cost R/NR	Instrument
M	5+	\$89/\$133	Guitar
TU	5+	\$97/\$145	Voice
W	5+	\$97/\$145	Piano
F	7+	\$91/\$136	Drums
SA	5+	\$95/\$142	Piano

DANCE PROGRAMS

Adult Tap

Tap is an upbeat dance form that is a great way to exercise, so come along and join the fun. Class includes warm-ups, basic steps and traveling combinations. Tap shoes are required. Intermediate class participants must have mastered basic tap skills.

Age: 16+ Min/Max: 4/12 R/N: \$86/\$129

Instructor: Michelle Dawson

Class #	Level	Location	Date	Day	Time
116230-01	Beginner	Lisle Park District	1/10 - 3/14	TH	9:45-10:30am
116230-02	Beginner	Lisle Park District	3/21 - 5/23	TH	9:45-10:30am
116230-03	Intermediate/Adv	Woodridge Park District	1/7 - 3/11	M	7:00-7:45pm
116230-04	Intermediate/Adv	Woodridge Park District	3/18 - 5/20	M	7:00-7:45pm

Adult Ballet

Learn movements with grace and beauty through ballet! Ballet is a fundamental dance form that is a great way to stretch and exercise. This class is designed for new or returning students. Ballet shoes are required.

Adult Hip Hop Workout

Come and have loads of fun while learning new steps! Get your heart pumping from warm-up to cool down as you learn a mixture of street moves and jazz all while listening to today's hottest music.

Ballet I & II

During ballet, the dancers will be taught the classical techniques of ballet including terminology and positions. Students build upon the fundamentals through barre work and developing combinations of several dance moves. Dancers become accustomed to learning both adagio and allegro combinations across the floor individually as well as performing together in the group.

Ballet I/II

Students build upon the fundamentals learned in pre-ballet through barre work and developing combinations of several dance moves. Dancers become accustomed to learning both adagio and allegro combinations across the floor individually as well as performing together in the group.

Dance 101

Attention homeschoolers and half-day kindergarteners, this class is for you! Come learn the basics in all different disciplines of dance.

Dance Party!

Open dance! For 45 minutes come to ask dance questions, learn new moves, let off steam and dance it out. Dancers can make up their own moves or learn some from the instructor.

Hawaiian Hula

The hula is the dance from Hawaii where the story of the culture and history is expressed through graceful hand movements. Instructor Shasta Puanani Hud, born and raised in Hawaii, will teach the hula and share the Hawaiian culture! Participants should wear comfortable clothing.

Hip Hop

This class will teach beginner to intermediate level hip hop moves, while focusing on developing a sense of rhythm through hip hop choreography.

Irish Step Dance

Learn the traditional Irish Jig, Reels, Hornpipes and team figure dances. The McNulty School of Irish Dance program is designed to challenge each dancer to achieve his or her personal best, while helping individuals develop concentration skills, coordination and self-confidence. Dancers begin learning solo and team dances in Irish soft shoes and then progress to more complex soft-shoe and heavy-shoe steps over time. Class attire includes black t-shirts or leotards, black shorts, white socks, and Irish, jazz, ballet or light gym shoes. No long pants of any kind. No refunds once class has begun. All levels of Irish dance with the exception of beginning classes require the instructor's recommendation. To enroll in a heavy-shoe class, you must be enrolled in a soft-shoe class during the same session.

Jazz I & II

Put classic jazz moves to cool music. This type of dance is energetic and fun! Dancers learn basic jazz techniques including jazz turns and the art of suspension: moving through positions instead of stopping and balancing in them.

Modern

Modern dance gives students the opportunity to explore their own dance style outside of a more traditional ballet or jazz class. Modern explores rhythm and space, and emphasizes floor work, flow and expressive movement.



Age: 7-14 Min/Max: 8/12 Location: Lincoln Center

Class	Date	Day	Time	R/NR
Garnet	1/18 - 5/24	F	4:00-5:30pm	\$344/\$494
Topaz	1/18 - 5/24	F	4:00-6:15pm	\$487/\$637

Excel in dance when you become a part of this dance team! The first half of class will cover technique, and the second half will work on choreography. Technique will have an emphasis in ballet, jazz, modern and lyrical. Participants in the team are also required to enroll in a minimum of one additional dance class and one specialty class. You must audition to become a team member. Auditions will be held in the summer of 2019. For questions, contact Akeila LeClaire at aleclaire@dgparcs.org.

Parent-Tot Ballet

Parent and toddler interact with other parents and tots through song and dance. Basic ballet is introduced and dancers begin increasing body awareness, developing balance and improving gross motor skills.

Pre-K Ballet I

Dancers will be introduced to the classical techniques of ballet including terminology and positions. Develop balance, increase body awareness, improve listening and gross motor skills.

Pre-K Ballet II

During Pre-K Ballet, the dancers will be taught the classical techniques of ballet including terminology and positions. Students work on becoming familiar with the concept of left and right, following directions in a group, taking turns, moving across the floor, balancing and sequencing exercises and free expression to classical music.

Pre-K Ballet/Hip Hop

During the ballet portion of the class, dancers will be taught the classical technique of ballet including terminology and positions. They will also work on strength, balance, flexibility and posture. The hip hop portion will teach popular street moves along with developing a sense of rhythm through hip hop choreography.

Pre-K Ballet/Jazz/Tumbling

This class will expose your child to three fun and interactive types of movement: ballet, jazz, and tumbling! Students will learn dance terminology, basic positions and tumbling moves such as straddle rolls and crab walks.

Pre-K Ballet/Tap I & II and Pre-K Ballet/Tap Seasonal

During pre-ballet the dancers will be taught the classical techniques of ballet including terminology and positions. Work on strength, balance, flexibility and posture. In the tap portion of the class, students make music with their feet through different rhythms. Students will become familiar with following directions in a group, taking turns, moving across the floor, balancing and sequencing exercises.

Pre-K Jazz/Hip Hop I & II and Pre-K Jazz/Hip Hop Seasonal

This is a combination class of Classical Jazz and Hip Hop. Students work on strength building, balance, isolations, stretch, rhythm and technique while dancing to today's popular music. The class consists of warm-up, progressions across the floor and center combinations while working on performance and style.

Pre-K Tap/Hip Hop/Tumbling

This class introduces your child to three interactive and creative types of movement: tap, hip hop and tumbling! Students will groove to popular music while incorporating hip hop moves, tap sounds and tumbling moves such as straddle rolls and crab walks.

Storybook Ballet

Basic ballet is introduced with props, drama and the magic of stories. Dancers begin increasing body awareness, developing balance and improving gross motor skills.

Tap I & II

Dancers learn how to manipulate their foot and ankle to create rhythmic sounding tap combinations. Different combinations of steps create different rhythms, accents and syncopation. Tappers focus on using a wide variety of tap steps while keeping their weight distributed on the balls of their feet and using their heels when necessary. The melodic tapping enhances memorization of dance combinations and creates an ease to balance and performing!

DANCE KIDS USA

Creative Movement

Creative movement, music education, dance, mime, ballet, jazz, tap, gymnastics and performance are encouraged in this class. Children gain confidence, rhythm, better coordination, balance and memory.

Parent-Tot Dance

Fee includes parent and one child. Interact with other parents and tots through song and dance! Develop balance, increase body awareness, improve listening and gross motor skills.

Pre-Ballet I & II

In ballet your child will develop poise, grace and self-confidence. They will move through basic technique taught at the barre or in center, basic steps and traveling combinations. They will learn combinations and improve their memory.

Pre-Ballet/Tap I & II

Join us for ballet and tap. In tap your child will acquire rhythm, coordination and self-esteem. In ballet your child will develop poise, grace and self-confidence. In these classes your child will move through basic technique taught at the barre or in center, basic steps and traveling combinations. They will learn combinations and improve their memory. Ballet and tap shoes are required.

Pre-Jazz/Hip Hop

This combination class will bridge the gap between classical jazz and Hip Hop. Students work on strength, balance, isolations, groove and technique while dancing to today's popular music.

Pre-Jazz/Hip Hop/Tumbling

This combination class will bridge the gap between classical jazz and Hip Hop. Students work on strength, balance, isolations, groove and technique while dancing to today's popular music.

WINTER RECITAL

JUNE 1 AT DOWNERS GROVE SOUTH HIGH SCHOOL

Each year, the Downers Grove School of Dance hosts an exciting dance recital for the participants of our dance program. Family and friends are encouraged to come and view the students performances. Classes have already been assigned recital times, a dress rehearsal date, and a picture date. If you withdraw from the class once costumes have been ordered, we will not be able to refund your costume fee. Depending on enrollment, your recital time may be changed. If a recital is optional for your class, always check with your instructor to determine participation.

CLASS ATTIRE: Ballet and tumbling classes should wear leather or canvas ballet shoes in white or pink, along with a leotard and tights. Tap classes should wear black tap shoes, leotard and tights or leggings. Jazz classes should wear black jazz or ballet shoes (ballet shoes should be leather or canvas), leotard with either jazz pants, tights or leggings. Skirts and tutus are optional for ballet, tap, and jazz. Hip hop classes should wear hip hop shoes or gyms shoes that are not worn outside, leggings, bike shorts or yoga pants, and a fitted T-shirt.

No class Feb. 18, March 16, March 25 to 30, April 19 to 20 and April 27.

DOWNERS GROVE PARK DISTRICT STAFF									
Class	Program	Day	Date	Time	Age	Dress Rehearsal Day	Picture Day	Recital Time	R/NR
117507-01	Storybook Ballet	M	1/14 - 3/18	10:30 - 11:15am	2.5-3	N/A	N/A	N/A	\$67/\$101
117509-01	Pre-K Ballet/Hip Hop	M	1/14 - 5/20	11:30am - 12:15pm	4-6	5/28	5/30	12:00pm	\$187/\$253
117509-02	Pre-K Ballet/Hip Hop	M	1/14 - 5/20	12:30 - 1:15pm	3-4	5/28	5/30	2:30pm	\$187/\$253
117525-01	Pre-K Jazz/Hip Hop I	M	1/14 - 5/20	4 - 4:45pm	3-4	5/28	5/30	12:00pm	\$187/\$253
117554-01	Dance Party!	M	1/14 - 5/20	4 - 4:45pm	6-9	N/A	N/A	N/A	\$127/\$191
117524-02	Pre-K Ballet/Tap I	M	1/14 - 5/20	5 - 5:45pm	3-4	5/29	5/31	2:30pm	\$187/\$253
117530-01	Pre-K Ballet/Tap II	M	1/14 - 5/20	5 - 5:45pm	4-6	5/29	5/31	12:00pm	\$187/\$253
117535-01	Pre-K Jazz/Hip Hop II	M	1/14 - 5/20	5:45 - 6:30pm	4-6	5/29	5/31	12:00pm	\$187/\$253
117502-01	Ballet I	M	1/14 - 5/20	5:45 - 6:30pm	6-9	5/28	5/30	2:30pm	\$187/\$253
117505-01	Adult Ballet	M	1/14 - 3/18	6:30 - 7:30pm	16+	5/28	5/30	6:45pm	\$84/\$126
117529-01	Adult Hip Hop Workout	M	1/14 - 3/18	7:30 - 8:30pm	16+	5/28	5/30	6:45pm	\$84/\$126
117524-03	Pre-K Ballet/Tap I	TU	1/15 - 5/21	11:30am - 12:15pm	3-4	5/28	5/30	4:45pm	\$198/\$269
117525-02	Pre-K Jazz/Hip Hop I	TU	1/15 - 5/21	12:30 - 1:15pm	3-4	5/28	5/30	4:45pm	\$198/\$269
117509-03	Pre-K Ballet/Hip Hop	TU	1/15 - 5/21	1:15 - 2pm	3-4	5/28	5/30	4:45pm	\$198/\$269
117525-03	Pre-K Jazz/Hip Hop I	TU	1/15 - 5/21	4 - 4:45pm	3-4	5/29	5/31	2:30pm	\$198/\$269
117519-01	Hip Hop	TU	1/15 - 5/21	4 - 4:45pm	6-9	5/28	5/30	6:45pm	\$198/\$269
117515-01	Jazz I	TU	1/15 - 5/21	4:45 - 5:45pm	10-14	5/29	5/31	2:30pm	\$264/\$368
117503-01	Ballet II	TU	1/15 - 5/21	4:45 - 5:45pm	10-14	5/28	5/30	6:45pm	\$264/\$368
117556-01	Modern	TU	1/15 - 5/21	5:30 - 6:30pm	10-14	5/29	5/31	6:45pm	\$264/\$368
117522-01	Jazz II	TU	1/15 - 5/21	6:15 - 7:15pm	10-14	5/28	5/30	6:45pm	\$264/\$368
117512-01	Pre-K Ballet/Jazz/Tumbling	W	1/16 - 3/20	10:30 - 11:15am	3-5	N/A	N/A	N/A	\$75/\$113
117540-01	Pre-K Jazz/Hip Hop Seasonal	W	1/16 - 3/20	11:30am - 12:15pm	3-5	N/A	N/A	N/A	\$75/\$113
117520-01	Pre-K Ballet/Tap Seasonal	W	1/16 - 3/20	12:30 - 1:15pm	3-5	N/A	N/A	N/A	\$75/\$113
117511-01	Pre-K Tap/Hip Hop/Tumbling	W	1/16 - 3/20	1:15 - 2pm	3-5	N/A	N/A	N/A	\$75/\$113
117509-04	Pre-K Ballet/Hip Hop Seasonal	W	1/16 - 3/20	4 - 4:45pm	3-5	N/A	N/A	N/A	\$75/\$113
117532-01	Parent-Tot Ballet	W	1/16 - 3/20	4 - 4:30pm	2.5-3.5	N/A	N/A	N/A	\$56/\$84
117507-02	Storybook Ballet	W	1/16 - 3/20	4:30 - 5:15pm	2.5-3	N/A	N/A	N/A	\$75/\$113

DOWNERS GROVE PARK DISTRICT STAFF

Class	Program	Day	Date	Time	Age	Dress Rehearsal Day	Picture Day	Recital Time	R/NR
117540-02	Pre-K Jazz/Hip Hop Seasonal	W	1/16 - 3/20	4:45 - 5:30pm	3-5	N/A	N/A	N/A	\$75/\$113
117524-04	Pre-K Ballet/Tap I	W	1/16 - 5/22	5:15 - 6pm	3-4	5/28	5/30	6:45pm	\$198/\$269
117519-02	Hip Hop	W	1/16 - 5/22	5:30 - 6:30pm	10-14	5/28	5/30	2:30pm	\$264/\$368
117515-02	Jazz I	W	1/16 - 5/22	6:30 - 7:15pm	6-9	5/28	5/30	2:30pm	\$198/\$269
117501-02	Pre-K Ballet I	TH	1/17 - 5/23	10:45 - 11:30am	3-4	5/28	5/30	2:30pm	\$198/\$269
117507-03	Storybook Ballet	TH	1/17 - 3/21	10 - 10:45am	2.5-3	N/A	N/A	N/A	\$75/\$113
117535-02	Pre-K Jazz/Hip Hop II	TH	1/17 - 5/23	4 - 4:45pm	4-6	5/28	5/30	6:45pm	\$198/\$269
117501-03	Pre-K Ballet I	TH	1/17-5/23	4-4:45pm	3-4	5/28	5/30	2:30pm	\$198/\$269
117539-01	Hawaiian Hula	TH	2/14 - 3/21	5 - 5:45pm	6-9	5/29	5/31	2:30pm	\$46/\$69
117528-01	Ballet I/II	TH	1/17 - 5/23	5:15 - 6:15pm	10-14	5/28	5/30	2:30pm	\$264/\$368
117508-01	Tap II	TH	1/17 - 5/23	6:15 - 7:15pm	10-14	5/28	5/30	2:30pm	\$264/\$368
117539-02	Adult Hawaiian Hula	TH	2/14 - 3/21	6 - 7pm	16+	5/29	5/31	2:30pm	\$58/\$87
117524-05	Pre-K Ballet/Tap I	SA	1/19 - 5/25	9:30 - 10:15am	3-4	5/29	5/31	4:45pm	\$165/\$220
117530-02	Pre-K Ballet/Tap II	SA	1/19 - 5/25	9:30 - 10:15am	4-6	5/28	5/30	4:45pm	\$165/\$220
117525-05	Pre-K Jazz/Hip Hop I	SA	1/19 - 5/25	10:15 - 11am	3-4	5/29	5/31	4:45pm	\$165/\$220
117535-03	Pre-K Jazz/Hip Hop II	SA	1/19 - 5/25	10:15 - 11am	4-6	5/28	5/30	4:45pm	\$165/\$220
117502-02	Ballet I	SA	1/19 - 5/25	11 - 11:45am	6-9	5/29	5/31	4:45pm	\$165/\$220
117519-03	Hip Hop	SA	1/19 - 5/25	11 - 11:45am	6-9	5/28	5/30	4:45pm	\$165/\$220
117515-03	Jazz I	SA	1/19 - 5/25	11:45am - 12:30pm	6-9	5/28	5/30	4:45pm	\$165/\$220
117504-01	Tap I	SA	1/19 - 5/25	12:30 - 1:15pm	6-9	5/28	5/30	4:45pm	\$165/\$220

MCNULTY IRISH DANCE | BARBARA MCNULTY

These classes are recital optional. Check with your instructor to see if they will participate in the recital.

Class	Program	Day	Date	Time	Age	Dress Rehearsal Day	Picture Day	Recital Time	R/NR
116200-01	Irish Step Mom & Tot	TH	1/3 - 3/21	3:25 - 3:55pm	2.5-3.5	N/A	N/A	N/A	\$108/\$162
116200-02	Irish Step Preschool	TH	1/3 - 3/21	4 - 4:30pm	3.5-4	5/29	5/31	12:00pm	\$108/\$162
116200-03	Irish Step Beginner	TH	1/3 - 3/21	4:35 - 5:20pm	5-16	5/29	5/31	12:00pm	\$156/\$234
116200-04	Irish Step Intermediate/Adv	TH	1/3 - 3/21	5:25 - 6:25pm	6-16	5/29	5/31	12:00pm	\$168/\$252
116200-05	Irish Step Heavy Shoe	TH	1/3 - 3/21	6:30 - 7pm	6-16	5/29	5/31	12:00pm	\$84/\$126
116200-06	Irish Step Boys	TH	1/3 - 3/21	7:05 - 7:35pm	6-16	5/29	5/31	12:00pm	\$108/\$162
116200-07	Irish Step Adult	TH	1/3 - 3/21	7:40 - 8:25pm	16+	5/29	5/31	12:00pm	\$156/\$234

DANCE KIDS USA | MICHELLE DAWSON

Class	Program	Day	Date	Time	Age	Dress Rehearsal Day	Picture Day	Recital Time	R/NR
116225-01	Pre-Ballet I	F	1/11 - 5/24	9:05 - 9:50am	3-5	5/29	5/31	10:15am	\$219/\$296
116221-01	Pre-Ballet/Tap I	F	1/11 - 5/24	9:50 - 10:35am	3-5	5/29	5/31	10:15am	\$219/\$296
116220-01	Parent/Tot Dance	F	1/11 - 3/15	10:35 - 11:05am	2-3	N/A	N/A	N/A	\$57/\$86
116220-02	Parent/Tot Dance	F	3/22 - 5/24	10:35 - 11:05am	2-3	N/A	N/A	N/A	\$46/\$69
116223-01	Creative Movement	F	1/11 - 5/24	11:05 - 11:50am	2.5-5	5/29	5/31	10:15am	\$219/\$296
116226-01	Pre-Ballet II	F	1/11 - 5/24	11:50am - 12:35pm	4-6	5/29	5/31	10:15am	\$219/\$296
116224-01	Pre-Jazz/Hip Hop	F	1/11 - 5/24	12:35 - 1:05pm	4-6	5/29	5/31	10:15am	\$167/\$219
116222-01	Pre-Ballet/Tap II	F	1/11 - 5/24	1:05 - 1:50pm	4-6	5/29	5/31	10:15am	\$219/\$296
116227-01	Pre-Jazz/Hip Hop/Tumbling	F	1/11 - 5/24	1:50 - 2:35pm	4-6	5/29	5/31	10:15am	\$219/\$296



BIRTHDAY PARTIES

CREATE UNFORGETTABLE MEMORIES!

LINCOLN CENTER Birthday Party Service

Create an unforgettable birthday party. Just invite the guests and leave the planning and mess up to us!

All themed parties are filled with a variety of games and activities and include: Two-hour party for up to 15 guests, decorated room and tables, invitations, envelopes, paper goods, candles, party hosts, beverages and your choice of cake or cupcakes. For parties over 15 guests, please add \$5 per person. Pizza can also be added for an additional fee below.

Registration is required at least two weeks in advance. Party planning begins upon full payment. Call 630.963.1300 for details.

PARTY THEMES	AGES	R/NR	14" ONE-TOPPING PIZZA	
			# IN PARTY	FEE
GYMKIDS	5 - 12	\$235/\$255	1 - 10	\$30 (2 PIZZAS)
DANCE PARTY	5 - 12	\$235/\$255	10 - 15	\$42 (3 PIZZAS)
PAINT & TAKE	5 - 12	\$235/\$255	15 - 20	\$52 (4 PIZZAS)
BAKE-A-THON	5 - 12	\$235/\$255	20 - 25	\$62 (5 PIZZAS)
MAGIC	4+	\$295/\$315		
BALLOON ANIMAL	3+	\$295/\$315		
SAFARI	3 - 8	\$235/\$255		
OOEY GOOEY	5 - 12	\$235/\$255		
WACKY GAMES	5 - 10	\$235/\$255		
SUPER HERO	3 - 8	\$235/\$255		
NERF WAR	5 - 12	\$250/\$270		

PARTIES ARE AVAILABLE FRIDAY THROUGH SUNDAY FROM 11AM-1PM; 2-4PM OR 5-7PM BASED ON AVAILABILITY. PARTIES ARE HELD AT THE LINCOLN CENTER UNLESS OTHERWISE NOTED.

LINCOLN CENTER PARTY DESCRIPTIONS

GYMKIDS PARTY | AGES 5-12

For energetic kids who love to move! Children play supervised games in our gymnasium, led by our birthday party staff, followed by time in the party room for refreshments.

DANCE PARTY | AGES 5-12

Led by our own dance instructor, children warm up and learn choreographed dance combinations in our dance studio. The guest of honor can choose the style of dance: ballet, hip-hop, jazz or combine styles. Music is provided.

PAINT & TAKE PARTY | AGES 5-12

Celebrate the art of letting your creativity flow in our ceramic studio. Children will paint ceramic pottery pieces that are ready to take home the same day.

BIRTHDAY BAKE-A-THON PARTY | AGES 5-12

A deliciously good time! Bake the day away with cupcake creations and design a personalized apron for future culinary fun!

MAGIC PARTY | AGES 4+

You will see vanishing acts, card tricks, mind-reading, and much more from magician Gary Kantor. All shows are interactive. Your child will come up on stage and become a Junior Magician right before your eyes.

BALLOON ANIMAL PARTY | AGES 3+

45-minutes of non-stop balloon animals from the Magic Team of Gary Kantor. Dogs, butterflies, swords, etc. And at the end of the party they'll each get to take home their very own collection of assorted balloon animals.

SAFARI PARTY | AGES 3 - 8

Embark on your very own safari adventure and scavenger hunt! Decorate a safari vest and binocular craft, play safari themed games and receive a safari hat and stuffed animal friend to take home.

OOEY GOOEY MESSY PARTY | AGES 5 - 12

Everyone will have an ooey, gooey good time creating their own slime and making a mess will all kinds of slimy, sloppy games and activities.

WACKY GAMES PARTY | AGES 5 - 12

Your child and their friends will go crazy as they enjoy a variety of high-energy activities including scooter races, parachute games and fun relay races.

SUPERHERO PARTY | AGES 3 - 8

Your little Superhero will have a blast flying through an assortment of relays, obstacles and challenges as they hone their Super Powers.

NEW! NERF WAR PARTY | AGES 5 - 12

Your child will dip, duck and dodge while engaged in multiple rounds of war with their friends. Barriers, NERF guns and darts are provided.

MINER MIKE'S Adventure Golf Parties



Have a putting-good time and celebrate a birthday with Miner Mike! Two-hour parties include 18 holes of mini-golf, cupcakes, drinks and a party leader!

Registration is required in advance. Party planning begins upon full payment. Call 630.963.1300 to book. Visit minermikesminigolf.com for details.

PARTIES INCLUDE	PARTY FEES
TWO HOURS OF PARTY TIME	RESIDENTS: \$140
18-HOLES OF MINI-GOLF	NON-RESIDENTS: \$160
UP TO 15 GUESTS	2 ONE-TOPPING PIZZAS: \$30
BALLOONS & DECORATIONS	3 ONE-TOPPING PIZZAS: \$42
INVITATIONS	4 ONE-TOPPING PIZZAS: \$54
PARTY HOST	ADDITIONAL GUESTS: \$5
CUPCAKES	
FOUNTAIN DRINKS	

Parties are available May through September only on Saturdays and Sundays. Please contact Mike Contreras at 630.960.7563 for more information.

LYMAN WOODS Nature Parties



Wild parties at Lyman Woods include outdoor adventures led by a naturalist, as well as time for opening gifts and eating cake in the Interpretive Center or outdoors in the picnic area. Extend your party with a 30-minute campfire program, complete with s'mores.

Parties must be booked at least two weeks in advance.

PARTY THEMES	AGES	PARTY INCLUDES
BEEKEEPING (APR. - SEPT.)	9YRS+	2 HOURS OF PARTY TIME
ARCHERY (APR. - OCT.)	9YRS+	UP TO 10 GUESTS
NATURE AT NIGHT	7YRS+	DISHES & NAPKINS
WILDERNESS SKILLS	7YRS+	PARTY HOST
ORIENTEERING	7YRS+	
PREDATOR & PREY	7YRS+	
GROSS OUT NATURE	7YRS+	
BUG BONANZA (MAY - SEPT.)	4YRS+	
WILDLIFE DETECTIVES	4YRS+	
BIRD BRAINS	4YRS+	
WILD WETLANDS (APR. - SEPT.)	4YRS+	
NATURE PLAY	3YRS+	

PARTY FEES
RESIDENT: \$125
NON-RESIDENT: \$125
ADDITIONAL GUESTS: \$5
ADD-ON 30-MINUTE CAMPFIRE WITH S'MORES: \$40

Snowshoeing

Snowshoeing may be available for Winter parties at no extra charge. Weather dependent.

HISTORIC Birthday Parties



Choose a unique and fun theme geared specifically towards your child's historic interests. Each party includes a themed craft or activity and time for opening gifts and eating cake.

Parties must be booked at least two weeks in advance.

PARTIES THEMES	AGES	PARTY INCLUDES
FUN WITH FAIRYTALES	4 YRS+	2 HOURS OF PARTY TIME
FIREFIGHTER	4 YRS+	UP TO 10 GUESTS
TIME TRAVELER	6 YRS+	DISHES & NAPKINS
AMERICAN GIRL	6 YRS+	PARTY HOST
VICTORIAN TEA PARTY	6 YRS+	
PIONEER PLAY DAY	6 YRS+	
HISTORY DETECTIVES	8 YRS+	
ARCHEOLOGY	8 YRS+	

PARTY FEES
RESIDENT: \$115
NON-RESIDENT: \$150
ADDITIONAL GUESTS: \$5

EASY WAYS TO REGISTER

CREATE AN ONLINE ACCOUNT

Register for an account to register for programs online at dgparks.org. Click the "Register Online" button in the top right to get started.

DROP-OFF FORM

Register for programs and events in person at any of our facilities. Simply bring in a completed registration form with your payment (cash, check, money order, Visa, MasterCard, AmEx or Discover). Checks or money orders may be made payable to Downers Grove Park District.

THERE IS A \$25 SERVICE CHARGE FOR RETURNED CHECKS.

AFTER HOURS:

For convenient after-hours drop-off, a mail slot is located in the door at the top of the stairs at Lincoln Center's north entrance, and outside the Recreation Center to the left of the main entrance.

MAIL-IN FORM

Mail your completed registration form and payment to:
Lincoln Community Center
935 Maple Avenue, Downers Grove, IL 60515-4997

PAYMENTS ACCEPTED

(Cash and personal check are also accepted)



Need help?

Let us assist you with any questions about registration, programs or events!

630.960.7500 ■ INFO@DGPARKS.ORG

TIPS FOR REGISTRATION

REGISTER EARLY

Popular programs will fill up fast, so register early to guarantee your spot. Registrations are taken on a first-come, first-served basis on the dates below.

2018 WINTER REGISTRATION DATES

- **NOV. 26** RESIDENT REGISTRATION OPENS
- **DEC. 3** NONRESIDENT REGISTRATION OPENS

Residents of school districts 58/99 may register in person or via mail during the same registration period and at the same rate as residents for activities or class sections offered at school facilities.

CHECK AGE REQUIREMENTS

Appropriate age levels are established by our staff of professionals to ensure a rewarding experience for all children. Children must meet the age requirements of a class within one week after the starting date of the class, with the exception of Lincoln Learning Center Preschool.

LIST ADDITIONAL CHOICES

- If a class meets its enrollment maximum you may be placed on a waitlist. Occasionally we also need to cancel classes due to low enrollment or the weather.
- List your additional program choices on the registration form so that you may be placed in the next available class if your first choice is filled or cancelled. You will be notified by Park District staff if any changes are made to your enrollments.
- List your additional program choices so that you may be placed in the next available class if your first choice is filled. You will be placed on a waiting list for your first choice if all of your choices are filled.

RECREATION REFUND POLICY

- If you choose to withdraw from a class, a refund will be issued or placed in your account when a completed Refund Request Form is submitted at least 72 hours prior to the first class meeting.
- A prorated withdrawal refund will be issued in cases of illness or injury when accompanied by a doctor's note.
- Certain programs, events and services are not refundable under this policy.

HOME PHONE _____
 ADULT FIRST NAME _____
 FAMILY LAST NAME _____
 STREET ADDRESS _____
 VILLAGE _____
 ZIP CODE _____

*EMAIL ADDRESS _____
 WORK PHONE _____
 WORK CONTACT _____
 EMERGENCY PHONE _____
 EMERGENCY CONTACT _____

PARTICIPANT'S NAME	GENDER	BIRTHDATE (MM/DD/YYYY)	CLASS #	PROGRAM NAME	FEE	CLASS # 2ND CHOICE	CLASS # 3RD CHOICE

YES! DONATE TO THE DOWNERS GROVE PARK DISTRICT:

\$10 \$15 \$25 OTHER _____

HOW DID YOU HEAR ABOUT THIS PROGRAM(S)?

TOTAL	
\$	

Attach check payable to: Downers Grove Park District and mail to 935 Maple Ave., Downers Grove, IL 60515-4997. There will be a \$25 service charge for returned checks. Credit card registrations may be faxed to 630.963.5884. When sent by fax, it is mutually understood that the fax document shall substitute for and have the same legal effect as the original document. If first choice is filled, you will be placed in next available choice. If second choice fee is different than first choice fee, please pay the higher amount. A refund will be made if necessary.

METHOD OF PAYMENT: CASH CHECK # _____ CREDIT CARD **OFFICE USE ONLY:** APN _____ **RECEIPT#** _____

CHECK ONE: AMEX MC VISA DISCOVER _____ - _____ - _____ **EXP:** _____

CARDHOLDER NAME: _____

AUTHORIZED SIGNATURE:

AMOUNT: \$ _____

*** YOU WILL RECEIVE PARK DISTRICT NEWS AND INFORMATION AT THIS EMAIL ADDRESS. YOUR CONTACT INFORMATION WILL NOT BE PROVIDED TO ANY THIRD PARTY AGENCIES.**

THIS "WAIVER AND RELEASE OF ALL CLAIMS" MUST BE SIGNED BY ALL PARTICIPATING ADULTS AND/OR ONE PARENT OR CUSTODIAL PARENT OR GUARDIAN OF CHILDREN UNDER 18 YRS OF AGE. WITHOUT THE PROPER SIGNATURES, YOUR REGISTRATION CANNOT BE PROCESSED AND WILL BE RETURNED TO YOU.

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 above identified programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided).

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

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

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, 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 these programs/activities against the District, including its officials, agents, volunteers and employees.

PHOTOGRAPHY/VIDEOTAPING WAIVER

Photographs and videos are taken by park district staff to use for promotional purposes. By registering for a program, attending an event or using a park district facility, you have granted us permission to use your image for promotional purposes.

SIGNATURE REQUIRED

I have read and fully understand the waiver and release of all claims on this page and the refund policy. This waiver form is completed and signed of my own free will. All adult participants must sign; one parent or custodial parent or guardian must sign if participant is under the age of 18 yrs.

Participant/Parent or guardian 1	SIGN HERE	DATE
Parent or guardian 2	SIGN HERE	DATE

SPECIAL ACCOMMODATIONS AND FOOD ALLERGIES

The Downers Grove Park District strives to comply with the 1990 Americans with Disabilities Act.

Check here if any participant needs special assistance or accommodations to participate in programs.
 Participant's Name _____
 Program Name _____

Check here if any participant has a food-related allergy.
 Participant's Name _____
 Program Name _____



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1. **\$125 Bonus Offer:** available to new BankFinancial customers or previous customers that have not had an account within the last 6 months. New customers are subject to approval with no adverse account activity in previous 6 months. **To receive the \$50 checking bonus:** 1) Open a new eRewards Checking account with direct deposit. Minimum deposit to open = \$100. 2) Deposit at least one direct deposit transaction of \$250 or greater within each of the first three full statement cycles. 3) After completing the above checking requirements, we'll deposit the bonus in your new checking account within 120 days from the account opening. Account must be open and in good standing to receive the bonus. **To receive the \$50 savings bonus:** 1) Open a new Everyday Savings account with new money within 30 days of opening the new checking account. Minimum daily balance = \$150. Minimum deposit to open = \$50. 0.25% APY is accurate as of 10/11/18 and is subject to change without notice. Interest rates may vary after account opening. Minimum balance of \$150 or more is required to obtain the APY and must remain on deposit for one year to receive stated APY. Fees may reduce earnings. 2) Account must maintain the minimum daily balance requirement for 90 days from the initial date of deposit. After completing the requirements, we'll deposit the bonus in your new checking account within 30 business days. **To receive the \$25 online bill pay bonus:** the new customer must pay at least two bills of \$25 or more using the BankFinancial online bill payment service during each of the first three full statement cycles. After completing the online bill payment requirement, we'll deposit the bonus in your new checking account within 120 days from checking account opening. You can receive only one new checking, savings account opening and one online bill pay related bonus each calendar year. Bonuses will be reported on IRS Form 1099-MISC. © 2018 BankFinancial, NA.