Arlington Heights Park District

2017

AHPD winter

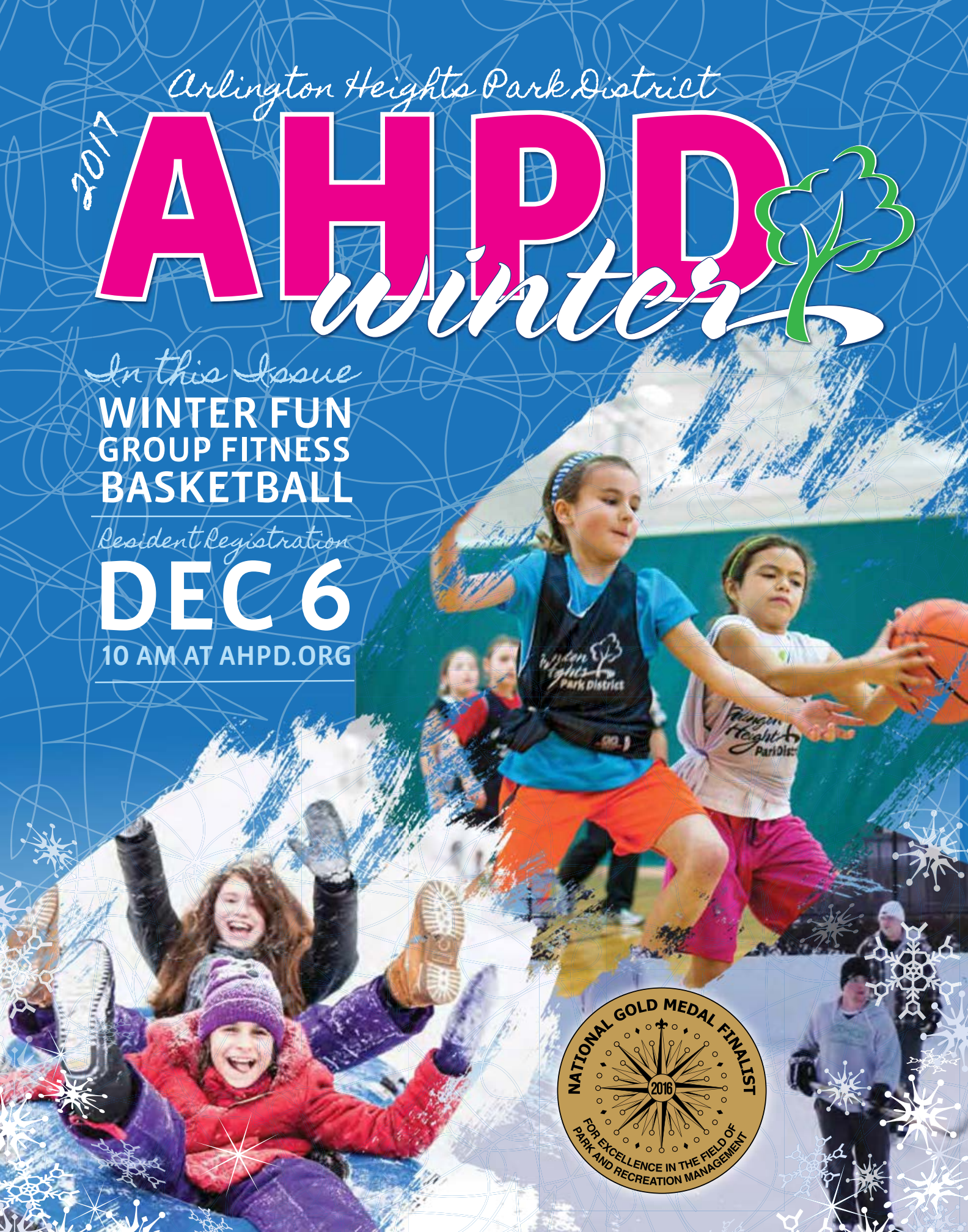
In this Issue

WINTER FUN
GROUP FITNESS
BASKETBALL

Resident Registration

DEC 6

10 AM AT AHPD.ORG



NATIONAL GOLD MEDAL FINALIST
2016
FOR EXCELLENCE IN THE FIELD OF PARK AND RECREATION MANAGEMENT

CAMELOT COMMUNITY CENTER | 1005 E. SUFFIELD DR.

FITNESS EXPO

FREE EVENT

Saturday, January 7 • 9 am

EXPERIENCE SOME OF THE HOTTEST GROUP FITNESS CLASSES IN THE AREA

TRY THESE OUT FREE

- CXWorX
- Body Combat
- Family Zumba
- Family Boot Camp

SPECIAL OFFER FOR GOLD PLAY PASS MEMBERS

- Bring a friend and receive $10 off a registration only class.
- Friends will receive their first month FREE with purchase of a new Gold Play pass membership at the Expo!

VISIT AHPD.ORG/REACHYOURRESOLUTIONS FOR FULL SCHEDULE!

COME SEE THE NEW HERITAGE TENNIS CLUB

- Brand NEW Entrance
- Lounge area
- New locker rooms
- Enhanced energy efficiency with new HVAC and lighting
- Co-ed sauna
- Large activity room for exciting new programs and rental use.

SEE PAGE 86 FOR MORE INFORMATION.

WISHING YOU HEALTH AND PROSPERITY IN 2017

Each and every day we are reminded of the important role the Park District and our partners play in the lives of this community.

The potential impact of a successful partnership between park district's, communities, schools and others is immense, with improved health, safety, social connectedness, fiscal responsibility, stewardship, shared resources and more, being possible outcomes of a very strong partnership. This year culminated in the completion of a Year I study commissioned by the Arlington Heights Health Action Alliance --- a multi-agency partnership, formed in 2015 to identify and target the community aspects that influence the health and fitness levels of youth ages 10 – 14 years in an effort to prevent obesity and support active living.

> *"Studies show that if a child is overweight or obese at this age, they are 80% likely to be overweight or obese as an adult. If not addressed, this trend can drastically negatively impact the overall health and the economy in a community."*

So, how did we do in terms of our physical assets? Here are a few summary findings:

- AHPD has a great distribution of parks and facilities throughout the District.
- Overall, 65% of 10-14 year olds have access to a neighborhood park within walking distance.
- There are opportunities to increase walking/biking activity and reduce screen time.
- AHPD has some areas that are unreachable independently by a child of this age group.

These findings are valuable to consider as we move forward with our capital planning efforts but in particular as a significant employer of our local youth.

- Chances are that either you, or a family member or friend has worked for the Park District. **More than 62%** of our employees live within the District.
- And we are extremely proud to provide important early work experience for younger adults in the area. In 2015, we e**mployed over 1,200 people** of which **59% were young adults under the age of 25.**

As a community-based organization we are increasingly looking for partners with which to collaborate to address complex issues. Rest assured however, that our most important partner is YOU – our residents. Best wishes for a wonderful holiday season and a Happy New Year.

Sincerely,

Maryfran H. Leno

President

Maryfran H. Leno

Vice President

Robert J. Nesvacil

Timothy A. Gelinas

Myles A. Naughton

H. William Ploger

OUR PARK DISTRICT COMMISSIONERS

The Arlington Heights Park District is governed by a Board of five elected officials. The Board meets on the 2nd and 4th Tuesday of every month at the Administration Center, 410 N. Arlington Heights Road. Meetings begin at 7 pm. Residents are encouraged to attend.

MISSION STATEMENT

The Arlington Heights Park District enriches our community by providing quality recreation, parks, facilities and fun.

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IMPORTANT DATES

Please note that some program start dates can vary, please check individual program start dates for more details.

Dec. 6	Resident registration begins at 10 am
Dec. 14	Non-resident registration begins at 10 am.
Jan. 2	Winter programs begin
Feb. 26	Winter programs end
January 21	Spring Program Guide Delivered

Residents - call 847.577.3003 x5353 if you don't receive your copy by this date.

For online registration: Computers are available at the Administration Center from 10 am - noon on the first day of resident registration. Staff will assist you.

2017 WINTER SPECIAL PROGRAM REGISTRATION DATES

Page	Class/Program Name	Special Registration Info
60	Water Exercise	Purchase punch cards in-person at Olympic Pool.
74	Group Fitness Classes	See page 66 for Fitness PlayPass options.
98	Senior Center Programs	Register in-person at Senior Center Park District Office.
90	Forest View Racquet & Fitness Club	See page 92 for registration details.
84	Heritage Tennis Club	See page 85 for registration details.
18	CAP Before and After School	2017/2018 registration begins on May 1.
49	Arlington Aces Soccer	Spring registration ends March 10 at 5pm.

WE'RE HERE TO HELP.

Administration Center.....847.577.3000
Problems registering.....847.577.3000
Didn't get Program Guide.....847.577.3003 ext.5353
Board members.....847.577.3007 (Executive Director's secretary)
Vandalism + Maintenance hotline.....847.577.3003 press 8
Soccer Inclement weather.....847.577.3003 ext.5700
Special Bulletin Program hotline.....847.577.3000 press 7
Special events hotline.....847.577.3003 press 1
Adult Softball Inclement Weather hotline.....847.577.3003 press 6
Outdoor Tennis Inclement Weather hotline.....847.574.2233
Heritage Tennis Club Inclement Weather ..... 847.574.2233 press 9

Comments or questions:

Park Maintenance.....847.577.3009
General Questions.....comments@ahpd.org
Our Website.....ahpd.org

TTY services are available through the Illinois Relay Center. Dial 711 to reach Relay. All other numbers are still available. TTY users call 1.800.526.0844; telephone users call 1.800.526.0857.

Staff Directory

Program staff initials follow program descriptions for which they are responsible. If you have questions, call 847.577.3000 and our customer service staff will be able to direct your call to the correct program supervisor.

Executive Director's Office

Executive Director	Rick Hanetho	*rhanetho@ahpd.org*
Supt. of Marketing & Communications	Anita M. Pacheco	*apacheco@ahpd.org*
Graphic Communications Specialist	Jordann Tomasek	*jtomasek@ahpd.org*
Web Content Specialist	Anthony Meneghini	*ameneghini@ahpd.org*

Department of Finance and Personnel

Director of Finance and Personnel	Cheryl Mosqueda	*cmosqueda@ahpd.org*
Superintendent Of Human Resources	Nancy Aldrich	*naldrich@ahpd.org*
Training and Safety Specialist	Pat Klawitter	*pklawitter@ahpd.org*
Accounting Manager	Janna Witt	*jwitte@ahpd.org*

Parks and Planning Department

Director of Parks and Planning	Benjamin Rea	*brea@ahpd.org*
Superintendent of Parks	Alan Welk	*awelk@ahpd.org*
Fleet Supervisor	John Giannetti	*jgiannetti@ahpd.org*
Custodial Supervisor	Jennifer Rogers	*jrogers@ahpd.org*
Superintendent of Parks	Paul Guza	*pguza@ahpd.org*
Davis Service Center Supervisor	Jeffrey Lindstrom	*jlindstrom@ahpd.org*
Frontier Service Center Supervisor	TBD	*TBD*
Park Planner II	Scott Elman	*selman@ahpd.org*
Park Planner I	Colleen McCarty	*cmccarty@ahpd.org*

Recreation Department

Director of Recreation and Facilities	Brian Meyer	*bmeyer@ahpd.org*
Forest View Manager	Nancy Alfonso (NA)	*nalfonso@ahpd.org*
Forest View Asst. Manager	Karen Galvin (KG)	*kgalvin@ahpd.org*
Heritage Tennis Club Manager	Chris Nisbet (CN)	*cnisbet@ahpd.org*
Heritage Tennis Club Asst. Manager	Madeline Urban (MU)	*murban@ahpd.org*
Arlington Lakes Golf Club Manager	Tim Govern (TG)	*tgovern@ahpd.org*
Arlington Lakes Golf Club Asst. Manager	Emma Edmondson (EE)	*eedmondson@ahpd.org*
Division Manager of Recreation Facilities	Steve Neill	*sneill@ahpd.org*
Aquatic Program Supervisor	Alli Bergquist (AB)	*abergquist@ahpd.org*
Aquatic Facility Supervisor	Lindsey Robertson (LR)	*lrobertson@ahpd.org*
Camelot Park/Lake Arlington Supervisor	Kevin Keister (KK)	*kkeister@ahpd.org*
Frontier Park Supervisor	Nick Wirth (NW)	*nwirth@ahpd.org*
Pioneer Park & Heritage Park Supervisor	Tom Divello (TD)	*tdivello@ahpd.org*
Recreation Park Supervisor	Katie Newport (KN)	knewport@ahpd.org
Athletic Supervisor	Matt Healy (MH)	mhealy@ahpd.org
Athletic Supervisor	Paul Ratajczak (PR)	*pratajczak@ahpd.org*
Division Manager of Recreation Programs	Alisa Kapusinski	*akapusinski@ahpd.org*
Cultural Arts Supervisor	Kyle Donahue (KD)	*kdonahue*@ahpd.org
Senior Center Supervisor	Megann Panek (MP)	*mpanek@ahpd.org*
Fitness/C.A.P. Supervisor	Stacey VanEnkevort (SV)	*svanenkevort@ahpd.org*
Preschool/Day Camp Supervisor	Lynn Minuskin (LM)	*lminuskin@ahpd.org*
Museum Administrator	Dan Schoeneberg (DS)	*dschoeneberg@ahpd.org*
Museum Program Coordinator	Lauren Szady (LS)	*lsszady@ahpd.org*

Arlington Heights Park District Mission Statement

The Arlington Heights Park District enriches the community by providing quality *recreation, facilities and fun.*

WINTER CALENDAR

NOV 25 — TREE LIGHTING
NORTH SCHOOL PARK

DEC 6 — WINTER REGISTRATION OPENS
WWW.AHPD.ORG

JAN 7 — FITNESS EXPO
CAMELOT PARK

JAN 12 — COMEDY NIGHT*
ARLINGTON LAKES

JAN 14 — CHILLY OPEN*
ARLINGTON LAKES

JAN 27 — TRIVIA NIGHT*
ARLINGTON LAKES

FEB 3 — DIVE IN MOVIE - 7:30 PM*
OLYMPIC INDOOR SWIM

FEB 11 — DADDY DAUGHTER DANCE*
DOUBLE TREE HOTEL

FEB 3 — SPRING PROGRAM GUIDE DELIVERED
YOUR HOUSE

FEB 1 — PRESCHOOL OPEN HOUSE
SEE PAGE 13

FEB 27 — PRESCHOOL REGISTRATION BEGINS
PIONEER PARK

*REGISTRATION IS REQUIRED

RESIDENT REGISTRATION BEGINS DECEMBER 6 AT 10 AM

WINTER FUN

AROUND ARLINGTON HEIGHTS

Ice Skating & Ice Hockey

Check for latest Ice Rink Reports online at ahpd.org. The Park District provides unsupervised ice skating and ice hockey rinks throughout Arlington Heights. Rinks are maintained at Heritage, Hickory Meadows, Patriots, Pioneer and Recreation Parks. All ice rink locations have free skating rinks. At Heritage, Patriots and Pioneer Parks, ice hockey rinks with boards will also be maintained.

The Park District warns everyone that neither ice skating nor sledding is allowed at Arlington Lakes Golf Club or at Lake Arlington. Ice skating is not allowed at the Nickol Knoll Golf Club. Conditions are never safe, regardless of extremely cold weather. The constant flow of water in these lakes does not allow them to freeze solid enough for skaters. No sledding near ice rinks. Park District personnel begin flooding. these rinks during the first prolonged cold spell (22-degrees or below for four to five days) after December 15. The rinks need to be flooded for a period of at least four consecutive days of temperatures of 22 degrees or below before they are ready for skating.

Why do park crews stop making ice on February 15 each year?

- Even on the coldest of winter days after February 15, the sun's warm rays begin melting the darker colored ice. As the days get longer, the sun's angle becomes more direct and much Warmer. Ice made during the overnight hours begins a slow• and gradual meltdown and ice cannot be sustained.
- **Hockey rinks** are most vulnerable to this melting because the dasher boards along the perimeter absorb a great deal of the sun's warmth. The sun warms the dasher boards and they radiate that warmth back to adjacent ground melting the ice adjacent to the boards. This heat buildup also prevents new layers of ice from forming adjacent to the boards.
- Finally, nighttime temps in late February are not typically cold enough to support formation of multiple layers of ice. While most late February evenings are below freezing, ice making at temperatures just below freezing often requires several hours before the warm 55-degree water from the hydrants freezes and forms a new layer of ice. Unable to make multiple ice layers nightly; ice-making efforts become futile.
- *If you have questions related to skating feel free to contact, Brian Meyer, Director of Recreation and Facilities at 847.577.3009.*

Sledding

Unsupervised sled hills are located at Heritage, Green Slopes, Sunset Meadows and Nickol Knoll Parks. Only plastic sleds and tubes are allowed. Use of sleds •with wood or steal is prohibited. Snow boards are not allowed at these sled hills. Sledding at all sites is at your own risk.

- At **Heritage Park,** the sled hill features an open sledding area. The hill is lighted.
- At **Green Slopes, Nickol Knoll and Sunset Meadows Park**s; the sled hills feature large, open areas. The sled hill at Green Slopes is lighted.
- **Sledding at Nickol Knoll** is allowed only in the designated area• east side of Park near ball diamond. Look for the sign marking the proper location. (SN)

BRIGHTEN UP BLACK FRIDAY

FRIDAY, NOVEMBER 25 | 4:45 PM
NORTH SCHOOL PARK

The anticipated annual tree lighting ceremony takes places at North School Park, Eastman St. and Arlington Heights Road, on Friday, November 25 at 4:45pm. Over 80,000 tony lights illuminate to fantasy toy display along with a giant decorated tree in the center of the fountain. The Village of Arlington Heights Special Events Commission hosts the ceremony.

FREE

CHILLY OPEN

Saturday, January 14 • 9 am

Arlington Lakes Golf Club
Arlington Heights Park District

847.577.3030
ahpd.org/algc

ARLINGTON LAKES
Winter Events

COMEDY NIGHT
Thursday, January 12
7:30-9:30p
21 and up • $30/pp
Two Drink Minimum
Featuring Jay Harris

Register at ahpd.org with code: 10014

TRIVIA NIGHT
Friday, January 27
7:00-9:00p
21 and up • $15/pp
Teams of 3 or 4 required
1 Drink Ticket included

Register at ahpd.org with code: 9999

DADDY DAUGHTER HOLLYWOOD BALL

4-10 YRS $74 | $99

A NIGHT WITH THE STARS

DOUBLETREE BY HILTON HOTEL | FEBRUARY 11 | 5-7:30 PM

FOR FULL DESCRIPTION, SEE AHPD.ORG

DAD/DAUGHTER: CODE 10006

ADDITIONAL DAUGHTERS: CODE: 10009

OLYMPIC INDOOR SWIM CENTER

DIVE IN MOVIE

THE GOOD DINOSAUR

347280012

347280012

FRIDAY, FEBRUARY 3 | 7:30 PM
(DOORS OPEN AT 7:15PM) FREE EVENT!!
PRE-REGISTRATION IS REQUIRED. USE CODE 10330

Birthday P

at the Ar

Your child will love the party and so will you! Don't wait... book your next party right here with the Arlington Heights Park District. The Arlington Heights Park District offers birthday parties at your local Community Centers. We offer a unique and flexible birthday party service designed to fit your needs. All parties last 1½ hours. **Visit ahpd.org to see full descriptions.**

Community Center Parties include:

- Room set up and clean-up
- Professional Park District staff to assist you with the planning from beginning to end
- Party host to lead & coordinate party activities
- Custom designed cake (choose from several different options). Ask our professional staff for more details
- All the trimmings: ice cream, juice, plates, napkins, utensils, decorations, and goody bags for all attending

For a complete description, please visit ahpd.org. *Prices are based on 14 children and the birthday child. Each additional child is $5.*

	Ages	Fee	Maximum
Magic Show Party	4+	$290	25 children
Sports Birthday Party	4+	$270	20 children
Princess Party	4-8 yrs	$270	25 children
Good Old Fashioned Birthday Party	4-8 yrs	$270	25 children
What's Cooking	4-7 yrs	$270	15 children
Balloon Animals	4-8 yrs	$290	25 children

Note: The following parties can only be held at Pioneer Park

	Ages	Fee	Maximum
Glaze Craze	4+	$285	15 children
Wet & Sly	4+	$290	15 children
Mini Golf	4+	$290	15 children

Please note: Parties MUST be booked at least two weeks in advance. Magic and Art parties must be booked at least 1 month in advance.

For more info or to book your Community Center Party, please contact the Birthday Coordinator at 847.577.3025 or email birthdayparties@ahpd.org

Museum Parties

The Arlington Heights Historical Museum offers birthday party packages for children of all ages. All parties are an hour and half and includes cake, decorations, supplies and goody bags. You just take care of the activities and the clean-up, so all you have to worry about is the guest of honor.

	Ages	Fee	Maximum
Tea Party	4+	$285	12 children
My Favorite Doll/Teddy	4+	$285	15 children
Pioneer Party	4+	$285	12 children
Soda Pop Science	7+	$285	15 children

For more information or to book your Museum party, call the Museum at 847.255.1225.

arties

ington Heights Park District

Splash Parties at Olympic Indoor Swim Center

Adult supervision is required for all children attending the party. Pool parties are recommended for ages 4 and up. All pool parties are 2 hours long. Prices include 14 children and the birthday child. Each additional child is $5.

Gold Splash Party - $399
You will get private use of the Family Activity Pool and poolside party room. This includes use of the flume slide and interactive water play features and the private pool side party room.

Silver Splash Party - $335
You will get private use of the pool side party room. If your group is larger than 20 you may have to use a private room in the lower level. You will also get to use the Family Activity Pool, Lap Pool, and Dive Well during a public swim session. This includes use of the flume slide, interactive water play features, two diving boards, and a drop slide.

Bronze Splash Party - $325
You will get private use of the pool side party room. If your group is larger than 20 you may have to use a private room in the lower level. You will also get to use the Family Activity Pool only during a public swim session. This includes use of the flume slide and water play features.

Rent Olympic all to yourself.

Pool rentals and room rentals are available for you to have your own party or event. Birthdays, family reunions, graduations, special occasions, or even business meetings can all be accommodated at Olympic Indoor Swim Center.

Rental Packages

Premier Package – Includes private use of the family activity pool, poolside party room and one room on the lower level. Certified lifeguards are provided. Adult supervision is required for pool activities. **$240/ hour**

Private Family Activity Pool Rental - This includes use of the family activity pool along with the poolside party room. Certified lifeguards are also provided. Adult supervision is required for pool activities. **$220/hour.**

Celebration Rental– Includes use of one lower level room. This is an ideal room for a family gathering or business meeting. The room can accommodate approximately 50 people with tables and chairs. Usage can be scheduled during public swim times so that attendees can use the pool if they like. All pool users must have a valid pool pass or pay the daily admission fee. Please ask our professional staff for more details. **R/NR Hourly Fee:** $50/$66

Poolside Rental – Ideal for a smaller gathering of 5 to 25 people. This includes use of the private poolside party room. Usage can be scheduled during public swim times so that attendees can use the pool if they like. All pool users must have a valid pool pass or pay the daily admission fee. **R/NR Hourly Fee:** $50/$66

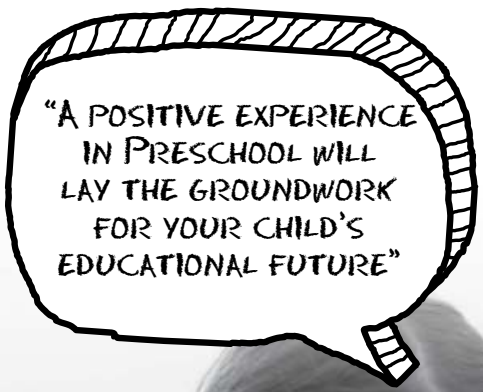
For more information or to book a rental or splash party at Olympic, please call 847.577.3025.

PRESCHOOL

PREPARING THEM FOR WHAT'S NEXT.

ABOUT THE PROGRAM:

The Arlington Heights Park District preschool program provides age-appropriate curriculum to develop a child's love of learning. Our play-based curriculum is provided in a safe, nurturing environment which allows the children opportunities to grow socially, emotionally, intellectually and physically. Children participate in a variety of activities everyday including art, music, movement, dramatic play, math, science, block play, story time and group discussions. With the guidance of the area school districts, we strive to prepare children for kindergarten. Our program is designed to give your child the tools and experiences they need to assure a positive transition from preschool to kindergarten. Some ongoing skills emphasized throughout our two-year program are recognition and printing of first name with upper and lower case letters, naming basic colors and shapes, finding upper and lower cases letters when named, and reciting numbers 1-20.



ABOUT THE INSTRUCTORS:

Skilled professionals schooled in early childhood and/or elementary education, teach the preschool program. Our instructors are kept informed of current trends in education by attending early childhood workshops and conferences throughout the year. Our teachers help the children develop new interests, learn good work habits, follow directions, socialize, share, and establish self-direction.

POLICIES

- Children in preschool must be toilet trained; pull-ups are not allowed.
- Children in the 3-4 year old program must be 3 by September 1; those in the 4-5 year old program must be 4 by September 1. Proof of age is required at the time of registration. Please bring a birth certificate to registration.
- We encourage parent volunteers in the classroom any time.
- Parents are required to supply snacks, water, and napkins for the children in the program throughout the year (approximately 4-5 times).

Lynn Minuskin
PRESCHOOL SUPERVISOR
For more information on preschool programs, please call Lynn at 847.398-4339 or lminuskin@ahpd.org.

ARLINGTON HEIGHTS PARK DISTRICT
PRESCHOOL
PREPARING THEM FOR WHAT'S NEXT.

RESIDENT REGISTRATION BEGINS DECEMBER 6 AT 10 AM

EDUCATIONAL
Kindergarten Enrichment-Inquisitive Minds

This 1.5 hour drop-off class is for Kindergarteners and older pre-K students who would like more academic and social experiences. Each week a different fascinating topic will be discussed using age-appropriate concepts. Inquisitive Minds will use visual and sensory aids, while learning material ranging from insects to the moon, and from polar regions to farming - all in a FUN and educational atmosphere. ****All new topics explored for winter classes. (LM)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9764	4-6 yrs	T	9:30a-11:00a	1/3-2/21	$199
9765	4-6 yrs	T	1:00p-2:30p	1/3-2/21	$199

Preschool Extended Day Program (Lunch Bunch)

Preschoolers currently enrolled in the Arlington Heights Park District preschool program are eligible to join this program. Taught by Arlington Heights Park District's preschool teachers, the program includes enrichment activities that correspond with the monthly themes during class. Children have the ability to fine-tune their skills such as cutting, tracing, letters, numbers, and printing. There will also be free play time. (LM)

Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
10368	4-5 yrs	W	11:30a-2:00p	1/4-2/22	$152

Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9771	4-5 yrs	W	11:30a-2:00p	1/4-2/22	$152

Recreation

Code	Age	Day(s)	Time	Date(s)	Fee
9766	4-5 yrs	M	11:30a-2:00p	1/2-2/13	$115
9767	4-5 yrs	W	11:30a-2:00p	1/4-2/22	$152
9768	4-5 yrs	T	11:00a-1:00p	1/3-2/21	$120

2017/2018 PRESCHOOL REGISTRATION

Saturday, February 25 at Pioneer Park 7:45-8:45 am.
Check the Spring Program Guide for more info!

PRESCHOOL OPEN HOUSE

Come visit our Preschool Open House this Winter. We are offering four preschool sites conveniently located in your neighborhood.

- Meet our compassionate and enthusiastic preschool teachers
- All of our teachers are skilled professionals with degrees in early childhood or elementary education.
- Our curriculum incorporates Illinois Early Learning Standards.
- Check out our classrooms held in large, bright spacious rooms.

FRONTIER AND PIONEER PARK
February 1 • 7-8 pm

RECREATION PARK AND CAMELOT PARK
February 2 • 7-8pm

ABC

EARLY CHILDHOOD

EDUCATION | TRAININGS | MUSIC | SPORTS | ART

KINDERMUSIK
Wiggle & Grow

Celebrate the unique joys of your growing child. Each week your child will love singing, dancing, and playing instruments with you and new friends. Practice a wide variety of abilities; gross and fine motor skills, turn-taking, social skills, and active listening. Digital/physical home materials include: music, musical activities, expert parenting resources based on the most recent research in early childhood development and one instrument. (LM)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
10235	18m-3.5 yrs	W	9:30a-10:15a	1/11-3/1	$105
10236	18m-3.5 yrs	Th	10:30a-11:15a	1/12-3/2	$105

Cuddle& Bounce

In Cuddle & Bounce, a joyful first Kindermusik experience, parents and their newborns, infants, and crawlers engage in instrument play, dance, exploration time, and together time. As they do so, they strengthen critically important early parent-child bonds; learn about their babies? early development, fine-tune their baby-communication skills. Digital/physical home materials include: music, musical activities, expert parenting resources based on the most recent research in early childhood development and one instrument. Parent/Caregiver attends entire class.(LM)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
10232	1-12 mos	Th	11:30a-12:15p	1/12-3/2	$105
10231	1-12 mos	W	10:30a-11:15a	1/11-3/1	$105

Family

When you bring children of all ages together you get a dynamic and integrated learning experience for everyone. This is a great way for parents with children of various ages to spend time together, doing one activity as a family in a fun, energetic class where every child is welcome and a family's "together time" is celebrated and cherished. Only have one child? No problem come on in and enjoy making music together! The Kindermusik@Home digital home materials bring the music, activities, and story everywhere you go. The $25 required home material fee is NOT included in the registration fee and is paid to the teacher at the first class. One fee per family not per child. Digital/physical home materials include: music, musical activities, expert parenting resources based on the most recent research in early childhood development and one instrument per child. Caregiver/s attend class. (LM)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
10268	3m-5 yrs	Th	5:45p-6:30p	1/12-3/2	$90

Sing & Play

A mix of parent-child joint activities and child-focused activities provide parents a unique opportunity to participate in all the music and movement fun, but also to stand back, observe, and revel in how these older babies and toddlers are beginning to walk, talk, sing, play, clap, tap, and dance?all on their own! Digital/physical home materials include: music, musical activities, expert parenting resources based on the most recent research in early childhood development and 1 instrument. Parent/Caregiver attends entire class.(LM)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
10233	1-2 yrs	W	11:30a-12:15p	1/11-3/1	$105
10234	1-2 yrs	Th	9:30-10:15a	1/12-3/2	$105

PRESCHOOL PREP

On My Way- Preschool Transition Class

Is your child ready to attend class by themselves? In this gentle and gradual transition class, children have an opportunity to practice independence while knowing their parent is close by. Class time includes an introduction to the preschool setting with playtime, music/movement, story time and a simple craft. In addition, we will ask each parent or caregiver to sign up to help in 1 class and see up close all the fun we have! (LM)

Location: Heritage

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10272	2-3.5 yrs	T	10:20a-11:10a	1/24-3/21	$80/$100
9761	2-3.5 yrs	T	11:20a-12:10p	1/24-3/21	$80/$100

All On My Own

This new class is the next step up from On My Way and is a great introduction to the preschool setting or can be an additional class to take along side preschool. Each class will have a combination of structured and unstructured play. Children will enjoy participating in theme oriented art projects, musical games, stories, circle time and much more. This is a great opportunity for parents to run errands while your child makes new friends and enjoys time with Mrs Tracy and Mrs Marie. If your child is not potty trained you will need to stay in close proximity in case we need assistance with a diaper change. Prerequisite: Child must have taken any class without a parent prior to attending this class. (LM)

Location: Heritage

Code	Age	Day(s)	Time	Date(s)	Fee
9762	2-4 yrs	Th	10:00a-11:30a	1/12-2/16	$102
10278	2-4 yrs	Th	12:00p-1:30p	1/12-2/16	$102
10280	2-4 yrs	Th	10:00a-11:30a	2/23-4/13	$102
10279	2-4 yrs	Th	12:00p-1:30p	2/23-4/13	$102

PRESCHOOL ENRICHMENT

Adult and Tot Time Out

Need to get out of the house, socialize and let your child burn up a little excess energy? This time out is for you. Equipment (slides, climbers, mats, balls, mini basketball, etc.) is available for your child to use. This is a drop-in event; there is no instruction. Punch cards may be purchased at the Administration Center or Olympic Park during regular office hours. Online registration is not available. Parent must be present to accompany child. (LM)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	Fee
9773	6m-4 yrs	M	10:30a-1:00p	1/9-2/20	$38

Time Together

This is the perfect class for the on-the-go curious toddler with a mixture of open play & structured time. Toddlers will love exploring our play areas: kitchen, sensory table, puzzles, blocks, large motor tunnels, slide and rotating play sets. Miss Tracy will share a special activity each week: toddler art, boredom buster or a sensory experience! We conclude class with a brief music and story time. (LM)

Location: Heritage

Code	Age	Day(s)	Time	Date(s)	Fee
9760	1-3.5 yrs	T	9:30a-10:15a	1/24-3/21	$80

Tot Rock

Sing, dance and play; make it a musical day! Your tot will move to the beat while using rhythm instruments like hand bells, tambourines, and maracas. Coordination and motor skills will improve with movement props such as scarves, ribbons, and parachute play. Tot Rock is a structured program with educational, sensory and socialization components. An exciting new theme is presented each session. Children have been enjoying Tot Rock for over 21 years. Have some fun today! www.rockitkids.com (LM)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9744	1-2 yrs	M	9:15a-9:55a	2/20-3/13	$42/$53
9745	1-2 yrs	T	9:30a-10:10a	1/10-2/7	$52/$65
9746	1-2 yrs	T	9:30a-10:10a	2/21-3/14	$42/$53
9743	1-2 yrs	M	9:15a-9:55a	1/9-2/6	$52/$65

Kid Rock

SING familiar songs, DANCE to the beat and PLAY with musical instruments like maracas and tambourines! Combining imaginative play with sensory activities and motor skills using movement props like a parachute, scarves and beanbags, Kid Rock has provided a creative and energetic environment for children to socialize and learn for over 21 years! Kid Rock is a structured educational music program with an exciting new theme each session. Sing, dance and play our way! www.rockitkids.com (LM)

Kid Rock I

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9747	1.5-3 yrs	M	10:00a-10:40a	1/9-2/6	$52/$65
9748	1.5-3 yrs	M	10:00a-10:40a	2/20-3/13	$42/$53
9749	1.5-3 yrs	T	10:15a-10:55a	1/10-2/7	$52/$65
9750	1.5-3 yrs	T	10:15a-10:55a	2/21-3/14	$42/$53

Kid Rock II

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9751	3-5 yrs	M	10:45a-11:25a	1/9-2/6	$52/$65
9752	3-5 yrs	M	10:45a-11:25a	2/20-3/13	$42/$53
9753	3-5 yrs	T	11:00a-11:40a	1/10-2/7	$52/$65
9754	3-5 yrs	T	11:00a-11:40a	2/21-3/14	$42/$53

Kid Rock III

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9755	1.5-6 yrs	M	11:30a-12:10p	1/9-2/6	$52/$65
9756	1.5-6 yrs	M	11:30a-12:10p	2/20-3/13	$42/$53

"YOU CANNOT OPEN A BOOK WITHOUT LEARNING SOMETHING." CONFUCIUS

Parent/Tot Winter Adventures

You will not believe the amount of fun and activities we have squeezed into this 45-minute Adventure. The evening will begin with a group story time followed by activity stations. Parents lead their children thru the themed activity stations. Stations include: 2 craft projects, snack, playdough, and a sensory table. Children will also be able to play on the large motor tunnels, slide and play kitchen! This is a great way to get out and burn off some creative energy together. Paint may be used, please wear appropriate clothing. Sign up for one or for all offerings. A parent needs to be present for each class. (LM)

- 1/10 - Beach Party
- 2/14 - Valentine Party
- 3/14 - Food Fun

Location: Heritage

Code	Age	Day(s)	Time	Date(s)	Fee
10269	2-4 yrs	T	6:30p-7:15p	1/10	$15
10270	2-4 yrs	T	6:30p-7:15p	2/14	$15
10271	2-4 yrs	T	6:30p-7:15p	3/14	$15

What's Cooking?

Children learn to work in the kitchen, with adult supervision. They'll be measuring, mixing and blending ingredients, baking, working with appliances, setting the table, and cleaning up. Proper table manners are stressed. Menus include snacks, breakfast, lunch, and dinner. The children eat what they cook. Different foods are prepared each session. Related songs and activities are conducted in class. (LM)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9699	4-7 yrs	Sa	9:00a-10:15a	1/7-2/25	$65/$78

PRESCHOOL ARTS
Cooking And Crafty Creations Without Parents

This class is a two-for-one. Each class is designed to complement the other. In the cooking class, we'll be measuring, mixing, blending, and creating foods. Table manners and cleanup are stressed. We'll tap your child's creativity with unique crafts, projects, and pictures for the craft portion of the class (LM)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9697	3-5 yrs	F	9:30a-10:30a	1/6-2/24	$65/$78
9698	4-5 yrs	F	10:35a-11:35a	1/6-2/24	$65/$78

PRESCHOOL SPORTS
Adult & Tot Little Gymsters

This program will provide quality time to participate in obstacle courses, parachute play, circle games and other fun activities. Your child will have fun experiencing a multitude of gym activities that safely challenge his or her abilities in a positive environment. (KK)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10015	2-3 yrs	W	10:00a-10:30a	1/4-2/22	$37/$56

Adult & Tot Triple Play Sportsters

This class features three sports of the season: indoor soccer, basketball and floor hockey. Young children will develop motor skills while having fun throwing, catching, jumping, batting, running, and kicking like the big kids. A variety of activities will be played each week. (KK)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10001	2-3 yrs	T	10:00a-10:40a	1/3-2/21	$50/$75

Adult and Tot Kidnastics

Toddlers can develop body awareness, balance, flexibility, and coordination while having fun doing gymnastics. Parents assist with skills in a safe and caring environment. (KK)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10025	2-3 yrs	F	9:15a-9:45a	1/6-2/24	$37/$56

2017/2018 PRESCHOOL REGISTRATION

Saturday, February 25 at Pioneer Park 7:45-8:45 am.
Check the Spring Program Guide for more info!

Adult and Tot Soccer

Parents or any significant adult will enjoy time with their toddlers learning the skills, moves, and joy of playing America's most popular youth sport! Emphasis will be on the basic skills of soccer such as dribbling, passing, and shooting, all in a fun and relaxed environment. Age appropriate drills, games, and equipment will be used to help tots learn these skills as well as develop motor skills, coordination, balance and listening and social skills. Adults will enjoy playing alongside and assisting their youngsters as they get their first taste of soccer fun! (KK)

Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10010	2-3 yrs	T	4:45p-5:30p	1/3-2/21	$56/$84

Recreation

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10033	2-3 yrs	Sa	9:00a-9:30a	1/7-2/25	$37/$56

Adult and Tot Sports Stop

Moms, Dads or any significant adult can play an integral part in helping their tot experience basic sports movement. Your tot learns in a nurturing environment with gymnastics and sports equipment used to introduce organized sports movement. (KK)

Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10027	2-3 yrs	F	10:30a-11:10a	1/6-2/24	$50/$75

Recreation

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10035	2-3 yrs	Sa	10:15a-10:45a	1/7-2/25	$37/$56

Adult and Tot T-Ball Training

Children will develop motor skills while having fun throwing, catching, batting and base running like big kids. Parents and their little athletes will enjoy making new friends and working together to learn the basics of game play in this exciting class. (KK)

Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10003	2-3 yrs	T	11:30a-12:00p	1/3-2/21	$37/$56

Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10032	2-3 yrs	F	4:45p-5:30p	1/6-2/24	$56/$84

Tiny Tot Olympics

Boys and girls will jump, run, throw and develop a variety of skills as they participate in soccer, basketball, floor hockey, track and field, and other events. Children, with help from a parent, will participate in a pint size Olympic games during the last class of session which will include obstacle course, pool noodle javelin throw, long jump, soccer ball kick, and relay races. (KK)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10012	2-3 yrs	T	4:45p-5:30p	1/3-2/21	$56/$84

Tot Sportsters Camp

Boys and girls will learn the basic skills of soccer, t-ball, basketball, kickball and other sports. Equipment will be provided for every participant. Please bring a water bottle. (KK)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10256	3 yrs	M-F	9:15a-10:00a	12/19-12/23	$28/$41

Little Gymsters

Kids will have a ball as they run, jump, hop, skip, tumble, stretch and play to gain strength and cardio awareness as well as improve motor development, spatial awareness, cognitive ability, and socialization and sharing skills. We'll do all sorts of gym activities including exercises, bean bag games, relay races, animal movements, circle games, obstacle courses, tagging games, parachute play, balloon activities, and other fitness and sports games. Make sure to wear comfortable clothes and gym shoes for this action packed class!

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10002	3-5 yrs	T	10:45a-11:30a	1/3-2/21	$56/$84

Sporting Encounters

Girls and boys learn the basic skills of soccer, basketball, hockey, T-ball, gymnastics and more. Classes are designed to improve listening skills, the ability to follow directions and enhance overall physical development while having fun. (KK)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10013	3-5 yrs	W	9:15a-10:00a	1/4-2/22	$56/$84
10034	3-5 yrs	Sa	9:30a-10:15a	1/7-2/25	$56/$84

Lil' Olympians

Boys and girls will gain a variety of skills as they participate in soccer, gymnastics, basketball, track and field, and other sports. Participants will get to showcase their abilities in a mini Olympic games on last day of session. (KK)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10000	3-5 yrs	T	9:15a-10:00a	1/3-2/21	$56/$84

Little Dribblers

This introductory basketball class offers simple drills to teach players the rules of the game, ball handling, passing and defense. Instructors emphasize team play and sportsmanship. (KK)

Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10017	3-5 yrs	W	11:15a-12:00p	1/4-2/22	$56/$84

Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10029	4-6 yrs	F	1:00p-1:45p	1/6-2/24	$56/$84

Recreation

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10037	4-6 yrs	Sa	11:30a-12:15p	1/7-2/25	$56/$84

Kidnastics Clinic

Learn the proper techniques to equipment such as vault, beam, tumbling and bar. Equipment is tailor made for the participants to ensure success as well as safety.

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10216	4-6 yrs	M-F	11a-12:00p	12/19-12/23	$37/$55

Little Hoopsters

Dribbling, passing, shooting, rebounding, defensive stance and rules of the game will be taught. Each child should bring a water bottle.

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10221	4-6 yrs	M-T,Th-F	10a-11:00a	12/26-12/30	$37/$55

Little Pucksters NEW!

This action packed camp will teach stick handling, passing, shooting, and goalie skills as well as teamwork and strategy. (KK)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10222	4-6 yrs	M-F	11a-12:00p	12/26-12/30	$37/$55

Dad & Me Fun With Football

Enjoy nerf football with your son or daughter. You, along with our accomplished coaches, will help the little athlete learn the proper form and technique of catching, throwing, center skills, hand-offs, kick-offs and more in our fun and friendly setting. (KK)

Location: Recreation

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10036	3-5 yrs	Sa	10:45a-11:30a	1/7-2/25	$56/$84

T-Ball Training

Learn the basics of batting, base running, catching and throwing. We will concentrate on the fundamentals of game play while having a good time too! Remember to bring a glove to each class. (KK)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10028	3-5 yrs	F	11:15a-12:00p	1/6-2/24	$56/$84

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10019	4-6 yrs	W	2:15p-3:00p	1/4-2/22	$56/$84

Mini Kickers

This class is a great introduction to soccer. Basic soccer skills such as running, kicking, passing, and game play will be covered. Games will be used to incorporate the skills taught during class in a fun and safe environment. (KK)

Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10026	3-5 yrs	F	9:45a-10:30a	1/6-2/24	$56/$84

Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10020	4-6 yrs	W	1:30p-2:15p	1/4-2/22	$56/$84

Pee Wee Hoopsters and Headers

Run and jump into this exciting class! Boys and girls work on body coordination, agility, balance, and self-confidence as they experience both the sports of soccer and basketball. Children learn basic ball handling, passing, shooting, and defense skills necessary for success in these two popular sports. Teamwork and sportsmanship are emphasized through drills and games in a supervised and safe environment. Our fun approach is a great way to introduce boys and girls to basketball and soccer. (KK)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10004	4-6 yrs	T	12:45p-1:30p	1/3-2/21	$56/$84

Pee Wee Sportsters

This class introduces 4-6 year olds to the fundamentals of soccer, floor hockey, T-ball and basketball. The emphasis is on the development of teamwork, sportsmanship and movement. Our goal is to teach boys and girls the enjoyment of playing for the sake of the sport itself. Group games and other individual sports are also included. (KK)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10030	4-6 yrs	F	1:45p-2:30p	1/6-2/24	$56/$84

Pee Wee Tennis & Golf

Prepare for a lifetime of enjoyment in the sports of tennis and golf. Your child will learn proper grip, basic strokes, and other beginning tennis fundamentals through lots of fun drills and tennis-like games. We'll also work with your child to help him or her learn the basics of golf using colorful equipment. Putting, chipping, and tee work will be mixed with easy instruction for proper form. Children will develop hand-eye coordination and movement skills through fun and challenging drills and games in a safe and structured environment. (KK)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10005	4-6 yrs	T	1:30p-2:15p	1/3-2/21	$56/$84

Pee Wee Track, Field and Fitness

This class combines stretching, movement and other fitness concepts with running, jumping, throwing, and other skills used in track and field. Boys and girls will work on body coordination, agility, balance and self-confidence as they participate in Simon Says, Red Light-Green Light, Hoopers and other fitness games as well as sprints, relays, long-distance walking, hurdles, long jump, discus throw and other track and field events. Our fun approach will help little athletes develop a love of being active. The session will conclude with a fun-filled SportKids track and field meet on the last day of class. (KK)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10023	4-6 yrs	Th	1:30p-2:15p	1/5-2/23	$56/$84

Triple Play Sports Skills & Games

This class will get you ready for team play in these sports during Winter. Kids will work on skills related to indoor soccer, basketball and nerf football. Boys and girls will have the opportunity to use these skills in game situations. Emphasis on sportsmanship in a fun and safe setting. (KK)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10022	4-6 yrs	Th	12:45p-1:30p	1/5-2/23	$56/$84

Start Smart Golf

Learn the basics of golf using colorful age-appropriate equipment. Putting, chipping, and tee work are mixed in with easy instruction for proper form. (KK)

Location: Frontier

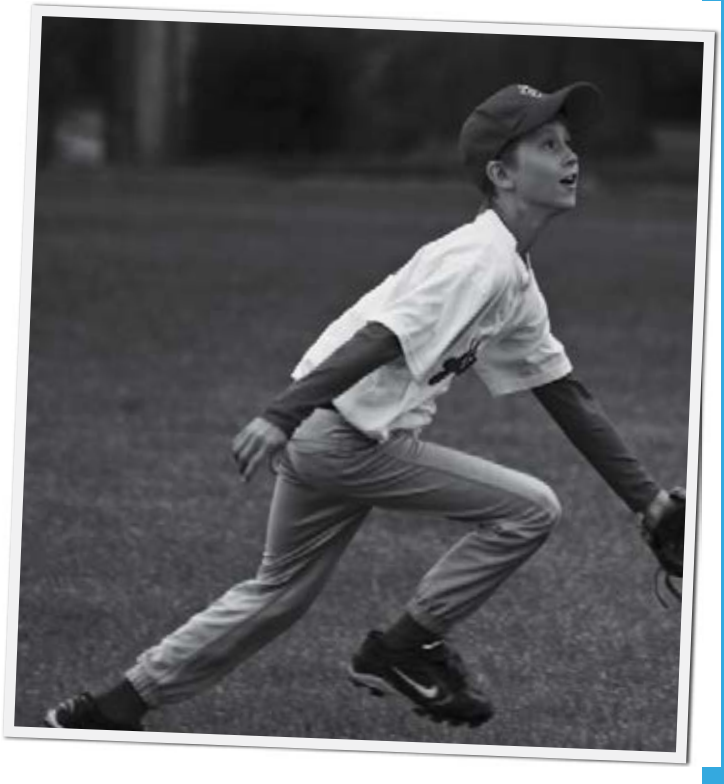
Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10038	5-7 yrs	Sa	1:45p-2:30p	1/7-2/25	$56/$84

Fun with Football

Are you ready for some football? This no-contact class helps kids learn the skills of football: pass, hike, catch and punt the ball, and team offense and defense. Controlled scrimmages will be played once the basic skills have been taught. Nerf footballs are used for safety. (KK)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10018	5-6 yrs	W	12:45p-1:30p	1/4-2/22	$56/$84



C.A.P. PROGRAM

BEFORE AND AFTER SCHOOL CARE

PROGRAM HIGHLIGHTS

C.A.P. provides opportunities for all participants to develop a positive self-image through experiences in a fun, friendly, structured and safe environment. We will create a stimulating and creative environment, where children will be able to choose their own activities and projects that meet their interests and allow them to learn and grow at their own rate.

Weekly themes, arts & crafts, sports and active games, outdoor play, homework, reading time, board and card games, team building activities and breakfast/snack time offered daily.

HOURS OF OPERATION

Open at 7 am until school begins and after school until 6 pm. Program includes any early releases or half days. Coverage is also available on most full days off school for an additional fee of $40/day.

LOCATIONS

Dryden, Greenbrier, Ivy Hill, Juliette Low, Olive-Mary Stitt, Patton, Poe, Riley, Westgate and Windsor Schools. Kindergarteners are eligible to participate on a limited basis.

THE STAFF

Site directors and assistant site directors are all CPR/AED certified and all staff are also trained in: customer service, the Six Pillars of CHARACTER COUNTS!, First Aid, behavior management, mandated reporting and have all satisfactorily passed required background checks

Stacey VanEnkevort
CAP/FITNESS SUPERVISOR
For more information on fitness/ CAP programs, please call Stacey at 847.506.7871 or svanenkevort@ahpd.org.

RESIDENT REGISTRATION BEGINS DECEMBER 6 AT 10 AM

"TELL ME AND I FORGET. TEACH ME AND I REMEMBER. INVOLVE ME AND I LEARN." - BENJAMIN FRANKLIN

REGISTRATION AND FEES

Registration packets are currently available at the Administration Center and on our website at **ahpd.org.** Please see fee chart for prices on different plans. A $50 non-refundable registration fee is due at registration in addition to fees below. *For more information on the registration process or to check program availability at your school, call 847.577.3000 or visit ahpd.org/programs/cap-registration.*

Part Time Enrollment
Attends 1-3 days per week
Full Time Enrollment
Attends 4-5 days per week

	2016-2017 PROGRAM FEES					
	District 25		District 21		District 59	
	School Year Total	9 Monthly Installments	School Year Total	9 Monthly Installments	School Year Total	9 Monthly Installments
Before & After School Full Time	$2277	$253/month	$2205	$245/month	$2259	$251/month
Second child discount	$2052	$228/month	$1980	$220/month	$2034	$226/month
Before School Full Time	$1062	$118/month	$1026	$114/month	$1053	$117/month
Second child discount	$954	$106/month	$918	$102/month	$945	$105/month
After School Full Time	$1314	$146/month	$1278	$142/month	$1314	$146/month
Second child discount	$1188	$132/month	$1152	$128/month	$1188	$132/month
Before & After School Part Time	$1566	$174/month	$1521	$169/month	$1548	$172/month
Second child discount	$1413	$157/month	$1368	$152/month	$1395	$155/month
Before School Part Time	$711	$79/month	$684	$76/month	$702	$78/month
Second child discount	$639	$71/month	$621	$69/month	$630	$70/month
After School Part Time	$882	$98/month	$855	$95/month	$873	$97/month
Second child discount	$792	$88/month	$774	$86/month	$783	$87/month

*9 Monthly Payments will run August 1, 2016-April 1, 2017.

Fees listed do not include an additional $50 Non-Refundable Registration Fee

ART CLASSES

PRESCHOOL | YOUTH | ADULTS

ART AT PIONEER AND HASBROOK

Both locations are furnished with all the equipment necessary for a complete fine arts program including kilns, potters wheels, tables, standing easels and brushes. As well as various arts and craft type classes.

The Arts programs, for all ages, are developed to be a continuation of past successful programs. None of our programs will be a repetition. In each session you will work on new projects as well as favorites from past sessions. So if you enjoy the class or past classes, you can sign up for it next session again with all new projects!

The Park District is not responsible for damaged clothing or property so please send your children to class with appropriate clothing for participating in art classes.

LETS GET MESSY!

Students will be working with all types of art materials including paint, crayons, fabric markers and clay and more! Most of our classes involve lots of fun, messy projects.

REGISTRATION TIP:
Search for your favorite instructor online by name or by class code.

Kyle Donahue
CULTURAL ARTS SUPERVISOR
For more information regarding Dance, Theater or Art, please call Kyle at 847.506.7872 or kdonahue@ahpd.org.

Meet the STAFF

All Park District instructors are dedicated to their area of interest and if you haven't tried one of our art classes you should try one this session. No matter what your area of interest we have the perfect class for you!

ALISSA WEBSTER-PHILLIPS

Alissa has been teaching art at the Park District since 2000. Before that she taught at private art schools, after school programs and day-care. She studied graphic arts at the Illinois Institute of Art and has a Bachelors in Applied Behavior Science from National Louis University.
She earned her teaching certification from Judson University in Art Education for K-12. Currently she is teaching preschool through adult classes and loves teaching.

CYNTHIA ANN ERCHULL

Cindy has been a working artist for most of her adult life and an art dabbler her entire life.
She has a Bachelor's degree in Art, specifically Visual Communications, from Illinois State University. She started her career working in design studios and corporate art departments as a graphic designer and free-lanced while raising her family. She has worked with the boy and girl scouts of America, Abrakadoodle and other park districts. Cindy currently teaches children's art classes at AHPD.

MARIE DROSKE

Marie is a graduate of Northeastern Illinois University. Her three years teaching fourth grade and two years as associate director of a learning center has given her valuable experience in guiding children to reach their full potential.
She has been a dedicated volunteer at her daughters' schools and was the kindergarten grade level coordinator for a Sunday school program for ten years. Marie is often called upon to create centerpieces for weddings, showers and parties so she keeps her craft box well supplied!

ARTS

Artsy Doodlers

This is a special art class just for toddlers and parents/ caregivers. Little fingers will experiment with painting, gluing, sticking, printing, and creating while developing fine motor, language and self-help skills. The start of every class will begin with a warm-up time with puzzles, sculpting dough, story time, etc. This is an "I can do it!" class that is fun and creative! This is a true art class; art technique and education on different artists are used in every lesson. One project based on the selected artists' theme will be created each week.(KD)

Location: Hasbrook

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9732	20-36m	M	9:30a-10:15a	1/9-2/27	$62/$77
9733	20-36m	M	10:30a-11:15a	1/9-2/27	$62/$77
9734	20-36m	F	9:30a-10:15a	1/13-3/3	$62/$77
9735	20-36m	F	10:30a-11:15a	1/13-3/3	$62/$77

Artsy Doodlers - Mini Sessions

Ever thought of trying this class but you're not sure if you'd like it or the time frame just doesn't work? Why not try our mini-class? It's a single-day session with fun themes, along with an artist introduction just like the eight week class.(KD)

Location: Hasbrook

Code	Age	Day(s)	Time	Date(s)	Fee
9738	20-36m	Th	6:15p-7:00p	1/12-1/12	$9
9739	20-36m	Th	6:15p-7:00p	2/9-2/9	$9

ABC Art

ABC Art is a great way for children to learn the alphabet while creating their own masterpieces. Each week we introduce one new letter, then do an art project associated with that letter. Class includes a short story featuring the day's letter. A parent/caregiver will participate in the class with the child. (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9710	2-4 yrs	M	9:15a-10:00a	1/9-2/27	$60/$75
9711	2-4 yrs	T	10:15a-11:00a	1/10-2/28	$60/$75
9712	2-4 yrs	F	9:15a-10:00a	1/13-3/3	$60/$75

Mini Artist

Children create terrific art and craft projects on their own. They'll learn basic fine motor skills such as use of scissors, coloring, painting, and gluing. A parent/caregiver attends this class with the child. (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9713	2.5-5 yrs	T	11:15a-12:00p	1/10-2/28	$60/$75

Bam! Pow! Superhero Art NEW!

Superheroes are brave and strong and help people in need. In this superhero-themed class we'll create superhero belts, cuffs, and other accessories. Spiderman, Batman, and Superman crafts will help save Mrs. Droske when those pesky villains threaten havoc at Pioneer Park! (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9714	3-6 yrs	W	11:15a-12:00p	1/11-3/1	$60/$75
9715	3-6 yrs	F	10:15a-11:00a	1/13-3/3	$60/$75

Clayworks - Preschool

Experience the joy of working with clay! Children create their own masterpieces using the pinch, coil and slab methods. Students work at their own pace and progress to more difficult projects according to ability. (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9724	3-6 yrs	Th	6:15p-7:15p	1/12-3/2	$61/$76

Doodle Kids

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills they will use in all aspects of life. Every class will start with a warm-up time where children can stretch their artistic skills playing with sculpting dough, drawing and coloring with crayons, using stampers, and creating with peg boards. Children create masterpieces that are truly unique, either independently or with a parent/caregiver. They will use real artist materials including watercolors, tempera paints, oil pastels, creative tools and more. Each session has new activities and a new artist will be introduced. (KD)

Location: Hasbrook

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9736	3-6 yrs	Th	4:30p-5:15p	1/12-3/2	$62/$77
9737	3-6 yrs	Th	5:30p-6:15p	1/12-3/2	$62/$77

Down on the Farm NEW!

We'll experience life on the farm as we create a bright red barn and a big-wheeled tractor. Spotted cows and curly-tailed pigs will join proud roosters as Mrs. Droske and friends paint, draw and glue. (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9719	3-6 yrs	T	9:15a-10:00a	1/10-2/28	$60/$75
9720	3-6 yrs	W	10:15a-11:00a	1/11-3/1	$60/$75

Pretty Princess Art

We'll have a royal time making charming princess crafts. With a bibbidi-bobbidi-boo and a wave of Mrs. Droske's magic wand we'll create a dazzling shoe for Cinderella. A colorful magic carpet for Jasmine, a sparkling tiara for Tiana and a sweet smelling rose for Belle are other crafts that await us at Pioneer Park Castle. (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9716	3-6 yrs	M	10:15a-11:00a	1/9-2/27	$60/$75
9717	3-6 yrs	F	11:15a-12:00p	1/13-3/3	$60/$75

Toys & Games to Make & Play NEW!

Join Mrs. Droske as we create toys and games to toss and catch, spin and watch, launch and float. Store-bought toys will be set aside as your child discovers the pleasure of making their own homemade fun. (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9721	3-6 yrs	M	11:15a-12:00p	1/9-2/27	$60/$75

Winter Wonders NEW!

Help Mrs.Droske welcome winter with some frosty fun crafts. We'll make a penguin with happy feet and an unbreakable snow globe. We'll be sniffing the air with delight as we make a hot chocolate mug painted with real syrup. A paper bag fireplace and a snowflake wreath will have us crafting the winter blues away. (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9718	3-6 yrs	W	9:15a-10:00a	1/11-3/1	$60/$75

Basic Drawing

Explore the art of drawing using various materials and combinations. We will introduce sketching, shading, one-point perspective, landscape, still life and figures. Fee includes all supplies. (KD)

Location: Hasbrook

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9722	4-8 yrs	M	5:00p-6:00p	1/9-2/27	$67/$84

"EVERYTHING YOU CAN IMAGINE IS REAL"
PABLO PICASSO

DADDY DAUGHTER HOLLYWOOD BALL

4-10 YRS

$74/$99

A NIGHT WITH THE STARS

DOUBLETREE BY HILTON HOTEL | FEBRUARY 11 | 5-7:30 PM

FOR FULL DESCRIPTION, SEE AHPD.ORG

DAD/DAUGHTER: CODE 10006

ADDITIONAL DAUGHTERS: CODE: 10009

Art Club

Here's a club just for you! We'll make crafts, paintings, drawings and work with clay. Club members vote on projects they want to do; therefore club members get to do projects that interest them. In each class, we'll make one project and discuss ideas for the following week. (KD)

Location: Hasbrook

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9725	5-12 yrs	M	6:15p-7:15p	1/9-2/27	$72/$90

Wild About Art

Learn about the amazing animal kingdom while learning to draw and paint some of your favorite animal friends. This class will have both step by step assignments and individual assignments. Join us on an amazing safari around the world with animals. (KD)

Location: Hasbrook

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9723	5-11 yrs	M	7:15p-8:15p	1/9-2/27	$67/$84

Clayworks

Kids love working with clay! They'll create their own masterpieces using the pinch, coil and slab methods. Students work at their own pace and progress to more difficult projects according to ability. (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9726	6-13 yrs	W	5:30p-6:30p	1/11-3/1	$61/$76

Clayworks Parent & me

Explore the creative world of Clayworks with your child. In this class you'll learn techniques like pinch, coil, slab as well as the pottery wheel. Parent/Grandparent and child work on projects together or create their own one-of-a-kind masterpieces. (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9727	7-13 yrs	Th	7:15p-8:30p	1/12-3/2	$90/$110

REGISTRATION TIP:
Search for your favorite instructor online by name or by class code.

PERFORMING ARTS

DRAMA | ACTING | MUSIC AND MORE!

BREAK A LEG!

Our Drama Classes help students develop self-confidence and the ability to express themselves to an audience. Students will explore role playing through a variety of different tools including but not limited to improv games, vocal and physical warm up techniques, character exploration, scene development and more. Class emphasis is on controlling the voice and body to display emotions and utilize the senses. Our drama instructors are degree-holding educators and professional actors.

MARY GERACI, DRAMA INSTRUCTOR

Mary is graduate from the University of Illinois at Urbana-Champaign. Not only does Mary love to teach drama, she also loves to perform on stage and in front of the camera! She has been in over 20 musicals, from playing "Beauty" in Beauty and the Beast to "Holly" in The Wedding Singer" She has recently booked a supporting role in a web series titled Wally. She has and continues, to take classes all around Chicago; from improv at improvOlympics to on-camera workshops at Actor's Training Center.

Kyle Donahue
CULTURAL ARTS SUPERVISOR
For more information regarding Dance, Theater or Art, please call Kyle at 847.506.7872 or kdonahue@ahpd.org.

DRAMA

Acting for Tots: Disney Favorites

Little actors and actresses will use their imagination to recreate some of their favorite Disney classics. Students will learn through acting games, movement exercises, and vocal exercises. (KD)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9981	4-5 yrs	W	4:30p-5:15p	1/11-3/1	$70
9983	4-5 yrs	Th	5:30p-6:15p	1/12-3/2	$70

Basic Acting

Students will learn core acting principles and tools including but not limited to: terminology, character study, acting theories, scene study etc. The teaching approach includes theatre games; improve exercises, body movement techniques, vocal techniques and more. Each session will consist of different themes, scenes and activities. (KD)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9984	6-8 yrs	W	5:30p-6:15p	1/11-3/1	$70
9985	9-11 yrs	Th	6:30p-7:15p	1/12-3/2	$70

Show Choir

Students have the opportunity to sing and dance to some of their favorite songs! There will be solo opportunities for interested participants. A small performance for parents will take place during the last class of the session. (KD)

Location: Administration Center

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9336	6-8 yrs	F	7:15p-8:15p	1/13-5/19	$150/$187

Improv

This class focuses on the basics of comedic improvisation. Students learn how to initiate scenes, build upon their scene partners' dialogue and create scenes with a solid foundation. Topics covered include: games, agreement ("yes and"); active listening; using the environment; basic narrative skills; and making your fellow improviser look good. (KD)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9987	9 and up	W	6:30p-7:15p	1/11-3/1	$70

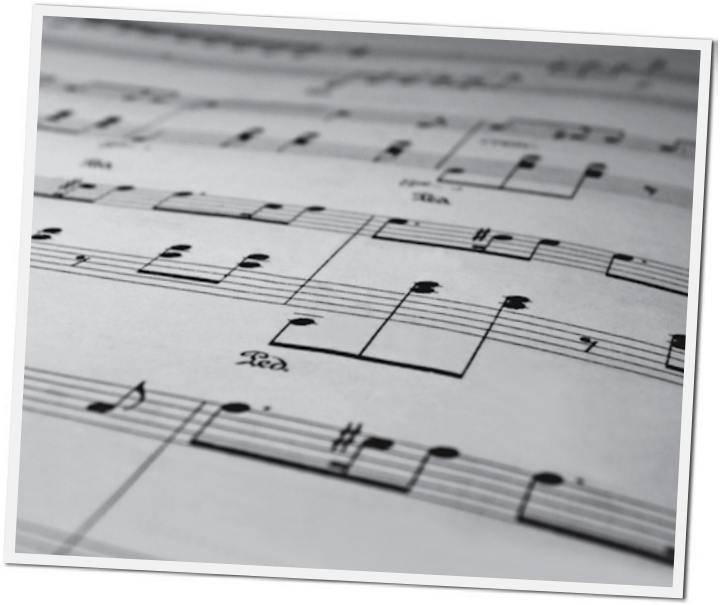
Movement for the Actor

An exploration of the actor's instrument. We will play with physical storytelling and bypass restlessness to release the inner artist. This course is for anyone who has dreamed of giving an authentic performance for camera or stage. For actors of all levels! (KD)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9986	8 and up	Th	4:30p-5:15p	1/12-3/2	$70

"FUN IS GOOD."
DR. SEUSS



MUSIC

The Mars Jamzz Kids Beginning Guitar

Get ready for an intergalactic, out-of-this world guitar lesson experience! Our 4 fun Martians: Bjorn, Bebe, Brubar and Stan, teach students the parts of the guitar, notes on the guitar, guitar tablature,chords, fun songs and more in a setting tailored for group instruction. Students will take turns playing melody and chords together, with their instructor and each other, to maximize the group experience! A $15.95 non-refundable book fee payable to Guitar Fundamentals will be due per student the first night of class. A $5 guitar rental is available per week (if needed) (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
9890	6-12 yrs	T	5:00p-6:00p	1/17-2/28	$125

The Keys of Brubar Kids Beginning Keyboard

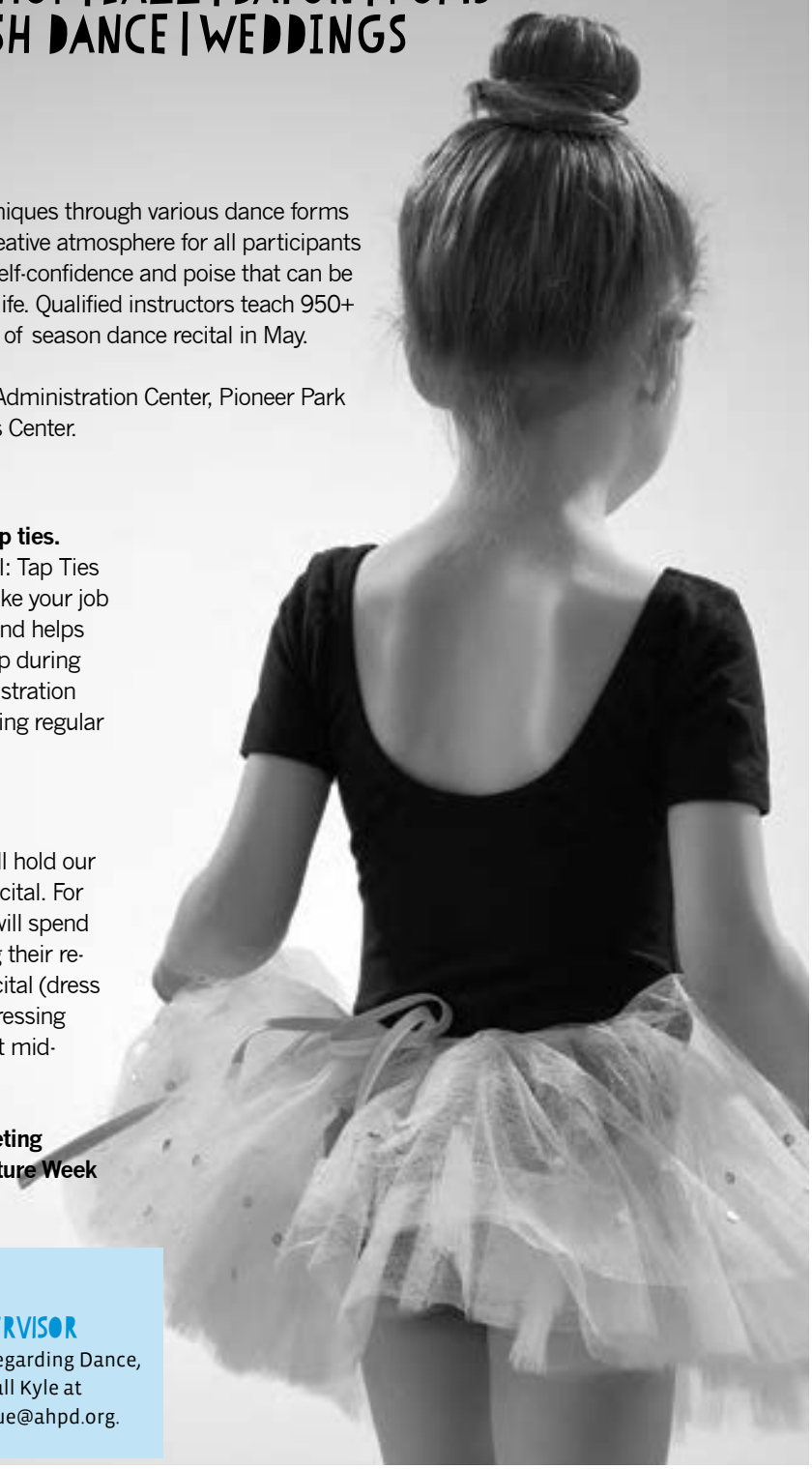
Get ready for an intergalactic, out-of-this-world keyboard lesson experience! Our 4 fun Martians Brubar, Bebe, Bjorn, and Stan, will teach students notes, chords, fun songs & more in a setting tailored for group instruction. A $15.95 non-refundable book fee payable to Guitar Fundamentals will be due per student the first night of class. A $5 keyboard rental is available per week. (if needed). (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
9889	6-12 yrs	T	6:15p-7:15p	1/17-2/28	$125

DANCE

BALLET | TAP | HIP HOP | JAZZ | BATON | POMS LYRICAL | IRISH DANCE | WEDDINGS



ABOUT THE PROGRAM

Our philosophy is to provide skill-building techniques through various dance forms paying equal attention to creating a fun and creative atmosphere for all participants involved. Our goal is that our program instills self-confidence and poise that can be carried throughout all aspects of the dancer's life. Qualified instructors teach 950+ students with every year culminating in an end of season dance recital in May.

Dance classes are offered at three locations: Administration Center, Pioneer Park Community Center and Hasbrook Cultural Arts Center.

ON SALE NOW.

Be kind to your instructor and buy a pair of tap ties. Parents of dancers in Ballet and Tap I, II and III: Tap Ties are a great way to replace ribbon ties. They make your job easier when getting your child ready for class and helps instructors when transitioning from ballet to tap during class. Cost is $5 per pair for sale at the Administration Center ONLY, 410 N. Arlington Heights Rd. during regular business hours 8:30am-4:30pm.

DANCE RECITAL

At the end of this Winter/Spring session we will hold our annual Arlington Height Park District Dance Recital. For those classes that are in Recital, the students will spend this session working on technique and learning their recital dance. More information regarding the recital (dress rehearsals, pictures, tickets, DVD, directions/dressing room information, flowers, etc.) will be sent out mid-February. Below are some important dates.

May 4 at 6:30pm	**Parent Volunteer Meeting**
May 13-May 19	**Dress Rehearsal/Picture Week**
May 20-May 21	**Recital Dates**

Kyle Donahue
CULTURAL ARTS SUPERVISOR
For more information regarding Dance, Theater or Art, please call Kyle at 847.506.7872 or kdonahue@ahpd.org.

MEET THE INSTRUCTORS:

ALYSSA SUGISAWA

Alyssa has studied dance for over 10 years with experience in Ballet, Pointe, Jazz, Tap, Modern, Lyrical, Hip-Hop and Musical Theatre. She has danced at Dorothy's Dance Unlimited and Dena Marie's School of Dance. She taught as an assistant for Dena Maria's School of Dance in 2006. Alyssa received her Bachelor's degree from North Central College. **Alyssa is currently the Director of Vibe Dance Company Level 1.**

AMY BRAHENY

Amy has her Bachelors degree in Dance from the University of Iowa. She has studied with the Berkshire Ballet Theatre, The Rodriguez Dance Theatre and more. She has choreographed for annual company performances, community education workshops, recitals and has instructed master classes in ballet, pointe and modern dance.

JENNIFER HICKS

Jennifer has been studying dance since the age of four. She became a teacher for Dena Marie's School of Dance in 2002. She has danced at the Lou Conte Dance Company and the Hubbard Street Dance Company. Throughout high school Jennifer was part of the Orchesis team and choreographed variety show dances. **Jennifer is currently the Director of Vibe Dance Company Level 2.**

AMY HILL

Amy graduated from SIU- Edwardsville in 2013, where she performed in numerous shows and obtained a dance minor. In her early years, she danced at AHPD and with her high school Orchesis. She enjoys numerous dance styles but especially Ballet and Contemporary. Amy is delighted to be back and have the opportunity to share her passion of dance with her students.

MICHELLE JACKSON

Michelle has studied Ballet, Tap, Jazz, Pointe, Lyrical and Hip hop since the age of three. Post high school, she continued her passion for dance as a dance major on scholarship at Oklahoma City University where she also studied voice and musical theater. She has performed at local dinner theaters in Chicago as well as a Chicago Luvabull Dancer for the Chicago Bulls during the "Michael Jordan days."

CARLA RICCHIO

Carla has been with the Arlington Heights Park District Dance program since '02. She has over 30 years of dance training and performing. Carla attended several Master classes with Randy Duncan and attended dance classes at Gus Giordanos for years. Carla enforces a fun, positive and serious learning experience for her dancers. **Carla is currently the Director of Vibe Dance Company Level 3.**

JENNIFER ROWLEY

Jen Rowley has been teaching dance for over 20 years. She has a Bachelor's Degree in Psychology and Dance (with a concentration in modern dance) from Denison University. She has danced professionally and presented her own choreography in New York, Washington, DC and Chicago. She is thrilled to share her love of dance with the next generation of dancers.

ANNA ERDMAN

Anna studied at the Dance Academy of Antioch, Talent Forum, and Framework Dance Chicago. Her emphasis has been Tap, Jazz, Contemporary, Ballet, Point, Hip Hop and Modern. Currently Anna teaches at several local dance studios and is finishing up her degree in Fine Arts. Anna has received honors for her tap dancing, including a scholarship to attend Chicago Human Rhythm Project

REGISTRATION TIP:
Search for your favorite instructor online by name or by class code.

PLEASE NOTE:

Please read class descriptions carefully to determine your child's placement. If your child was enrolled in dance during 2016 session, you should have received a letter in the mail this past summer letting you know placement for 2016-2017 classes. Preschool students who are just starting in the dance program should enroll in the lowest level for their age.

If you have any questions regarding what level your child should be in, please contact the Arlington Heights Park District Cultural Arts Department, 847-577-3000. Students who enroll in the wrong level may not be able to change classes if the class is full. *If your child does not meet the minimum age requirements for the class you are planning on joining you must have approval from the instructor to join the class.*

PRESCHOOL

Tots in Motion

Parents will help introduce their child to the world of dance by participating alongside their child! Development and control of gross motor skills, following directions and taking turns are stressed. Dancers should wear socks or ballet shoes and comfortable clothes they can move in or tights and leotard. (KD)

Tippy Toes

This class is for the child who is able to attend class without parent participation. Dancers will learn basic ballet positions and technique through fun class instruction and upbeat music. This class does not perform in the spring dance recital. Dancers should wear pink ballet shoes, tights, skirt or dance shorts, and a leotard. (KD)

Storytime Ballet

Dance is a moving story! Each class will consist of a story and a ballet lesson. Dancers should wear pink ballet shoes, a leotard, a skirt or dance shorts, and tights. (KD)

GOT SHOES?

Dance Shoe Sale and Meet The Teacher Night.

We're hosting a meet-the-teacher night along with a used dance shoe sale on Tuesday, December 27 from 5:30 pm-7:00 pm at the Administration Center annex dance studio 410 North Arlington Heights Road.

Dance Instructors will be on hand to assist in proper shoe sizing, as well as giving your dancers an opportunity to meet their instructor ahead of time. Individuals interested in selling their gently used dance shoes (Ballet, Tap, & Jazz) should drop off items to be sold on the day of the sale between the hours of 8:30 am- 4:30 pm Monday through Friday at the Administration Center. Shoe and money pickup takes place the last half hour (6:30-7 pm) of the sale. Any leftover shoes are donated to a charity. 90% of the price will go directly to the seller and 10% goes to the Park District.

Shoe forms are available online at ahpd.org and can also be picked up at the Administration Center.

PARENT TOT CLASSES

Activity	Code	Age	Location	Day	Time	Date	R/NR Fee
Tots in Motion *	9291	2.5-3.5 yrs	Admin.	M	2:30-3pm	1/9-2/27	$54/$68
Tots in Motion *	9292	2.5-3.5 yrs	Admin.	M	2:30-3pm	3/6-5/1	$54/$68
Tots in Motion *	9295	2.5-3.5 yrs	Pioneer	S	11-11:30am	1/7-2/25	$54/$68
Tots in Motion *	9296	2.5-3.5 yrs	Pioneer	S	11-11:30am	3/11-5/6	$54/$68

** Please note: These classes do NOT take part in the AHPD Dance recital.*

BALLET CLASSES

Activity	Code	Age	Location	Day	Time	Date	R/NR Fee
Tippy Toes *	9287	3-4 yrs	Admin.	M	1:15-1:45pm	1/9-2/27	$54/$68
Tippy Toes *	9299	3-4 yrs	Admin.	M	1:15-1:45pm	3/6-5/1	$54/$68
Story Time Ballet	9284	3-5 yrs	Admin.	Th	9-9:45am	1/12-5/18	$180/$213
Story Time Ballet	9285	3-5 yrs	Admin.	F	9:30-10:15am	1/13-5/19	$180/$213
Story Time Ballet	9286	3-5 yrs	Admin.	Sa	11:30-12:15pm	1/7-5/13	$180/$213
Story Time Ballet	9856	3-5 yrs	Pioneer	T	12-12:45pm	1/10-5/16	$180/$213

** Please note: These classes do NOT take part in the AHPD Dance recital.*

PRESCHOOL CLASSES

NO CLASS 3/27-4/1

Ballet & Tap

Dancers will be introduced to lessons in ballet and tap dance. Each week they will practice both disciplines. Dancers should wear pink ballet shoes, black tap shoes, a leotard, a skirt or dance shorts, and tights. (KD)

BALLET & TAP CLASSES

Activity	Code	Age	Location	Day	Time	Date	R/NR Fee
Ballet and Tap 1	9230	3-4 yrs	Admin.	M	9:45-10:30am	1/9-5/15	$180/$213
Ballet and Tap 1	9231	3-4 yrs	Admin.	T	10:45-11:30am	1/10-5/16	$180/$213
Ballet and Tap 1	9232	3-4 yrs	Admin.	W	9:15-10am	1/11-5/17	$180/$213
Ballet and Tap 1	9233	3-4 yrs	Admin.	W	1:45-2:30pm	1/11-5/17	$180/$213
Ballet and Tap 1	9234	3-4 yrs	Admin.	Th	12:45-1:30pm	1/12-5/18	$180/$213
Ballet and Tap 1	9235	3-4 yrs	Admin.	F	11-11:45am	1/13-5/19	$180/$213
Ballet and Tap 1	9236	3-4 yrs	Admin.	Sa	9-9:45am	1/7-5/13	$180/$213
Ballet and Tap 1	9237	3-4 yrs	Pioneer	T	10:15-11:00 am	1/10-5/16	$180/$213
Ballet and Tap 1	9240	3-4 yrs	Pioneer	F	10:15-11am	1/13-5/19	$180/$213
Ballet and Tap 1	9241	3-4 yrs	Pioneer	Sa	10:05-10:50am	1/7-5/13	$180/$213
Ballet and Tap 1	10377	3-4 yrs	Pioneer	Sa	12:30-1:15pm	1/7-5/13	$180/$213
Ballet and Tap 1	9260	3-4 yrs	Admin.	W	11-11:45am	1/11-5/17	$180/$213
Ballet and Tap 2	9244	4-5 yrs	Admin.	M	11:45-12:30pm	1/9-5/15	$180/$213
Ballet and Tap 2	9245	4-5 yrs	Admin.	T	9:15-10am	1/10-5/16	$180/$213
Ballet and Tap 2	9246	4-5 yrs	Admin.	T	10-10:45am	1/10-5/16	$180/$213
Ballet and Tap 2	9247	4-5 yrs	Admin.	T	12:15-1pm	1/10-5/16	$180/$213
Ballet and Tap 2	9248	4-5 yrs	Admin.	W	2:30-3:15pm	1/11-5/17	$180/$213
Ballet and Tap 2	9249	4-5 yrs	Admin.	Th	9:50-10:35am	1/12-5/18	$180/$213
Ballet and Tap 2	9250	4-5 yrs	Admin.	F	12:30-1:15pm	1/13-5/19	$180/$213
Ballet and Tap 2	9251	4-5 yrs	Admin.	Sa	9:50-10:35am	1/7-5/13	$180/$213
Ballet and Tap 2	9252	4-5 yrs	Admin.	Sa	12:30-1:15pm	1/7-5/13	$180/$213
Ballet and Tap 2	9254	4-5 yrs	Pioneer	Th	12:45-1:30pm	1/12-5/18	$180/$213
Ballet and Tap 2	9256	4-5 yrs	Pioneer	F	11:00-11:45 am	1/13-5/19	$180/$213
Ballet and Tap 2	9257	4-5 yrs	Pioneer	Sa	9:15-10am	1/7-5/13	$180/$213
Ballet and Tap 2	9258	4-5 yrs	Hasbrook	M	10:30-11:15am	1/9-5/15	$180/$213
Ballet and Tap 2	9259	4-5 yrs	Hasbrook	M	5-5:45pm	1/9-5/15	$180/$213
Ballet and Tap 3	9261	5-6 yrs	Admin.	M	10:30-11:30am	1/9-5/15	$198/$231
Ballet and Tap 3	9262	5-6 yrs	Admin.	T	1-2pm	1/10-5/16	$198/$231
Ballet and Tap 3	9263	5-6 yrs	Admin.	W	10-11am	1/11-5/17	$198/$231
Ballet and Tap 3	9264	5-6 yrs	Admin.	W	12:45-1:45pm	1/11-5/7	$198/$231
Ballet and Tap 3	9265	5-6 yrs	Admin.	Th	1:30-2:30pm	1/12-5/18	$198/$231
Ballet and Tap 3	9266	5-6 yrs	Admin.	Sa	1:20-2:20pm	1/7-5/13	$198/$231
Ballet and Tap 3	9270	5-6 yrs	Pioneer	Th	10:15-11:15am	1/12-5/18	$198/$231
Ballet and Tap 3	9271	5-6 yrs	Pioneer	F	2-3pm	1/13-5/19	$198/$231
Ballet and Tap 3	9272	5-6 yrs	Pioneer	Sa	11:30-12:30pm	1/7-5/13	$198/$231
Ballet and Tap 3	9273	5-6 yrs	Hasbrook	M	12:30-1:30pm	1/9-5/15	$198/$231
Ballet and Tap 3	9274	5-6 yrs	Hasbrook	M	5:45-6:45pm	1/9-5/15	$198/$231
Ballet and Tap 3	9855	5-6 yrs	Pioneer	T	11:00a-12:00p	1/10-5/16	$198/$231

PRESCHOOL CLASSES

Hip Hop Tots
Preschoolers will learn basic jazz and hip hop moves to their favorite songs. They will also explore their creative side using fun props. Dancers should wear clean gym shoes or black jazz shoes and comfortable clothes they can move in. (KD)

Mini Jazz & Hip Hop
Dancers will be introduced to lessons in jazz and hip hop dance. Dancers should wear black jazz shoes and form-fitting clothes they can move in. (KD)

Kids Pop
Focuses on hip hop and funky jazz. Dancers should wear black jazz shoes and form fitting clothes they can move in. (KD)

Mini Jazz
Develop their jazz skills while working on coordination, flexibility and strength. Dancers should wear black jazz shoes and form-fitting clothes they can move in. (KD)

JAZZ-HIP HOP CLASSES

Activity	Code	Age	Location	Day	Time	Date	R/NR Fee
Hip Hop Tots	9275	3-5 yrs	Pioneer	F	11:45am-12:30pm	1/13-5/19	$180/$213
Hip Hop Tots	9955	3-5 yrs	Pioneer	F	12:30-1:15pm	1/13-5/19	$180/$213
Hip Hop Tots	9979	3-5 yrs	Pioneer	Th	12:00-12:45pm	1/12-5/18	$180/$213
Mini Jazz and Hip Hop	9321	5+	Admin.	Sa	10:40-11:25am	1/7-5/13	$180/$213
Mini Jazz and Hip Hop	9322	5+	Admin.	F	3:30-4:15pm	1/13-5/19	$180/$213
Mini Jazz and Hip Hop	9323	5+	Pioneer	F	1:15-2pm	1/13-5/19	$180/$213
Mini Jazz and Hip Hop	9957	5+	Pioneer	Th	11:15am-12pm	1/12-5/18	$180/$213
Mini Jazz and Hip Hop	10229	5+	Pioneer	W	3:15-4pm	1/11-5/17	$180/$213
Kids Pop	9276	5-6 yrs	Admin.	M	12:30-1:15pm	1/9-5/15	$180/$213
Mini Jazz	9278	5-6 yrs	Admin.	Th	10:40-11:25am	1/12-5/18	$180/$213
Mini Jazz	9279	5-6 yrs	Admin.	Th	3:30-4:15pm	1/12-5/18	$180/$213
Mini Jazz	9283	5-6 yrs	Hasbrook	M	11:30am-12:15pm	1/9-5/15	$180/$213

REGISTRATION TIP:
Search for your favorite instructor online by name or by class code.

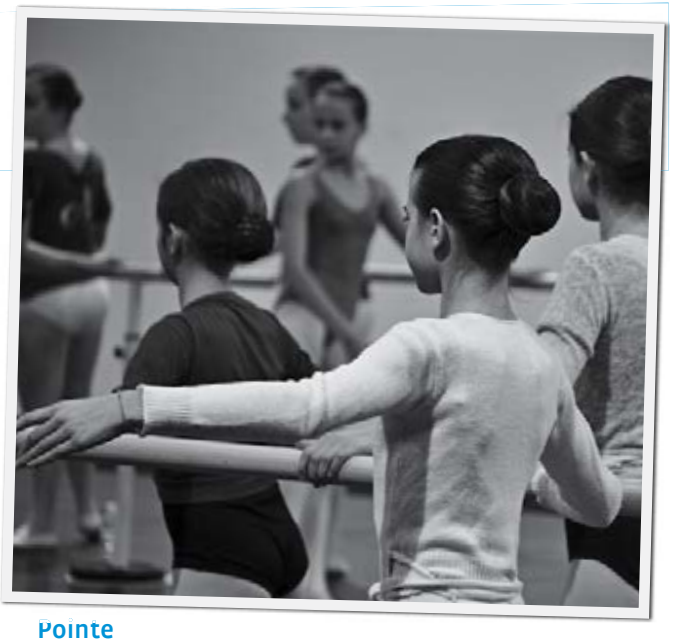
YOUTH CLASSES

Ballet

Develops basic ballet techniques, positions and terminology. Levels 1 & 2 are for beginner ballet dancers. Level 3 students should have 1-2 years experience in ballet. Level 4 students should have 2- 3 years experience. Levels 5 & 6 are instructor permission only. Dancers should wear pink ballet shoes, leotard, tights, and hair must be worn in a bun. (KD)

Pointe Prep

Focuses on building the muscles and specific technique necessary to begin training for pointe. Students must also be enrolled and attend an additional ballet class. Bone development is taken into consideration when placing students on pointe so dancers must be at least 13 years old before going on pointe. Students should expect to participate in 1-4 sessions of Pointe Prep before being considered for Pointe. It is important to note that every dancer is different and that proper bone development and muscle strength will be a main factor in the instructor's decision over age or participation. Under no circumstance should students purchase pointe shoes until instructed to do so. Level 2 is by instructor permission only. Dancers should wear pink ballet shoes, leotard, skirt or dance shorts, and convertible or footless tights (optional). (KD)



Pointe

Pointe Ballet focuses on technique and is for the advanced ballet dancer. Only pointe technique is covered in this class: students must also be enrolled in an advanced ballet class. Instructor permission only. Dancers wear pointe shoes, leotard, tights, and hard must be worn in a bun. (KD)

BALLET CLASSES

Activity	Code	Age	Location	Day	Time	Date	R/NR Fee
Ballet 1	9201	6+	Admin.	Sa	2:30-3:15 pm	1/7-5/13	$188/$225
Ballet 1	9202	6+	Pioneer	W	4:15-5:00 pm	1/11-5/17	$188/$225
Ballet 1	9203	6+	Pioneer	Th	5:00-5:45 pm	1/12-5/18	$188/$225
Ballet 1	9204	6+	Hasbrook	M	6:45-7:30 pm	1/9-5/15	$188/$225
Ballet 2	9205	6+	Pioneer	M	4:15-5:00 pm	1/9-5/15	$188/$225
Ballet 2	9206	6+	Pioneer	W	5:00-5:45 pm	1/11-5/17	$188/$225
Ballet 3	9207	9+	Admin.	T	4:00-5:00 pm	1/10-5/16	$206/$243
Ballet 3	9208	9+	Pioneer	M	5:00-6:00 pm	1/9-5/15	$206/$243
Ballet 3	9209	9+	Hasbrook	M	4:00-5:00 pm	1/9-5/15	$206/$243
Ballet 4	9210	11+	Admin.	T	5:45-6:45 pm	1/10-5/16	$206/$243
Ballet 4	9211	11+	Admin.	F	5:15-6:15 pm	1/13-5/19	$206/$243
Ballet 4	9212	11+	Pioneer	W	5:45-6:45 pm	1/11-5/17	$206/$243
Ballet 5	9213	12+	Pioneer	M	6:00-7:00 pm	1/9-5/15	$215/$254
Ballet 5	9214	12+	Hasbrook	W	4:00-5:00 pm	1/11-5/17	$215/$254
Ballet 6	9215	14+	Hasbrook	W	6:45-7:45 pm	1/11-5/17	$215/$254
Pointe Prep 1 *	9853	11+	Hasbrook	M	8:30-9:15 pm	1/9-5/15	$132/$169
Pointe Prep 2 *	9217	11+	Hasbrook	W	5:00-5:45 pm	1/11-5/17	$132/$169
Pointe 1 *	9854	13+	Hasbrook	W	8:30-9:00 pm	1/11-5/17	$106/$145
Pointe 2	9216	13+	Hasbrook	W	7:45-8:30 pm	1/11-5/17	$218/$257

** Please note: These classes do NOT take part in the AHPD Dance recital.*

NO CLASS 3/27-4/1

YOUTH CLASSES

NO CLASS 3/27-4/1

Jazz Lyrical
Dancers learn to display emotions to tell a story through music. They will practice both jazz and lyrical techniques each week. Dancers should wear black jazz shoes for jazz and turning shoes or barefoot for lyrical, a leotard or tank top, and dance shorts or pants. (KD)

Contemporary Lyrical
Turns, leaps, dancing with emotion, moving into and out of the floor and contemporary / lyrical choreography will be the main focus of this class. Dancers should wear a leotard or tank top, dance shorts or pants. Turning shoes are optional or barefoot. (KD)

Ballet & Jazz
Learn ballet barre, technique and terminology along with jazz steps and combinations. Dancers should wear pink ballet shoes, black jazz shoes, leotard, skirt or dance shorts, tights are optional. (KD)

Jazz
Level 1 & 2 students will fine tune their jazz skills while working on coordination, flexibility and strength. A minimum of one year of jazz is recommended. Level 3 students require one year of jazz experience. Level 4 students require at least two years of experience. Level 5 requires at least three years of experience and Level 6 requires 3-4 years of jazz experience. Dancers wear black jazz shoes, leotard or tank top, and dance shorts or pants. (KD)

JAZZ LYRICAL & CONTEMPORARY LYRICAL CLASSES

Activity	Code	Age	Location	Day	Time	Date	R/NR Fee
Jazz Lyrical 1	9221	8+	Admin.	M	4:15-5:15pm	1/9-5/15	$206/$243
Jazz Lyrical 1	9222	8+	Admin.	W	4:15-5:15pm	1/11-5/17	$206/$243
Jazz Lyrical 2	9223	10+	Hasbrook	M	7:30-8:30pm	1/9-5/15	$206/$243
Jazz Lyrical 2	9224	10+	Admin.	M	6:15-7:15pm	1/9-5/15	$206/$243
Jazz Lyrical 2	9225	10+	Pioneer	Th	5:45-6:45pm	1/12-5/18	$206/$243
Jazz Lyrical 3	9226	11+	Admin.	W	3:15-4:15pm	1/11-5/17	$206/$243
Jazz Lyrical 3	9227	11+	Pioneer	M	3:15-4:15pm	1/9-5/15	$206/$243
Jazz Lyrical 4	9228	12+	Pioneer	Th	7:30-8:30pm	1/12-5/18	$215/$254
Jazz Lyrical 5	9229	14+	Pioneer	Th	8:30-9:30pm	1/12-5/18	$215/$254
Contemporary Lyrical 1	9218	9+	Pioneer	T	6:30-7:30pm	1/10-5/16	$206/$243
Contemporary Lyrical 2	9219	11+	Pioneer	T	7:30-8:30pm	1/10-5/16	$206/$243
Contemporary Lyrical 3	9220	12+	Pioneer	T	8:30-9:30pm	1/10-5/16	$215/$254

BALLET & JAZZ CLASSES

Activity	Code	Age	Location	Day	Time	Date	R/NR Fee
Ballet and Jazz 1	9310	6+	Pioneer	T	4:30-5:30pm	1/10-5/16	$206/$243
Ballet and Jazz 2	9311	9+	Pioneer	T	5:30-6:30pm	1/10-5/16	$206/$243

JAZZ CLASSES

Activity	Code	Age	Location	Day	Time	Date	R/NR Fee
Jazz 1	9314	6-8 yrs	Admin.	Th	4:15-5pm	1/12-5/18	$188/$225
Jazz 1	9315	6-8yrs	Admin.	W	5:15-6pm	1/11-5/17	$188/$225
Jazz 2	9316	7-9 yrs	Admin.	Th	5-6pm	1/12-5/18	$206/$243
Jazz 3	9317	8-10 yrs	Admin.	Th	6-7pm	1/12-5/18	$206/$243
Jazz 4	9318	10+	Admin.	Th	7-8pm	1/12-5/18	$206/$243
Jazz 5	9319	12+	Hasbrook	Th	7:30-8:30pm	1/12-5/18	$215/$254
Jazz 6	9320	14+	Admin.	W	8-9:15pm	1/11-5/17	$254/$293

REGISTRATION TIP:
Search for your favorite instructor online by name or by class code.

Jazz & Hip Hop
Dancers will work on both jazz and hip hop techniques each week and should wear black jazz shoes, a leotard or tank top, and dance shorts or pants. (KD)

Techs: Hip Pop Kids
You will be introduced to the basics and some cool steps. You will be dancing a routine and performing it the last week of class. Parents are welcome to come 10 minutes early the last class to see the performance. (KD)

Hip Hop for Boys
Class emphasis is on attitude, stage presence, developing an individual style and having fun! Dancers wear clean gym shoes and comfortable clothes they can move in. (KD)

Tap
Learn the basic tap steps and combinations. Emphasis is on technique and performance. Dancers wear black tap shoes, leotard or tank top, and dance shorts or pants. (KD)

Tap & Jazz
Dancers will work on both tap and jazz techniques each week and should wear black jazz shoes, black tap shoes, leotard or tank top, and dance shorts or pants. (KD)

Flexibility, Jumps & Turns
Focuses on increasing flexibility and improving intermediate/advanced jump and turn combinations. Focus for this class will be on ballet techniques. Dancers wear pink ballet shoes, leotard or tank top, and dance shorts or pants. (KD)

Modern Technique
Students will concentrate on the fundamental concepts and practices of modern dance techniques. Focus will be on body alignment, stretch/strengthening, movement vocabulary and spatial awareness, as well as musicality. Dancers wear a leotard or tank top, dance shorts or pants. Turning shoes are optional or barefoot. (KD)

Technique
Learn the skills it takes to perform proper turns, leaps, jumps, etc. This class also includes barre work. Dancers wear black jazz shoes, leotard or tank top, and dance shorts or pants. (KD)

JAZZ & HIP HOP CLASSES

Activity	Code	Age	Location	Day	Time	Date	R/NR Fee
Hip Hop for Boys	9313	6+	Hasbrook	Fri	4:15-5:15pm	1/13-5/19	$206/$243
Hip Pop for Kids*	9952	6-9 yrs	Pioneer	F	6:30-7:15pm	1/13-2/24	$48
Jazz and Hip Hop 1	9324	6+	Pioneer	Th	4:15-5:00pm	1/13-5/19	$188/$225
Jazz and Hip Hop 1	10376	6+	Hasbrook	F	5:15-6:00pm	1/12-5/18	$188/$225
Jazz and Hip Hop 1	9325	6+	Pioneer	Th	6:45-7:30pm	1/12-5/18	$188/$225
Jazz and Hip Hop 2	9326	8+	Hasbrook	Th	4:30-5:30pm	1/12-5/18	$206/$243
Jazz and Hip Hop 2	9327	8+	Hasbrook	Th	6:30-7:30pm	1/12-5/18	$206/$243
Jazz and Hip Hop 3	9328	10+	Hasbrook	Th	5:30-6:30pm	1/12-5/18	$206/$243

** Please note: These classes do NOT take part in the AHPD Dance recital.*

TAP & JAZZ CLASSES

Activity	Code	Age	Location	Day	Time	Date	R/NR Fee
Tap 1 & 2	9330	7+	Hasbrook	F	6:15-7:15pm	1/13-5/19	$206/$243
Tap 3	9332	12+	Hasbrook	Th	8:30-9:30pm	1/12-5/18	$215/$243
Tap and Jazz 1	10257	6+	Admin.	T	6:45-7:45pm	1/10-5/16	$206/$243
Tap and Jazz 2	9335	8+	Admin.	F	4:15-5:15pm	1/13-5/19	$206/$243

TECHNIQUE CLASSES

Activity	Code	Age	Location	Day	Time	Date	R/NR Fee
Flexibility, Jumps and Turns *	9300	9+	Admin.	T	5-5:45pm	1/10-5/16	$132/$169
Modern Technique	9305	12+	Hasbrook	W	5:45-6:45pm	1/11-5/17	$215/$254
Technique *	9307	10+	Admin.	M	5:15-6:15pm	1/9-5/15	$150/$187
Technique *	9309	12+	Admin.	T	7:45-8:45pm	1/10-5/16	$156/$195

** Please note: These classes do NOT take part in the AHPD Dance recital.*

"WE SHOULD CONSIDER EVERY DAY LOST ON WHICH WE HAVE NOT DANCED AT LEAST ONCE." FRIEDRICH NIETZSCHE

Irish Step Dance

Open your child's eyes and heart to Ireland's traditional dances. The McNulty School of Irish Dance program is designed to challenge each dancer to achieve his or her personal best, both on and off the dance floor. Students develop concentration skills, coordination, and self-confidence that serve them well in all facets of life. Dancers begin learning solo and team soft shoe dances and then progress to more complex soft shoe and heavy shoe steps over time. Member of Irish Dance Teachers Association of Mid America and North America and An Coimisiun le Rinci Gaelacha, Dublin Ireland. (NW)

Location: Frontier

Code	Level	Age	Day(s)	Time	Date(s)	Fee
9877	Preschool	4-6 yrs	M	4:00p-4:30p	1/9-3/6	$77
9879	Beg-Soft Shoe	7-16 yrs	M	4:30p-5:15p	1/9-3/6	$109
9876	Int-Heavy Shoe	7-16 yrs	M	5:15p-5:45p	1/9-3/6	$69
9878	Adv Int-Soft Shoe	7-16 yrs	M	5:45p-6:45p	1/9-3/6	$117
9875	Adult	17 and up	M	6:45p-7:30p	1/9-3/6	$109

Splendid Ballroom Dance

Discover the wonderful world of ballroom dancing in this introductory/ refresher session. Improve your skills, learn new steps and how to lead & follow. You will have fun dancing the Waltz, Tango, Cha Cha, and Foxtrot with just a few hours of enjoyable instruction. Couples are recommended. Fee is per person. (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9861	16 and up	F	7:30p-8:30p	1/13-2/24	$50

Wedding & Social Dance

This is the perfect class for anyone with any type of upcoming social engagement (weddings, birthdays, and other parties). From backyard barbeque bash to black tie formal events, this class will get you dancing Big Band, or music for a Waltz! (KD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9947	16 and up	F	8:30p-9:30p	1/13-2/24	$50

Wedding Workshop

Learn to dance to ballroom, big band and Latin. This crash course includes: leading and following, traveling, turns and movement. This is perfect for anyone who is in or going to a wedding! Waltz and cha cha will be taught in this class. Getting married? Bring in your special song. Instructor can give you some quick ideas on dances at the end of class. (KD)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
9943	16 and up	Sa	12:30p-3:00p	2/4	$36

NO CLASS 3/27-4/1

Musical Theatre

Learn theatrical dance from popular Broadway hits! Students will explore classic jazz movement, musical theatre style and facial expressions that are perfect for the stage. Dancers work on choreography that is high-energy and integral to the plot of a show. This class performs in the annual dance recital in May. (KD)

Location: Administration Center

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9306	6-10	F	6:15p-7:15p	1/13-5/19	$206/$243

GYMNASTICS

YOUTH | TEENS | BOYS | GIRLS

Hot Shot Tots Gymnastics

A playful parent/tot class centered around age appropriate movements using specialized tot-size gymnastics equipment. Please Note: An additional waiver must be filled out at the Rolling Meadows Park District Nelson Sports Complex at the first class. (TD)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10098	1-3 yrs	M	9:15a-10:00a	1/2-2/20	$92/$139
10099	1-3 yrs	T	9:15a-10:00a	1/3-2/21	$92/$139
10100	1-3 yrs	W	9:15a-10:00a	1/4-2/22	$92/$139
10101	1-3 yrs	Th	11:15a-12:00p	1/5-2/23	$92/$139
10102	1-3 yrs	F	11:15a-12:00p	1/6-2/24	$92/$139
10103	1-3 yrs	Sa	8:15a-9:00a	1/7-2/25	$92/$139
10104	1-3 yrs	Sa	9:00a-9:45a	1/7-2/25	$92/$139
10365	1-3 yrs	Sa	10:00a-10:45a	1/7-2/25	$92/$139
10105	1-3 yrs	M	9:15a-10:00a	2/27-4/24	$92/$139
10106	1-3 yrs	T	9:15a-10:00a	2/28-4/25	$92/$139
10107	1-3 yrs	W	9:15a-10:00a	3/1-4/26	$92/$139
10108	1-3 yrs	Th	11:15a-12:00p	3/2-4/27	$92/$139
10109	1-3 yrs	F	11:15a-12:00p	3/3-4/28	$92/$139
10110	1-3 yrs	Sa	8:15a-9:00a	3/4-4/29	$92/$139
10111	1-3 yrs	Sa	9:00a-9:45a	3/4-4/29	$92/$139
10366	1-3 yrs	Sa	10:00a-10:45a	3/4-4/29	$92/$139

NOTE:
ALL GYMNASTICS CLASSES TAKE PLACE AT THE ROLLING MEADOWS PARK DISTRICT SPORTS COMPLEX.

Tom Divello
PIONEER PARK SUPERVISOR
For more information on gymnastics, please call Tom at 847.506.2734 or tdivello@ahpd.org.

Preschool Gymnastics

3 Years

With encouragement from skilled instructors, participants face physical challenges that give them stronger bodies and sharper minds, as well as a clearer understanding of their abilities. (TD)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10129	3 yrs	M	11:15a-12:00p	1/2-2/20	$92/$139
10131	3 yrs	M	6:15p-7:00p	1/2-2/20	$92/$139
10132	3 yrs	T	11:15a-12:00p	1/3-2/21	$92/$139
10133	3 yrs	W	6:15p-7:00p	1/4-2/22	$92/$139
10134	3 yrs	Th	9:15a-10:00a	1/5-2/23	$92/$139
10135	3 yrs	F	9:15a-10:00a	1/6-2/24	$92/$139
10136	3 yrs	F	2:00p-2:45p	1/6-2/24	$92/$139
10137	3 yrs	Sa	11:00a-11:45a	1/7-2/25	$92/$139
10151	3 yrs	M	11:15a-12:00p	2/27-4/24	$92/$139
10153	3 yrs	M	6:15p-7:00p	2/27-4/24	$92/$139
10154	3 yrs	T	11:15a-12:00p	2/28-4/25	$92/$139
10155	3 yrs	W	6:15p-7:00p	3/1-4/26	$92/$139
10156	3 yrs	Th	9:15a-10:00a	3/2-4/27	$92/$139
10157	3 yrs	F	9:15a-10:00a	3/3-4/28	$92/$139
10158	3 yrs	F	2:00p-2:45p	3/3-4/28	$92/$139
10159	3 yrs	Sa	11:00a-11:45a	3/4-4/29	$92/$139

4-5 years

These children are beginning to really step out and move. We know it is essential that their physical challenges be monitored for safety and that their attempts are rewarded. (TD)

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10130	4-5 yrs	M	1:00p-1:45p	1/2-2/20	$92/$139
10138	4-5 yrs	M	2:00p-2:45p	1/2-2/20	$92/$139
10139	4-5 yrs	M	7:15p-8:00p	1/2-2/20	$92/$139
10140	4-5 yrs	T	10:15a-11:00a	1/3-2/21	$92/$139
10141	4-5 yrs	T	2:00p-2:45p	1/3-2/21	$92/$139
10142	4-5 yrs	W	10:15a-11:00a	1/4-2/22	$92/$139
10143	4-5 yrs	W	1:00p-1:45p	1/4-2/22	$92/$139
10144	4-5 yrs	W	7:15p-8:00p	1/4-2/22	$92/$139
10145	4-5 yrs	Th	10:15a-11:00a	1/5-2/23	$92/$139
10146	4-5 yrs	Th	2:00p-2:45p	1/5-2/23	$92/$139
10147	4-5 yrs	F	10:15a-11:00a	1/6-2/24	$92/$139
10148	4-5 yrs	F	1:00p-1:45p	1/6-2/24	$92/$139
10149	4-5 yrs	F	6:15p-7:00p	1/6-2/24	$92/$139
10150	4-5 yrs	Sa	12:00p-12:45p	1/7-2/25	$92/$139
10152	4-5 yrs	M	1:00p-1:45p	2/27-4/24	$92/$139
10160	4-5 yrs	M	2:00p-2:45p	2/27-4/24	$92/$139
10161	4-5 yrs	M	7:15p-8:00p	2/27-4/24	$92/$139
10162	4-5 yrs	T	10:15a-11:00a	2/28-4/25	$92/$139
10163	4-5 yrs	T	2:00p-2:45p	2/28-4/25	$92/$139
10164	4-5 yrs	W	10:15a-11:00a	3/1-4/26	$92/$139
10165	4-5 yrs	W	1:00p-1:45p	3/1-4/26	$92/$139
10166	4-5 yrs	W	7:15p-8:00p	3/1-4/26	$92/$139
10167	4-5 yrs	Th	10:15a-11:00a	3/2-4/27	$92/$139
10168	4-5 yrs	Th	2:00p-2:45p	3/2-4/27	$92/$139
10169	4-5 yrs	F	10:15a-11:00a	3/3-4/28	$92/$139
10170	4-5 yrs	F	1:00p-1:45p	3/3-4/28	$92/$139
10171	4-5 yrs	F	6:15p-7:00p	3/3-4/28	$92/$139
10172	4-5 yrs	Sa	12:00p-12:45p	3/4-4/29	$92/$139

Kindergarten Gymnastics

With positive reinforcement, children are afforded appropriate challenges, which prepare them physically and mentally for our youth gymnastics classes. These classes are pre-1st grade. (TD)

Boys and Girls

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10113	5-6 yrs	M	10:15a-11:00a	1/2-2/20	$92/$139
10114	5-6 yrs	T	1:00p-1:45p	1/3-2/21	$92/$139
10115	5-6 yrs	W	2:00p-2:45p	1/4-2/22	$92/$139
10120	5-6 yrs	W	11:15a-12:00p	1/4-2/22	$92/$139
10116	5-6 yrs	Th	1:00p-1:45p	1/5-2/23	$92/$139
10117	5-6 yrs	F	7:15p-8:00p	1/6-2/24	$92/$139
10121	5-6 yrs	M	10:15a-11:00a	2/27-4/24	$92/$139
10122	5-6 yrs	T	1:00p-1:45p	2/28-4/25	$92/$139
10123	5-6 yrs	W	2:00p-2:45p	3/1-4/26	$92/$139
10128	5-6 yrs	W	11:15a-12:00p	3/1-4/26	$92/$139
10124	5-6 yrs	Th	1:00p-1:45p	3/2-4/27	$92/$139
10125	5-6 yrs	F	7:15p-8:00p	3/3-4/28	$92/$139

Girls Only

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10118	5-6 yrs	F	5:00p-6:00p	1/6-2/24	$92/$139
10119	5-6 yrs	Sa	1:00p-2:00p	1/7-2/25	$92/$139
10126	5-6 yrs	F	5:00p-6:00p	3/3-4/28	$92/$139
10127	5-6 yrs	Sa	1:00p-2:00p	3/4-4/29	$92/$139

NOTE:
ALL GYMNASTICS CLASSES TAKE PLACE AT THE ROLLING MEADOWS PARK DISTRICT SPORTS COMPLEX.

"GYMNASTICS TAUGHT ME EVERYTHING - LIFE LESSONS, RESPONSIBILITY AND DISCIPLINE AND RESPECT." SHAWN JOHNSON

Girls Youth Gymnastics

Our developmental gymnastics program is divided by gender and into skill levels. The three level program is designed to provide a non-competitive, achievement-oriented program of progressive skills. (TD)

Beginner

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10058	6-8 yrs	M	4:00p-5:00p	1/2-2/20	$100/$147
10059	6-8 yrs	M	5:00p-6:00p	1/2-2/20	$100/$147
10060	6-8 yrs	T	4:00p-5:00p	1/3-2/21	$100/$147
10061	6-8 yrs	T	5:00p-6:00p	1/3-2/21	$100/$147
10062	6-8 yrs	W	4:00p-5:00p	1/4-2/22	$100/$147
10063	6-8 yrs	W	5:00p-6:00p	1/4-2/22	$100/$147
10064	6-8 yrs	Th	4:00p-5:00p	1/5-2/23	$100/$147
10065	6-8 yrs	Th	5:00p-6:00p	1/5-2/23	$100/$147
10066	6-8 yrs	F	4:00p-5:00p	1/6-2/24	$100/$147
10067	6-8 yrs	Sa	2:00p-3:00p	1/7-2/25	$100/$147
10071	6-8 yrs	M	4:00p-5:00p	2/27-4/24	$100/$147
10072	6-8 yrs	M	5:00p-6:00p	2/27-4/24	$100/$147
10073	6-8 yrs	T	4:00p-5:00p	2/28-4/25	$100/$147
10074	6-8 yrs	T	5:00p-6:00p	2/28-4/25	$100/$147
10075	6-8 yrs	W	4:00p-5:00p	3/1-4/26	$100/$147
10076	6-8 yrs	W	5:00p-6:00p	3/1-4/26	$100/$147
10077	6-8 yrs	Th	4:00p-5:00p	3/2-4/27	$100/$147
10078	6-8 yrs	Th	5:00p-6:00p	3/2-4/27	$100/$147
10079	6-8 yrs	F	4:00p-5:00p	3/3-4/28	$100/$147
10080	6-8 yrs	Sa	2:00p-3:00p	3/4-4/29	$100/$147
10068	9-14 yrs	M	5:00p-6:00p	1/2-2/20	$100/$147
10069	9-14 yrs	W	4:00p-5:00p	1/4-2/22	$100/$147
10070	9-14 yrs	Sa	2:00p-3:00p	1/7-2/25	$100/$147
10081	9-14 yrs	M	5:00p-6:00p	2/27-4/24	$100/$147
10082	9-14 yrs	W	4:00p-5:00p	3/1-4/26	$100/$147
10083	9-14 yrs	Sa	2:00p-3:00p	3/4-4/29	$100/$147

Intermediate

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10084	6-8 yrs	M	4:00p-5:00p	1/2-2/20	$100/$147
10085	6-8 yrs	T	5:00p-6:00p	1/3-2/21	$100/$147
10086	6-8 yrs	Th	4:00p-5:00p	1/5-2/23	$100/$147
10087	6-8 yrs	F	4:00p-5:00p	1/6-2/24	$100/$147
10090	6-8 yrs	M	4:00p-5:00p	2/27-4/24	$100/$147
10091	6-8 yrs	T	5:00p-6:00p	2/28-4/25	$100/$147
10092	6-8 yrs	Th	4:00p-5:00p	3/2-4/27	$100/$147
10093	6-8 yrs	F	4:00p-5:00p	3/3-4/28	$100/$147
10094	9-14 yrs	W	5:00p-6:00p	1/4-2/22	$100/$147
10097	9-14 yrs	W	5:00p-6:00p	3/1-4/26	$100/$147
10088	9-14 yrs	F	5:00p-6:00p	3/3-4/28	$100/$147
10089	9-14 yrs	Sa	2:00p-3:00p	1/7-2/25	$100/$147
10095	9-14 yrs	F	5:00p-6:00p	1/6-2/24	$100/$147
10096	9-14 yrs	Sa	2:00p-3:00p	3/4-4/29	$100/$147

Boys Youth Gymnastics

Beginner/Intermediate

Our developmental gymnastics program is divided by gender and into skill levels. The three level program is designed to provide a non-competitive, achievement-oriented program of progressive skills. (TD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10046	6-8 yrs	T	4:00p-5:00p	1/3-2/21	$100/$147
10048	6-8 yrs	Th	5:00p-6:00p	1/5-2/23	$100/$147
10369	6-8 yrs	Sa	1:00p-2:00p	1/7-2/25	$100/$147
10050	6-8 yrs	T	4:00p-5:00p	2/28-4/25	$100/$147
10052	6-8 yrs	Th	5:00p-6:00p	3/2-4/27	$100/$147
10370	6-8 yrs	Sa	1:00p-2:00p	3/4-4/29	$100/$147
10047	9-14 yrs	T	4:00p-5:00p	1/3-2/21	$100/$147
10049	9-14 yrs	Th	5:00p-6:00p	1/5-2/23	$100/$147
10051	9-14 yrs	T	4:00p-5:00p	2/28-4/25	$100/$147
10053	9-14 yrs	Th	5:00p-6:00p	3/2-4/27	$100/$147

Advanced Gymnastics

Level I

The advanced gymnastics classes are geared towards children that have been through the developmental program. (TD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10042	9 and up	T,Th	6:00p-7:30p	1/3-2/23	$208/$258
10043	9 and up	T,Th	6:00p-7:30p	2/28-4/27	$208/$258

Level II

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10044	9 and up	T,Th	6:00p-8:00p	1/3-2/23	$240/$290
10045	9 and up	T,Th	6:00p-8:00p	2/28-4/27	$240/$290

Tumbling Programs

This program specializes in floor and trampoline skills. It is specifically designed for the needs of cheerleaders and aspiring cheerleaders. The class features a strong emphasis on tumbling and jumping skills. Please Note: An additional waiver must be filled out at the Rolling Meadows Park District Nelson Sports Complex at the first class. (TD)

Beginner

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10206	8-12 yrs	T	6:00p-7:00p	1/3-2/21	$100/$147
10207	8-12 yrs	Th	6:00p-7:00p	1/5-2/23	$100/$147
10209	8-12 yrs	T	6:00p-7:00p	2/28-4/25	$100/$147
10210	8-12 yrs	Th	6:00p-7:00p	3/2-4/27	$100/$147
10208	13-17 yrs	T,Th	7:00p-8:00p	1/3-2/23	$200/$250
10211	13-17 yrs	T,Th	7:00p-8:00p	2/28-4/27	$200/$250

YOUTH PROGRAMS

MAGIC | SCIENCE | POMS & BATON | CHESS | SAFETY
EXPLORATION | LEGO CLASSES | COOKING | METAL DETECTION

Princess & Pirate Hidden Treasure Trunk NEW!

Ahoy, parents! Come out with Glitzy Girlz to hunt for fun! Each princess/pirate will be crowned with headgear. First, you will decorate a wooden treasure box and beaded key chain craft with great assorted beads. Team up together to find a hidden treasure trunk full of dress up props, costume type items, boa scrafs, etc. A backdrop will be set-up for photos and our staff will be ready to photograph you. Bring camera/phone. Register under your daughters name. Second code is for additional children.(KN)

Location: Recreation

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9701	3-9 yrs	F	6:00p-7:15p	1/27	$29/ $34
	3-9 yrs	F	6:00-7:15p	1/27	$26/$31

PSSSST! CHECK OUT OUR HOLIDAY ONE-DAY PROGRAMS ON PAGE 41.

Got Self-Esteem and Leadership? NEW!

As parents we want the best for our children... friends, sports, vacations, education, teachers, clothes, technology and the list goes on and on. What about the gifts of high self-esteem and leadership? Through creative expression in an incredibly fun workshop, kids will have the chance to cultivate self-worth and won't even realize they are working on self-esteem. Kids will learn from a Certified Professional Life Coach the hottest tips in building self-esteem and being happy leaders. Self-esteem is always a work in progress, but this will be a transformational kick off. (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
9977	7-12 yrs	F	6:00p-7:30p	2/3	$44

Magic Workshop

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

Location: Recreation

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9700	5-12 yrs	Th	5:00p-5:55p	1/19	$25/ $33

Katie Newport
RECREATION PARK SUPERVISOR
For more information on programs at Recreation Park, please call Katie at 847.577.3046 or knewport@ahpd.org.

"WHEN HE WORKED, HE REALLY WORKED. BUT WHEN HE PLAYED, HE REALLY PLAYED." DR. SEUSS

School's Out! Winter Wonderland Science NEW!

Learn the science of winter like: Investigations of hot cocoa, making snow, exploring the science of pine cones, checkout the anatomy of winter friends like rabbits, enjoy a lesson on penguins, then make homemade refreshing winter themed ice cream, learn the science of sledding and other winter sports, create ice balloons, and more! No need to stay home when school's out, hang out with some new friends and have a blast at WINTER WONDERLAND SCIENCE! (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
10373	5-12 yrs	M	10:00a-12:00p	1/16	$47

Pizza Break Between Classes NEW!

Join your new science friends for a quick pizza break and then dive into the next science fun class at 12:30pm! OR come early before the start of the afternoon Food Club Science session and enjoy a pizza lunch!(This pizza lunch is for children who are enrolled in the School's Out Winter Wonderland Science OR School's Out Food Science classes.) (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
10374	5-12 yrs	M	12:00p-12:25p	1/16	Free

School's Out! Food Club Science NEW!

Learn the extraordinary science behind all your favorite foods! Why are potato chips so addicting? What is the science of ice cream in a bag? Is cotton candy really that bad for you? What do astronauts eat in space? How about those hot dogs, should we eat them? How can you make a warm waffle cone in less than a minute? We will make one! How do they make movie popcorn so yummy? What is the science behind candy like pop rocks, tootsie rolls, and more? Compare and contrast foods you think are healthy, but secretly are not! Find out what Martin Luther King's favorite food is and taste a sample! Bonus: Have fun sampling some of the foods and networking with your new science friends! (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
10375	5-12 yrs	M	12:30p-2:30p	1/16	$47

Mad Science For Young Scientists

Join Mad Science for loads of hands-on science fun. Each week will involve experiments and exploration designed just for younger scientists. There will be lots of fun and exciting science topics to investigate and things to take home. All materials are included and instructors are provided by Mad Science of Northern Illinois. (NW)

Location: Recreation

Code	Age	Day(s)	Time	Date(s)	Fee
9896	4-5 yrs	Th	4:30p-5:15p	1/12-3/2	$140

Mad Science - System 4

Mad Science is back with one of our favorite series of fun, spectacular, hands-on science experiments! Some of the cool, new, hands-on science topics will include Detective Science, Movie Effects, Machines and more. Each young scientist will be able to make some fun take home projects too, including a fun movie effect, a propeller driven car and many others. All materials are included and instructors are provided by Mad Science of Northern Illinois. (NW)

Location: Recreation

Code	Age	Day(s)	Time	Date(s)	Fee
9894	6-11 yrs	W	4:30p-5:30p	1/11-3/1	$147

Marine Biology Academy (MBA for Kids) NEW!

Marine biology lovers will be thrilled to find this ocean inspired class. Sharks, dolphins, octopuses, blue tangs, clownfish, shrimp, stingrays, whales, sea lions, jellyfish, and more will be explored. Kids will investigate in person different sea creatures as their Ocean IQ soars. Hands on experiments and creative expression projects will demystify the 5 amazing oceans. Kids will also be surprised to learn how garbage impacts the ocean. Participants will enjoy designing and eating a beach themed inspired snack! Wait until your next family vacation, your kids will teach you a few things about the high seas. (NW)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	Fee
9897	6-12 yrs	Sa	1:00p-2:30p	1/14	$41

Nick Wirth
FRONTIER PARK SUPERVISOR
For more information on programs at Frontier Park, please call Nick at 847.577.3016 or nwirth@ahpd.org.

"EVERYTHING IS THEORETICALLY IMPOSSIBLE, UNTIL IT IS DONE." ROBERT A. HEINLEIN

Out of Sight Space Science NEW!

This is the ultimate event for passionate outer space or Star Wars fans. In a galactic inspired setting, this shindig blasts off in the dimly lit "Kids Cosmic Cantina" for space treats and hot tunes in the hangout. Next, learn the science behind those light sticks. Can the sabers depicted in *Star Wars* ever become a reality? We will discuss! Then make Oreo Cookie Moon Phases. Also, be WOWED with 5 OUT OF SIGHT space themed science experiments. Then through creative expression we will create a space project to take home! BIG FINISH: Duel with your new science friends to galactic music. Costumes are optional. We provide the light sticks for dueling. This is a drop your child off event. (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
9898	6-11 yrs	F	6:00p-8:00p	1/20	$47

Oobleck Lab Experience NEW!

HAVE THE SLIME OF YOUR LIFEIs it a liquid or solid? It's BOTH! Have the slime of your life learning physics while making Oobleck. First introduced in the Dr. Seuss book, Bartholomew and the Oobleck, kids will have a blast interacting with Oobleck front and center. Attendees can gear up with lab coats, goggles, test tubes in hand and more to have the ultimate messy experience. A souvenir of test tube slime will go home with all children! Slimed themed snack will be served. (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
9900	5-11 yrs	F	4:30p-5:30p	1/20	$26

The Science and History of Seasonal Candy NEW!

This sugary treat has a LOT of rich history and science behind it. Kids will transform into chemists and historians for the day to discover the secrets behind their favorite seasonal confections. PEEPS at Easter, POP ROCKS on The 4th of July, Chocolate at Christmas, CONVERSATION HEARTS for Valentine's Day, and Halloween CANDY CORN will all be examined and more. Kids will log their data collections from the experiments conducted and use their critical thinking skills while creating hypotheses during class. Did you know that your tongue is hairy to help you taste your favorite treats? What happens to our brain when we consume sugar? Did you know that tootsie rolls were the first individually wrapped penny candy? There will be no candy conversation your kids can't conquer after this class! BONUS MATERIAL: Retro candy Sampling (NW)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	Fee
9899	6-12 yrs	Sa	1:00p-2:30p	1/21	$44

Bridges and Tunnel Engineering NEW!

Children will be introduced to the history, function, design, and geometry of bridges and tunnels using highly motivating hands on engineering activities. K'NEX parts, building straws, Hershey chocolate and more will be used to enrich student's understanding of bridges and tunnels. This class is designed to add meaning to structures that children see in their everyday environment. Class will culminate with kids making their own edible bridge snack! (NW)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	Fee
9901	7-12 yrs	Sa	1:00p-3:00p	1/28	$50

Home Alone Safety

Are you a working parent? If so, this is one class you don't want your kids to miss! They will learn all about home alone safety, including, but not limited to making safe snacks, key safety, fire safety, strangers, phone, weather safety, first aid safety, "what if" scenarios, emergency phone lists and situations, playing outside, time management and more! Attendance is required in order to receive a completion of class certificate. (KN)

Location: Recreation

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9703	8 and up	M	7:00p-7:45p	1/2-1/9	$20/ $28
9704	8 and up	M	7:00p-7:45p	2/13-2/20	$20/ $28

Babysitting

Learn to be a super sitter. Instruction includes characteristics of the responsible sitter, how to get sitter jobs, how to handle fire and first aid emergencies and ideas for games and other activities. (KN)

Location: Recreation

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9702	11-13 yrs	M	6:00p-6:45p	1/2-2/20	$52/ $77

Chess

Discover the magic world of chess! Participants will learn the rules of chess along with some basic strategies. Each class will consist of a fun interactive teaching period and guided practice time. There will also be a chess competition along with prizes! Class is for children who have limited or no chess experience. (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
9881	6-12 yrs	W	5:15p-6:15p	1/18-2/22	$110

CHEERLEADING & POM
RMHS Cheer Clinic

Learn cheers, chants, dance, jumps, and basic stunts from a National award winning high school squad. Participants should wear a T-shirt, shorts or sweatpants, socks, and gym shoes. The clinic will be held on Thursday, Feburary 16. Check-in begins at 4:45pm; and the clinic is from 5-7pm. Participants will perform during halftime at a Rolling Meadows basketball game on Friday, February 17 (please arrive at the Rolling Meadows Field House at 4:45pm that evening). * A Cheer Clinic T-shirt is included in the registration fee. (TD)

Location: Rolling Meadows High School

Code	Age	Day(s)	Time	Date(s)	Fee
10173	5-13 yrs	Th	4:45p-7:00p	2/16	$35

Introduction to Baton and Pom Dance

This is the perfect class for your child's first experience with baton and pom dance. This class allows your child to develop their pom dance and baton skills and learn fun exciting easy routines. You may bring your own baton or purchase one for $20. Costume fee due will be no more than $30. (KD)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10273	4-6 yrs	T	6:00p-6:30p	1/10-2/28	$47/$53
10274	7-10 yrs	T	6:30p-7:00p	1/10-2/28	$47/$53

Baton and Pom Dance - Continuing

This is the perfect class for children who have already taken "Intro to Baton/Pom". This class allows your child to develop their pom dance and baton skills and learn fun exciting easy routines. Costume fee due will be no more than $30. (KD)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10275	8 and up	T	7:00p-8:00p	1/10-2/28	$70/$80

Performance Baton and Pom Dance

Learn and memorize routines that will be performed at local functions, events and possible competitions. Great preparation for talent shows or school tryouts. You may bring your own baton or purchase one from the instructor for $15. A recital is held one week after the last class with a uniform cost under $30. (KD)

Location: Camelot

Beginner

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10276	6-10 yrs	Su	1:00p-3:00p	1/8-2/26	$120/$135

Advanced

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10277	10 and up	Su	3:00p-5:00p	1/8-2/26	$120/$135

Private Piano

Enjoy self-expression through music and explore your creative abilities. Learn to experience the pure fun of playing the piano. Private lessons are available for all ages upon request. Lessons are once a week for 30 minutes. Lessons will be instructed by Vera Rakitin, a European pianist with over 20 years of experience in teaching children and adults. Please contact Recreation Park, 847.577.3040, Monday through Friday between 1-5 pm for more information and to schedule lessons. Piano lessons dates do not coincide with park district session date. (KN)

Location: Recreation

Code	Age	Day(s)	Time	Date(s)	Fee
9707	All	M-F	3:00p-8:00p	1/25-3/28	$210

ONE DAY HOLIDAY EVENTS
Holiday PJ Party

Dress in your favorite pajamas and come celebrate the holidays, PJ party style! Come drop-in to write a letter to the North Pole, visit Santa, read stories with Santa's elves, make your own delicious creation at our hot cocoa bar and make a craft to take home! Parents are required to attend with your child. (KN)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
8361	3-9 yrs	Sa	3:30p-5:00p	12/17	$22/$32

Noon Years Celebration

Can't stay up until midnight? Come and celebrate the New Year with your little ones while they enjoy an inflatable, games, tattoos, New Years crafts, balloon drop and apple juice toast, and a whole lot of fun! Parents are required to attend with child.(KN)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
8362	3-6 yrs	F	11:00a-12:30p	12/30	$22/$32

MUSEUM PROGRAMS

Girl Scout World Thinking Day

Each year on World Thinking Day, girls participate in activities and projects with global themes to honor their sister Girl Guides and Girl Scouts in other countries. The theme for World Thinking Day 2017 is "Grow." Thinking Day not only gives girls a chance to celebrate international friendships, but is also a reminder that Girl Scouts of the USA is part of a global community-one nearly 150 countries with Girl Guides and Girl Scouts. Join other girl scouts in our community as we learn about how our contributions affect women worldwide, as well as participate in activities that will help us close those international gaps. (LS)

Location: Historical Museum

Code	Age	Day(s)	Time	Date(s)	Fee
9859	5 and up	Sa	10:00a-11:30a	2/18	$10
9860	5 and up	Sa	1:00p-2:30p	2/18	$10

National Girl Scout Day

Girl Scout Day is an annual tradition for troops that marks the day when the first Girl Scout Troop was created in 1916. Over 100 years later, it is a day where girls are encouraged to learn about the history of the scouting organization and have a troop bonding experience -- both within their group as well as with other troops in the area. We will have crafts and games to honor this historic day in the Girl Scouting tradition. (LS)

Location: Historical Museum

Code	Age	Day(s)	Time	Date(s)	Fee
9962	5 and up	S	2:00p-3:30p	3/12	$10

Sensory Exploration NEW!

Don't touch! This common museum rule will be lifted and children will get to explore different aspects of the Museum's collection using all five of their senses. A great way to introduce or cement a love of history, this will provide a unique hands-on museum experience. (LS)

Location: Historical Museum

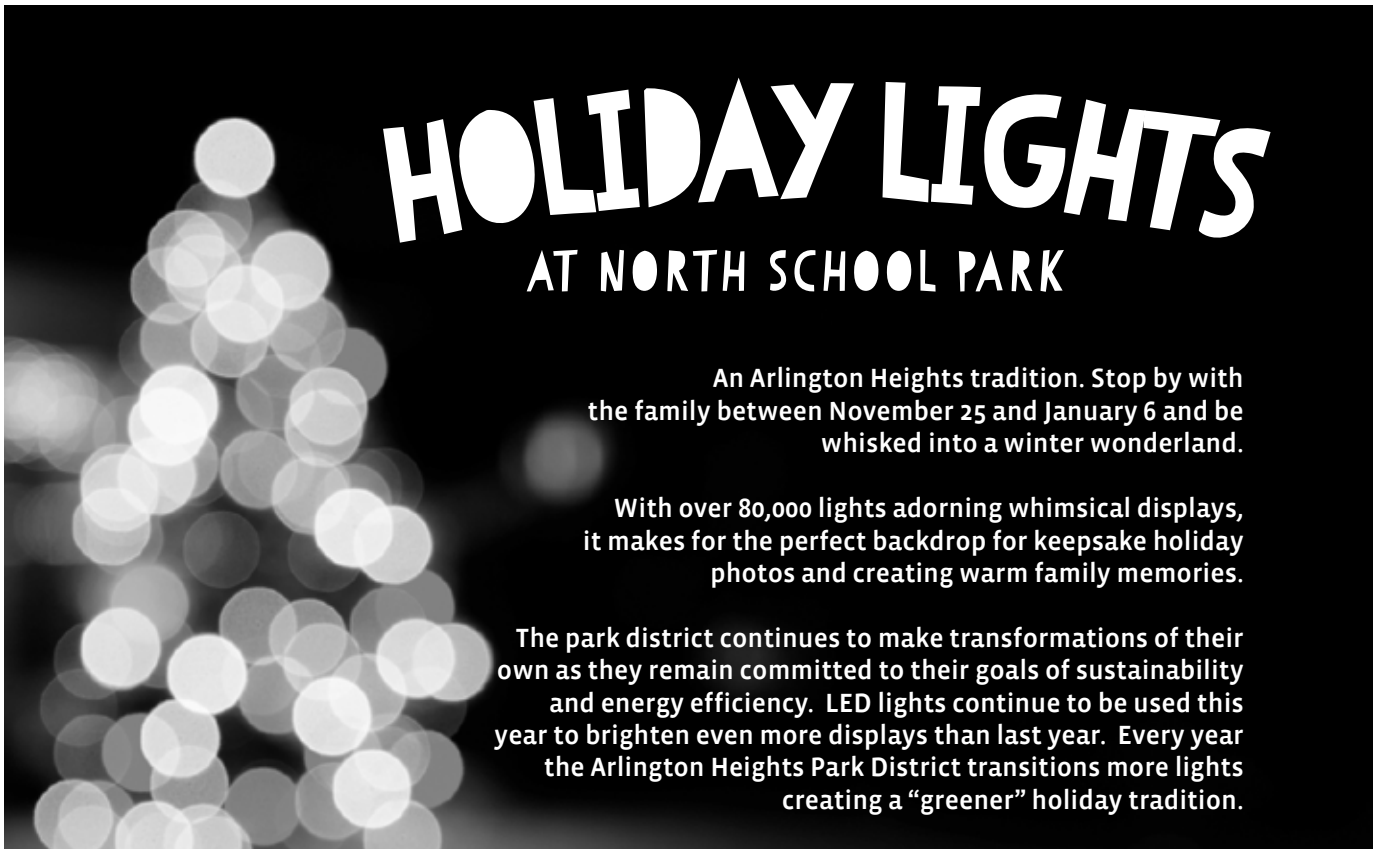
Code	Age	Day(s)	Time	Date(s)	Fee
9970	5-11 yrs	W	1:00p-3:00p	3/22	$15
10228	5-11 yrs	F	1:00p-3:00p	3/24	$15

Silly Celebrations NEW!

Every day is a holiday! Help us celebrate some of the silly national holidays that come around each month with activities for kids of varying ages. January 8 is National Trivia Day, January 22 is National Handwriting Day, February 12 is National Inventors Day, February 26 is National Tell a Fairy Tale Day and March 26 is Make Up Your Own Holiday Day! (LS)

Location: Historical Museum

Code	Age	Day(s)	Time	Date(s)	Fee
9942	5-13 yrs	S	2:00p-3:30p	1/8	$15
9949	5-13 yrs	S	2:00p-3:30p	1/22	$15
9953	5-13 yrs	S	2:00p-3:30p	2/12	$15
9954	5-13 yrs	S	2:00p-3:30p	2/26	$15
9956	5-13 yrs	S	2:00p-3:30p	3/26	$15



WINTER CAMPS

PLAN TO PLAY EVERY DAY THIS WINTER BREAK.

Arts Alive Winter Camp

Arts Alive provides art instruction that mixes technique with opportunities for creative freedom and self-expression in a fun and relaxed atmosphere. Campers will learn different drawing styles and experiment with various materials such as oil pastels, markers, watercolors, paint, colored pencils, etc. Activities also include games and movement! (KD)

Location: Hasbrook

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10261	3-5 yrs	T,Th	9:30a-11:30a	12/20-12/22	$42/$48
10262	3-5 yrs	T,Th	9:30a-11:30a	12/27-12/29	$42/$48
10263	6-10 yrs	W,F	9:30a-11:30a	12/21-12/23	$42/$48
10264	6-10 yrs	W,F	9:30a-11:30a	12/28-12/30	$42/$48

MORE MORE. MAKE SURE TO CHECK OUT OUR HOLIDAY ONE DAY THEMED PROGRAMS ON PAGE 41.

Holiday Traditions Camp NEW!

Step out of the annual hustle and bustle of the modern world to explore the holiday traditions of generations past. Campers will go from the pioneer days of yule all the way into the 20th century with an assortment of traditional activities, such as decorating, baking and gift giving, which might inspire some new traditions at home! (LS)

Location: Historical Museum

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9858	7-11 yrs	M-F	9:00a-12:00p	12/19-12/23	$80/$100

Holiday Day Camp

This all-day camp is a mini-version of the Park District's Summer Day Camp program (Sunny Meadows/Arlington Adventures). Each day we'll have sporting activities, crafts, movies and go outside - weather permitting. The Park District provides lunch on December 22 and December 30. In order to secure adequate staffing, registrations will not be accepted after 12/15/16. (LM)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
8460	5-11 yrs	M	7:00a-6:00p	12/19	$45/$57
8461	5-11 yrs	T	7:00a-6:00p	12/20	$45/$57
8465	5-11 yrs	W	7:00a-6:00p	12/21	$45/$57
8466	5-11 yrs	Th	7:00a-6:00p	12/22	$45/$57
8467	5-11 yrs	T	7:00a-6:00p	12/27	$45/$57
8468	5-11 yrs	W	7:00a-6:00p	12/28	$45/$57
8469	5-11 yrs	Th	7:00a-6:00p	12/29	$45/$57
8470	5-11 yrs	F	7:00a-6:00p	12/30	$45/$57

YOUTH SPORTS

FOOTBALL | BASKETBALL | TBALL | GOLF | TENNIS
GOLF | FLOOR HOCKEY | SOCCER | LACROSSE | BASEBALL

"JUST PLAY. HAVE FUN. ENJOY THE GAME."

MICHAEL JORDAN

Kevin Keister
LAKE ARLINGTON/CAMELOT PARK
For more information, please call Kevin at 847577.3052 or kkeister@ahpd.org.

GET MOVIN'! MAKE SURE TO CHECK OUT KID FITNESS PROGRAMS ON PAGE 65.

RESIDENT REGISTRATION BEGINS DECEMBER 6 AT 10 AM

WINTER BREAK CLINICS

Basketball Shooting NEW!

Participants will work on a variety of basketball shots such as free throws, lay-ups, shots off the glass and jump shots. Learn the fundamentals and mechanics needed to become a great shooter. Challenging drills and exciting shooting games will be a part of this camp. Each participant should bring a water bottle. (KK)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10224	6-10 yrs	M-F	2:30p-4:00p	12/26-12/30	$56/$84

Basketball Skills NEW!

This fun and instructional clinic will help players improve their basketball skills such as dribbling, passing, shooting and rebounding. Participants will learn proper defensive stance, practice zone and man-to-man defenses through drills and games. (KK)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10217	6-10 yrs	M-F	1:00p-2:30p	12/19-12/23	$56/$84

Tot Olympics NEW!

Through fun games and drills, children will develop body coordination and self-confidence as well as learn about sharing and teamwork. Equipment will be tailor made to ensure success with every participant. Each child should bring a water bottle. (KK)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10220	3 yrs	M-F	9:15a-10:00a	12/26-12/30	$32/$48

Dodgeball

Campers will develop throwing, catching, dodging skills as well as learn strategies and techniques needed to play at a fast past while building agility and stamina. Soft balls will be used.

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10225	6-10 yrs	M-F	4:00p-5:30p	12/26-12/30	$56/$84

Track, Field & Fitness Stars NEW!

Boys and girls will participate in Sharks and Minnows, Hot Lava, Capture the Cones, and other fitness games as well as sprints, relays, long-distance walking, running hurdles, long jump, discus throw and other track and field events. A fun-filled SportsKids track and field meet will be held on the last day of camp. Each participant should bring a water bottle. (KK)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10219	6-10 yrs	M-F	4:00p-5:30p	12/19-12/23	$56/$84

Volleyball

Players of all skill levels will improve fundamentals of passing, serving, defense, setting, blocking and hitting. Players will work on technique, set location, play sets, footwork and game knowledge. Camp will be broken down by age groups. Please bring a water bottle. (KK)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10223	8-12 yrs	M-F	1:00p-2:30p	12/26-12/30	$56/$84

Jr High Volleyball Clinic

FESL volleyball clinics teach the fundamental skills of serving (overhand/underhand/jump), setting, hitting and passing. Game play will be used to enhance individual skills. (MH)

Location: Betsy Ross School Gymnasium

5-6th Grade

Code	Age	Day(s)	Time	Date(s)	Fee
9829	10-14 yrs	M-T	10:00a-1:00p	12/27	$120

7-8th Grade

Code	Age	Day(s)	Time	Date(s)	Fee
9828	10-14 yrs	T-W	10:00a-1:00p	12/27	$120

AHYAA Spring/Summer Baseball and Softball

Is your Son or Daughter interested in playing Baseball or Softball this Spring?

For more than 50 years, the Arlington Heights Youth Athletic Association has been the provider of competitive sports in our community for young athletes Grades 1-12. Registration opens in November and closes at the end of February for the spring season.

Visit us online at *www.ahyaa.org* for more info and register your son and/or daughter today.

WINTER PROGRAMS

All Star Super Sports

This fun-filled class teaches little superstars the importance of teamwork and sportsmanship, while sparking an interest in kids to play a variety of sports. Sports covered will be favorites like baseball, basketball, football, hockey, soccer, and more. (TD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9373	3-4 yrs	Th	4:00p-4:45p	1/12-2/16	$60
9374	4-6 yrs	Th	5:00p-5:45p	1/12-2/16	$60

Lil Sluggers N' Kiddie Kickers

Come enjoy America's favorite pastime in sports and game on the playground as we combine baseball and kickball into one exciting class. Boys and girls will learn the basic fundamentals used in both kickball and baseball such as running the bases, throwing, catching and fielding as well as the skills which are unique to each sport like hitting off of the tee and kicking the ball. Exciting drills and games will help children learn about teamwork and good sportsmanship in an atmosphere where participation and fun are top priority. (KK)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10007	4-6 yrs	T	2:15p-3:00p	1/3-2/21	$56/$84

Pee Wee Sportsters Camp

This camp introduces Pee Wee Sportsters to soccer, floor hockey, kickball and baseball. The emphasis is on teamwork and sportsmanship. Our goal is to teach boys and girls the enjoyment of playing for the sake of the sport itself. Group games and other individual sports are also included. (KK)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10041	4-6 yrs	M-F	10:00a-11:00a	12/19-12/23	$37/$55

All Star Basketball

Introduce your child to the game of basketball with basic skills (dribbling, passing, and shooting). Skills are taught and reinforced throughout the class. Boys and girls will work on developing fundamentals while playing games and working towards modified scrimmages during class. (TD)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9371	5 yrs	T	4:00p-4:45p	1/10-2/14	$60
9375	5 yrs	F	4:00p-4:45p	1/13-2/17	$60
9372	6-7 yrs	T	5:00p-5:45p	1/10-2/14	$60
9376	6-7 yrs	F	5:00p-5:45p	1/13-2/17	$60

Youth Dodgeball

Throwing accuracy, agility and stamina will be emphasized. Players will experience individual challenges and team competition through drills and matches in a safe, supervised environment. Soft balls will be used. Coaches from SportsKids Inc. will oversee the dodgeball games.(KK)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10040	6-10 yrs	Sa	3:15p-4:00p	1/7-2/25	$56/$84

Youth Track, Field & Fitness

Participants will learn the fundamentals involved with improving flexibility, proper stretching, body positioning, developing core-strength, improving balance, cool down techniques and other fitness concepts as they relate to track and field. Youngsters will participate in a fun filled Sportskids track and field meet the last day of class. (KK)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10031	7-10 yrs	F	4:00p-4:45p	1/6-2/24	$56/$84

Basketball Shooting

Boys and girls learn jump shots, shots off the glass, lay-ups, shooting from a pass and shooting off the dribble. Shooting games will also be a part of class. (KK)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10008	7-10 yrs	T	4:00p-4:45p	1/3-2/21	$56/$84

Floor Hockey

Enjoy learning the basics of this fast-paced game. Through individual and team drills quickly pick up the fundamentals and mechanics of offense, defense and shots on goal. Games are played each class. Each 7-10 year old should bring a mouth guard to class. (KK)

Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10024	4-6 yrs	Th	2:15p-3:00p	1/5-2/23	$56/$84
10039	6-10 yrs	Sa	2:30p-3:15p	1/7-2/25	$56/$84

Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10016	4-6 yrs	W	10:30a-11:15a	1/4-2/22	$56/$84

Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10218	7-10 yrs	M-F	2:30p-4:00p	12/19-12/23	$56/$84

Youth Futsal Skills & Games NEW!

Futsal is a fun, popular version of soccer that is played in Brazil. The game is played on a court with 4 players plus a goalie. Futsal uses a heavier weighted ball for better control. The small format allows more touches which is critical to building player confidence. This class will develop foot skills, ball control, rapid decision making, coordination and agility. (KK)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10011	8-12 yrs	T	4:00p-4:45p	1/3-2/21	$56/$84

Intro to Volleyball

Give your child a head start introduction to the game of volleyball. They'll learn primary skills such as bumping, setting, hitting and serving while working on good sportsmanship and teamwork. The class will introduce scrimmaging and rules of the game. (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	Fee
9880	8-10 yrs	S	3:30p-4:30p	2/12-3/19	$70
9892	8-10 yrs	S	4:30p-5:30p	2/12-3/19	$70
9893	10-12 yrs	S	5:30p-6:30p	2/12-3/19	$70

Lacrosse

Experience one of the fastest growing sports in recent years. Age-appropriate sized sticks and tennis/wiffle balls are used for safety. Children will learn techniques including cradling, passing, shooting, and goalie skills in a non-contact setting. (KK)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10021	6-10 yrs	W	4:00p-4:45p	1/4-2/22	$56/$84

Lacrosse Skill Development - H.S. Boys

To prepare for the Spring season, we will be holding indoor practices and clinics. This is an opportunity for new players to meet the team and try the sport and experienced players to hone their individual skills and improve teamwork. No equipment is required for the first 2 weeks. After the first two weeks, players will be required to provide own equipment per NFHS rules.Teams will have 1-2 weeknight indoor practices in Arlington Heights. The location, days, and times of practices are determined based on the availability of fields and of the volunteer coaches. (MH)

Location: TBD

Code	Age	Date(s)
9852	14-18 yrs	1/4-3/22

REGISTRATION TIP:
Search for your favorite instructor online by name or by class code.

Volleyball Youth Clinics

FESL Volleyball focuses on teaching the correct technique, emphasizing individual attention to detail with constant feedback. We will have single session clinics that will focus on an individual skill or 2. We will have Skill and Drills for 75 minutes and 45 minutes of game play. Our game play is not always 6 on 6 and will incorporate our newly drilled skill. (MH)

Location: Betsy Ross School Gymnasium

HITTING

5-6th Grade

Code	Day(s)	Time	Date(s)	Fee
9816	S	6:00p-8:00p	2/19	$40
9820	S	6:00p-8:00p	3/5	$40

7-8th Grade

Code	Day(s)	Time	Date(s)	Fee
9817	S	6:00p-8:00p	2/19	$40
9821	S	6:00p-8:00p	3/5	$40

PASSING & SETTING

5-6th Grade

Code	Day(s)	Time	Date(s)	Fee
9825	S	6:00p-8:00p	1/15	$40
9818	S	6:00p-8:00p	2/26	$40

7-8th Grade

Code	Day(s)	Time	Date(s)	Fee
10372	S	6:00p-8:00p	1/15	$40
9819	S	6:00p-8:00p	2/26	$40

SERVE AND RECEIVE

5-6th Grade

Code	Day(s)	Time	Date(s)	Fee
10371	S	7:00p-9:00p	1/8	$40
9823	S	6:00p-8:00p	2/12	$40

7-8th Grade

Code	Day(s)	Time	Date(s)	Fee
9826	S	6:00p-8:00p	1/8	$40
9824	S	6:00p-8:00p	2/12	$40

Matt Healy
ATHLETICS SUPERVISOR
For more information on soccer programs, please call Matt at 847.506.7133 or mhealy@ahpd.org.

YOUTH LEAGUES

Youth Volleyball Leagues

Practice is one hour, once a week in the evening or Sundays before matches. Matches are Sunday afternoon for one hour between 1 and 7 pm at Betsy Ross. Sign up as an individual, the Park District forms teams based on school and grade. Deadline to register is December 23. Coach Meeting will be held week of January 9, first practices will take place on Sunday, January 15. For more information, please contact Matt at 847.506.7133. (MH)

Location: Betsy Ross School Gymnasium

BOYS

5th Grade

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9839	10-12 yrs	S	1:00p-7:00p	1/15-3/12	$87/$92

6th grade

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9840	11-13 yrs	S	1:00p-7:00p	1/15-3/12	$87/$92

7/8 Grade

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9844	12-14 yrs	S	1:00p-7:00p	1/15-3/12	$87/$92

GIRLS

5th Grade

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9841	10-12 yrs	S	1:00p-7:00p	1/15-3/12	$87/$92

6th Grade

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9842	11-13 yrs	S	1:00p-7:00p	1/15-3/12	$87/$92

7/8 Grade

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9843	12-14 yrs	S	1:00p-7:00p	1/15-3/12	$87/$92

Winter Basketball Leagues

Games are played on Saturdays and Sundays. Practices begin the week of January 9. Games begin on January 21. Registration is open through December 18.

Location: Administration Center

Boys

Code	Grade	Day(s)	Date(s)	Fee
9398	1st	Sa	1/21-3/11	$85
9399	2nd	Sa	1/21-3/11	$85
9400	3rd	Sa	1/21-3/11	$85
9401	4th	Sa	1/21-3/11	$85
9402	5th	Sa	1/21-3/11	$85
9403	6th	Sa	1/21-3/11	$85

Girls

Code	Grade	Day(s)	Date(s)	Fee
9396	1st	Sa	1/21-3/11	$85
9397	2nd	Sa	1/21-3/11	$85

Lacrosse Boys Palatine Penguins

The Penguins are a Travel team for U9-U15 (3rd-8th grade). All levels of players are invited to learn the game of lacrosse and compete with towns throughout the Illinois Boys Lacrosse Association (IBLA). The program provides structured training and development from the beginner to the experienced. Registration deadline is February 28th.

Location: Falcon

Code	Age	Day(s)	Time	Date(s)	Fee
9850	7-9 yrs	S-M	10:00a-12:00p	3/9-6/11	$240
9847	9-11 yrs	S-M	10:00a-12:00p	3/9-6/11	$240
9848	11-13 yrs	S-M	10:00a-12:00p	3/9-6/11	$240
9849	13-15 yrs	S-M	10:00a-12:00p	3/9-6/11	$240

Lacrosse Boys: Falcons

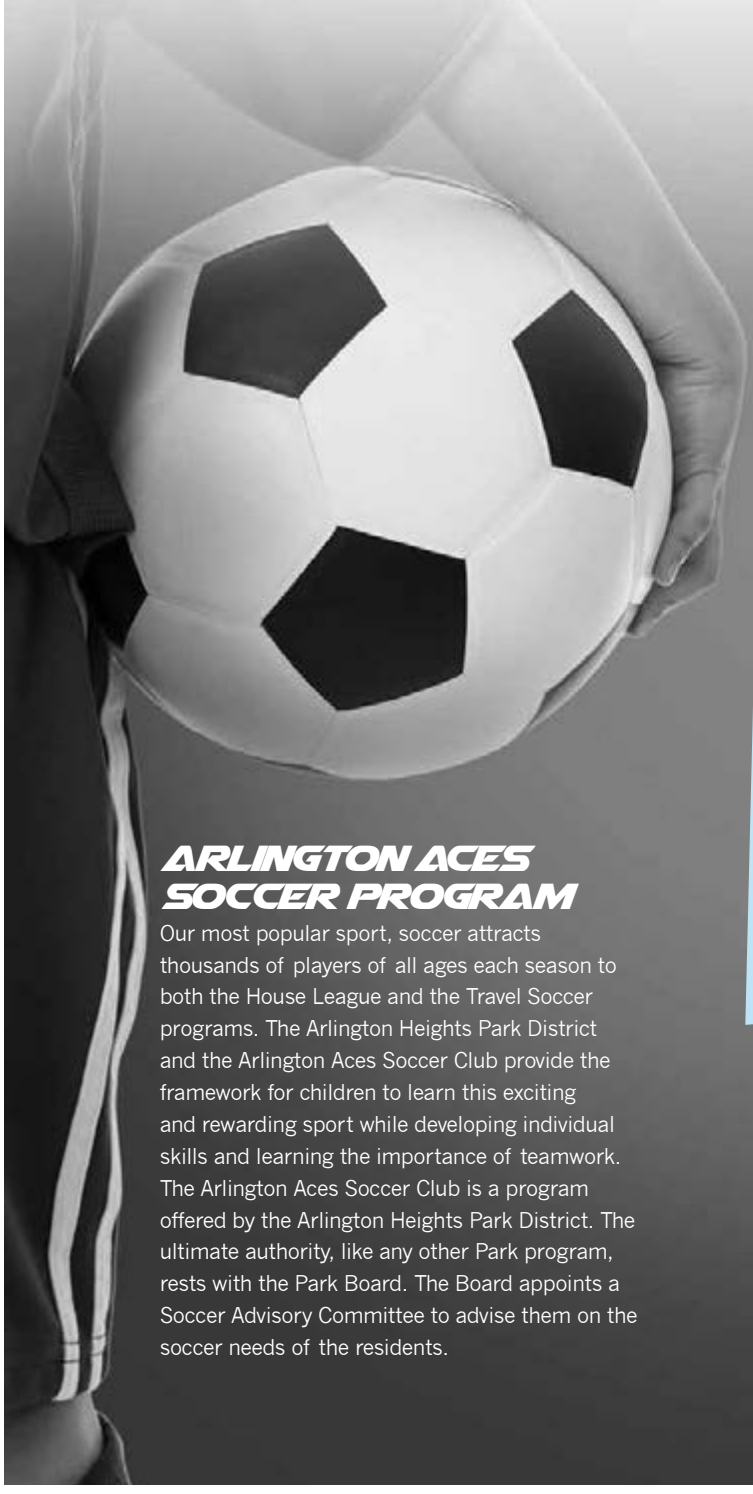
The Arlington Heights Park District, in conjunction with the Arlington Falcons Lacrosse, coordinates High School aged travel lacrosse team for players from Arlington Heights and the surrounding suburbs. There will be an evaluation in early spring to determine player skill levels, positions, and to help set the team rosters. Teams will have 2-3 weeknight practices in Arlington Heights. The location, days, and times of practices are determined based on the availability of fields and of the volunteer coaches. Games are played mostly on weekends with a few weeknight games. A typical season is 10-14 games. Home games are played at Hersey High School Stadium.Players will be required to provide own equipment per NFHS rules and purchase home and away uniforms. Some second hand uniforms are available from current and former players. (MH)

Location: Sunset Meadows

Code	Age	Date(s)	Fee
9851	14-18 yrs	3/1-6/11	$250

SOCCER

YOUTH SOCCER | JUNIOR ACES



ARLINGTON ACES SOCCER PROGRAM

Our most popular sport, soccer attracts thousands of players of all ages each season to both the House League and the Travel Soccer programs. The Arlington Heights Park District and the Arlington Aces Soccer Club provide the framework for children to learn this exciting and rewarding sport while developing individual skills and learning the importance of teamwork. The Arlington Aces Soccer Club is a program offered by the Arlington Heights Park District. The ultimate authority, like any other Park program, rests with the Park Board. The Board appoints a Soccer Advisory Committee to advise them on the soccer needs of the residents.

SOCCER PROGRESSION CHART

The Arlington Aces Soccer Program is divided up into 4 different areas to fit your child's various needs/goals.

PRE-K

3-5 years

Introduces the game through discovery learning, fun games and social interaction to develop comfort and basic motor and core skills such as passing, shooting, control and dribbling.

HOUSE LEAGUE

K-8th

Opposed activity develops problem solving, tactical proficiency and team concepts. Players learn team formations, principles of positions and improve their speed and agility.

JUNIOR ACES

5-7 years

Individual character building, agility, balance and ball familiarity through opposed activities emphasize passing, receiving, heading and shooting.

TRAVEL LEAGUE

6-19 years

Match preparation includes a focus on a player's technical, mental, physical and psychological development to strengthen their confidence and growth as a competitive player.

If you have any questions or concens, please contact Matt Healy at 847.506.7133 or mhealy@ahpd.org

ARLINGTON ACES HOUSE LEAGUE

ABOUT THE HOUSE LEAGUE

Games will begin April 15 and conclude June 3.
The Park District's soccer program is a recreational league for boys and girls in grades K-8. It stresses basic soccer skills, fun, and sportsmanship. Boys and girls play on separate teams (except in Kindergarten division), in separate leagues, and are placed on teams based out of the park where they register. Pioneer and Heritage participants' registration code will be combined, but teams will be formed by school. Teams are formed by the availability of coaches and time of your registration.

WHEN IS THE SIGN UP DEADLINE?

Registration deadline for Spring 2017 is Friday March 10 at 5pm. Any registration accepted after this date will be placed on a waitlist. Being placed on the wait list does not guarantee a space in the program. Placement will be based on volunteer coach availability and space available on teams.

WHERE CAN I REGISTER FOR SOCCER?

Registration must be done online or in-person at Community Centers (Camelot, Frontier, Pioneer, or Recreation) as parents are required to fill out several permission forms. **If there are any questions about registering, contact your local park or Matt Healy 847.506.7133 or mhealy@ahpd.org (MH)**

SPRING 2017 SEASON (K-6)

	Camelot	Frontier	Pioneer	Rec	R/NR Fee
Jersey	9813	9813	9813	9813	$15
gr K	9789	9796	9803	9810	$68/$78
gr 1	9783	9790	9797	9804	$68/$78
gr 2	9784	9791	9798	9805	$68/$78
gr 3	9785	9792	9799	9806	$68/$78
gr. 4	9786	9793	9800	9807	$68/$78
gr 5	9787	9794	9801	9808	$68/$78
gr 6	9788	9795	9802	9809	$68/$78

SPRING SEASON (7TH+8TH GRADE)

	Code	R/NR Fee	Uniform	R/NR Fee
Gr 7 (Boys and Girls)	9811	$68/$78	9814	$35
Gr 8 (Boys and Girls)	9812	$68/$78	9814	$35

Matt Healy
ATHLETICS SUPERVISOR
For more information on soccer programs, please call Matt at 847.506.7133 or mhealy@ahpd.org.

RESIDENT REGISTRATION BEGINS DECEMBER 6 AT 10 AM

"LIFE IS MORE FUN IF YOU PLAY GAMES."
ROALD DAHL

ARLINGTON ACES INDOOR: PRE-K

The Arlington Aces Soccer's Pre-K Soccer Program is for pre-kindergarten 3-5 year olds. This program offers players the opportunity to learn from professionally, licensed coaches in a fun filled session of soccer. Players will participate in different soccer games and activities that aim to improve skills and increase the enjoyment of the game. (MH)

Camelot

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9776	3-5 yrs	Th	9:30a-10:15a	1/19-3/9	$80/$90
9779	3-5 yrs	Th	10:30a-11:15a	1/19-3/9	$80/$90
9780	3-5 yrs	Th	11:30a-12:15p	1/19-3/9	$80/$90
9781	3-5 yrs	Th	1:00p-1:45p	1/19-3/9	$80/$90

Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9775	3-5 yrs	T	9:30a-10:15a	1/17-3/7	$80/$90
9777	3-5 yrs	T	10:30a-11:15a	1/17-3/7	$80/$90
9778	3-5 yrs	T	11:30a-12:15p	1/17-3/7	$80/$90
9782	3-5 yrs	T	1:00p-1:45p	1/17-3/7	$80/$90

ACES INDOOR HOUSE SOCCER

Join the Arlington Aces for fun filled fast paced instructional indoor games. This program is for Aces House Soccer players 1st/2nd through 4th. Aces coaching staff will run instructional training segments at the beginning of each day before grouping the kids into small sided teams for coach led game play. (MH)

Location: Camelot

1st -2nd grade

Code	Day(s)	Time	Date(s)	Fee
9740	S	4:00p-5:00p	1/22-3/12	$80

3rd-4th Grade

Code	Day(s)	Time	Date(s)	Fee
9741	S	5:00p-6:00p	1/22-3/12	$80

JUNIOR ACES - WINTER

The Junior Aces program is designed for players looking to further their soccer skills in a competitive environment. Players are coached and trained by our professionally licensed coaching staff. The curriculum emphasizes technique training that strengthens individual ball skills, decision making and creativity. There are no try-outs; all players will be placed in age-appropriate/skill ability pools. No standings are kept; the focus is on individual development and enjoyment. Games are played internally between registered players. Kids receive group training once a week on Thursdays between 6 pm - 8 pm and play games on Sundays (times vary 12 - 3PM), location will be Poe School. For program information, practice information and multi-child discount fees please contact Chip Lemberg, chip@ahaces.com. (MH)

- Practices will be on Thursdays between 6-8pm
- Games will be played on Sundays between 12-3pm

Location: Poe School Gymnasium

Code	Age	Day(s)	Time	Date(s)	Fee
9846	4-10 yrs	S,Th	12:00p-3:00p	1/19-3/12	$150

ARLINGTONACESSOCCER.NET
CHAMPIONS ON AND OFF THE FIELD

MARTIAL ARTS

KARATE | TAE KWON DO | JUDO
SELF DEFENSE | JAPANESE WEAPONRY

WEAPONRY
Traditional Japanese Weaponry

This class will teach Shinkendo and Bojutsu, the beautiful art of Japanese swordsmanship and staff. These martial arts emphasize very traditional and effective techniques which lead to both practical ability, as well as an understanding of classical martial arts. They are steeped in the traditions of the Samurai physical training and the proper Bushido etiquettes and philosophy. Serious students will be challenged both physically and mentally, as they develop an appreciation and understanding of self-discipline and personal presence through these centuries-old traditional martial arts. (TD)

Beginner

Location: Heritage

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9365	14 and up	Sa	9:15a-11:15a	1/7-3/4	$113/$152

Continuing

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9366	14 and up	T	7:30p-9:30p	1/3-2/21	$100/$135

TAE KWONDO
Tae Kwon Do

This is a great program for young children. Discipline, respect and physical fitness will be stressed as children learn Tae Kwon Do in a fun, well supervised environment. Stranger avoidance will also be covered. Uniforms are available for purchase separately, but are not required. (NA)

Location: Forest View

Code	Age	Day(s)	Time	Date(s)	Fee
10253	5-9 yrs	W	7:30p-8:30p	1/4-2/22	$80
10252	7-13 yrs	F	7:30p-8:30p	1/6-2/24	$80

Kid's Karate Club

This is an exciting, progressive program, which specializes in teaching martial arts and safety to children ages 4-14 years. Participants are divided into age appropriate groups during the class. This high-energy program revolves around family involvement and stresses respect. Students are asked to purchase a uniform by the third week of class at a cost of $38. The Parent Helper Program is also available to all parents with children in the program. There is no fee to take karate, but parents who help are asked to purchase a uniform at a cost of $46. For more information visit kidskarate.com (TD)

Location: Pioneer

Orange-Yellow Belt

Code	Age	Day(s)	Time	Date(s)	Fee
9368	4-14 yrs	M	7:00p-7:45p	1/9-3/6	$56

White Belt-Beginner

Code	Age	Day(s)	Time	Date(s)	Fee
9367	4-14 yrs	M	6:15p-7:00p	1/9-3/6	$56

Green & Up (Beg-Int)

Code	Age	Day(s)	Time	Date(s)	Fee
9370	4-14 yrs	M	7:45p-8:30p	1/9-3/6	$56

Tom Divello
PIONEER PARK SUPERVISOR
For more information on adult culinary programs, please call Tom at 847.506.2734 or tdivello@ahpd.org.

Shotokan Pre-Karate

Young children develop flexibility, strength, and coordination in fun, yet disciplined activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Beginners: No prior experience. Continuers: One or more prior sessions. Intermediate/Advanced: Instructor permission required. (TD)

Frontier

Code	Level	Age	Day(s)	Time	Date(s)	R/NR Fee
10200	Beginner	4-7 yrs	Th	4:00p-4:45p	1/5-3/23	$120/$162
10202	Continuing	4-7 yrs	Th	4:55p-5:40p	1/5-3/23	$120/$162
10199	Adv	4-7 yrs	Th	5:45p-6:30p	1/5-3/23	$120/$162

Heritage

Code	Level	Age	Day(s)	Time	Date(s)	R/NR Fee
10201	Beg/Continuing	4-7 yrs	F	4:30p-5:15p	1/6-3/24	$120/$162
10203	Intermediate	4-7 yrs	F	5:20p-6:05p	1/6-3/24	$120/$162

Shotokan Karate - Parent/Child

Condition muscles, developing coordination and improving cardiovascular fitness. Note: fees are per person. (TD)

Location: Frontier

Code	Level	Age	Day(s)	Time	Date(s)	R/NR Fee
10195	White-Red Belt	7 and up	Th	4:00p-4:55p	1/5-3/23	$120/$162
10193	Orange-Blue Belt	7 and up	Th	5:00p-5:55p	1/5-3/23	$120/$162
10194	White w/Stripes-Orange	7 and up	Sa	10:10a-11:10a	1/7-3/25	$120/$162
10198	Green-Black Belt (Int/Adv)	7 and up	Th	6:00p-7:25p	1/5-3/23	$159/$215
10197	White Belt-Beginner	7 and up	Sa	9:00a-10:00a	1/7-3/25	$120/$162
10196	Yellow-Purple Belt	7 and up	Sa	11:20a-12:20p	1/7-3/25	$120/$162
10227	Brown-Black Belt	7 and up	Sa	12:30p-1:30p	1/7-3/25	$120/$162

Shotokan Karate

Our youth and adult classes release tension, develop total body fitness, and build stamina and overall productivity. In addition to self-defense skills, karate increases flexibility, cardiovascular endurance and muscle tone; while improving core strength. Classes at Alcott Community Center are held at 530 Bernard Dr. and Classes at Cooper Jr. High School are held at 1050 Plum Grove Circle; both of these facilities are in Buffalo Grove. (TD)

Cooper Jr. High - Buffalo Grove

Code	Level	Age	Day(s)	Time	Date(s)	R/NR Fee
10176	High Purple-Black Belt	7-14 yrs	W	6:30p-7:30p	1/4-3/15	$110/$149
10188	Green-Low Purple (Int)	7-14 yrs	W	6:30p-7:30p	1/4-3/15	$110/$149
10174	Brown-Black Belt	15 and up	W	7:30p-9:00p	1/4-3/15	$146/$197
10189	Green-Purple (Int)	15 and up	W	7:30p-8:30p	1/4-3/15	$110/$149

Alcott Center - Buffalo Grove

Code	Level	Age	Day(s)	Time	Date(s)	R/NR Fee
10182	Yellow-Blue Belt	7-14 yrs	W	5:00p-6:00p	1/4-3/15	$110/$149
10184	White-Orange Belt	7-14 yrs	W	4:00p-5:00p	1/4-3/15	$110/$149

Frontier

Code	Level	Age	Day(s)	Time	Date(s)	R/NR Fee
10177	Orange-Blue Belt	7-14 yrs	Th	5:00p-5:55p	1/5-3/23	$120/$162
10181	White-Red Belt	7-14 yrs	Th	4:00p-4:55p	1/5-3/23	$120/$162
10191	Green-Black Belt (Int/Adv)	7-14 yrs	Th	6:00p-7:25p	1/5-3/23	$159/$215
10179	White w/Stripes-Orange	7-14 yrs	Sa	10:10a-11:10a	1/7-3/25	$120/$162
10175	Brown-Black Belt	7-14 yrs	Sa	12:30p-1:30p	1/7-3/25	$120/$162
10183	Yellow-Purple Belt	7-14 yrs	Sa	11:20a-12:20p	1/7-3/25	$120/$162
10186	White Belt-Beginner	7-14 yrs	Sa	9:00a-10:00a	1/7-3/25	$120/$162
10180	White-Green Belt	15 and up	Th	7:30p-8:30p	1/5-3/23	$120/$162
10178	Purple-Black Belt	15 and up	Th	8:35p-10:00p	1/5-3/23	$159/$215

Heritage

Code	Level	Age	Day(s)	Time	Date(s)	R/NR Fee
10187	White-Orange Belt	7-14 yrs	F	6:10p-7:05p	1/6-3/24	$120/$162
10190	Yellow-Green Belt	7-14 yrs	F	7:05p-8:00p	1/6-3/24	$120/$162
10185	Purple & Up	7-14 yrs	F	8:05p-9:00p	1/6-3/24	$120/$162

AQUATICS

SWIM CLASSES | SWIM TEAMS | PRIVATE LESSONS | DIVING | WATER POLO

OLYMPIC INDOOR SWIM CENTER

660 N. Ridge Ave | 847..577.3025

Facility Features

- **Lap Pool**
  - Unisex Sauna (18 and up)
- **Diving Well**
  - Diving boads
  - Drop Slide
- **Zero-Depth Family Activity Pool**
  - Tot slide
  - Flume Slide
  - Floor Geysers
  - Water Play Features
- ADA Accessible
- Men's and Women's Locker Rooms
- Four Family Changing Rooms
- Birthday/Activities Room

DAILY ADMISSION R/NR FEES

Proof of Arlington Heights residency must be shown to qualify for resident rates. All users must show a valid pass or pay a daily fee.

Open Swim/Adult Lap Swim	$6/$8
Parent and Tot Time	$4/$6
Evening Admission after 5 pm	$3/$5

- Children age 24 mos. and under are free.
- Children under 9 years old must be accompanied by a responsible person age 14 or older.
- Daily admission fees apply to adult swim times unless participant has a valid pool pass.
- All spectators must also pay the admission fees regardless if you are swimming or not.
- The Illinois State Pool code requires that, "All children who are not toilet trained must wear tight fitting rubber or plastic pants." Only Huggies Little Swimmers are acceptable when worn without rubber pants. Children not wearing rubber/plastic pants or Huggies will not be allowed in the water. Rubber pants or Huggies are sold at each pool.

Lindsey Robertson
AQUATIC FACILITY SUPERVISOR
For more information on swim teams, water polo and water exercise, please contact Lindsey at 847.590.6059 or lrobertson@ahpd.org.

Alli Bergquist
AQUATIC PROGRAM SUPERVISOR
For more information on swim lessons, diving and lifeguarding at Olympic, please call Alli at 847.577.3047 or abergquist@ahpd.org.

"WITH SO MANY PEOPLE SAYING IT COULDN'T BE DONE, ALL IT TAKES IS AN IMAGINATION." MICHAEL PHELPS

FOR YOUR SAFETY.

The use of cell phones, cameras and other recording devices are prohibited in all Arlington Heights Park District locker rooms and bathrooms. Please report any suspicious behavior. Thank you for your cooperation.

Pool Closing Policy

The following conditions may warrant closing of the pools at Olympic Indoor Swim Center:

- **Severe weather-** Olympic will be closed if severe weather is imminent. Staff will always proceed with caution for participant and staff safety.
- **Fecal accidents-** staff will follow rules established by the State of Illinois when determining how long the pool needs to be closed after a fecal or vomit accident. You can help prevent this type of closure by ensuring your child is wearing the proper swimming diapers.
- **Mechanical problems.**

Use of Floatation Devices

Your child's safety is our highest priority. For swimmer safety, floatation devices such as inner tubes, rafts, water wings and foam noodles are not permitted in the pools. Swimsuits with integrated floatation devices are also not permitted. US Coast Guard TYPE III approved life jackets are allowed. We have a limited number available for use. Life jackets do not make a child drown-proof. Children in life jackets must be supervised by an adult at a maximum of arms length reach at all times when in the water. Children in life jackets are not allowed to go down slides or off the diving boards. There is no substitute for adult supervision.

WE'RE HIRING

HOW TO APPLY

[illegible] maximum number of staff that can be employed. [illegible] locations.

LIFE [illegible]

Those interested in becoming a lifeguard will be contacted [illegible] applicants the opportunity to see what the job is about as [illegible] 2017. Those deemed successful will then be invited to take [illegible]

[illegible]

[illegible] Swim Instructor. 15 years old [illegible]

For questions regarding job availability and specific pool, [illegible] 847-[illegible]

"YOU CAN'T PUT A LIMIT ON ANYTHING. THE MORE YOU DREAM, THE FARTHER YOU GET." MICHAEL PHELPS

LESSON INFORMATION

First Day of Lessons:

It is important for parents to attend the first day of the session for swim lessons to find out how the lessons operate and who to speak with if you have questions. On the first day of class, participants find out who their instructor is, who the Lesson Coordinators are, and the general operation of the lesson program for that particular pool. You will be able to pick up a parent letter, which has a listing of any conflict dates for your convenience. You will also be able to pick up a parent packet which has a detailed listing of all the skills that are taught in Water Babies through Swim School.

Advancing Levels:

Participants can advance levels in Junior Swim School, Swim School, and Semi Private Swim School. Participants can move from Junior Swim School to Swim School during a session. Participants are evaluated by a lesson coordinator periodically throughout the session. There is no magic number of how many times a child will be tested. It is an unreal expectation to test every participant every day. The lesson coordinator discusses the daily lesson activity with the swim instructors prior to class and reviews the class sheets to plan their evaluations for the day. Every day is different and there is not a set pattern in how evaluations are done. It is never our intent to frustrate participants or parents. Our goal is for the participant to learn and have fun.

How the wait lists are handled for swim lessons?

If you are placed on a wait list for a swimming class, we will do our best to get you into that class. Many times prior to the class starting a registered participant or two may refund out. If and when that happens we will automatically move in the next person on the wait list and follow that up with a phone call to make sure that you still want the spot. If space is not made from refunds, we may try to expand the class. To expand a class we have to ensure that we have enough instructors to meet the required ratios and that we have enough pool space. Many classes run at the same time as others and we need to be careful not to over schedule pool. Lastly, if we are not able to accommodate you prior to the class starting, we will keep you on the wait list for at least two days of the class to see if another participant refunds out to make the space for you. Typically we will clear the waitlist after the third day a class meets. If you want to be removed from the wait list prior to the third day a class meets, please call our staff at Olympic Indoor Swim Center, 847.577.3025, so we can process that for you.

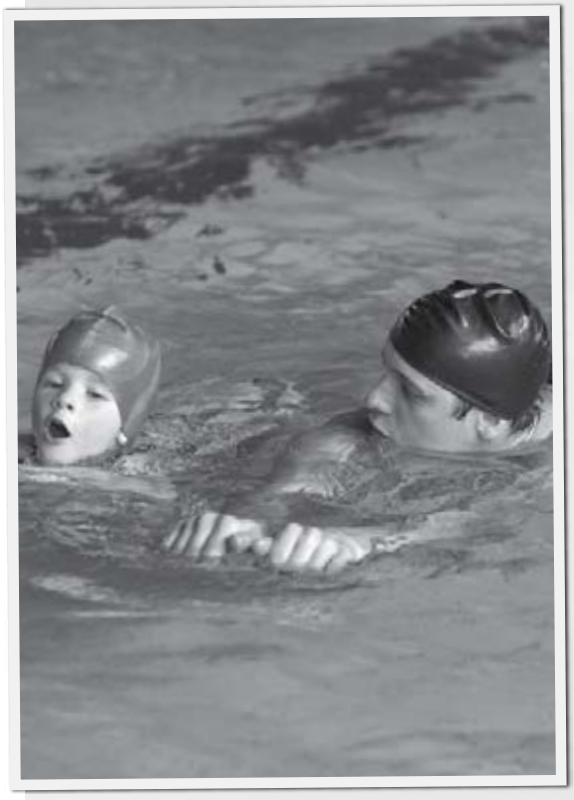
Questions or Comments:

During every swim lesson there is one Lesson Coordinator responsible for the supervision of the day's activities. In addition, there may be one or two Aquatic Leaders on duty to assist in the administration of the swim lesson program. Please direct any positive or critical comments to these key staff. We hope your experience is always positive, but if not, please do not hesitate to talk with these staff about your concern. It is much easier to address an issue and fix it on the spot, compared to the end of the session. You can also contact the Aquatic Program Supervisor at any time, Alli Bergquist 847.577.3047.

AQUATICS PROGRESSION CHART

WHICH CLASS IS RIGHT FOR YOU?

We offer a variety of swim programs to encourage swimming as a lifelong skill. Swim lessons are provided in a fun learning environment, encourage fitness and teaches participants how to be safe in and around the water. Instructors reserve the right to place the participant in the class best suited to his or her ability.



WATER BABIES
AGES 6 TO 24 MONTHS W/ PARENT
Relax and enjoy the water through the use of songs, games and activities.

WATER TODDLERS
AGES 2 TO 4 YEARS OLD W/ PARENT
Learn basic swimming skills to enhance the time you spend together in the pool.

JUNIOR SWIM SCHOOL
FOR KIDS 3 TO 6 YEARS
Prepare your toddler for Swim School (when age appropriate). The goal is to keep children learning and interested in swimming so they will succeed in Swim School.

SWIM SCHOOL
FOR KIDS 5 TO 12 YEARS
There are ten different levels for a young swimmer to progress through. Progressive skill learning challenges your child from level to level. *Max. is 6 students to 1 instructor.*

SEMI- PRIVATE SWIM SCHOOL
AGES 3+ (RATIO 2:1)
Personalized attention is given to your swimmer.

PRIVATE SWIM LESSONS
AGES 3+ (RATIO 1:1)
Undivided attention and individualized instruction designed to fit your swimmer's needs.

DIVING
FOR KIDS 8 TO 18 YEARS
Learn the basics of diving from a one-meter diving board.

DIVING CLUB
AGE 8+
Expands diving knowledge and improve skills of those wishing to commit to diving.

SWIM ACADEMY
AGES 6 TO 14 YEARS
Advances participants' swimming skills beyond the Guppies Level. A special focus is given to the four competitive strokes, starts and turns.

WATER POLO
AGES 8 TO 14 YEARS
An instructional program designed to spark interest in the sport. Coaches will challenge participants through drills and scrimmages.

INTERPARK/ OTTERS SWIM TEAM
AGES 6-14
Join our winter novice swim team. This Nov-Feb program competes in dual meets with other teams in the area and ends with our annual AHPD Championship Swim Meet.

ARLINGTON MUSKIES SWIM TEAM
AGES 6-18
Our most competitive swim team, AMST is a year-round recreational swim team. The Muskies compete in regional dual meets and finishes the season with a championship meet.

TEEN SWIM LESSONS
AGES 11 TO 17 YEARS
For teens just beginning their lifelong love of swimming.

ADULT SWIM LESSONS
AGES 18 +
Designed to meet the individual needs of our participants.

WATER EXERCISE
A variety of fun and invigorating water workouts.

"DON'T WAIT FOR YOUR SHIP TO COME IN - SWIM OUT TO IT." AUTHOR UNKNOWN

Water Babies

Designed to help you and your child, ages 6 to 24 months, learn to relax and enjoy the water through games, activities, and songs. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9944	6-24 mos	M	5:40p-6:10p	1/9-2/20	$49/$74
9945	6-24 mos	Sa	10:05a-10:35a	1/7-2/18	$49/$74
9946	6-24 mos	S	10:05a-10:35a	1/8-2/19	$49/$74

Water Toddlers

Children ages 2-4 years learn to relax, enjoy the water, and learn basic swimming skills through games, activities, and songs. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9948	2-4 yrs	M	6:15p-6:45p	1/9-2/20	$49/$74
9950	2-4 yrs	Sa	10:40a-11:10a	1/7-2/18	$49/$74
9951	2-4 yrs	S	10:40a-11:10a	1/8-2/19	$49/$74

Private Swim Lessons

Private swim lessons are designed to meet your child's individual needs. Each code is for two classes. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9959	3 and up	Sa	10:05a-10:35a	1/14-1/21	$50/$75
9960	3 and up	Sa	10:05a-10:35a	1/28-2/4	$50/$75
9961	3 and up	Sa	10:05a-10:35a	2/11-2/18	$50/$75
9963	3 and up	S	10:05a-10:35a	1/15-1/22	$50/$75
9964	3 and up	S	10:05a-10:35a	1/29-2/5	$50/$75
9965	3 and up	S	10:05a-10:35a	2/12-2/19	$50/$75

Semi-Private Junior Swim School

Student to instructor ratio is 2 to 1. This class is specifically built for swimmers 3-6 years old using our Junior Swim School curriculum in our Family Activity Pool.

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10367	3-5 yrs	W	9:10a-9:40a	1/11-2/22	$112/$168
10466	3-5 yrs	T	4:50p-5:20p	1/10-2/21	$112/$168

Jr. Swim School

Junior Swim School is taught with five students per one instructor. Swimmers will be evaluated on the first day of class and placed into the appropriate stations; Snails, Turtles, or Jellyfish. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9905	3-6 yrs	M	9:45a-10:15a	1/9-2/20	$63/$95
9906	3-6 yrs	M	10:20a-10:50a	1/9-2/20	$63/$95
9907	3-6 yrs	M	1:05p-1:35p	1/9-2/20	$63/$95
9908	3-6 yrs	M	1:40p-2:10p	1/9-2/20	$63/$95
9909	3-6 yrs	M	4:10p-4:40p	1/9-2/20	$63/$95
9910	3-6 yrs	M	5:00p-5:30p	1/9-2/20	$63/$95
9911	3-6 yrs	T	9:45a-10:15a	1/10-2/21	$63/$95
9912	3-6 yrs	T	10:20a-10:50a	1/10-2/21	$63/$95
9913	3-6 yrs	T	4:00p-4:30p	1/10-2/21	$63/$95
10467	3-6 yrs	T	4:50p-5:20p	1/10-2/21	$63/$95
9914	3-6 yrs	W	9:45a-10:15a	1/11-2/22	$63/$95
9915	3-6 yrs	W	10:20a-10:50a	1/11-2/22	$63/$95
9916	3-6 yrs	W	1:05p-1:35p	1/11-2/22	$63/$95
9917	3-6 yrs	W	1:40p-2:10p	1/11-2/22	$63/$95
9918	3-6 yrs	W	4:55p-5:25p	1/11-2/22	$63/$95
9919	3-6 yrs	W	5:40p-6:10p	1/11-2/22	$63/$95
9920	3-6 yrs	W	6:15p-6:45p	1/11-2/22	$63/$95
9921	3-6 yrs	Th	9:45a-10:15a	1/12-2/23	$63/$95
9922	3-6 yrs	Th	10:20a-10:50a	1/12-2/23	$63/$95
9923	3-6 yrs	Sa	9:15a-9:45a	1/7-2/18	$63/$95
9924	3-6 yrs	Sa	11:25a-11:55a	1/7-2/18	$63/$95
9925	3-6 yrs	Sa	12:05p-12:35p	1/7-2/18	$63/$95
9926	3-6 yrs	S	11:25a-11:55a	1/8-2/19	$63/$95
9927	3-6 yrs	S	12:05p-12:35p	1/8-2/19	$63/$95

Semi-Private Swim School

Student to instructor ratio is 2 to 1. Classes will be taught using our Swim School lesson plans (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9938	3-13 yrs	M	5:40p-6:10p	1/9-2/20	$112/$168
9939	3-13 yrs	M	6:15p-6:45p	1/9-2/20	$112/$168
9940	3-13 yrs	W	4:00p-4:30p	1/11-2/22	$112/$168
9941	3-13 yrs	S	10:40a-11:10a	1/8-2/19	$112/$168
9966	3-13 yrs	S	8:55a-9:25a	1/8-2/19	$112/$168
9967	3-13 yrs	S	9:30a-10:00a	1/8-2/19	$112/$168

Swim School

The ratio is six students per one instructor. The program has nine levels to help your child learn beginning through advanced swimming and safety skills. Children can wear swim goggles. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9928	5-12 yrs	M	4:00p-4:40p	1/9-2/20	$63/$95
9929	5-12 yrs	M	4:50p-5:30p	1/9-2/20	$63/$95
9930	5-12 yrs	T	4:00p-4:40p	1/10-2/21	$63/$95
9931	5-12 yrs	W	4:45p-5:25p	1/11-2/22	$63/$95
9932	5-12 yrs	W	5:30p-6:10p	1/11-2/22	$63/$95
9933	5-12 yrs	Sa	11:15a-11:55a	1/7-2/18	$63/$95
9934	5-12 yrs	S	11:15a-11:55a	1/8-2/19	$63/$95

Swim Academy

Swim Academy is a one-hour class structured as a combination between our swim lesson program and a competitive swim team, with a focus on endurance and technique. Students should be able to complete one length freestyle and backstroke to be eligible for Swim Academy. This program is aimed for those swimmers who are looking for further immersion into the sport of swimming. The core of the program is based around the four competitive swim strokes: backstroke, breaststroke, butterfly, and freestyle. Students will also begin to work on using the pace clock. Throughout the program students will be introduced to other aspects of competitive swimming besides just the swim strokes. The stroke, streamline, turn, and start are all equal parts of a race. The ratio is eight students to one coach. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9937	6-13 yrs	S,Sa	8:55a-9:55a	1/7-2/19	$126/$189

Windy City Diving

This class in an introduction to the sport of springboard diving and designed to teach safe, proper way to use a springboard. Any individual who has an interest in diving can swim comfortably in deep water, and dive in head first off the side of the pool can take this class. Students will be taught a forward approach and back press. They will progress to forward and back dive as well as other skills based on ability. (AB)

Location: Olympic

Level 1 Beginner

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9971	8-17 yrs	S	7:00p-8:00p	1/8-2/19	$90/$135

Level 2 Intermediate

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9972	8-17 yrs	S	5:50p-7:00p	1/8-2/19	$98/$147

Level 3 Future Champion

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9973	8-17 yrs	W,F	6:00p-7:30p	1/11-3/3	$212/$303

Level 4 Jr. Olympic Travel

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9974	8-17 yrs	M,W-Th	5:15p-7:15p	1/7-3/2	$365/$529
		Sa	9:00-11:00a		

Youth Water Polo

This class will be coached by staff members who play or have played water polo at the high school level. Specific skills will be worked on during each class with the intent of conducting actual games at the end of the session. This class will be taught in the dive well. Students must know how to swim and be comfortable in deep water. (LR)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9709	8-14 yrs	S	8:00a-8:50a	1/8-2/19	$37/$56

Teen Swim Lessons

For teens that are inexperienced swimmers through competitive swimmers, wanting to perfect their techniques. Instructors work with participants to develop individual goals based on their needs and ability. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9936	11-17 yrs	Sa	8:10a-8:50a	1/7-2/18	$63/$95

Adult Swim Lessons

For adult inexperienced swimmers through competitive swimmers, wanting to perfect their techniques. Instructors work with participants to develop individual goals based on their needs and ability. (AB)

Location: Olympic

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9935	18 and up	Sa	8:10a-8:50a	1/7-2/18	$63/$95

"THE WATER DOESN'T KNOW YOUR AGE."
DARA TORRES

ADULT WATER EXERCISE

ADULT WATER EXERCISE
Water Exercise at Olympic Indoor Swim Center

This popular form of exercise is great for anyone looking to get a good workout without the aching and soreness. The buoyancy and resistance of the water allows participants to work hard without the pain. All classes include strengthening muscles and an aerobic workout. Our instructors have professional certifications through the AEA, SCW, The Arthritis Foundation and more. Water exercise is offered in both shallow and deep water, but participants do not need to know how to swim. Hydro-Fit equipment is used in all classes and flotation belts are worn in the deep water.

Punch passes for classes may be purchased at Olympic Indoor Swim Center during regular business hours. Classes failing to meet a minimum of 9 participants on a consistent basis for 2 weeks are subject to cancellation.

If you are not sure if this form of exercise is for you, then come on out and try a **free** class on us (new participants only). (LR)

Drop-in Daily Fee: $7.50/class

Water Exercise Punch Passes

5 Punches	$34
10 Punches	$64
20 Punches	$124
30 Punches	$175

All punch passes expire 6 months from purchase date.

Water Exercise Class Descriptions

- **Shallow Water Exercise:** A shallow water cardiovascular and strength workout.
- **Deep Water Exercise:** A deep-water cardiovascular and strength workout. Flotation equipment available.
- **Arthritis Water Exercise:** The Park District along with the Arthritis Foundation® provide this class which is designed to meet the special needs of those with arthritis and other limitations. All instructors for the class are certified though the Arthritis Foundation's® Aquatic Program. The slower movements and low impact of this class is also ideal for anyone recovering from an injury or illness, just starting an exercise routine, or for persons with disabilities or other physical limitations. Please let us know ahead of time if special accommodations or assistance will be needed for enjoyment of the class.

WATER EXERCISE SCHEDULE

January 2 - February 28, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45-7:45 am Deep Water Exercise		6:45-7:45 am Deep Water Exercise		6:45-7:45 am Deep Water Exercise	6:30-7:30 am Deep Water Exercise
	8:05-9:05 am Shallow Water Exercise		8:05-9:05 am Shallow Water Exercise		7:35-8:35 am Deep Water Exercise **No class 2/25**
9:50-10:50 am Shallow Water Exercise		9:50-10:50 am Shallow Water Exercise		9:50-10:50 am Shallow Water Exercise	
2:00-2:45 pm Arthritis Water Exercise		2:00-2:45 pm Arthritis Water Exercise		2:00-2:45 pm Arthritis Water Exercise	
	6:15-7:15 pm Deep Water Exercise	6:15-7:15 pm Shallow Water Exercise			

ADULT SPORTS

SOFTBALL | VOLLEYBALL | BASKETBALL

Spring Softball

The season will begin the week of April 3rd. All games will be played at Melas Park. Summer softball is also open - please visit ahpd.org to register for your dates/times.

Location: Melas

Code	Age	Day(s)	Time	Date(s)	Fee
9975	18 and up	M	6:30p-10:30p	4/3-4/24	$400
9976	18 and up	M	6:30p-10:30p	4/3-4/24	$400
9978	18 and up	W	6:30p-10:30p	4/3-4/24	$400
9980	18 and up	Th	6:30p-10:30p	4/3-4/24	$400
9982	18 and up	F	6:30p-10:30p	4/3-4/24	$400

Men's Basketball

The winter season runs January 5 - March 23. Games are played on Thursday nights at Camelot, Pioneer, and Ross gyms. (PR)

A League

Code	Age	Day(s)	Time	Date(s)	Fee
10463	18+	Th	6:00p-10:00p	1/5-3/23	$650

B League

Code	Age	Day(s)	Time	Date(s)	Fee
10464	18+	Th	6:00p-10:00p	1/5-3/23	$650

Adult Volleyball Leagues

The Arlington Heights Park District offers volleyball leagues throughout the year. Games are played at 6:30, 7:30, 8:30 and 9:30 pm at Betsy Ross and Poe Schools. If you wish to register a team, please contact Matt Healy at 847.506.7133 or mhealy@ahpd.org. Winter leagues begin in December; check out ahpd.org/volleyball for more details. (MH)

Location: Betsy Ross School

B League

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9834	18 and up	M	6:30p-10:30p	1/2-3/6	$335/$365

A League

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9832	18 and up	M	6:30p-10:30p	1/2-3/6	$335/$365
9835	18 and up	T	6:30p-10:30p	1/3-3/7	$335/$365
9837	18 and up	W	6:30p-10:30p	1/4-3/8	$335/$365

AA League

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9833	18 and up	M	6:30p-10:30p	1/2-3/6	$335/$365
9836	18 and up	T	6:30p-10:30p	1/3-3/7	$335/$365
9838	18 and up	W	6:30p-10:30p	1/4-3/8	$335/$365

Paul Ratajczak

ATHLETIC SUPERVISOR

For more information on adult sports or baseball/basketball, please call Paul at 847.506.7132 or paulr@ahpd.org.

PSSSST! STAY ACTIVE THIS SEASON AND TRY ONE OF OUR NEW FITNESS CLASSES. SEE PAGE 69.

ADULT PROGRAMS

WINE TASTINGS | ANTIQUES | EDUCATION

MUSEUM
Antiques- What's It Worth?

With more and more interest in antiques and collectibles, keep up to date with current markets. Knowing your antiques isn't as hard as it may seem. Join What's It Worth? - antiques class and learn about the treasures in your home and in the retail world. Bring one item to class each week for appraisal. (LS)

Location: Historical Museum

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9873	16 and up	W	7:00p-9:00p	1/18-3/8	$50/$53
9874	16 and up	W	7:00p-9:00p	3/22-5/10	$50/$53

National Old Stuff Day NEW!

What better place to celebrate National Old Stuff Day then at a museum? Join us for a behind the scenes tour of the "old stuff" not on display at the museum and a conversation with our curator. Maybe you'll be inspired to dig out the old stuff in your house and record its story for future generations. (LS)

Location: Historical Museum

Code	Age	Day(s)	Time	Date(s)	Fee
9968	16 and up	Th	6:30p-8:00p	3/2	$15

DOG OBEDIENCE
Dog Obedience

Through positive reinforcement, you will teach your dog not only the basic obedience commands, but more importantly, how to be a well socialized, calm dog with good house manners. Individual problems will be addressed. Dogs must be three months old to attend the class. Proof of Rabies, Parvo and DHL shots will be required the first night of class. No dog will be allowed to stay without written proof. Ask your veterinarian for a written statement. Dogs with fleas may not attend. (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9891	18 and up	M	6:00p-7:00p	1/16-2/27	$69/$79

Intermediate Dog Obedience

We will build on the basic command learned in the Beginning Dog Obedience class as well as impulse control, desensitizing, and stimuli (reactions to things such as other dogs, animals, people and cars - basically anything that moves.) We will also cover proper socializing (are you sending the correct message or reinforcing bad behavior.) Your leadership skills will always be reinforced during class. Beginning Dog Obedience Class is a Prerequisite. (NW)

Location: Frontier

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9888	18 and up	M	7:00p-8:00p	1/16-2/27	$69/$79

CULINARY

Port & Dessert Wine

Join Robert Owings of Vintages Fine Wine as we explore fortified and dessert wines. Discover why these sweet wines have been adored for centuries as accompaniments for desserts and as the perfect way to end an evening. Refunds must be requested one week prior to the class date. (TD)

Location: Vintages Wine Shop

Code	Age	Day(s)	Time	Date(s)	Fee
10364	21 and up	T	7:00p-8:15p	1/10	$30

Wine & Chocolate

Join Robert Owings of Vintages Fine Wine and explore wine and chocolate combinations. Learn about different types of chocolates and discover which wines pair with them perfectly. The class includes samples of chocolates and wines. Refunds must be requested one week prior to the class date. (TD)

Location: Vintages Wine Shop

Code	Age	Day(s)	Time	Date(s)	Fee
10213	21 and up	Th	7:00p-8:15p	1/19	$30

A Barrel Of Fun! NEW!

Most of us think the purpose of wine barrels is to turn them into tables, benches, planters, and candle holders. It is a romantic love affair, to re-purpose such cool pieces, but it is fun to learn about barreling wine and what barreling does to wine itself. We will take a look into the reasons why wine barrels are such an integral part of modern wine making, while sipping tasty vinos that have been barrel aged. Light snacks will be served to accompany the wine enjoyment and education! Refunds must be requested one week prior to the class date(TD)

Location: Tuscan Market and Wine Shop

Code	Age	Day(s)	Time	Date(s)	Fee
10055	21 and up	M	6:00-7:30p	1/23	$35

Flavor & Aroma (Wine 102)

Black Cherry, plum, anise, vanilla... How do you find all those flavors & aromas in just a sip and a sniff? Join Robert Owings of Vintages Fine Wine as you discover how to identify the tastes and aromas of the wines you drink. Taste a variety of fun wines and learn how to find new wines with tastes and aromas you will love. Refunds must be requested one week prior to the class date. (TD)

Location: Vintages Wine Shop

Code	Age	Day(s)	Time	Date(s)	Fee
10056	21 and up	W	7:00p-8:15p	2/1	$30

Champagne & Sparkling Wines

Join Robert Owings of Vintages Fine Wine and learn why this "wine" is the world's favorite for celebrations! Discover the different styles of champagnes & sparkling wines from around the world. Taste these international favorites and uncover their complex flavors and aromas. Refunds must be requested one week prior to the class date. (TD)

Location: Vintages Wine Shop

Code	Age	Day(s)	Time	Date(s)	Fee
10054	21 and up	T	7:00p-8:15p	2/7	$30

French Wines & Cheeses

Join Robert Owings of Vintages Fine Wine as you discover why people have loved French wines for thousands of years. Learn about different types of French wines and cheeses and how to best pair them. Taste a number of French wines and cheeses. Refunds must be requested one week prior to the class date. (TD)

Location: Vintages Wine Shop

Code	Age	Day(s)	Time	Date(s)	Fee
10057	21 and up	Th	7:00p-8:15p	3/9	$30

The Breakfast Club NEW!

Yes, this is very real and true - we are pushing the pairing table (or maybe not so much) and possibilities with wine! Wine goes well with a myriad of foods and breakfast cereals and is no longer just for breakfast anymore. This class will certainly bring smiles to many faces, along with a true challenge that comes with pairing. Game on friends, this class will be magically delicious and it might just be GrrrEAT! Light snacks (beyond cereal) will be served to accompany the wine enjoyment and education! Refunds must be requested one week prior to the class date. (TD)

Location: Tuscan Market and Wine Shop

Code	Age	Day(s)	Time	Date(s)	Fee
10205	21 and up	M	6:00-7:30p	2/27	$35

Tom Divello
PIONEER PARK SUPERVISOR
For more information on adult culinary programs, please call Tom at 847.506.2734 or tdivello@ahpd.org.

POWER OF PLAY

HAVE WE MADE AN IMPACT ON YOU?

I'm a park & rec kid

"Children who grow up utilizing their community park and recreation resources have the opportunity to thrive as both children and adults. These "Park and Rec Kids" grow up engaging with nature, learning social skills on the playground, creating life-long healthy habits, cultivating sportsmanship through rec sport leagues and so much more."

As part of National Recreation and Park Association's 50th Anniversary, they launched the *I'm a Park and Rec Kid*™ campaign — a viral social media campaign asking everyone to share their "Park and Rec Kid" story and challenge others to get out to their local parks and rec and share their own story. The goal of this campaign is to inspire youth and people of all ages to use their parks and recreation as a solution for happier, healthier lives.

From the mom who takes her kids to the same park she grew up in to a professional baseball player who got his start swinging at pitches in the local rec league, we bet everyone has their own story about being a "Park and Rec Kid." *Do you have a "Park and Rec" story to share?* Visit www.ahpd.org online to tell us how you or your family has benefitted from your local park and recreation provider.

HERE'S HOW TO TELL YOUR PARK AND REC KID STORY ONLINE!

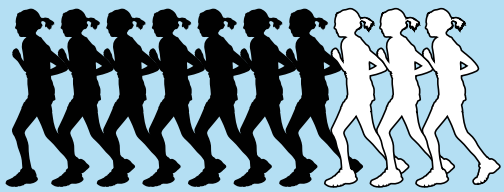
Think about your experiences in parks and recreation when you were younger or today. Maybe you went to the park for family picnics, played basketball at the rec center or learned to swim at the public pool. Whatever it is, you probably have a park and rec story! How did it shape you? Tell us online at www.ahpd.org.

THE POWER OF PLAYING EVERY DAY.

In a recent nation-wide study, commissioned by the National Park and Recreation Association (NRPA), Americans agree that conservation, health and wellness and social equity are important priorities for local recreation and park services. The study helps all park and recreation professionals to better understand how the American public perceives the benefits and value of their local park and recreation services.

Read more results from the nationwide study "Americans' Broad-Based Support for Local Recreation and Park Services" online at nrpa.org.

83%
OF AMERICANS
PERSONALLY
BENEFIT
FROM LOCAL PARKS



7 IN 10 AMERICANS
GO TO THEIR LOCAL PARK

92%
OF AMERICANS SAY THEIR
COMMUNITIES BENEFIT
FROM LOCAL PARKS

KIDS FITNESS

HULA HOOPS | KIDS YOGA

Hula Hoop Class $

Hey Kids! Let's explore movement, rhythm, expression. Learn how to create and discover. All with a hula hoop! Hula hooping builds motor skills, balance, stamina, dexterity and coordination. It promotes flexibility and increases hand eye coordination. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9521	6-12 yrs	Sa	10:45a-11:45a	1/14-2/25	$53

Kids' Yoga: Unplugged Energy and Relaxation $

Students will learn fun poses to improve flexibility, strength, balance, and focus through an engaging and energizing yoga practice. Calm their minds, and cope with both internal and external stressors. (SV)

Location: Administration Center

Code	Age	Day(s)	Time	Date(s)	Fee
9513	8-12 yrs	S	12:00p-1:00p	1/8-2/26	$60

Stacey VanEnkevort
FITNESS SUPERVISOR
For more information on fitness/ CAP programs, please call Stacey at 847.506.7871 or svanenkevort@ahpd.org.

NEW! Pre-Teen Yoga $

Yoga improves balance, strength, endurance and aerobic fitness plus it promotes mindfulness and compassion. Yoga can create inner calm and quiet a chatty brain, building confidence, self-esteem and body image and leave your child feeling happy. Participants will also learn some breathing and meditation to help balance the mind and body. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9517	12-15 yrs	W	4:00p-5:00p	1/4-2/22	$60

NEW! Teen Barre $

The barre workout is a high energy, full-body workout set to upbeat music. The class moves swiftly from cardio, to ballet barre, to core work on a mat. Ballet-inspired techniques (although no ballet experience necessary!) are used to develop lean muscle mass while improving balance, flexibility, and range of motion. It is an exciting body and mind workout that bridges the worlds of dance and Pilates. Please bring your own Yoga Mat to Class. Instructor: Denise Schmit (SV)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9518	13-17 yrs	T	3:30p-4:15p	1/10-2/21	$63

FITNESS CLASSES

CREATE YOUR PERFECT FITNESS ROUTINE TODAY.

MEET YOUR GOALS.

We offer the highest quality fitness programs to strengthen your body, mind, and soul. Whether your goals are to manage stress, lose weight, or live a healthier lifestyle, our experienced instructors are dedicated to helping you reach your fitness goals.

THREE CHOICES.

We are excited to offer you three ways to enjoy group fitness classes. Whittle your waist NOT your wallet! Purchase your Group Fitness PlayPass at any AHPD community center, Senior Center or at the Administration Center. If you have questions about the Group Fitness PlayPass, please call 847.577.3000 or visit ahpd.org.

OPTION #1 - SILVER PLAY PASS (S)

- Only $207/year
- Cost Effective/Affordable
- 7 classes/week to choose from
- Classes held 5 days a week
- Low Impact + low intensity
- Online enrollment not available.

OPTION #2 - GOLD PLAY PASS (G)

- Only $35/month
- Unlimited Group Exercise classes
- 40+ classes/week to choose from
- Classes held 7 days a week
- Receive an additional 10% off all Pay per Program classes
- BONUS! Includes ALL Silver classes
- Online enrollment not available.

OPTION #3 - PAY PER PROGRAM ($)

- Enroll online or in-person for each class.

FITNESS CLASS LOCATIONS

- Recreation Park
- Administration Center
- Camelot Park
- Pioneer Park
- Forest View Racquet and Fitness Club
- Senior Center

Stacey VanEnkevort
FITNESS SUPERVISOR
For more information on fitness/ CAP programs, please call Stacey at 847.506.7871 or svanenkevort@ahpd.org.

MEMBERSHIP CANCELLATION

In the event you wish to cancel your membership, you must complete a Refund Request Form. Annual memberships will receive a pro-rated refund for the unused remainder of their membership year. Monthly memberships will be cancelled effective the last day of the month of which the refund was requested.

AHPD GROUP FITNESS CLASS SCHEDULE: WINTER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Pump G $ 7:45-8:45a Recreation	**Core 'N More** G $ 8-9a Camelot	**Body Thrive Boot Camp** G $ 6-7a Camelot	**Body Pump** G $ 6:15-7:15a Recreation	**Body Thrive Boot Camp** G $ 6-7a Camelot	**Indoor Cycling** $ 6-6:45a Camelot	**Body Back** $ 7:30-8:30 a Camelot
Peace Yoga $ 8:30-10a Admin	**Fun and Fit: Aerobic** S G 9-9:45a Senior Center	**Fun and Fit: Strength & Flex** S G 8:40-9:45a Senior Center	**Core 'N More** G $ 8-9a Camelot	**Intro to Yoga** $ 10:45a-12p Camelot	**Body Pump** G $ 6:15-7:15a Recreation	**Body Pump** G $ 7:45-8:45a Recreation
	Body Pump G $ 9:15-10:15a Pioneer	**Moves that Groove** G $ 9-10a Pioneer	**Fun and Fit: Aerobic** S G 9-10 a Senior Center	**Fun and Fit: Aerobic** S G 9-9:45a Senior Center	**Fun and Fit: Strength & Flex** S G 8:40-9:45a Senior Center	**Total Body!** G $ 8-9a Pioneer
	Cardio/Strength Interval Challenge G $ 9:15-10:15a Recreation	**Breathe & Flow Yoga** G $ 9:15-10:30a Camelot		**Barre Class** $ 9-9:55a Pioneer	**Barre Class** $ 9-9:55a Pioneer	**Indoor Cycling** $ 8:45-9:30a Camelot
Zumba Step G $ 9-10a Camelot	**Stroller Strides** $ 9:30-10:30a Camelot	**Interval Blast Boot Camp** G $ 9:15-10:15a Camelot	**Insanity Live** G $ 9:15-10a Camelot	**Tone and Sculpt** S G 9-10a Camelot	**Core 'N More** G $ 9:15-10am Camelot	**Zumba** G $ 9:30-10:30a Forest View
Pilates G $ 9-9:45a Recreation	**WERQ** G $ 9:15-10:15a Camelot	**Body Pump** G $ 9:15-10:15a Recreation	**Barre Class** $ 9:15-10:15 am Forest View	**Breathe and Flow Yoga** G $ 9:15-10:30a Camelot	**PiYo** G $ 9:15-10 a Camelot	**Indoor Cycling** $ 9:45-10:30a Camelot
	Yoga for All Abilities $ 10:30-12p Camelot	**Flex: Ability & Core** S G 10:30-11:30 a Recreation	**Stroller Strides** $ 9:30-10:30a Camelot	**Indoor Cycling** $ 10:15-11a Camelot		
	Barre Class $ 11:30-12:30 p Pioneer	**Indoor Cycling** $ 10:30-11:15a Camelot	**Strength and Balance Yoga** G $ 10:30-11:30a Pioneer	**Intro to Yoga** $ 10:45a-12p Camelot	**Zumba** G $ 9:15-10a Recreation	
WERQ G $ 10:15-11:15a Camelot	**Body Combat** G $ 10:30-11:30a Recreation	**Small Group PT** $ 11:45 a-12:35 p OR 12:35-1:15 p Pioneer	**Small Group PT** $ 12:35-1:15 p Pioneer	**CxWorx** $ G 11:15-11:45a Camelot	**Stroller Strides** $ 9:30-10:30a Camelot	
Strength and Balance Yoga G $ 10:45-11:45 a Admin	**Body Pump** G $ 5:30-6:30p Recreation	**Family Cycling** $ 5-5:45pm Camelot	**Indoor Cycling** $ 5:45-6:30p Camelot	**Indoor Cycling** $ 6-6:45p Camelot	**Body Pump** G $ 10:15-11:15a Recreation	
	Indoor Cycling $ 5-5:45p Camelot		**Zumba** G $ 6:30-7:30p Forest View	**Body Pump** G $ 6:15-7:15p Recreation	**Body Combat** G $ 10:45-11:45a Camelot	
	Indoor Cycling $ 6-6:45p Camelot	**Indoor Cycling** $ 6-6:45p Camelot	**Peace Yoga** $ 7-8p Camelot	**Make a Healthy Lifestyle** $ 7-8 p Camelot	**Small Group PT** $ 12:35-1:15 p Pioneer	
	Body Combat G $ 7-8 pm Camelot	**Zumba Step** G $ 6:15-7:15p Recreation	**Body Pump** G $ 7:30-8:30p Pioneer	**CxWorx** $ G 7-7:30p Camelot	**Restorative Yoga** G $ 5-6p Pioneer	
	Meditation and Mindfullness $ 7-8p Camelot	**WERQ** G $ 7-8 p Camelot	**Peace Yoga** $ 8-9p Camelot			
	Yoga Night Cap G $ 9-10p Pioneer	**Optimal Wellbeing** $ 7-9p Camelot	**Body Back** $ 7:30-8:30 p Camelot			

For complete class descriptions and registration information, please see the following pages.

G Gold PlayPass classes
S Silver PlayPass classes
$ Pay Per Program (Register online or in person)

Please note: Schedule is subject to change.
Visit ahpd.org/group-fitness for more information.

Silver PlayPass Classes

See page 100 to to see what is included in the Silver PlayPass. If you have any questions about these classes, please call Megann Panek at 847.797.5341 or mpanek@ahpd.org. These classes are drop-in ONLY if you have a Gold or Silver PlayPass. If you do not have a Group Fitness PlayPass, please register for your favorite programs online at ahpd.org!

Fun & Fit Aerobic S G

Join our Fun & Fit Aerobics class at the Senior Center. Aerobic classes take place on Monday, Wednesday and Thursday from 9-9:45am in the dance room. Monday and Thursday classes are taught by instructor Vicki Diers and Wednesday classes are taught by Maeve Koleno. Get your heart pumping with these dance-like routines that will help enhance your physical fitness. Music includes selections from the oldies through today's radio hits. (If more than 10 students are present on Mondays at 10am, a second class will be taught by a volunteer.)

Fun & Fit Strength & Conditioning S G

Take part in our strength and conditioning classes at the Senior Center on Tuesdays and Fridays from 8:40-9:45am. Tuesday classes are taught by Maeve Koleno and Friday classes are taught by Vicki Diers. These classes feature exercises using hand weights and mat work for those who are physically able. (If more than 10 students are present on Fridays at 10am, a second class will be taught by a volunteer.)

Flex-Ability & Core Training S G

Integrate flexibility and core work into your cardio and strength training regimen

Tone N' Sculpt S G

A great toning class using hand weights, the step, tubing, bands and stability balls.

Gold PlayPass Classes G

See page 67 to to see what is included in the Gold PlayPass. These classes are drop-in ONLY if you have a PlayPass. If you do not have a Group Fitness PlayPass, please register for your favorite programs online at ahpd.org!

CARDIO

Body Combat G $ NEW!

BODYCOMBAT is a high-energy martial-inspired workout. You'll punch and kick your way to superior fitness and strength. It's totally non-contact and there are no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ. (SV)

Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9583	16 and up	M	7:00p-8:00p	1/2-2/20	$72
9584	16 and up	F	10:45a-11:45a	1/6-2/24	$72

Recreation

Code	Age	Day(s)	Time	Date(s)	Fee
9585	16 and up	M	10:30a-11:30a	1/2-2/20	$72

Body Thrive Boot Camp G $

Are you ready for a true boot camp experience? Taught by former Army Recon Scout and Master Fitness Trainer Martin Sadalski, this boot camp is designed to take your physical and mental fitness to a new level. Our training system follows the same program the U.S. Military has used for decades, but we've added some new twists. We integrate modern physical therapy, functional training, high intensity interval training, yoga, and calisthenics to provide safe and lasting results. We work on posture, strength training, core training, breathing, relaxation, and mental motivation to gain a better understanding of how the body works. All classes will be designed for universal scalability making it the perfect fitness program for any individual regardless of age, experience or current fitness level. It's the toughest hour you will ever love. Come and take the Challenge! (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9456	18 and up	T,Th	6:00a-7:00a	1/3-2/23	$144

Cardio/Strength Interval Challenge G $

Come to this class for an "All in One" workout! You will be led through intervals of cardiovascular activity combined with intervals of strength exercise. Movements to challenge your agility and balance will also be integrated and a relaxing cool down/stretch will complete the workout. (SV)

Location: Recreation

Code	Age	Day(s)	Time	Date(s)	Fee
9457	16 and up	M	9:15a-10:15a	1/2-2/20	$72

Insanity Live G $

Insanity Live is for everyone, regardless of your fitness level. You can go at your own pace, knowing every move can be modified to fit your personal needs. Insanity Live is a fun way to challenge yourself to get healthier. You will never need to use any weights in this format, it's just you, your friends, and fun music that will make you want to move! You've seen the commercials and we know you are curious, so come try out Insanity Live with instructor Drew Semmelman, who is a member of the Insanity Live Pro Team. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9458	18 and up	W	9:15a-10:00a	1/4-2/22	$72

Interval Blast Boot Camp G $

Come to class for an intense workout that will include strength and conditioning, speed work, plyometric drills and kickboxing. Improve your stamina, fitness level, balance and strength by joining us for this functional fitness class. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9560	16 and up	T	9:15a-10:15a	1/3-2/21	$72

Moves That Groove G $

Join class to get an aerobic workout inspired by dance moves and patterns. (SV)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9462	16 and up	T	9:00a-10:00a	1/3-2/21	$72

WERQ G $

WERQ is the fiercely fun dance fitness workout class based on pop, rock, and hip hop music taught by Certified Fitness Professionals. The WERQ warmup previews the dance steps used in class and the WERQ cooldown includes balance and yoga-inspired poses. Are you ready to WERQ? (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9459	16 and up	S	10:15a-11:15a	1/8-2/26	$72
9460	16 and up	T	7:00p-8:00p	1/3-2/21	$72
9461	16 and up	M	9:15a-10:15a	1/2-2/20	$72

Zumba G $

Zumba is a Latin-inspired dance fitness program that blends red hot international music and contagious dance steps to form a fitness party atmosphere. (SV)

Forest View

Code	Age	Day(s)	Time	Date(s)	Fee
9546	16 and up	W	6:30p-7:30p	1/4-2/22	$72
9547	16 and up	Sa	9:30a-10:30a	1/14-2/25	$63

Recreation

Code	Age	Day(s)	Time	Date(s)	Fee
9548	16 and up	F	9:15a-10:00a	1/6-2/24	$72

Zumba Step G $

Join us for step toning and strengthening for your legs and glutes and all the Zumba fitness party you love. (SV)

Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9550	16 and up	S	9:00a-10:00a	1/8-2/26	$72

Recreation

Code	Age	Day(s)	Time	Date(s)	Fee
9549	16 and up	T	6:15p-7:15p	1/3-2/21	$72

MIND BODY

Breathe & Flow Yoga G $

Tap into your own personal power and explore the breath by blending a variety of yoga styles in this fun, open-hearted Level 1 class with a sprinkle of Level 2 poses. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9467	16 and up	T	9:15a-10:30a	1/3-2/21	$72
9468	16 and up	Th	9:15a-10:30a	1/5-2/23	$72

Pilates G $

Pilates is a body conditioning class designed to support a variety of fitness goals. Using a series of exercises that target deep postural muscles, Pilates builds strength while improving flexibility, balance, and posture. Suitable for all ages and levels. Wear comfortable clothing; bring mat and towel. (SV)

Location: Recreation

Code	Age	Day(s)	Time	Date(s)	Fee
9469	16 and up	S	9:00a-9:45a	1/8-2/26	$72

Restorative Yoga G $

Do you find yourself feeling depleted at the end of the week? Come to class and restore your body and mind. The deep relaxation provided in restorative yoga has been found to produce measurable changes throughout your body. Among those changes: reduction in blood pressure, lowered blood sugar levels, improved digestion and elimination, as well as reductions in muscular tension, insomnia and generalized fatigue. (SV)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9470	16 and up	F	5:00p-6:00p	1/6-2/24	$72

Strength and Balance Yoga G $

This well-rounded class will promote a balance between strength and flexibility. We will incorporate a balance and strengthening series that will train your brain to tap into focus and determination. Class will end in a meditation. All levels are encouraged to practice. Instructor: Katie Svoboda (SV)

Administration Center

Code	Age	Day(s)	Time	Date(s)	Fee
9471	16 and up	S	10:45a-11:45a	1/8-2/26	$72

Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9472	16 and up	W	10:30a-11:30a	1/4-2/22	$72

Yoga Night Cap G $

Relax and unwind during this candlelit yoga class focused on dissolving the tension of the day and replacing energy stores for the upcoming week. (SV)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9473	16 and up	M	9:00p-10:00p	1/2-2/20	$72

STRENGTH

CxWorx G $ NEW!

Get a stronger core in just 30 minutes! CXWORX provides the vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do - it's the glue that holds everything together. All moves have options, so it's challenging but achievable for your own level of fitness. Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. We also include hip, butt, and lower back exercises. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9586	16 and up	Th	11:15a-11:45a	1/5-2/23	$72
9587	16 and up	Th	7:00p-7:30p	1/5-2/23	$72

BodyPump G $ NEW!

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout that burns lots of calories. It'll also tone and shape your body, without adding bulky muscles. The rep effect - a scientifically proven Les Mills formula - is the secret to developing lean athletic muscle without the need for heavy weights. (SV)

Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9570	16 and up	M	9:15a-10:15a	1/2-2/20	$72
9574	16 and up	W	7:30p-8:30p	1/4-2/22	$72

Recreation

Code	Age	Day(s)	Time	Date(s)	Fee
9571	16 and up	M	5:30p-6:30p	1/2-2/20	$72
9572	16 and up	T	9:15a-10:15a	1/3-2/21	$72
9573	16 and up	W	6:15a-7:15a	1/4-2/22	$72
9575	16 and up	Th	6:15p-7:15p	1/5-2/23	$72
9576	16 and up	F	6:15a-7:15a	1/6-2/24	$72
9577	16 and up	F	10:15a-11:15a	1/6-2/24	$72
9578	16 and up	Sa	7:45a-8:45a	1/14-2/25	$63
9579	16 and up	S	7:45a-8:45a	1/8-2/26	$72

Core 'N More G $

Core 'N More is focused on core conditioning to the MAX as well as strengthening the upper and lower body for a well-rounded workout. (SV)

Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9464	16 and up	M	8:00a-9:00a	1/2-2/20	$72
9465	16 and up	W	8:00a-9:00a	1/4-2/22	$72

Recreation

Code	Age	Day(s)	Time	Date(s)	Fee
9466	16 and up	F	8:00a-9:00a	1/6-2/24	$72

PiYo G $

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. You'll perform low-impact high intensity moves to get your strength training, flexibility and cardio, leaving you looking lean and incredibly defined. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9477	16 and up	F	8:00a-8:45a	1/6-2/24	$72

Total Body! G $

Total Body! class combines strength and resistance training with intervals that are designed to boost your energy and increase your heart rate. All levels are welcome. (SV)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9463	16 and up	Sa	8:00a-9:00a	1/14-2/25	$63

"TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE." JIM ROHN

Pay Per Program $

The following fitness classes are for registration ONLY. Register online at ahpd.org anytime. If you hold a Gold Group Fitness PlayPass, you receive 10% off any of the classes listed on page 68-70 (listed with the dollar symbol). PlayPass rates will appear online.

HEALTHY LIFE-STYLES

Body Back Transformation $

A results based workout program for moms of any age. Classes offer high intensity, interval workouts along with before and after fitness assessments, a meal plan and food journal, coaching and support in a motivating and inspirational program. This class is for moms-only and is offered in 8-week sessions and meets twice a week. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9514	18 and up	W	7:30p-8:30p	1/18-3/15	$349
		Sa	7:30a-8:30a		

Making Healthy a Lifestyle $ NEW!

We're teaming up with Certified Health Coach, Jennifer Covey, to offer a group health coaching program. Over the course of 8 weeks, you will set your own personal health goals and have the support and encouragement to implement these lifestyle changes. The social support created by a group program is key to your long term success. The group will meet weekly with email support in between sessions. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9594	16 and up	Th	7:00p-8:00p	1/5-2/23	$100

Optimal Wellbeing $ NEW!

This program was developed by the Deepak Chopra Center in California and is based on Ayurveda, the ancient Indian healing system. You will identify your mind-body type and learn how to care for yourself in order to achieve vibrant health and optimal well-being. Each of the five interactive classes will focus on different aspects of achieving and maintaining perfect health. You will learn how to select the most nourishing foods for your body type, practice conscious communication to achieve emotional balance, and access your body's inner pharmacy through your five senses. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9509	18 and up	T	7:00p-9:00p	1/3-1/31	$125

Intro to Yoga Workshop $ NEW!

In this 4-week Intro to Yoga workshop series you will learn the fundamental poses and breathing techniques so you can feel confident participating in a basic yoga class. Each week you will be introduced to new poses while taking time to review and ask questions of poses already introduced. There will be specific attention given to the alignment, foundation and the breath in each pose. If you are new to yoga, have been away for a while, or have been practicing but want to better understand the alignment then this is workshop series is for you. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
10300	16 and up	Th	10:45a-12:00p	1/19-2/9	$36

CARDIO

Indoor Cycling $

Each 45-minute indoor cycling class will focus on cardio challenges and hill climbs that are suited for all participant levels. Each bike has a personalized computer that will track the number of calories you burned, how far you went, and your pace. Bring water and a towel to class. A heart rate monitor is optional, but highly recommended. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9478	16 and up	M	5:00p-5:45p	1/2-2/20	$72
9479	16 and up	M	6:00p-6:45p	1/2-2/20	$72
9480	16 and up	T	10:30a-11:15a	1/3-2/21	$72
9481	16 and up	T	6:00p-6:45p	1/3-2/21	$72
9482	16 and up	W	5:45p-6:30p	1/4-2/22	$72
9483	16 and up	Th	10:15a-11:00a	1/5-2/23	$72
9484	16 and up	Th	6:00p-6:45p	1/5-2/23	$72
9485	16 and up	F	6:00a-6:45a	1/6-2/24	$72
9486	16 and up	Sa	8:45a-9:30a	1/14-2/25	$63
9487	16 and up	Sa	9:45a-10:30a	1/14-2/25	$63

Small Group Personal Training $

A personal trainer without the expense when you join this 40 minute strength and core training session. Designed for total body conditioning with a mix of strength, core and cardio. Workouts are modified for all fitness levels! Class times coincide with dance class to train while your child is in class or for you to fit in a workout when it is convenient for you. (SV)

Location: Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9500	18 and up	F	12:35p-1:15p	1/13-2/24	$63
9501	18 and up	T	11:45a-12:25p	1/10-2/21	$63
9502	18 and up	T	12:35p-1:15p	1/10-2/21	$63.
9503	18 and up	W	12:35p-1:15p	1/11-2/22	$63

Stroller Strides - Stroller Fitness $

Stroller Strides is a great way to get in shape, meet other moms and have fun with your baby or toddler. Classes are set up for all different fitness levels and are taught by certified instructors. We welcome babies from 6 weeks to any age! Through the Park District you can purchase a 10-class pass that can be used for 10 classes within the date range below. *Fee of $50 is to be paid to instructor the first day of class to cover start up equipment for new participants.(SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9495	18 and up	M,W,F	9:30a-10:30a	1/2-2/27	$150

MIND BODY
Meditation and Mindfulness for Beginners $

Come learn how to calm both mind and body through the practices of Meditation and Mindfulness. Increase your concentration and self-awareness in a non-competitive and supportive environment. Deeply explore these proven age-old methods as taught by Instructor, Mark Zelkowitz (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9508	18 and up	M	7:00p-8:00p	1/2-2/20	$72

Peace Yoga I $

Peace Yoga combines postures, basic stretches, breath work, meditation, and relaxation to help create harmony between the mind and body. Movements are designed to stretch and tone muscles, loosen stiff joints, help correct poor posture, improve balance, and leave you feeling agile and refreshed. Level I is designed for true beginners. Level II includes the basics and introduces some of the more challenging postures. All levels are welcome on Sunday. (SV)

Peace Yoga I

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9510	18 and up	W	7:00p-8:00p	1/4-2/22	$75

Peace Yoga I and II

Location: Administration Center

Code	Age	Day(s)	Time	Date(s)	Fee
9511	16 and up	S	8:30a-10:00a	1/8-2/26	$105

Peace Yoga II

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9512	18 and up	W	8:00p-9:00p	1/4-2/22	$75

Yoga for All Abilities $

Open to persons interested in learning and exploring yoga that are living with mobility disorders such as paralysis, spinal cord injury, multiple sclerosis, Parkinson's, arthritis, amputation, stroke, cerebral palsy or head injury. Class is open to those with or without wheelchairs or other assistive devices. Experience yoga poses adapted to all levels of ability to ignite mind-body awareness. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9506	16 and up	M	10:30a-12:00p	1/2-2/20	$96

STRENGTH
Barre Class $

A high energy, full-body workout set to upbeat music. The class moves swiftly from cardio, to ballet barre, to core work on a mat. Ballet-inspired techniques (although no ballet experience necessary!) are used to develop lean muscle mass while improving balance, flexibility, and range of motion. It is an exciting body and mind workout that bridges the worlds of dance and Pilates. Please bring your own Yoga Mat to Class. (SV)

Forest View

Code	Age	Day(s)	Time	Date(s)	Fee
9499	18 and up	W	9:15a-10:15a	1/4-2/22	$96

Pioneer

Code	Age	Day(s)	Time	Date(s)	Fee
9496	18 and up	M	11:30a-12:30p	1/2-2/20	$96
9497	18 and up	Th	9:00a-9:55a	1/5-2/23	$96
9498	18 and up	F	9:00a-9:55a	1/6-2/24	$96

FAMILY FITNESS CLASSES NEW!

Work up a sweat and get strong while having fun with your family! All Family fitness classes will take place at Camelot.

WERQ $

WERQ is the fiercely fun dance fitness workout class based on pop, rock, and hip hop music. (SV)

Code	Age	Day(s)	Time	Date(s)	Fee
9662	5 and up	S	11:30a-12:30p	2/12	$10

Cardio & Strength $

This class will combine strength and resistance training to boost your energy and increase your heart rate. (SV)

Code	Age	Day(s)	Time	Date(s)	Fee
9663	10 and up	S	11:30a-12:30p	3/12	$10

Zumba $

Zumba is a Latin-inspired dance fitness program that blends red hot international music and contagious dance steps to form a fitness party atmosphere. (SV)

Code	Age	Day(s)	Time	Date(s)	Fee
9664	5 and up	S	11:30a-12:30p	4/9	$10

Strength & Core $

This class will focus on core conditioning as well as strengthening the upper and lower body for a well-rounded workout. (SV)

Code	Age	Day(s)	Time	Date(s)	Fee
9665	10 and up	S	11:30a-12:30p	5/14	$10

Indoor Cycling $

Join us for a fun and exciting FAMILY workout that will effectively train every part of your body while you spend quality time with your family! Each 45-minute indoor cycling class will focus on cardio challenges and hill climbs that are suited for all participant levels. Each bike has a personalized computer that will track the number of calories you burned, how far you went, and your pace. Bring water and a towel to class. A heart rate monitor is optional, but highly recommended. (SV)

Location: Camelot

Code	Age	Day(s)	Time	Date(s)	Fee
9553	13 and up	T	5:00p-5:45p	1/3-2/21	$72

GET YOUR *2017* OFF TO A HEALTHY START

FITNESS EXPO

Saturday, January 7

FREE EVENT

GIVEAWAYS | FITNESS FUN FOR THE WHOLE FAMILY | NEW CLASS DEMOS

Join us at Camelot Community Center (1005 E. Suffield Dr) on Saturday, January 7 at 9 am and experience some of the hottest group fitness classes in the area!

We are excited to be bringing **LesMills** *programs to the Park District this Spring. Don't Wait! Get a jump start on your New Year's fitness goals.*

TRY THESE OUT FREE

- *CXWorX*
- *Body Combat*
- *Family Zumba*
- *Family Boot Camp*

SPECIAL OFFER FOR GOLD PLAY PASS MEMBERS

- *Bring a friend and receive $10 off a registration only class.*
- *Friends will receive their first month FREE with purchase of a new Gold Play pass membership at the Expo!*

Visit us at ahpd.org/reachyourresolutions for full schedule and more!

AHPD GOLF

ARLINGTON LAKES GOLF CLUB | NICKOL KNOLL GOLF CLUB | SUNSET MEADOWS DRIVING RANGE

GRAB YOUR CLUBS AND PLAY A ROUND WITH US.

Situated in the Heart of the Northwest Suburbs, we offer a fun and friendly welcome to visitors seeking a recreational or instructional golf experience at fantastic rates. The Arlington Heights Park District golf experience has been professionally designed and is acclaimed as one of the best among municipal golf courses.

Features

- 3, 6, 9, 18-hole options
- 25 Bay Driving Range
- PGA Professionals offering group and private lessons
- Banquets and rentals (See page 84-87)
- Special tournaments and outings
- Daily Deals at ahpd.org/algc
- Gift cards available for all occasions
- Friendliest staff in the Northwest Suburbs!

THREE GREAT OPTIONS:

Arlington Lakes Golf Club - NEWLY RENOVATED!
1211 S. New Wilke Rd. Arlington Heights, IL 60005
847.577.3000 | ahpd.org/algc

Nickol Knoll Golf Club
3800 N. Kennicott Ave | Arlington Heights, IL 60004
847.590.6050 | ahpd.org/nkgc

Sunset Meadows Driving Range & Learning Center
700 S. Dwyer Rd. | Arlington Heights IL 60004
ahpd.org/algc | 847.394.5865

Tim Govern
GOLF OPERATIONS MANAGER
For more information on Arlington Lakes Golf Club, please call Tim at 847.577.3032 or tgovern@ahpd.org.

Emma Edmondson
ASST. GOLF OPERATIONS MANAGER
For more information on banquets and special events, please call Emma at 847.577.3031 or eedmondson@ahpd.org

"THE OUTSTANDING CONDITIONS COMBINE WITH AN EXCELLENT DESIGN TO PROVIDE A GREAT GOLF EXPERIENCE FOR PLAYERS OF ALL SKILL LEVELS."

SPECIAL EVENTS

Enjoy some free golf instruction and fun events all season long with the Arlington Heights Park District. There are great prizes and fun for the whole family! **Check out our website ahpd.org/algc or stop by the Arlington Lakes pro shop for more information and to register!**

Arlington Lakes Golf Club

- **Comedy Night - January 12**
- **Chilly Open - January 14**
- **Trivia Night - January 27**

EVENTS

Comedy Night NEW!

Come and watch Comedian Jay Harris perform at Arlington Lakes Golf Club! Jay Harris has performed in venues across the country and has worked with multiple comedians, such as Billy Gardell, Andy Kindler, and Greg Giraldo. Jay has also performed for Marine and Navy groups. Visit Jay's website at jayharris.com for a sneak peek at what's in store. Must be 21 or older to register. $30 entry fee.Two drink minimum.

Location: Arlington Lakes Golf Club

Code	Age	Day(s)	Time	Date(s)	Fee
10014	21 and up	Th	7:30p-9:30p	1/12	$30

Trivia Night NEW!

Join in the fun at Arlington Heights Park District's 1st Trivia Night at Arlington Lakes Golf Club! Play to win some awesome prizes with questions from a wide range of categories. Must be 21 or older to register. Teams of 3 or 4 required. $15 entry fee, 1 drink ticket included. (EE)

Location: Arlington Lakes Golf Club

Code	Age	Day(s)	Time	Date(s)	Fee
9999	21 and up	F	7:00p-9:00p	1/27	$15

PROGRAMS

Junior Introductory Golf Lessons

The winter season can be a great time for kids to start learning about the game of golf. An introduction to golf is the focus where grip, set up, full swing fundamentals, chipping and putting are all reviewed in a fun and safe atmosphere. (TG)

Location: Nickol Knoll

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9728	7-10 yrs	Sa	4:00p-5:00p	2/4-2/25	$65/$70

Adult Group Beginner Golf Lessons

Get a head start on learning the game of a lifetime with a series of five beginner group lessons. The basics of the grip, set up, full swing, and short game are all included. Lessons will take place at Nickol Knoll Golf Club. (TG)

Location: Nickol Knoll

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
9729	18 and up	W	7:00p-8:00p	1/25-2/22	$85/$90

Adult Winter Intermediate Tune Up

Dust off the clubs and give your golf game the primer it needs to make 2017 your best year yet. Five one hour classes include instruction on grip, set up, full swing fundamentals, equipment, and short game. Classes meet on Wednesdays at Nickol Knoll Golf Club.

Location: Nickol Knoll

Code	Age	Day(s)	Time	Date(s)	R/NR Fee
10465	18 and up	W	6:00p-7:00p	1/25-2/22	$85/$90
9730	18 and up	W	6:00p-7:00p	3/1-3/29	$85/$90

We've UPPED our GAME to improve yours.

GET YOUR GOLF 'FIX' IN 3 OR 6.

Now you can play 3 or six holes at a faster pace with our express play options.

Pick up your sticks for a quick round of golf at fantastic rates during lunchtime or for a fun family getaway anytime.

ARLINGTON LAKES GOLF CLUB

1211 S. New Wilke Rd. Arlington Heights, IL 60004
847.577.3000 | ahpd.org/algc

Situated in the Heart of the Northwest Suburbs, the Arlington Lakes Golf Course has been helping golfers of all levels develop their love of golf since 1979. Our 18-hole, 90-acres course has undergone an extensive renovation and there's never been a better time to discover your drive or awaken your waggle.

KEY FEATURES:

- 18-Championship Course
- PGA Professionals offering group and private lessons
- Permanent reserved weekend starting times
- Variety of league options
- Special tournaments and outings
- Snack bar serves sandwiches, beer and soft drinks

HIGHLIGHTS:

Whether you're new to the game and ready to discover your drive or if you're ready to re-awaken your waggle ---- we've got fun golf at fantastic rates:

BETTER PACE OF PLAY AND ENHANCED PLAYABILITY.

Several holes were completely redesigned for better routing and enhanced playability so players will immediately discover convenience and speed when moving from hole to hole.

UPGRADES WILL CHALLENGE YOU TO STEP UP YOUR GAME.

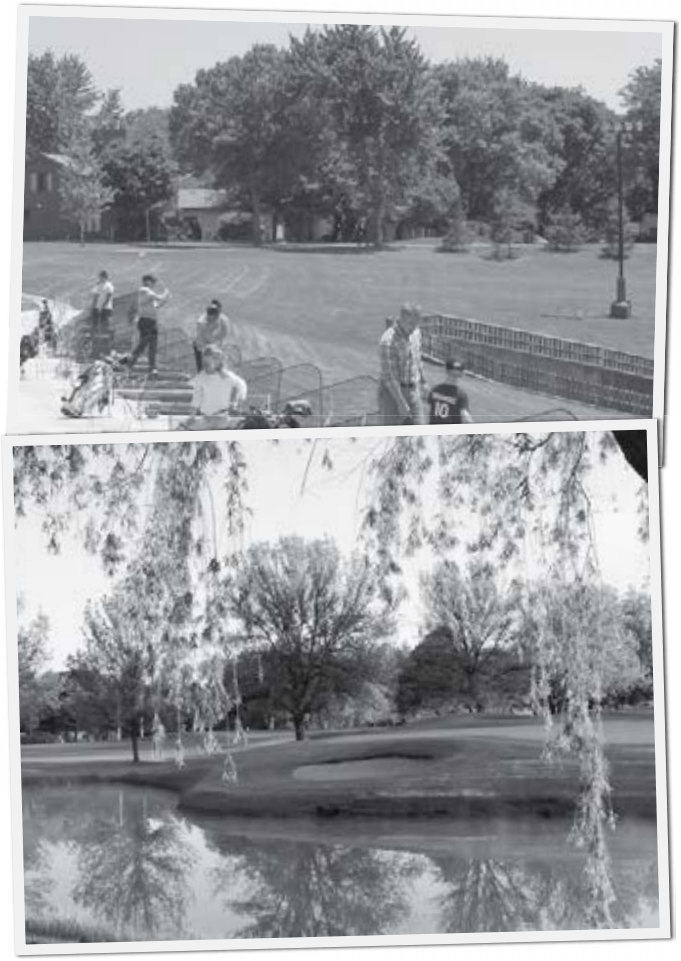
Players will also experience additional challenges and beauty, particularly at the par three #8 from the elevated tee over water to a well-protected green.

- Upgrades include a more pleasing to the eye, more fair and more enjoyable new #18 (former #9) green complex and reconfigured pond.
- Additionally, all new tee complexes feature several options to cater to players of all abilities.
- Subtle mounding and less bunkering throughout the course provides a more aesthetically pleasing, consistent and more enjoyable golf experience.

CLUBHOUSE ENHANCEMENTS.

In addition to the major course reconstruction, our clubhouse received an interior space remodel to create an inviting and contemporary guest experience. With an emphasis on dining and social spaces we're sure you'll find that the Arlington Lakes team is reinventing the overall club experience. The improvements will help pave the way for years of enjoyment at the club.

BOOK YOUR TEE TIME:
www.ahpd.org/algc



PRO SHOP:

Our friendly and professional staff are ready to help keep you looking as good as your game! We carry a wide variety of equipment and apparel and are here to help you find that perfect item for yourself, or for the golfers in your life.

DISCOVER YOUR DRIVE

- **Golf Lessons Available**
  Make a great investment in your game and take a group or private lesson from our staff of PGA professionals. Call 847.577.3032 to find out more!
- **Banquet Room**
  We can accommodate up to 115 people for your next special occasion. See page 86 for more information.
- **Play Cards**
  Priced to save you on green fees! We offer play cards in 10 or 15 play and season passes. We also have 20 play cart passes. Stop by the proshop to find out more!
- **3 & 6 and 9 Hole Options**
  NEW! We know your time is valuable and at ALGC we've redesigned our golf course with that in mind! Call for details.
- **Special Events**
  Looking for a little competition and excitement? We have several special events schedule throughout the season. See page 75.

2016 ALGC GREEN FEES

2017 rates will be listed in the Spring Program Guide

WEEKDAYS

Regular (Non-Resident)	9 Holes	18 Holes
Adult	$21	$35
Senior (60)**	$17	$28
Twlight	N/A	$21
Resident (with ID)	**9 Holes**	**18 Holes**
Adult	$19	$30
Twlight	$19	N/A
Senior (60)**	$14	$24
Junior (6-17 years)**	$12	$22
College (with ID)	$12	$22

***Senior and Junior rates apply weekdays, M-F, before 3pm*

WEEKENDS

	Regular	Residents
Open to 11 am	$37	$32
11 am to Twlight	$29	$24
Twlight**	$26	$21
Early Bird*	$25	$20

**Early Bird rates apply 5-7 am off Back 9 only.*
***Twlight rates are valid after 3pm April, September and October. Valid after 4pm May through August.*

NEW! 3 and 6 Hole Rights Now Available!

	Adult	Jr/Sr.
3 Holes	$8	$5
6 Holes	$14	$9

**Some restrictions apply when times available.*

Car and Cart Rentals	9 Holes	18 Holes
Gas cars (per person)	$11	$17.50
Senior	$9	$13
Pull Carts	$3	$4

GET YOUR GOLF GAME ON!

Be committed to playing golf at least once a week at beautiful Arlington Lakes Golf Club. We have openings for individuals in our morning or evening golf leagues.

GOLF MAINTENANCE SUPERVISOR

Al Bevers | abevers@ahpd.org | 847.577.3033

FUN GOLF AT FANTASTIC RATES

NICKOL KNOLL GOLF CLUB

3800 N. Kennicott Ave | Arlington Heights, IL 6004
847.590.6050 | ahpd.org/nkgc

Nickol Knoll was built in the mid 90's and was immediately mentioned among the best par 3 courses in all of Chicagoland. Large bent grass tees and greens give this fun layout a big course feel. Several shots from elevated tees provide a beautiful view of the area.

COURSE FEATURES:

- Newly renovated patio area with a beautiful view
- Comprehensive junior program and leagues
- Large Bent Grass practice green for your short game
- Clubhouse available for your group up to 50 people
- Great Night Golf events

COURSE HOURS

7am-Dusk	May-September
8am-Dusk	April and October

Open Weather permitting in November.

TEE TIMES

Tee times may be reserved up to seven days in advance by phone on the internet or in person. Reservations are available Monday - Sunday.

TEN-ROUND PUNCH CARD

Available where you can save $10-20!

2016 NKGC GREENS FEES

2017 rates will be listed in the Spring Program Guide

	Weekdays	Weekends
Adult	$13	$15
Replay	$9	$11
Juniors (17 and under)	$9.50	N/A
Senior (60)**	$9.50	N/A
Gas cars	$8/9 holes	$8/ 9 holes
Pull Carts	$3	$4

**** Senior and Junior rates apply weekdays, M-F, before 3pm**

DID YOU KNOW?

Nickol Knoll is also the site of "Payton Hill", where legendary Chicago Bear Walter Payton would do his off-season training. Come see some of Walter's memorabilia. Whether you're a beginner or a seasoned veteran, you'll find Nickol Knoll a challenging and enjoyable course to play. **For a hole-by-hole description please visit our website ahpd.org/nkgc.**

NICKOL KNOLL DAILY SPECIALS

M **Men On Mondays (Open-3pm):**
Half Price for Adult Men

T **Senior Tuesday:**
Seniors play/pay $5 until 3 pm

W **Women on Wednesdays** (Open-3pm):
All women 21 + pay 1/2 price

TH **Terrific Thursdays***
Two players can play for only $15
**Some restrictions may apply.*

WEEK ENDS **Early Bird Weekend (Before 9 am):**
Play for just $9
Junior Weekend Special (3-6pm):
One free Jr. with paid adult

AWAKEN YOUR WAGGLE

SUNSET MEADOWS DRIVING RANGE AND GOLF LEARNING CENTER

700 S. Dwyer Rd. | Arlington Heights IL 60004
ahpd.org | 847.394.5865

- Twenty-five permanent tee stations
- Lighted for extended evening use
- Range balls in great condition
- A practice green available for use at no charge
- 4 target greens for additional course-like atmosphere
- Affordable lessons from PGA Professionals

RANGE HOURS

Vary - please call 847.577.3032 or see ahpd.org
Open April to October (Weather permitting)

JOIN OUR REWARDS PROGRAM

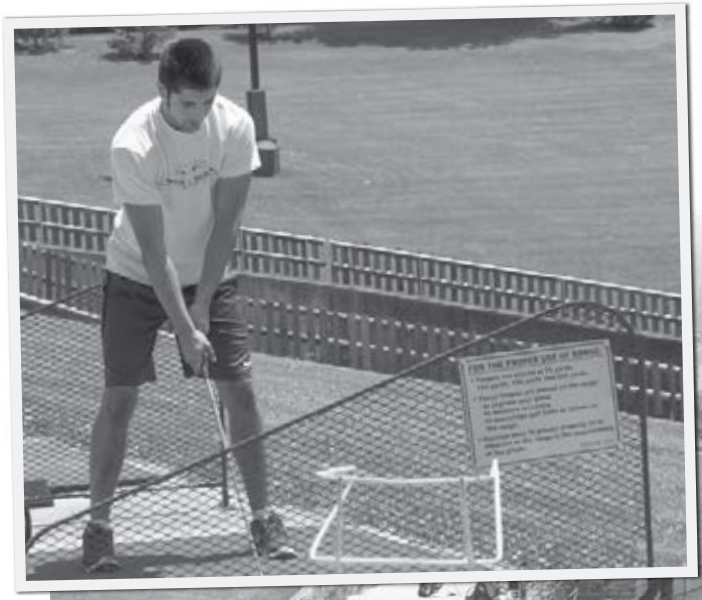
Receive free buckets of balls and more.
Visit ahpd.org or call 847.577.3032 for more info.

PRIVATE LESSONS

2017 rates will be listed in the Spring Program Guide

	30 minutes	60 minutes
Private		
1 Lesson	$45	$80
3 Lessons	$120	N/A
6 Lessons	$200	N/A
Juniors (17 and Under)		
1 Lesson	$35	$70
3 Lessons	$90	N/A
Semi Private		
2 Students	$30/pp	$60
3 Students	$22/pp	$44
4 Students	$17.50/pp	$35
Group Lessons		
Residents	N/A	$70
Non-Residents	N/A	$70

Check out page 75 for a complete listing of available golf instruction offerings this season. Need more information on private lessons? Please call 847.577.3052



RENTAL OPTIONS

EVENTS | WEDDINGS | PICNICS | PARTIES | GYMNASIUMS | GOLF CLUB | AND MORE!

The Arlington Heights Park District has a variety of facilities available to rent for family gatherings, business meetings, tournaments, showers, community gathering and other events. Host your next event at one of our facilities. For more information, download the brochure online at www.ahpd.org; call the facility you're interested in for more information to request a reservation to start planning your next event; or download a permit application online at ahpd.org. We're here to coordinate all the details.

PRIVATE EVENTS & PARTIES - CELEBRATIONS

Whether you're hosting an intimate party for 20, a large cocktail reception, or a seated dinner for your high school reunion, AHPD can help you simplify your party planning. Our Community Centers, Olympic Indoor Swim Center and the Historical Museum offer single party rooms, large meeting spaces or full gymnasiums.

CORPORATE MEETINGS - TEAMBUILDING

With ample space for a small meeting or a large corporate gathering, our variety of facilities offer an excellent place to host your next business get together. See our amenities page for a full list of house equipment including tables, chairs and audio/visual equipment. Special nonprofit rates are available. And if you're looking to add food and service to your gathering, we have local preferred caterers to assist you. Contact us to arrange your event, or visit us at www.ahpd.org for details.

AUDIO/VISUAL EQUIPMENT

All Park District facilities offer Wi-Fi services and some are wired with sound systems (CD, AM/FM, iPod, stereo) to provide sound throughout the entire building or in specific rooms, with separate controls in each room. Additional audio/visual equipment includes moveable large-screen video monitor, DVD player, projector and projection screen.

To begin planning your event, please contact our staff or visit our website at ahpd.org for package rates and information. Downloadable brochure also available online or at any one of the facilities listed on page 81.

YOU'VE GOT OPTIONS.

With five community centers, an indoor swim center, two tennis clubs and a museum, you've got lots of options to choose from. Rent out an entire building or a single room. With a variety of rental options available seven days per week, we are certain you will find one that works for your next event. The hard part will be choosing which one is suited for your perfect event! Already know which facility you're interested in? Simply call the facility during normal business hours. Or, call us and let us help you find the facility that is perfectly suited for you! Call 847.577.3000 for personalized assistance.

NOTE: Fees vary based on the facility, room size, group size, individual group needs etc.

- Birthday parties
- Formal events
- Business meetings
- Large events and receptions
- Birthday parties
- Family reunions

BUILDING AND ROOM RENTALS

- **Meeting rooms:** *Some with kitchen facilities.* Frontier, Heritage, Camelot, Pioneer, Recreation Parks, Olympic Indoor Swim Center and the Arlington Heights Historical Museum.
- **Gymnasiums**: Camelot, Frontier, Pioneer and Recreation Parks. Ross School and Poe School. For Poe or Ross inquiries contact Matt Healy at 847.506.7133 | mhealy@ahpd.org
- **Tennis or Racquetball party:** Forest View Racquet & Fitness Club | 847.640.2574 OR Heritage Tennis Club | 847.398.7780
- **Indoor Pool Rentals and Party room:** Olympic Indoor Swim Center | Contact: 847.577.3025
- **Outdoor Weddings/Rentals:** North School Park | Contact: Kyle Donahue, Cultural Arts Supervisor | 847.577.3000 | kdonahue@ahdp.org
- **Picnic Groves:** A variety of picnic areas are available throughout the Park District. Groups over 25 people are required to obtain a permit for use. Listed are the major facilities - washrooms may or may not be available. Frontier (shelter), Heritage, Pioneer, Recreation Parks, Lake Arlington, Melas Park, Centennial (shelter), Hickory Meadows (shelter).Contact: Cari Boyle | 847.577.3000 | cboyle@ahpd.org.
- **Athletic Fields:** Athletic fields throughout the Park District are available for rent. All groups using fields must have a permit to use the sites. Contact: Matt Healy | 847.506.7133 | mhealy@ahpd.org

RENT OUT ARLINGTON LAKES

NEWLY REMODELED!

ARLINGTON LAKES GOLF CLUBHOUSE

1211 S. New Wilke Rd. Arlington Heights, IL 60004
847.577.3000 | ahpd.org/algc

In addition to the major course reconstruction, the 11,392 square foot Clubhouse at the Arlington Lakes Golf Club is reinventing the overall Clubhouse experience. With a newly remodeled interior space, your next party or affair is bound to offer your guests an inviting and contemporary rental experience. Our new modern design scheme features upgraded finishes, and new furnishings, carpeting and paint throughout. The Clubhouse is newly updated ADA accessible restrooms and offers social spaces with a full wrap-around balcony overlooking the golf course to truly bring your next event to life.

KEY FEATURES:

- 18-Championship Course
- PGA Professionals offering group and private lessons
- Permanent reserved weekend starting times
- Variety of league options
- Special tournaments and outings
- Snack bar serves sandwiches, beer and soft drinks

AMENITIES

The following available amenities and house equipment (limited quantities) are included with any Arlington Lakes Golf Clubhouse rental. Additional equipment may be rented through your caterer.

- Cream colored linens provided
- Neutral Chairs
- Bar Chairs
- 60” Round Tables
- 6’ Banquet Tables
- Sound system access
- Dance floor; perfect for dancing OR opening gifts
- Outside entertainment and bands welcome
- Prep-Area for Catering Staff
- Ability to bring in your own food and soft drinks
- Note: Pricing and time slots are subject to change.

Contact us:
Schedule a facility tour or request rental and pricing information today! Call Emma Edmondson, Assistant Golf & Banquet Operations Manager | 847-577-3031

DOWNLOAD A BROCHURE ONLINE AT AHPD.ORG/ALGC

RENTAL SPACES AVAILABLE:

We offer affordable rates, exceptional customer service, and a full-service bar with great package options. With our newly renovated banquet rooms and bar area, Arlington Lakes is a perfect place to host your next event.

THE HEARTH ROOM

Capacity: 115

Rental Rates

Monday-Thursday	
8 am-4 pm	$400
5 pm- 12 am	$300
Fridays	
8 am-4 pm	$400
6 pm- 12 am	$375
Saturday- Sunday	
11 pm-4 pm	$350
Saturday	
6 pm - 12 am	$465
Sunday	
6 pm-11 pm	$400

THE FESTIVAL ROOM

Capacity: 40

Festival Room Pricing is available upon request.

DOWNLOAD A BROCHURE ONLINE AT AHPD.ORG/ALGC

HERITAGE TENNIS CLUB

KIDS | TEENS | ADULTS | MEMBERSHIPS | LEAGUES

WE'RE ALL ABOUT TENNIS.

7 W. College Dr.
Arlington heights, IL 60004
ahpd.org/htc | 847.398.7780

FACILITIES AND SERVICES DESIGNED FOR THE COMPLETED PLAYER IN YOU.

- Eight indoor tennis courts
- Group and Private Lessons
- In-House Tennis Leagues
- Travel Leagues
- Permanent Court Time
- Party/Group Reservations
- Cardio Tennis Classes
- Lounge/Viewing Area
- Racquet Repair and Stringing
- Lockers and Towels
- Bar/Concessions
- Sauna
- Pro Shop
- Racquet Demo Program
- Ball Machine Rental·
- Free WiFi
- CDTA Tournament site
- 10 and under program
- Weekend Special Events

Chris Nisbet
CLUB MANAGER
For more information on programs at the Heritage Tennis Club, please call Chris at 847.398.7780 or cnisbet@ahpd.org.

Madeline Urban
CLUB ASSISTANT MANAGER
For more information on programs at the Heritage Tennis Club, please call Madeline at 847.398.7780 or murban@ahpd.org.

CLUB HOURS AND COURT RATES

Indoor Season: August 22, 2016 - May 31, 2017

Day	Times	Hourly Rate
Monday-Friday	8:00-9:00a	$18 (Guest fees $6)
Wednesday	7:30-9:00a	$18 (Guest fees $6)
Monday-Thursday	9:00a-5:00p	$24
	5:00p-9:00p	$30
	9:00p-10:00p	$24 M/$30 NM*
Friday	8:00a-9:00p	$24
Saturday	8:00a-6:00p	$30
	6:00p-8:00p	$24 M/$30 NM*
Sunday	8:00a-4:00p	$30
	4:00p-6:00p	$24
Student Walk-on		$16

The club may close up to 45 minutes earlier than scheduled when there are no reservations.
**Guest fees will be waived.*

The Student Walk-On Rate applies to grade school, high school and college students up to 23 years old with a student ID. This court rate is for walk-on court time only. Non-member students will be required to pay a $3 guest fee.

GUEST FEES

Non-member adult: $12 guest fee
Non-member student: $3 guest fee
Guest fees are waived after 9 pm Monday-Thursday and after 6 pm on Saturday nights.

"I PLAY EACH POINT LIKE MY LIFE DEPENDS ON IT." RAFAEL NADAL

MEMBERSHIP RATES

Membership	1x Payment	Monthly Dues
Junior	$80	N/A
Adult	$294	$24.50
Family	$450	$37.50
No enrollment fees.		

MEMBER BENEFITS

- **Court Reservations:** Open court-time reservations may be made in-person or by telephone at any time up to seven days in advance. Members can cancel up to 24 hours in advance without charge. Non-members may reserve open court time up to 24 hours in advance and payment is required at the time of reservation.
- **In-House Charge Account:** Members are entitled to use in-house charging privileges.
- **Permanent Court Time/Leagues:** Members are entitled to participate in leagues and purchase permanent court time at any point during the season. Permanent court time refers to the automatic reservation of a court on the same day at the same time each week.
- **Lesson & Pro Shop Discounts:** Members receive a discount on group lesson fees and on Pro shop merchandise. Current members have priority sign-up during registration.

REGISTRATION INFORMATION

Memberships must be paid in full prior to registration for membership discount and registration privileges.

Winter Program Dates

Monday, January 23 -Sunday, April 9, 2017

Classes will NOT meet March 20-26, 2017.

Sorry, no make-up sessions will be allowed this session.

Member Registration begins at 10 am on Monday, January 9.

Open Registration begins at 12:01 am on January 16.

Please be sure to register for programs early! Our programs can fill quickly. On occasion, when too many people wait until the last minute to register, classes may be cancelled. To avoid disappointment, please register early.

WAYS TO REGISTER:

- **Online registration** is the fastest way to register for programs, events and memberships. Registering online also gives you immediate confirmation on your transaction. You must have an account to register on-line. Visit our website ahpd.org Click on the Online Registration link, then Register for Programs and either login or Create New User and follow instructions.
- **In-Person-** Complete the registration form provided in this Guide and drop it off at Heritage Tennis Club.
- *Sorry, but we do not accept over the phone registration. Thank you.*

REFUND POLICY

1. **To receive a refund**, a Refund Request Form must be obtained from the Club or printed online. (This form must be returned in-person to Heritage Tennis Club.) THE CLUB WILL NOT FAX OR MAIL COPIES.
2. **All refunds requests will be charged a $5 administrative service fee, except under the following circumstances:**
    - Request for refund is due to a satisfaction issue
    - Refund is initiated by the Park District
    - Doctor's note is submitted with refund request form
3. NO REFUNDS WILL BE ISSUED AFTER THE 5TH CLASS.
4. In the event that a class is cancelled due to lack of enrollment, a full refund will be issued.

NOW OPEN

SMASHING RENOVATION NOW AVAILABLE FOR VIEWING AT HTC.

WE ARE EXCITED TO ANNOUNCE THAT THE NEWLY RENOVATED HERITAGE TENNIS CLUB IS ***NOW COMPLETE.***

The upgrade and expansion improved accessibility to the club and courts, included a new entrance and lounge area, new locker rooms, enhanced energy efficiency with new HVAC and lighting, as well as now offers a co-ed sauna, and a large activity room for exciting new programs and rental use.

Since 1987, Heritage Tennis Club has been home to eight indoor courts with state-of-the-art lighting, but this was the Club's FIRST MAJOR RENOVATION since it opened.

Heritage Tennis Club has been recognized by United States Tennis Association as "Outstanding Tennis Facility of the Year" in 1991; Western Tennis Association as "Member Organization of the Year" in 1993; and by the Chicago District Tennis Association as "Facility of the Year" in '09.

"This upgrade is exactly what our membership and participants wanted, and we are very appreciative for their patience during the year-long renovation. Heritage Tennis Club will continue to be the place where, "We're all about tennis". And, these modern upgrades now make our facility one of the premier facilities for members both on and off the court."

CHRIS NISBET, HTC MANAGER

Visit us online at AHPD.ORG/HTC or call 847.398.7780 to schedule a private tour to see the smashing renovation for yourself.

YOUTH

QuickStart: Red Ball 1

Red Ball Classes are designed for kids who are new to the game of tennis or are unable to rally with ease. The lighter low compression red ball is slightly larger and has 25% the bounce and weight of a normal tennis ball. Red Ball QuickStart tennis takes a new and better approach to introducing kids to the game of tennis by using a smaller 36-foot court, smaller racquets and a ball designed to develop proper techniques. Kids will have REAL fun playing REAL tennis! (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	Fee
10307	4-6 yrs	M	6:00p-7:00p	1/23-4/3	$190
10308	4-6 yrs	T	4:00p-5:00p	1/24-4/4	$190
10309	4-6 yrs	W	4:00p-5:00p	1/25-4/5	$190
10310	4-6 yrs	Th	6:00p-7:00p	1/26-4/6	$190
10311	4-6 yrs	F	4:00p-5:00p	1/27-4/7	$190
10312	4-6 yrs	Sa	9:00a-10:00a	1/28-4/8	$190
10313	4-6 yrs	Sa	10:00a-11:00a	1/28-4/8	$190
10314	4-6 yrs	S	2:00p-3:00p	1/29-4/9	$190

Ken Herrmann
ASSISTANT PROGRAM MANAGER
For more information on programs at the Heritage Tennis Club, please call Ken at 224.795.5016 or kherrmann@ahpd.org.

QuickStart: Red Ball 2

Students will work to improve technique and skills from Red Ball 1. Pro Staff approval is required. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10315	4-6 yrs	M	4:00p-5:00p	1/23-4/3	$190/$230
10316	4-6 yrs	T	6:00p-7:00p	1/24-4/4	$190/$230
10317	4-6 yrs	Sa	10:00a-11:00a	1/28-4/8	$190/$230
10318	7-9 yrs	M	6:00p-7:00p	1/23-4/3	$190/$230
10319	7-9 yrs	T	4:00p-5:00p	1/24-4/4	$190/$230
10320	7-9 yrs	Th	5:00p-6:00p	1/26-4/6	$190/$230
10321	7-9 yrs	Th	6:00p-7:00p	1/26-4/6	$190/$230
10322	7-9 yrs	F	4:00p-5:00p	1/27-3/31	$190/$230
10323	7-9 yrs	Sa	9:00a-10:00a	1/28-4/8	$190/$230
10324	7-9 yrs	S	2:00p-3:00p	1/29-4/9	$190/$230

QuickStart: Orange Ball 1

Students have been promoted from the Red Ball Classes. A smaller, low compression ball & advanced speed and agility drills will be introduced. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10325	6-9 yrs	M	5:00p-6:00p	1/23-4/3	$190/$230
10326	6-9 yrs	T	4:00p-5:00p	1/24-4/4	$190/$230
10327	6-9 yrs	W	5:00p-6:00p	1/25-4/5	$190/$230
10328	6-10 yrs	Sa	9:00a-10:00a	1/28-4/8	$190/$230
10329	6-9 yrs	S	1:00p-2:00p	1/29-4/9	$190/$230

QuickStart: Orange Ball 2

A continuation of playing with the Orange Ball and getting used to the smaller size and speed of the ball. Students have been approved for this class by a member of the teaching staff and are starting to show a strong interest with the game. Rallying and non-competitive point play drills are introduced. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10331	7-9 yrs	W	6:00p-7:00p	1/25-4/5	$190/$230
10332	7-9 yrs	Th	4:00p-5:00p	1/26-4/6	$190/$230
10333	7-9 yrs	Sa	10:00a-11:00a	1/28-4/1	$190/$230
10334	7-9 yrs	Sa	1:00p-2:00p	1/28-4/8	$190/$230
10335	7-9 yrs	S	2:00p-3:00p	1/29-4/9	$190/$230

QuickStart: Academy Green Dot Ball

A 90-minute class where students will start with Green Dot Balls, as a continuation of QuickStart III, but will have an introduction to the regular "Yellow Ball". Our goal for this program is that the student has made a commitment to tennis and is interested in playing In-house round robins, and local area tournaments. Consistent rallying from the baseline and introduction of spins and slices, along with strategies of winning patterns of play will all be started. Fitness is very important to the individual hoping to progress with their tennis at this level, so on court fitness will be introduced. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	Fee
10336	7-10 yrs	W	4:30p-6:00p	1/25-4/5	$285
10337	7-10 yrs	Th	4:00p-5:30p	1/26-4/6	$285
10338	7-10 yrs	S	2:30p-4:00p	1/29-4/2	$285

QuickStart: Green Dot Ball

An introduction of the "Green Dot" pressure ball. This ball travels faster than the Orange Ball, and is the last introductory ball before the student is introduced to the regular Yellow Ball. Continued technique of all strokes is covered, along with serving and basic point play. Transition shots from mid court balls to the net is also introduced and developed. Once completed this level, a student will be ready to advance to the regular "Yellow Ball". (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10339	7-10 yrs	W	6:00p-7:00p	1/25-4/5	$190/$230
10340	7-10 yrs	Th	6:00p-7:00p	1/26-4/6	$190/$230
10341	7-10 yrs	Sa	12:00p-1:00p	1/28-4/8	$190/$230
10342	7-10 yrs	S	11:00a-12:00p	1/29-4/9	$190/$230

JUNIOR TENNIS LESSONS
Beginner

Introduces and practices the tennis basics including volleys, forehand and backhand ground strokes, serves, match play, sportsmanship, and footwork. Students need to bring a tennis racquet to class. This is a great class for those picking up tennis a bit later in life. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10343	10-13 yrs	Th	4:00p-5:00p	1/26-4/6	$195/$235
10344	10-13 yrs	F	5:00p-6:00p	1/27-4/7	$195/$235
10346	10-13 yrs	S	11:00a-12:00p	1/29-4/9	$195/$235

Adv Beg/Int

Develop consistency and improving stroke technique, match play, sportsmanship, and footwork. Students need to bring a tennis racquet to class. This is the next level of development for those that have had some tennis instruction. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10345	10-13 yrs	T	8:00p-9:00p	1/24-4/4	$195/$235
10348	10-13 yrs	M	5:00p-6:00p	1/23-4/3	$195/$235
10349	10-13 yrs	Th	5:00p-6:00p	1/26-4/6	$195/$235
10350	10-13 yrs	Sa	1:00p-2:00p	1/28-4/8	$195/$235
10351	10-13 yrs	S	12:00p-1:00p	1/29-4/9	$195/$235

Intermediate Drill & Match Play

Develop consistency and improve stroke technique with an emphasis on power and placement. A 90-minute class where half the time will be spent drilling and the other half will be spent on both singles and doubles strategies. All play will be with the regular "Yellow" ball and students must have knowledge of proper score keeping. In-house-supervised round robins are strongly recommended as students start to get serious about the sport and give consideration to playing on a high school team. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10352	10-13 yrs	W	4:30p-6:00p	1/25-4/5	$290/$330
10353	10-13 yrs	F	4:30p-6:00p	1/27-4/7	$290/$330
10354	10-13 yrs	Sa	11:00a-12:00p	1/28-4/8	$195/$235
10355	10-13 yrs	Sa	12:00p-1:00p	1/28-4/8	$195/$235
10356	10-13 yrs	S	1:00p-2:30p	1/29-4/9	$290/$330

Academy

This program is for players that have made a commitment to tennis and are ready to play or are already playing in tournaments. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	Fee
10361	13-18 yrs	W	5:00p-7:00p	1/25-4/5	$350
10362	13-18 yrs	Sa	3:00p-5:00p	1/28-4/8	$350
10363	13-18 yrs	S	3:00p-5:00p	1/29-4/9	$350

High School Drill & Match Play

This program is for students that are currently on or trying out for their high school team. Strategies for singles and doubles will be introduced and practiced. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10357	14-18 yrs	M	6:00p-8:00p	1/23-4/3	$350
10358	14-18 yrs	W	7:00p-9:00p	1/25-4/5	$350
10359	14-18 yrs	Th	6:00p-8:00p	1/26-4/6	$350
10360	14-18 yrs	S	3:00p-5:00p	1/29-4/9	$350

"THE FIFTH SET IS NOT ABOUT TENNIS, IT'S ABOUT NERVES." BORIS BECKER

ADULT

Adult Tennis Lessons - Beginner 1.0-2.5

Instruction emphasizes the development of proper stroke mechanics for forehand, backhand, service, volley, lob, and overhead. First time students in the beginner program receive $10 off the non-member fee when they register in-person at Heritage Tennis Club. ("First time student discount" can only be honored at the time of registration.) (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	Fee
10294	18 and up	Th	7:00p-8:00p	1/26-4/6	$205
10293	18 and up	T	8:00p-9:00p	1/24-4/4	$205

Adult Advanced Beginner 2.5-3.0

The program focuses on stroke development and situational drills to develop a more competitive player. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	Fee
10281	18 and up	M	9:30a-11:00a	1/23-4/3	$300/$350
10295	18 and up	M	7:00p-8:00p	1/23-4/3	$205/$255
10296	18 and up	Sa	2:00p-3:00p	1/28-4/1	$205/$255
10297	18 and up	M	9:30a-11:00a	1/23-4/3	$300/$350
10298	18 and up	Th	6:30p-8:00p	1/26-4/6	$300/$350

Adult Intermediate Drill 3.0-4.0

Situational drills challenge more competitive players and focus on stroke development. Playing time included in every class. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10299	18 and up	M	7:00p-9:00p	1/23-4/3	$360/$400
10301	18 and up	W	7:00p-9:00p	1/25-4/5	$360/$400
10303	18 and up	Sa	2:00p-4:00p	1/28-4/8	$360/$400

Men's Drill - USTA 4.0

This men's drill is for players interested in playing on our club's 4.0 USTA Men's Travel Team. Players signing up for this drill must also sign up for the team. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	Fee
10304	18 and up	Sa	12:00p-2:00p	1/28-4/8	$360

Travel Team Drill

This drill is for ladies playing on a Greater Suburban Travel Team. Membership is required. (KH)

Location: Heritage Tennis Club

Code	Age	Day(s)	Time	Date(s)	Fee
10305	18 and up	T	9:30a-11:30a	1/24-4/4	$360
10306	18 and up	T	6:00p-8:00p	1/24-4/4	$360

IMPROVE YOUR GAME WITH PRIVATE LESSONS!

Non-Prime Time	Associate Staff
1 person	$72/hour
2 people	$74/hour ($37/person)
3 people	$105/hour ($35/person)

Prime Time	Associate Pro Staff
1 person	$78/hour
2 people	$80/hour ($40/pp)
3 people	$114/hour ($38/pp)

	Senior Pro Staff
1 person	$86/hour
2 people	$88/hour ($44/pp)
3 people	$126/hour ($42/pp)

FOREST VIEW RACQUET & FITNESS CLUB

KIDS TENNIS | ADULT TENNIS | RACQUETBALL | WALLYBALL | TRAVEL TEAMS

THE PERFECT MATCH FOR YOU.

800 East Falcon Drive
Arlington Heights, Il 60005
ahpd.org/fv | 847.640.2574

COMPATIBLE WITH YOUR UNIQUE NEEDS.

Forest View's fitness area is the best kept secret in the northwest suburbs with a cardio area and a full series of CYBEX weight training equipment.

FACILITIES AND SERVICES DESIGNED TO MATCH YOUR NEEDS.

- Six indoor tennis courts
- Six air-conditioned racquetball courts
- Racquetball Tournament Host Site
- Full service pro shop: racquet stringing, demo program
- Lighted outdoor tennis courts with brick patio viewing area
- Tennis and racquetball lessons
- Wallyball court
- Tennis and racquetball leagues
- Travel Teams
- Air-conditioned fitness/dance studio
- Personal Training
- Separate Men's & Women's Saunas
- Towel service
- Full-size lounge with viewing windows to the courts
- Free WiFi

Additional information and details regarding facility use, programming, registration, and refund policies is available on our website at ahpd.org/fv or call 847.640.2574.

CLUB HOURS AND COURT RATES

Indoor Season: September 1, 2016- May 31, 2017

Day	Times
Monday-Friday	6:30a-10:00p
Saturday	7:00a-9:00p
Sunday	7:00a-8:00p

Tennis

Day	Times	Hourly Rate
Monday-Friday	7:00-9:00 am	$18
	9:00a-5:00p	$24
	5:00p-10:00p	$30
Saturday	8:00a-6:00p	$30
	6:00p-9:00p	$24
Sunday	8:00a-6:00p	$30
	4:00p-8:00p	$24

Racquetball and Handball

Day	Times	Hourly Rate
Monday-Thursday	6:30a-5:30p	$8
	5:30p-9:40p	$12
Friday-Sunday	6:30a-close	$8

Special Promotion: The club offers a $1 per hour discount off the regular hourly court rate for individuals contracting tennis or racquetball permanent court time.

Nancy Alfonso
CLUB MANAGER
For more information on programs at Forest View, please call Nancy at 847.640.2574 or nalfonso@ahpd.org.

Forest View Racquet & Fitness Club
Arlington Heights Park District

THERE ARE TWO MEMBERSHIP CHOICES AVAILABLE AT FOREST VIEW:

No enrollment fees.

- **Tennis Membership:** Provides tennis, racquetball and fitness center access.
- **Club Membership:** Gives you access to racquetball and the fitness center.

Both membership types give you **unlimited access** to the fitness facility. A tennis membership also entitles you to reserve permanent court time and participate in league play in our racquet sport area, receive reduced rates for lesson programs and priority registration, special club functions and to reserve court time by phone up to one week in advance. Locker room, towel service, and in-house charge privileges are also provided.

MEMBERSHIP RATES

Tennis Membership - Effective Sept. 1, 2016

	1x Payment	Monthly Dues
Junior (14 yrs+)	$80	N/A
Adult	$294	$24.50
Family	$450	$37.50

Club Membership

	1x Payment	Monthly Dues
Student (16 yrs+)	$144	$12
Adult	$222	$18.50
Family	$318	$26.50

Unlimited Racquetball Membership

	1x Payment	Monthly Dues
Adult	$420	$35

Karen Galvin
ASSISTANT MANAGER
For more information on programs at Forest View, please call Karen at 847.640.2574 or kgalvin@ahpd.org.

FOREST VIEW BENEFITS

Forest View Fitness Center

Features a complete line of Cybex weight training equipment, as well as full-scale cardiovascular workout machines including exercise bikes, ellipticals, and treadmills.The exercise studio has a wooden floor, mirrored walls, and air-conditioning. See page 71 for fitness schedule. Additional fees are charged for participation in exercise, dance and athletic programming. Interested individuals are invited to stop by the club for a tour of the facility, program and rate information.

Permanent Court Time/Leagues

Individuals who contract for permanent court time will reserve a court for the same day and time period each week beginning in September and continuing through May. Major holidays are excluded from the permanent court time season. All individuals playing on the court must be current members of the Forest View Racquet and Fitness Club. *If you would like additional information regarding permanent court time or would like to register, please contact the staff at 847.640.2574.*

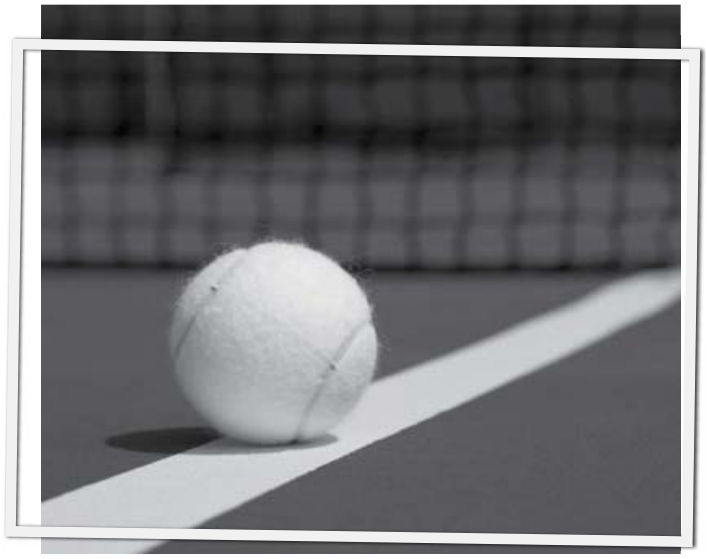
Non-Member Use of FV

Non-members are welcome to use club facilities, but must pay a usage fee of $12 per visit. Non-members may reserve tennis or racquetball court time up to 24 hours in advance and payment is required at time of reservation. **Individuals must be members of the club in order to participate in league play, reserve permanent court time or receive the discounted lesson program rate.**

Pro Shop

Members receive a 10% discount on pro shop purchases.

THE PERFECT MATCH FOR YOU.



2016/2017 INDOOR SEASON

September 1, 2016 - May 31, 2017

Registration for membership, permanent court time, and league play is accepted throughout the season. If you are interested in registering or would like additional information regarding the 2016/17 indoor season, please stop by the club during operating hours or call 847.640.2574.

Court Reservations

Open court-time reservations may be made in-person or by telephone at any time up to seven days in advance. Members must use their membership number each time they make a court reservation and can cancel up to 24 hours in advance without charge. Non-members may reserve open court time up to 24 hours in advance and payment is required at the time of reservation.

Private Drills

Do you have four or more friends that want to take lessons during the day but can't find the right time or ability level? Forest View Racquet and Fitness Club gives you the opportunity to book your time permanently with a pro for a ten week session. You do not have to be a member to enjoy this privilege. Member and nonmember group rates apply. Just call us at 847.640.2574, and ask for Jason Stanislaw, Assistant Program Manager.

Tennis Travel Teams

Forest View women's teams compete in the Northwest Suburban daytime travel league which includes Glenview, Niles, Winnetka, Wilmette, South Barrington, and Heritage Tennis Club. C team match play is on Thursday. Friday is match play day for the A, A/B, and B teams. In addition to the daytime league, Forest View is the host site for both men's and women's USTA teams. Interested individuals should contact Forest View staff for more information regarding league participation.

Student Standby

Student standby is for grade school, junior high, high school, and undergraduate college level students with a current Forest View Racquet and Fitness Club membership. Standby court rates are on a walk-in basis and cannot be reserved in advance. A student is any individual attending high school or an undergraduate college/university on a full-time basis.

Student Standby	$16/hr
Racquetball	$5/hr
Guest Fee w/Member	$3
Guest Fee w/o Member	$5 (Plus Full Court Fee)

Private Lessons

We continue to offer professional group and private lesson instruction for juniors and adults throughout the indoor season. For information regarding the lesson program at Forest View, please contact Jason Stanislaw, Assistant Program Manager at 847.640.2574.

Rates

Tennis	**Senior Staff**	**Associate Staff**
Member	$82/hour	$72/hour
Non-Member	$88/hour	$78/hour
Racquetball:		$45/hour

Wallyball

Forest View has two Wallyball courts. Wallyball is a game similar to volleyball played inside a racquetball court using the sidewalls to keep your opponents guessing. This is a fun workout for anyone, and an easy game to learn. Fees are $3 per person per hour, with a six player minimum. If there are fewer than six players the court fee is $16 per hour. There are no guest fees for Walleyball. Contact Forest View at 847.640.2574 for information on Wallyball, Permanent Court Time and leagues.

Racquetball Leagues

Check out our new Unlimited Play Racquetball Membership for reduced league fees!

Leagues are offered at all levels of play, from beginner to advanced. Players interested in joining leagues and/or wanting to arrange for a placement evaluation should contact Karen Galvin, Assistant Manager at 847.640.2574 or kgalvin@ahpd.org

Junior Lesson Program

Forest View reserves the right to move students up or down levels at the discretion of professional staff.

Quickstart - Red Ball	4-7 yrs
Quickstart - Red &/or Orange Ball	7-10 yrs
Advanced Quickstart - Red Ball	5-7 yrs
Advanced Quickstart - Orange Ball/Green Dot	7-10 Yrs
Junior High Kickstart	10-13 yrs
HIgh School Team Prep	13-14 yrs
Academy	Pro Placement

YOUTH KinderTennis NEW!

Give your children a fun introduction to a life long sport. This class for kindergartners stresses the ABC's of tennis - agility, balance, and coordination. (NA)

Location: Forest View

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
8397	4-6 yrs	M	9:45a-10:30a	1/2-2/20	$105/$125
9731	4-6 yrs	M	1:30p-2:15p	1/2-2/20	$105/$125

Advanced Quickstart Tennis Lessons

A continuation of the Quickstart Program appropriate for children who have taken the introductory Quickstart lessons and are proficient in fundamental rally skills. (NA)

Location: Forest View

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
9868	5-7 yrs	T	4:45a-5:30a	1/3-2/21	$114/$138
9869	5-7 yrs	Th	4:45a-5:30a	1/5-2/23	$114/$138
9870	7-9 yrs	M	5:00p-6:00p	1/2-2/20	$152/$184
9871	7-9 yrs	W	5:00p-6:00p	1/4-2/22	$152/$184

Junior High Kickstart Tennis

A fun introduction to basic tennis skills for kids in junior high who have little or no tennis experience. (NA)

Location: Forest View

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10241	10-13 yrs	M	6:00p-7:00p	1/2-2/20	$152/$184
10250	10-13 yrs	Sa	10:00a-11:00a	1/7-2/25	$152/$184

Jason Stanislaw
ASSISTANT PROGRAM MANAGER
For more information on programs at the Forest View Racquet and Fitness Club, please call Jason at 847.640.25746 or jstanislaw@ahpd.org.

QuickStart Tennis Lessons

Tennis lessons designed for children 10 & under using balls, courts, and racquets sized to the age and ability of the student. The age appropriate equipment enables students to develop sound technical and tactical skills in a child centric environment. Agility, balance, and control skills are emphasized in this class. (NA)

Location: Forest View

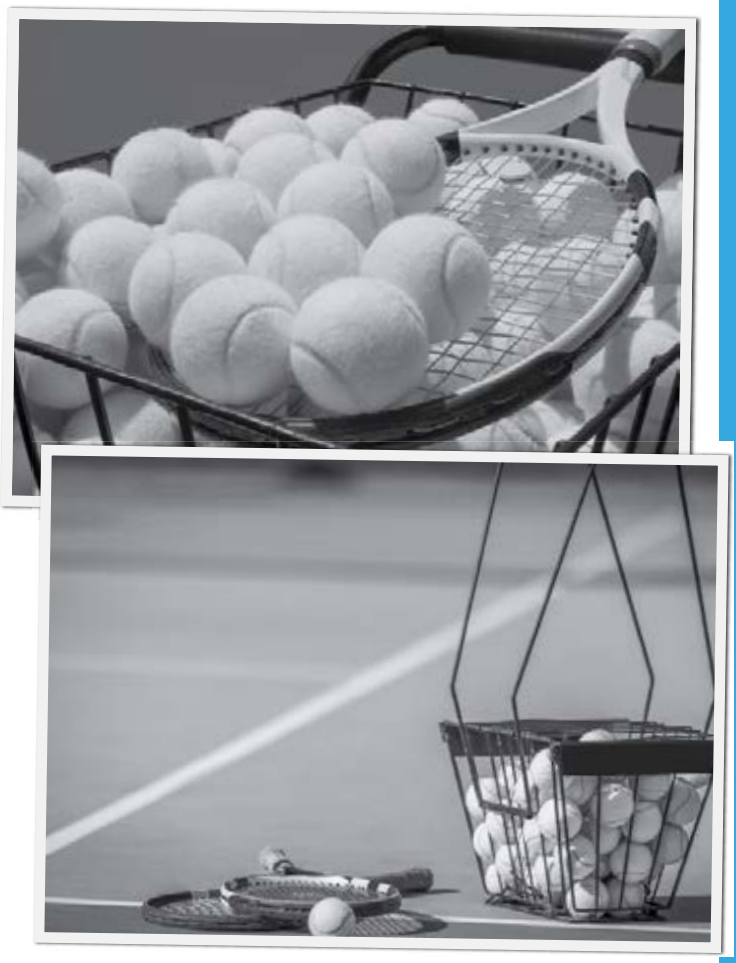
Code	Age	Day(s)	Time	Date(s)	M/NM Fee
9863	7-9 yrs	M	4:00p-5:00p	1/2-2/20	$152/$184
9864	4-6 yrs	T	4:00p-4:45p	1/3-2/21	$114/$138
9865	5-7 yrs	Th	4:00p-4:45p	1/5-2/23	$114/$138
9866	7-9 yrs	W	4:00p-5:00p	1/4-2/22	$152/$184
9867	7-9 yrs	Sa	9:00a-10:00a	1/7-2/25	$152/$184

QuickStart Academy

This class is a bridge from Advanced QuickStart to our Forest View Academy program. Membership and pro approval are required. Please contact Karen Galvin to arrange an evaluation or with any other questions regarding this class. (NA)

Location: Forest View

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10251	7-10 yrs	T,Th	5:30p-6:30p	1/3-2/23	$304/Free



"I'LL LET THE RACKET DO THE TALKING."
JOHN MCENROE

ACADEMY PROGRAM

Forest View is excited to offer the Academy Program for competitive junior players. Learning perfect strokes is a worthy goal, but only if they can help you win the point. Tennis cannot be learned in a classroom, so students in the Academy Program should expect to hit more than listen. Competitive experiences are not the test of your achievement. They are simply part of the process of learning to compete. The focus of training in the Academy Program will be on teaching players how to apply their individual skills to various levels of competition.

Requirements for participation in the Academy Program are:

- Forest View Junior Membership
- Pro Placement is required for Academy Classes
- Competitive Play (Tournaments, High School Teams, Junior Match Play Program)

For information on placement in the Academy Program please contact Assistant Program Manager, Jason Stanislaw at 847.640.2574 or jstani2836@yahoo.com

YOUTH/TEEN

High School Team Prep NEW!

Want to try out for your high school team, but need a little brushing up on your strokes? It's not too late to learn, and improve your feel for basic skills and strategy. A perfect match for high school students that have little to no tennis experience.(NA)

Location: Forest View

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10254	13-17 yrs	Th	5:30p-6:30p	1/5-2/23	$152/$184
10255	13-17 yrs	Sa	11:00a-12:00p	1/7-2/25	$152/$184

ADULT

Adult Drill & Play Beginner 1.5 - 2.0

If you've never played tennis, or haven't played in awhile, this class is for you. Brush up on your strokes and strategy in a play oriented atmosphere. (NA)

Location: Forest View

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10246	18 and up	T	6:00p-7:00p	1/24-4/4	$195/$235

Adult Drill & Play Advanced Beginner 2.0 - 3.0

Stroke and skill development at a faster pace for players with appropriate tennis experience. Feel free to contact staff for a proper class fit. (NA)

Location: Forest View

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10242	18 and up	M	9:30a-11:00a	1/23-4/3	$292/$337
10243	18 and up	T	1:00p-2:30p	1/24-4/4	$292/$337
10245	18 and up	T	7:00p-8:00p	1/24-4/4	$195/$235
10244	18 and up	W	6:00p-7:00p	1/25-4/5	$195/$235

Adult Drill & Play Intermediate 3.0 - 3.5

Stroke refinement and advanced strategy to match the skill set of the intermediate player. Feel free to contact staff to ensure proper class fit. (NA)

Location: Forest View

Code	Age	Day(s)	Time	Date(s)	M/NM Fee
10247	18 and up	W	7:00p-9:00p	1/25-4/5	$340/$385
10248	18 and up	Th	10:00a-11:30a	1/26-4/6	$292/$337
10249	18 and up	Th	6:30p-8:00p	1/26-4/6	$292/$337

LAKE ARLINGTON

2201 N. WINDSOR DR. | 847.577.3059

Ammenities

•Two mile bike/walk path
•Boat rentals (sailboats, paddle boats)
•Sailing lessons (youth, adult, family)
•Youth sailing camps
•Picnic area
•Playground
•Washrooms (inside and outside)
•Full menu concession stand
•Inside seating
•Lake view deck
•Fishing (Catch and Release Enforced)

Boat Storage

The boat and storage area holds boats up to 14' long and 4' wide. Canoes, rowboats, kayaks, crew boats and sailboats can fit into the storage unit. No sail boards, or boats with motors are allowed. Arlington Heights Park District reserves the right to question and/or disallow any boat. Trailer storage is not available. Dollies are provided to assist in moving your boat.

Storage Dates

Summer (May 1 – October 31)	$160 (all racks)
Winter (Nov-Apr)	$140 (all racks)
Yearly	$215 (all racks)

Good Neighbors

Lake Arlington is situated in close proximity to several subdivisions. The Park District asks that you use courtesy and consideration when using the Lake and surrounding property. Please be a good neighbor.

Posted Rules

Specific rules and regulations regarding the use of Lake Arlington are posted at various locations throughout the lake site.

- Everyone using the site is expected to know the rules and follow them.
- Fishing at Lake Arlington is regulated by all Illinois
- Department of Conservation rules and regulations.
- Fishing licenses are required for 16-65 year olds. The Park district has stocked the Lake with bass, bluegill, catfish and northern fingerlings.
- A catch and release program is in effect for the fishing season.
- Only carp and gizzard shad may be taken from the Lake.

Kevin Keister
LAKE ARLINGTON/CAMELOT PARK
For more information on Lake Arlington, please call Kevin at 847.577.3052 or kkeister@ahpd.org.

HISTORICAL MUSEUM

110 W FREMONT ST. ARLINGTON HEIGHTS, IL 60004 | 847.255.1225

Arlington Heights Historical Museum

A Collection of the Past-Preserved for the Future

Co-sponsored by the Arlington Heights Historical Society, Village of Arlington Heights and the Arlington Heights Park District

The Arlington Heights Historical Museum is a five-building complex, including a Coach House, Log Cabin, the 1882 home of F. W. Müller and the 1908 Banta House. These buildings and their contents tell the story of Arlington Heights over the last 150 years.

New Tour Hours: 2:30 p.m. Saturday and Sunday, begins in the Heritage Gallery, 112 N. Fremont. Tour fees: Adults $4; Children 3-14, $2. Group tours at other times are available by reservation; call 847.255.1225 to schedule.

HERITAGE GALLERY AND SHOP

112 West Fremont Street

Open Friday-Sunday, 1:30-4:30 pm (excluding holidays)

The Arlington Heights Historical Society and Museum operate the Heritage Gallery and Shop located in the western portion of the Old Soda Pop Factory building. The Heritage Gallery specializes in local history exhibits drawn from the Historical Society's extensive collections along with national and regional traveling exhibits that explore the broader context of our history. The Heritage Shop offers a selection of local and historical gifts, books, note cards, aprons.

Dan Schoeneberg
MUSEUM ADMINISTRATOR
For more information on programs at the Historical Museum, please call Dan at 847.255.1225 or DSchoeneberg@ahpd.org.

Arlington Heights Historical Society

Your Museum: The Past, Present and Future

The Historical Society is the not-for-profit organization that collects artifacts, organizes community events, provides volunteers for Museum activities and operates the Heritage Gallery and Shop and the Local History Library.

Come join us... Become a Member of the Arlington Heights Historical Society and help preserve the History of Arlington Heights for future generations.

Membership Rates:
$25 Individual | $45 Family | $100 Patron
$500 Individual Lifetime | $75 Nonprofit Organization
Business Memberships:
$100 Arlington Heritage | $250 Arlington Landmark
$500 Village Founder
All Memberships Include:

- The Dunton Post Newsletter keeps you up to date on the activities of the Historical Society and Museum.
- Free tours of the Museum.
- Reduced admission fees to Museum special events such as House Walk & Irish Fest.
- 10% discount on Museum store products.
- 25% discount on room rental fees in the Soda Pop Factory building's Arlington and Dunton Rooms.
- Invitation to exhibit openings and receptions in the Heritage Gallery.

Volunteer: Volunteers are needed throughout the year to work as tour guides, Heritage Gallery & Shop volunteers, special event helpers and more.

Local History Library: The Library has information on local history including maps, photographs and clippings. It is open to the public Thursday from 1-4 pm and Friday from 9 am-noon. To volunteer or become a member call 847.577.1225.

LOG ON TO AHMUSEUM.ORG AND SEE HOW MUCH FUN HISTORY CAN BE!

HAVE YOUR NEXT MEETING OR SPECIAL OCCASION AT THE MUSEUM.

Choose from the Arlington Room or the Dunton Room located at 110 West Fremont Street. Rent either room for meetings, showers, parties and more; both have kitchen access. Historical Society Members in good standing receive 25% off the rental fee. For more information check out our website, ahmuseum.org (click on services and view details for either room).

Upcoming Events

- Festival of the Wreaths· November 21· December 4
- Heritage Gallery Exhibit: January through April

SCHOOL AND SCOUT PROGRAMS

Teachers, scout leaders and homeschool groups, are you in need of a fun and educational field trip for your students or scouts this school year? Consider the Arlington Heights Historical Museum! We have field trips designed for every age group that meet state standards as well as badge standards for Scouts. We can even design programs specifically tailored to your group! For more information, please contact our Program Coordinator at 847-255-1225 or visit our website at ahmuseum.org.

Museum Program Information

- **Museum classes and Special Events:** Look for classes in the general information section or find them at ahmuseum.org.
- **Registration:** Register for Museum programs at the Park District Administration Center, any Community Center, or at ahpd.org.
- **Refund Policy:** Refunds are given for one-day programs if request is received at least one full week prior to the program subject to a $5 service fee.
- **Parking**: Free parking is available evenings and weekends in the commuter lot at Vail and Fremont streets

FESTIVAL OF THE WREATHS

The Historical Society's first Festival of the Wreaths (FOTW) in the fall of 2015 was a great success! We received over 75 beautiful hand-made donated wreaths from local businesses, Village departments, community organizations and individuals – both children and adults. The Thanksgiving weekend wreath auction included entertainment, an indoor farmer's market, and, of course, spirited bidding on the amazing wreaths. Plan now to participate in the 2016 Festival of the Wreaths.

More information on FOTW details and events can be found on the museum website ahmuseum.org. For additional information, contact Carol Frieburg cfrieburg@ahpd.org or 847-255-1225.

SENIOR CENTER

FITNESS | TRIPS | ARTS & CRAFTS | WOODSHOP | CARDS | DANCING | SPECIAL EVENTS

Park District Programs

1801 W. Central Road
Arlington Heights, Illinois 60005 | 847.797.5341

The Park District offers a wide variety of affordable leisure and recreation activities such as special events, classes and trips. The Park District operates the Wood Shop, the Arlington Classic Tour Club, the Gift Store, the Arlington Athletic Club, the Dance and Fitness Studio and the Art Studio. Whether you are fully-retired, semi-retired or still working, the Park District Active Adult Program at the Senior Center has something for everyone. We offer weekday, weekend and evening programs, special events and tours. **Our registration office is located in our Gift Store. In addition to getting information on classes, special events and tours, you can purchase a last minute gift or greeting card.**

Megann Panek
SENIOR CENTER SUPERVISOR
For more information on programs at the Senior Center, please call Megann at 847.797.5341 or mpanek@ahpd.org.

Hours

Monday through Friday 8:30am-4pm
Extended Hours on Monday and Wednesday nights: Open until 7pm
Saturday hours: 8:30am-noon

Contact

General Questions: Call 847.797.5341
Recreation and Leisure programs: Kristin Troy
Arlington Classic Tours: Linda Paxson
Registration and refund information: Janice Bell/Carolyn Butz/Jane Koeppen
Recreation Supervisor: Megann Panek

Registration Notice!

The senior program classes and tours are very popular and have maximum numbers that we can accommodate. If your registration is put on a wait list for a class, tour, or special event, the Park District staff will make a courtesy call to notify you of your status. If you have any questions regarding a refund for a Senior Program, please call 847.797.5341.

PRIORITY REGISTRATION

Seniors, 50 years and over, receive priority registration starting December 6. Patrons under age 50, may register starting December 19 at no additional fee in the Park District Office at the Senior Center provided space is available. After December 14, senior classes are available for registration for all patrons over the age of 18. **No registration will be accepted before December 6.**

Do you have a class or recreation program you would like to see offered? We're always looking for new ideas and instructors to teach. Call Megann Panek, Recreation Supervisor, at 847.797.5341 with your ideas.

A Word to Our Customers

A word about refunds: The senior trips, luncheons and contracted classes/special events are not refundable due to contract agreements. However, we'll be happy to help you sell your tickets if a waiting list has formed. All regular non-contract recreation programs are refundable for any unused classes from the **time the refund request is received** and of course, the Park District Programs have a 100% satisfaction guarantee. No refunds will be given after a program has ended. Please don't wait until the last minute to register for a program. At some point prior to the first class, we need to decide if enrollment is sufficient to hold the class.

Newcomer Tours: Wednesday at 10 am

Are you interested in the clubs, classes, programs and activities at the Senior Center? Special one-hour newcomer tours give you a feel for everything that happens at the center. Check out the Arlington Athletic Club, Wood Shop, Dance Studio, Art Studio and Gift Store. See actual classes in progress and discover how much fun you can have at the center. Stick around for a game of pool or enjoy a cup of coffee with friends. We're looking forward to meeting you! Tour meets in the Senior Center lobby.

Gift Giving News

We now offer attractive gift cards in all denominations. Give a special gift to someone who might like to spend an enjoyable day visiting interesting locations with Arlington Classic tours. Gift cards can also be used for Gift Store merchandise and Park District senior programs and special events.

Scholarship Program

The Park District offers a scholarship program for older adults who cannot afford the program fees due to financial hardship. For an application call the Park District at 847.797.5341.

To Register for a Program

Complete the Park District form (page 119) and mail to:

Arlington Heights Senior Center
Attention: Park District
1801 W. Central Rd.
Arlington Heights, IL 60005

Or simply drop-off your registration at the Senior Center in the Park District Office/Gift Store. While you are here, take a look around our facility and see what we have to offer you in leisure and recreation programs. For your convenience, many of the senior classes are available for registration online at ahpd.org

Programs for Seniors with Physical Limitations

Do you have difficulty getting out because of physical limitations? Northwest Special Recreation Association (NWSRA) offers monthly social community outing trips for seniors with physical impairments. These trips offer door-to-door accessible transportation for a nominal fee. NWSRA also offers therapy swims, adapted yoga and weekly meeting programs. For more information, please call 847.392.2848.

TRIP MAILING LIST

Join Arlington Classic Tours
Membership Benefits Include:

- Mailing sent directly to your home via first class mail
- Receiving the tour schedule prior to the general public: Member Priority Registration
- Registration via phone
- A $10 discount on each tour
- A 10% discount on Gift Store merchandise purchases
- Monthly participation drawings
- Star Treatment Program

Register today at the Arlington Heights Senior Center in the Park District office or mail your $25 per person or household rate of $35 for two people living at the same address.

- **Apply for an annual Tour Membership at:**
  Arlington Heights Park District Tour Club
  1801 W. Central Rd., Arlington Heights, IL 60005

One-Day Tours

Travel the City of Chicago, suburban areas and even nearby states with the Park District's one-day travel group! The group loves fine dining, entertainment at the best theaters, museums and galleries, boat rides, concerts and festivals. Deluxe motor coach transportation is always included in the ticket price, plus all gratuities and services of a professional tour escort. For more information on the tour program, call 847.797.5341. Departure location: Arlington Heights Senior Center at New Wilke & Central Roads.

Overnight Trips

Do you like to travel to new and popular destinations in the Midwest or across the United States? The Arlington Classic Tour Club offers overnight and extended motor coach tours throughout the year for your travel pleasure. Call the Arlington Heights Park District at 847.797.5341 and we will be happy to give you details on the current extended tour information.

HEALTH AND FITNESS AT THE SENIOR CENTER

1801 W. Central Rd. Arlington Heights

Arlington Athletic Club

Club Features:	State-of-the-art exercise equipment including a multi-direction Cybex weight station, three recumbent bikes, two Schwinn airdyne bikes, one upright cycle, five Star Trac treadmills, two rowing machines, stairmaster, three elliptical machines, three NuStep recumbent steppers, free weights and closed circuit TV.
Club Hours:	Monday-Friday, 8:30am-4pm - Extended hours on Monday and Wednesdays
Club Fees:	*Annual membership = $173 ($143 renewal fee)* *Six-month membership = $111 ($101 renewal fee)*
Punch Card:	$75 for 14 visits

Group Fitness Play Pass: New! Silver Level Play Pass

(Previously called Fun & Fit) See page 69 for complete details.

Group Fitness Silver Level Play Pass includes:	Unlimited attendance to aerobic classes held at Senior Center: Monday: Fun & Fit Aerobic 9:00-9:45am Tuesday: Strength & Conditioning 8:40-9:45am Wednesday: Fun & Fit Aerobic 9:00-9:45am Thursday: Fun & Fit Aerobic 9:00-9:45am Friday: Strength & Conditioning 8:40-9:45am
NEW classes included in the Silver Level Play Pass:	Tuesday: Flex Ability & Core 10:30-11:15am at Recreation Park Thursday: Tone & Sculpt 9-10am at Camelot Park
Silver Level Play Pass fees:	Annual pass = $207 ($197 renewal fee) Six-month pass = $139 ($129 renewal fee)
Silver Level punch card:	*$75 for 14 classes*
Six Month Rate:	Interested in joining the Club but don't want to invest in a full annual membership? You choose the months, however, months must be consecutive.

Combo Membership: Arlington Athletic Club PLUS Silver Level Group Fitness Play Pass

Combo Pass includes:	Unlimited visits to the Arlington Athletic Club PLUS unlimited attendance to all fitness classes available with the Group Fitness Silver Level Play Pass.
Combo Pass Fees:	Annual pass = $325 ($300 renewal fee) Six-month pass = $180 ($170 renewal fee)

*** All six-month memberships must be consecutive.*
Prior to purchasing your membership, you need to take a tour of the Athletic Club with our Fitness Instructor. Tours are given at 10 am, Tuesday-Friday.

▲ We're sorry but this class is not eligible for the Gold Fitness Play Pass discount.

WELLNESS CLASSES

Chair Yoga/All levels

Yoga is a wonderful way to relax, restore flexibility, improve breathing and increase energy. It doesn't matter how old you are, the amount of flexibility you have, or the size or shape of your body because these Yoga exercises are done in a chair. This class is for the student who does not feel comfortable getting on the floor to exercise on a Yoga mat. Learn all the techniques with a few modifications so that you can relax comfortably, seated in a chair. In Continuing Chair Yoga the focus is on advanced techniques, building on the basics, and more detailed exercises. Prerequisite: Two or more Beginning Chair Yoga Sessions. (MP)

All Levels

Code	Day(s)	Time	Date(s)	Fee
9626	M	1:30p-2:30p	1/9-2/20	$53 ▲
9627	F	12:15p-1:15p	1/6-2/24	$60 ▲

Continuing

Code	Day(s)	Time	Date(s)	Fee
9628	Th	10:15a-11:15a	1/5-2/23	$60 ▲

Gentle Yoga

Yoga is a wonderful way to relax, restore flexibility, improve breathing, and increase energy. Instructors take you through warming exercises, deep breathing, Yoga postures and relaxation techniques in a gentle and non-strenuous manner. It doesn't matter how old you are, the amount of flexibility you have, or the size or shape of your body because the exercises are done slowly with awareness and proper breathing techniques. Wear loose clothing, bring a towel, and refrain from eating two hours before class. Please Note: Intermediate and Advanced classes move at a faster pace. Sufficient Yoga training is a prerequisite. Instructor: Judy Kazanow, Certified with Lotus Yoga Teachers Association. (MP)

Beginner

Code	Day(s)	Time	Date(s)	Fee
9632	M	3:15p-4:45p	1/9-2/20	$68 ▲

Intermediate

Code	Day(s)	Time	Date(s)	Fee
9633	W	11:15a-12:45p	1/4-2/22	$78 ▲
9634	Th	11:30a-1:00p	1/5-2/23	$78 ▲

Advanced

Code	Day(s)	Time	Date(s)	Fee
9631	M	11:15a-12:45p	1/9-2/20	$68 ▲

Tai Chi

Tai Chi is an ancient Chinese exercise performed in a slow, relaxed, continuous motion. It improves balance, posture, breathing, and relaxes the mind while strengthening the muscles, tendons and joints. Tai Chi is a non-impact exercise. It is recommended for older adults who are in reasonably good health. Wear loose-fitting clothing for comfort. Tai Chi Beginner covers the first 20 forms of 108 forms in the Yang style. (MP)

Beginner

Code	Day(s)	Time	Date(s)	Fee
9647	T	10:00a-11:00a	1/3-2/21	$55 ▲

Intermediate

Code	Day(s)	Time	Date(s)	Fee
9648	T	11:15a-12:15p	1/3-2/21	$55 ▲

Advanced

Code	Day(s)	Time	Date(s)	Fee
9646	T	11:15a-12:15p	1/3-2/21	$55 ▲

Yogacise

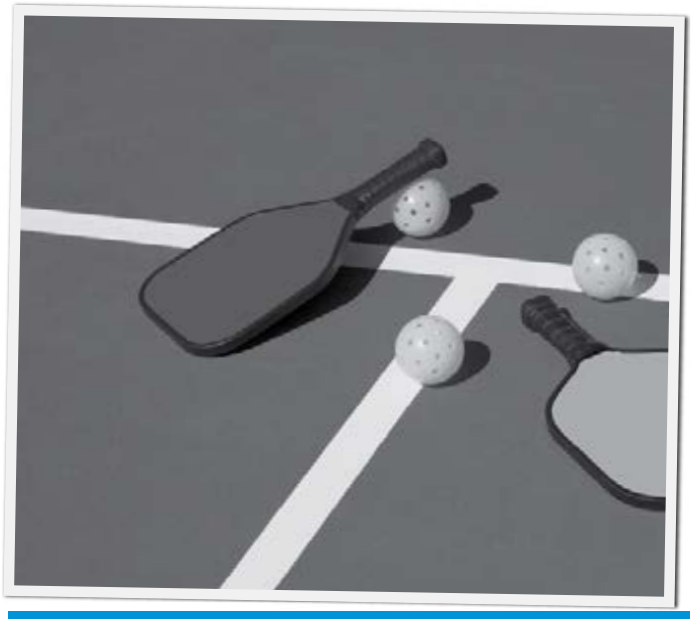
Take part in this unique exercise class offers an interesting blend of traditional Yoga and Pilates stretches and overall conditioning exercises. The class goes through warming and cool-down exercises in a gentle and non-strenuous manner with a good amount of mat time. You will focus on improving the core muscles. Special focus is placed on slenderizing techniques to sculpt problem areas like the abdomen, buttocks, hips and thighs. Wear loose clothing and refrain from eating two hours before class. (MP)

Code	Day(s)	Time	Date(s)	Fee
9653	W	10:00a-11:00a	1/4-2/22	$60 ▲

Zumba Gold

Want to exercise and have fun at the same time? Zumba is your class. Zumba is an aerobics class combined with dance set to Latin and international music. The music puts the fun back in fitness with a little salsa, merengue, mambo, and more. This class is a fusion of body sculpting movements with easy to follow dance steps especially designed for the over fifty body. (MP)

Code	Day(s)	Time	Date(s)	Fee
9654	F	11:00a-12:00p	1/6-2/24	$60 ▲



Pickleball Lessons at Pioneer Park

Are you an active adult who would like to play a sport that provides a great workout that isn't so strenuous? Come give Pickleball lessons a try! Pickleball is a sport that combines tennis and table tennis; but only uses a court that is half the size of a tennis court. Using a paddle, low net and a wiffle ball, this unique sport has become one of the fastest growing sports for seniors! These lessons will be taking place at nearby Pioneer Park. Pioneer Park has an indoor gym with courts that are marked for Pickleball.

Drop-in play on Monday afternoons at Pioneer Park from 1-3pm. Instructor Skip Kornfeind will be available to teach those who have never played the game or answer any questions about the sport. Basic wood paddles are provided. If you have any qusetions regarding Pickleball lessons, please contact Kristin Troy with the Arlington Heights Senior Center at 847.797.5345. Cost of drop-in play is $5.

New Year's Resolution

Let us help you keep your New Year's Resolution this year! The Park District at the Senior Center offers a variety of fitness opportunities for adults including personal training sessions! If you are looking to incorporate a new fitness routine, try our Arlington Athletic Club, or daily Silver Pass Fun & Fit classes. We also offer gentle yoga, chair yoga, Zumba, Be Moved Dance, Tai Chi and much more! Stop by the Senior Center today to learn more about our classes.

WANNA MOVE THOSE FEET?

DROP IN ONE OF OUR WEEKLY DANCE CLASSES.

Back to the Basics Line Dancing

Instructor Sharman Toomey teaches beginner through intermediate line dances in this Thursday night program. Lessons are taught at 8:10 pm. Practice what you've learned while DJ Dennis Toomey plays your music requests. Meet new friends, learn new dances, exercise and have fun. Dennis and Sharman combine country, popular and alternative music with line dancing techniques. This is a drop-in program. Contracted program, not refundable.

Day	Time	Fee pay at the door
Th	7-10 pm	$7/person

New and Challenging Line Dancing

Instructor Sharman Toomey teaches beginner through advanced line dances in this Wednesday program. Lessons are taught at 8:10 pm. Practice what you've learned while DJ Dennis Toomey plays your music requests. Meet new friends, learn new dances, exercise and have fun. Dennis and Sharman combine country, popular and alternative music with line dancing techniques. This is a drop-in program. Contracted program, not refundable.

Day	Time	Fee pay at the door
W	7:15-10:15 pm	$7/person

Western Style Square Dance

Arlington Squares offer Western style square dances at the mainstream and plus levels on the second, fourth and fifth Fridays of the month from September 2016 through May 2017. Dances are held at the Arlington Heights Senior Center located at 1801 W. Central Rd. Dances begin with pre-rounds at 7:30 pm and squares from 8:00-10:00 pm. All experienced square dancers and round dancers are welcome. For more information, please go to www.arlingtonsquares.com or call Al Gain at 847.392.1547. $7 per person at the door.

Drop In Line Dance with Country Bernie

Put on your dancing shoes (or Western Boots) and join a fun-filled hour of country-western line dancing. Come alone or bring your friends, partners not needed. Instructor, Bernie Small, teaches traditional moves like Grapevine, Shuffle and Jazz squares and dances like the Electric Slide and Boot Scootin' Boogie. All levels welcome in this class. Meet new friends, exercise and have fun! Please no gym shoes, wear leather bottomed, smooth-soled shoes. This class is a drop-in format, $7 per class. Class meets on Tuesdays from 2-3pm.

Sunday Afternoon Round Dances

Meets on 1/8, 2/12

Instructors Anna and Howard Hoffman will cue Phase II, III, IV and V dances on the second Sunday of the month from 2-4:30pm in the Dance Room at the Senior Center. This is a drop-in program. Fee: $7 per person, pay at the door. Contracted class, not refundable.

DANCE

Advanced Round Dance

Round Dance is a synchronized form of ballroom dancing that allows you to master all the ballroom rhythms in easy to learn figures and positions. All couples do the same thing at the same time through a technique called cueing. Couples are preferred, singles are welcome. This class is a continuing program; no beginners are accepted. Contracted class, not refundable. (MP)

Code	Day(s)	Time	Date(s)	Fee
9615	M	7:00p-8:30p	1/9-2/20	$60

Be Moved Dance

Be Moved is a new dance fitness experience designed for adults of all movement abilities. Instructor Mari Jo's strong theater and dance background inspires participants to embrace dance as a lifelong means to health and fulfillment. Classes begin with easy-to-follow therapeutic movements that integrate the upper and lower body. The warm up flows into dance styles inspired by a wide variety of musical genres. Each week focuses on a different musical and dance style. The music "moves" you through the decades of dance bringing back musical memories. Sign up early, this class is sure to fill fast! No previous dance experience necessary. No partners needed. Contracted class, not refundable. (MP)

Code	Day(s)	Time	Date(s)	Fee
9617	T	12:45p-1:45p	1/3-2/21	$58

Tap Dance

Dance Instructor Pam Zeidman brings back your favorite style of dance! You will learn the art of Tap, a truly American dance style. Students will exercise while practicing tap technique and choreography in this one hour dance class. Wear loose, cool clothing. Tap shoes are required. Jazz-tap style shoes are recommended. (MP)

Beginner

Code	Day(s)	Time	Date(s)	Fee
9649	Th	1:15p-2:15p	1/12-2/23	$51

Intermediate

Code	Day(s)	Time	Date(s)	Fee
9650	Th	2:15p-3:15p	1/12-2/23	$51

ARLINGTON BRIDGE B'S

Every Saturday 9:30-11:30 am.

Are you a novice bridge player who would like to earn credit towards becoming a Bridge Life Master? This game is designed for novice players who want to establish ranking with the American Contract Bridge League and who have 50 points or less. This sanctioned game is $7. Pay at the door for two hours of playing under the supervision of Pat Braun, Bridge Silver Life Master.

CARDS

Bridge

Beginner

Are you new to bridge or those coming back after not playing for many years? Then this is the class for you! Class focuses on form, language, the mechanics of bidding and playing structured hands. Have fun while learning this challenging card game. No prior bridge experience is necessary.

Code	Day(s)	Time	Date(s)	Fee
9624	M	8:30a-10:30a	1/9-2/27	$60

Intermediate

Intermediate Bridge continues with skills you learned in the beginner's class. It emphasizes additional bidding and the introduction of simple conventions. Learn logical thinking and the sound techniques needed to give the best play. (MP)

Code	Day(s)	Time	Date(s)	Fee
9625	T	10:00a-12:00p	1/3-2/21	$60

Advanced

Advanced Bridge incorporates advanced bidding techniques with special emphasis on play of hand and defensive play. Prerequisite: an understanding of standard American bidding techniques and Stayman, Gerber and Blackwood conversions.

Code	Day(s)	Time	Date(s)	Fee
9623	T	1:00p-3:00p	1/3-2/21	$60

Bridge Potpourri

Join our open division forum designed to find solutions to bridge challenges specifically designed for students with advanced skill in Standard American Bridge and bidding knowledge. Do you have questions or areas of concern regarding bidding, defense, play of hand, protocol, etc.? Each week this program will build off your questions and needs. Instructor Patricia Braun, Silver Life Master, creates solutions customized to help you achieve playing the best bridge ever. (MP)

Code	Day(s)	Time	Date(s)	Fee
9622	M	4:00p-6:00p	1/9-2/27	$60

Best Bridge Ever!

Would you like to play the best bridge ever? Silver Life Master Ranked Instructor Patricia Braun helps you accomplish your goals, step-by-step. Learn to informally review bidding, play of hand and defense techniques for those who already know the basics of Standard American Bridge. The format is up to an eight hand, pre-dealt game. Each hand is discussed to examine the potential to play the best hand possible. Take home records are available each class. This supervised play allows you to catch mistakes and learn from them immediately. So dust off your cards and come play the best bridge ever! (MP)

Code	Day(s)	Time	Date(s)	Fee
9620	W	5:45p-7:45p	1/4-2/22	$60
9621	Th	1:00p-3:00p	1/5-2/23	$60

Mah Jongg

This 5,000 year old Chinese game is catching on everywhere. People of all ages love the game because it stimulates your memory, teaches you strategy, and is just plain fun! The game uses colorful tile pieces which display unique Chinese characters and symbols. Instructor Pamela Max instructs this six week course that covers the history, rules, and dynamics of Mah Jongg. This course is designed for students of all skill levels but particularly beginners. Students need to purchase a board card for $9 from the instructor the first day of class. PLEASE NOTE: ATTENDANCE IS MANDATORY AT FIRST CLASS. (MP)

Code	Day(s)	Time	Date(s)	Fee
9640	T	1:00p-3:00p	3/7-4/18	$44

Choosing Your Hands

Choosing your hands is one of the hardest things for any player, but especially the newer players. You will focus on effective play and analysis on hand selections. A better knowledge of the NMJL 2015 card will be highly encouraged and could result in achieving better outcomes and game success. This class is not going to cover the basic foundations of the game, please register for Beginning Mah Jongg if you would like to learn the basics. Mah Jongg sets are encouraged, but not required for this class. Mah Jongg cards are required for each student and are priced at $9. The instructor will bring them the first day of class. Students already having a 2016 National Mah Jongg League published card do not need to purchase a new card. (MP)

Code	Day(s)	Time	Date(s)	Fee
9629	F	1:00p-3:00p	3/10-4/14	$44

The Game of Cribbage

Now is the perfect time to learn the game of cribbage with Instructor Dan Selke. A card game traditionally for two players, but commonly played with three or four that involves playing and grouping cards in combinations that gain points. Fun fact: Cribbage holds a special place among American submariners because it served as the official pastime on ship. Sign up today for this inexpensive program that will offer you a wealth of fun with friends and family. (MP)

Code	Day(s)	Time	Date(s)	Fee
9651	T	10:00a-12:00p	1/10-1/17	$12

GENERAL CLASSES

Beginning Crochet

Do you admire people who make crocheted afghans, sweaters, baby clothes, doilies, etc.? Does it look too hard to learn? Instructor Anna Hoffman teaches you the basic stitches and how to read a pattern. You'll be working on a simple project right away. Need to brush up on the basic stitches? If you know how to crochet but would like to learn more, Anna welcomes beginning through intermediate students in this course. Please note: Basic supplies like needles and yarn are included to use in class. Just bring your enthusiasm to get started. Once you feel comfortable, you will want to upgrade and purchase your own yarn and needles. This is a contracted class, not refundable. (MP)

Code	Day(s)	Time	Date(s)	Fee
9619	M	11:10a-1:10p	1/9-2/20	$60

Knit One, Purl Too

Knitting is more popular than ever! Everyone from movie stars to football players are getting into the craft. Knitting is known as the "New Yoga" because it is relaxing and therapeutic. You can carry your knitting with you and do it anywhere. Today's yarn and needles actually redefine the entire concept. Instructor Anna Hoffman helps you get started and learn the basics. Beginners and those interested in refreshing their skills are welcome in the Monday morning class because this class combines all skill levels. Please note: Basic supplies like needles and yarn are included to use in class. Just bring your enthusiasm to get started. Once you feel comfortable, you will want to upgrade and purchase your own yarn and needles. This is a contracted class, not refundable. (MP)

Code	Day(s)	Time	Date(s)	Fee
9637	M	9:00a-11:00a	1/9-2/20	$60

Pieced Machine Quilting NEW!

Tired of basic quilt squares? With beginner level skills, learn to machine sew a quilt that looks like you have been quilting for years! A variety of projects can be created in this class, a lap quilt, a wall-hanging or get started on a full-sized quilt. If you have a sewing machine, please bring it to class as machines are limited. (MP)

Code	Day(s)	Time	Date(s)	Fee
9639	M	6:15p-8:15p	1/9-2/27	$44

Quilting Basics and Beyond

Quilting is making a comeback! Join us to build skills common across traditional and contemporary quilting. Instructor Donna Schmelzer works with each new student on the basics, including both machine and hand quilting. Plus, each session includes small projects for everyone to expand their repertoire. Examples include English paper piecing, fusible applique and foundation paper piecing. Whether you're new or experienced, we hope you'll join us for quilting and conversation! Register in person and pick up your short supply list. (MP)

Code	Day(s)	Time	Date(s)	Fee
9643	W	10:00a-12:00p	1/4-2/22	$43

Practical Street Self-Defense

A low impact class designed for those new to self-defense. This seminar will teach students simple and effective self-defense techniques against the most common unarmed attacks as well as instruction on how to defend yourself with a stick or cane. Students with physical limitations will receive individual instruction on alternative self-defense options. The instructor is a practicing attorney with over 20 years of experience in Kenpo Karate, Krav Maga and Escrima and will address the legal ramifications of using self-defense. (Students need to be at least 18 years old to participate.) (MP)

Code	Day(s)	Time	Date(s)	Fee
9642	T	6:00p-7:00p	2/7	$5

ARTS & CRAFTS

Art of Portraiture NEW!

New instructor, Kasia Lynch, brings many years of experience and talent to this new class at the Senior Center. Kasia is an amazing portrait painter and she wants to share her secrets with you! Please bring a photo to class that you would like to use to create your masterpiece. Enjoy working with students of all talent levels, no experience needed. All supplies are included in this class. (MP)

Code	Day(s)	Time	Date(s)	Fee
9616	T	1:00p-3:30p	1/3-2/21	$95

Beaded Jewelry Making

Creative designer Sheila Cohen will share her talent with you during this five week class. She has featured her custom jewelry and private fashion line in various boutiques, galleries and fairs. Her art and design background will bring a unique and creative element to this arts and crafts workshop. All supplies are included in this class. Only natural beads are used, no plastic beads. You will have the option to make a necklace, a bracelet and one set of earrings all with a variety of color schemes. Stop by the Park District office in the Senior Center to see a sample of Sheila's class projects. (MP)

Code	Day(s)	Time	Date(s)	Fee
9618	T	10:00a-12:00p	1/3-1/31	$72

Creative Drawing NEW!

Photo taking has changed the way "Art" has evolved. This class will bring back some old methods and techniques using Still life's, models and imagination. We will start with props and graduate to live models. The instructor will show you how to create your masterpiece with pencil and then finish it with the mixed media of your choice (oil pastels, colored pencils, paint, etc.) (MP)

Code	Day(s)	Time	Date(s)	Fee
9822	T	10:00a-12:00p	2/7-2/28	$49

Mixed Media Art

New instructor Rita Molepske incorporates multiple medias like, watercolor, pencil, charcoal, pen and ink. Students of all levels from beginner to advanced are welcome! Discover perspective, shading, and dimension from black and white to watercolor hues. Improve your skill and develop your hidden talents. All supplies are included in class costs. (MP)

Code	Day(s)	Time	Date(s)	Fee
9641	F	9:30a-12:00p	1/6-2/24	$95

Silk Scarf Painting

Did you know silk painting is a tranquil way to relax? Sign up for this new specialty class where art instructor Sheila Cohen will teach you how to paint on silk using dyes. Some of the techniques are similar to those used in watercolor painting. No previous art experience is required to create a beautiful 14 x 72 silk scarf. All supplies are included. (MP)

Code	Day(s)	Time	Date(s)	Fee
9644	T	1:00p-3:30p	2/28	$49

Studio Art

Apply your creative ideas and create an original painting to hang in your home or give as a gift to a friend! Learn the fundamentals of oil painting in the ambience of a cheerful and relaxed class taught by Mary Alice Schwartz. She is a life-long productive artist herself who has taught hundreds of both beginning and advanced students. All supplies are included. (MP)

Code	Day(s)	Time	Date(s)	Fee
9645	Th	9:30a-12:00p	1/5-2/23	$95

SPECIAL EVENTS
Taste of Mardi Gras NEW!

Laissez les bon temps rouler! Let the good times roll! Join us as we celebrate Mardi Gras in traditional New Orleans Style. The Banjo Buddies Dixieland Jazz Band featuring Dixieland Diva, Ann Stewart, will delight you with exciting Dixieland jazz to swing, blues, big band tunes and more! Put on your green, purple and gold and enjoy a delicious menu of French onion soup, grilled chicken breast with a fresh basil sauce, Parisienne potatoes, green bean almondine and traditional King Cake for dessert. Register in advance in the Park District office at the Senior Center because tickets will not be sold at the door. The Village Bank and Trust of Arlington Heights sponsors this luncheon. There is a cash bar. This is a contracted event, not refundable. The Cotillion is easy to find, located at 360 S. Creekside in Palatine near Northwest Highway and Route 53. Please notify the Park District of any food restrictions when you register, not the day of the event. Please note: The doors open at 10:30 a.m. for a free 30-minute financial seminar by Village Bank and Trust of Arlington Heights. The seminar is held in the same room as the luncheon. Register for the seminar when you register for the luncheon. Special door prizes and giveaways for those who attend the seminar at 10:30 a.m. Doors open exactly at 11 a.m. for the event. (MP)

Code	Day(s)	Time	Date(s)	Fee
9656	T	11:00a-2:30p	2/28	$29

Love To Sing? NEW!
Join the Arlington Heights Encore Chorale!

This Winter, start your Wednesday afternoons with a song! If you want to return to singing, have never sung in a choir, or have sung your entire life, join the new Arlington Heights Encore Chorale for singers 55 and better, for a weekly rehearsal of music you'll love! Choir is under the direction of professional conductor Jonathan Miller who has been leading choirs for more than 30 years. Jonathan is the Founder and Artistic Director of Chicago a cappella and directs many Encore Chorale projects all over Chicagoland.

The program is instructive as well as enjoyable. Learn proper breathing and vocal technique as Jonathan guides you and your fellow singers through challenging and fun repertoire with four-part singing. Singers may be seated for rehearsals and performances. No audition required, everyone is welcome.

Arlington Heights Encore Chorale rehearses weekly on Wednesdays from 2:00-3:30pm at the Arlington Heights Senior Center, 1801 W. Central Rd. Winter Dates are January 18 – March 1, Spring Dates are March 15 – April 26. Cost for each 7-week program is $90.

For more information or to register please call 630.441.5157, e-mail encoreillinoise@gmail.com or visit encoreillinois.org

WOOD SHOP

1801 W. Central Road | 847.797.5341

State of the art equipment includes Delta 10" table saw, 14" band saw, variable speed drill press, Dewalt 12" sliding compound miter saw, Grizzly 15" planer, belt sander, disk sander, 12" lathe, Delta 6" jointer, Dewalt variable speed 20" scroll saw, router, Rikon mini-lathe, JET drum sander and more! Six complete workstations are available. The Wood Shop is a joint venture with the Village of Arlington Heights, Senior Center Inc. and the Arlington Heights Park District.

Hours of Operation: Drop in shop time is Monday, Tuesday and Wednesday from 9 am-12 pm. Thursdays 12:30-3:30pm.

Wood Shop Classes: You learn beginning through advanced techniques and skills while creating the class project under the direction of Shop Instructors Mike Spilotro and Ron Boots. No annual membership charge

Punch Pass Fees:

- $50 good for 10 visits
- $30 good for 6 visits
- $10 daily use fee

**Annual Wood Shop Safety Training/Certification is required prior to becoming a member and purchasing punch passes for shop visits. Punch passes expire one year from the date of purchase.*

CNC MACHINE IN THE WOOD SHOP

The CNC (Computer Numerical Control) has arrived in the Senior Center Wood Shop! After two years in the planning process, this machine was donated by Arlington Heights Senior Center Inc. and was delivered earlier this year. This amazing machine can actually carve signs, pictures and even photographs onto wood surfaces. With the help of our skilled Wood Shop Supervisors, the CNC can produce detailed signs and photographs right before your very eyes! Stop by the Gift Shop in the Senior Center to learn more about this exciting machine. **The CNC machine is open to the public on select Fridays from 9 am- Noon. Please stop by the gift shop for more details.**

Learn the Lathe - Adv Beg/Int

Instructor Don Felch from Broadway Wood Studio instructs this new Wood Shop class. Have you ever wanted to learn how to do wood turning and use a lathe? Don is a custom wood turner who takes you through the process step-by-step during class time. Then, you will receive a project assignment to complete before the next class. Your class fee includes one extra visit to the Wood Shop during regular hours to practice your new skills. You need to schedule your shop visit with the Park District staff in the Gift Store in advance in order to make sure the lathe is available to use. Don introduces you to the operation of the lathe and the detailed technique in creating a custom piece. You will make a simple project to start such as a candlestick or plant stand. Register early. Due to the hands-on instruction required, this class is very limited in size. This is a contracted class, not refundable. (MP)

Code	Day(s)	Time	Date(s)	Fee
9638	Th	9:00a-12:00p	1/5-1/26	$40

Wood Shop Ottoman Class NEW!

Fine tune your skills in the Wood Shop as they teach you the craftsmanship and skills to create a beautiful ottoman. This one-of-a-kind item will make wonderful addition to your home! You can personalize it to fit your dàcor. Talented Wood Shop Supervisors conduct this unique class. They provide personal attention so you can create masterpieces even if you are a beginner to the Wood Shop. All supplies are included in this class, just bring your enthusiasm and desire to learn. (MP)

Code	Day(s)	Time	Date(s)	Fee
9635	Th	9:00a-12:00p	2/2-2/23	$65

Woodcarving

Learn to carve one-of-a-kind relief plaques, simple figures and other special projects through this specialized art form that is both fun and relaxing. Instructor Mike Spilotro makes this a class you'll enjoy over and over again. A supply list is available at the first class. Register early as space is limited in this very popular class. (MP)

Code	Day(s)	Time	Date(s)	Fee
9652	W	1:00p-3:00p	1/4-2/22	$40

Park FOUNDATION
ARLINGTON HEIGHTS

For people WHO LOVE their parks.

Founded in 2001, the Arlington Heights Park Foundation is a 501(c) (3) not-for-profit organization that supports Arlington Heights Park District programs and events The Arlington Heights Park Foundation's goal is to stimulate further interest in parks and recreation by encouraging volunteerism and outside resources to enhance the Arlington Heights Park District programs, parks, facilities, and services. The Board encourages community members who have interest in these areas to contact 847.506.7141 for more information.

FOUNDATION BOARD MEMBERS
Stephanie Bertelsen, President
Amy Kitzmiller, Vice President
Cheryl Mosqueda, Treasurer
Mark Frighetto, Secretary
Carol Gabrieslen | Mike Gordon
Rick Hanetho | Ben Jaffe | Tom McDonnell
Greg Padovani | Will Ploger

Visit our website at ahparkfoundation.org or contact Anita Pacheco, Superintendent of Marketing and Communications at 847.506.7141 for more information.

FREE WI-FI
The Arlington Heights Park Foundation has generously donated funds to provide free wireless service at 12 Park District facilities. The service will be provided free to all users equipped with a Wi-Fi enabled device.

LOOK FOR THE HOTSPOT SIGNS AT THE FOLLOWING FACILITIES:
Administration Center Annex
Arlington Lakes Golf Club
Camelot Park
Forest View Racquet and Fitness Club
Frontier Park | Lake Arlington
Heritage Park | Nickol Knoll Golf Club
Pioneer Park | Recreation Park
Olympic Indoor Swim Center

MONIES RAISED HAVE BENEFITED:
- Defibrillators at Facilities
- Youth Outreach Programs
- Lightning Detection in Parks
- Special Events & Programs
- Memorial Park Improvements
- Emerald Ash Borer Tree Replacement
- Drinking Fountain at Prairie Park
- Pontoon Pedal Boat at Lake Arlington
- Gator Utility Vehicle at Lake Arlington
- Provide Recycling Cans
- Flag Brochure
- Mile Markers in Parks
- Aqua Scramble Activity

NEED TO KNOW

START DATES CAN VARY.

Winter Classes: Some classes begin January 2. Please be sure to check class descriptions to confirm start dates. **Please note: Tennis lessons at Forest View and Heritage Tennis Clubs may have different Winter session start dates; check those sections of the guide.**

OOPS! MISTAKES HAPPEN.

Though we try our best, due to the large amount of information available in the Arlington Heights Park District Program Guide, errors before or after publication may occur. Changes may happen in fees, schedules, program codes, etc. We apologize for any inconvenience this may cause and when errors do occur, our staff will advise you of the change as quickly as possible. We will also attempt to keep information on our website, **ahpd.org** as current as possible. *Thank you for your patience and understanding when these situations arise.*

ACTIVE DUTY MILITARY POLICY.

Individuals and families of active military status are eligible for financial assistance for Park District programs. These individuals must reside within the boundaries of the Arlington Heights Park District. This policy is for active duty military personnel including reservists called to duty. Specific details are available at the time you apply. Documentation/ Military orders must be present to be eligible for consideration. Please contact Brian Meyer, Director of Recreation and Facilities, for more information or to receive a scholarship application. All requests will remain confidential.

SCHOLARSHIPS.

The Park District offers a Scholarship Program for those unable to afford the full fee. Please call 847.577.3009 for more information.

ASSISTANCE: WE CAN HELP!

Park District staff and program instructors are not capable of providing bathroom assistance to those individuals who cannot care for themselves. It is the participant's responsibility to make his/her own arrangements prior to registering for any programs or activities, if they require this type of assistance. Please contact Park District staff for further information or clarification.

HAVE YOU MOVED OR CHANGED YOUR PHONE NUMBER?

Please notify the Park District with your change of address or phone number. Send us a change of address card from the post office. We will need your old address and the new address to update our computer information. It is important to update our records so that confirmation post cards and your refunds are mailed to the most current address. This is especially important for online registration. Be sure to also change this information in your online profile.

SPECIAL NEEDS FOR ADA PARTICIPANTS.

If you would like the Park District to make accommodations for your special needs:

- Online registrants: Click the Special Needs button after the Enrollment Summary on the "Enroll in a Class" page.
- Drop-off, mail-in and fax registrants: Please fill out the special accommodations information on the registration form. The Arlington Heights Park District is committed to accessibility for all people providing Park District services, programs and activities, regardless of physical limitations in compliance with the Americans with Disabilities Act (ADA).

If you need a special accommodation to participate in any Park District function, contact Brian Meyer, Director of Recreation and Facilities at 847.577.3009. Program participants should complete the Special Accommodation section on the registration form. This gives the program supervisor the information they need to assist you. **NOTE:** The Recreation Park community center is not an accessible facility.

CLASSES ON RELIGIOUS HOLIDAYS.

Within a program session, classes may fall on a day that residents honor as a religious holiday. Your program supervisor will be happy to assist you with either option. In an effort to be sensitive to all religions, class participants may:

- Make up the class missed, if space exists or
- Have the fee pro-rated to reflect the day that must be missed.

CREATING A HEALTHY ENVIRONMENT

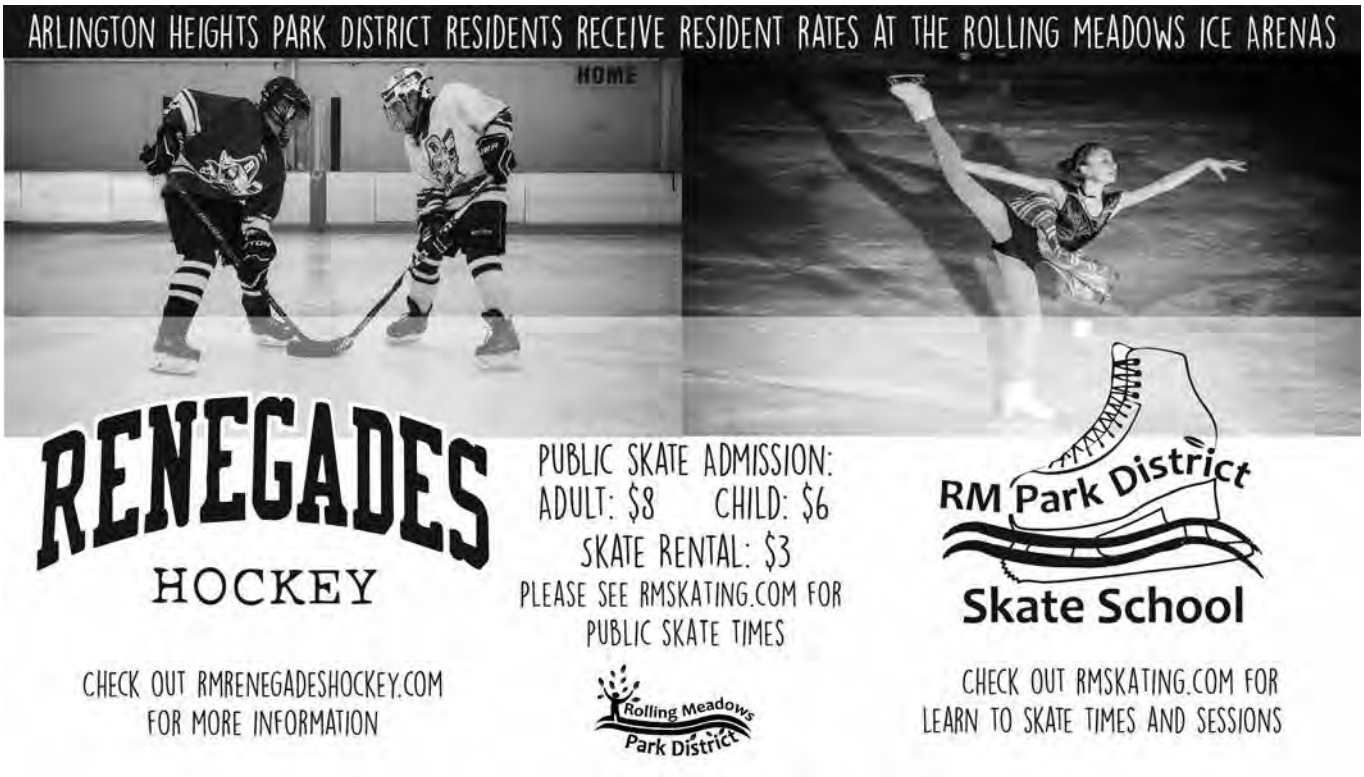
In response to the national concern of smoking and tobacco use at public facilities, the Park District seeks to create a healthy environment for employees, program participants, park guests and visitors. Park District facilities and vehicles have been designated as smoke free. The term "smoke" or "smoking" means the carrying, smoking, burning, inhaling or exhaling of any kind of lighted pipe, cigar, cigarette, hookah, weed, herb or any other smoking equipment including electronic cigarettes (e-cigarettes.) Facilities include all buildings and shelters of the Park District and all areas within a fence at an outdoor pool, tennis court and skating area. Smoking or use of tobacco products is prohibited within 15 feet of any entrance to any Park District facility and within 50 feet of the delineated border of any playground equipment or parks when organized children's activities or organized special events are present. Smoking or use of tobacco products is prohibited within 50 feet of any outdoor athletic facility including baseball/softball fields, soccer fields, football fields, ice rinks, sled hills, bocce courts, fixed baggo boards, driving range tees, basketball courts and other fields used for athletic play on Park District property. Smoking or the use of tobacco products is prohibited in all wooded areas on Park District property.

WANT TO WORK WITH US? APPLY ONLINE

The Arlington Heights Park District has an Online Job Application program. It's easier than ever to join the Arlington Heights Park District team!

GO TO AHPD.ORG AND CLICK ON THE JOBS TAB.

There you'll find the link to apply online and a link to the listing of jobs currently available with the Park District. Once you apply, your application is active for one full year and you can update your application or the job you want to apply for at any time! Although we'll still accept paper job applications, we strongly encourage you to apply online because it's quick, easy and the most efficient way to apply. If you have questions about applying online, please contact Human Resources at 847.506.7877.



NWSRA

Providing recreation services to individuals with special needs

Providing outstanding opportunities through recreation for children and adults with disabilities.

Arlington Heights Park District is a member of a 17 park district cooperative which forms the Northwest Special Recreation Association (NWSRA). The NWSRA team of full-time Therapeutic Recreation professionals and trained part-time staff offer quality year-round recreation for individuals of all ages with disabilities. NWSRA activities provide opportunities for children and adults with disabilities to have fun, make friends, be included, learn new things, go new places and celebrate their lives. After school, evening and weekend programs feature sports, games, arts and crafts, fitness, cooking, drama and more. Camps, trips and special events are planned throughout the year.

Inclusion Assistance

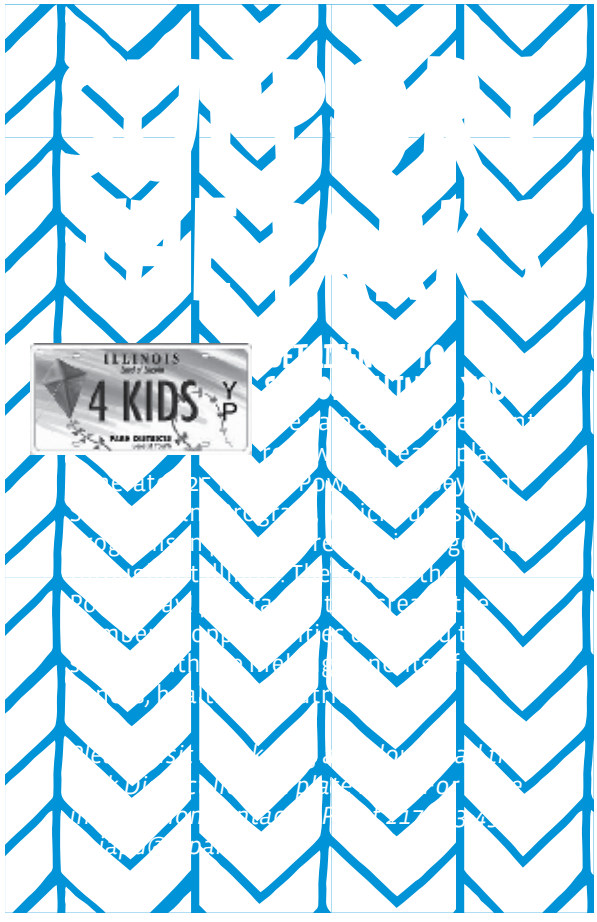
NWSRA provides assistance to individuals who wish to participate in their local park district programs. Indicate on the registration form if any accommodations are needed to successfully participate in the program. The Park District staff will contact NWSRA for assistance.

Learn More about NWSRA

For more information on NWSRA programs and to register online, visit www.nwsra.org. Brochures about NWSRA programs are available at the Administration Center or from NWSRA at Park Central, 3000 W. Central Road, Rolling Meadows. Contact NWSRA at 847-392-2848 (voice); 847-392-2855 (TTY); or 847-392-2870 (FAX).

Leaders Needed

NWSRA is looking for energetic individuals looking to enrich the lives of NWSRA participants. If you are interested in working with NWSRA programs, please call 847-392-2848.



Wheeling Township/ Elk Grove Township Food Pantries

The Arlington Heights Park District is proud to be working with the Wheeling and Elk Grove Township Food Pantries to serve as drop-off locations for food donations. Please consider donating to the food pantry all year round. The following items are always in need: pasta, rice and potato products, pasta sauce, dried beans and peas, cooking oil, corn meal muffin mix, tomato products, dry or condensed milk, oatmeal, coffee, tea, sugar and fruit juices. Please check the expiration date - no expired food will be accepted. Also non-food items such as toilet paper, paper towels, detergent, toiletries and diapers are needed. Items will be accepted at the Park District Administration Center, Olympic Indoor Swim Center and Pioneer Park for Wheeling Township and at Heritage Park for Elk Grove Township.. Please call the Wheeling Township Food Pantry at 847.259.7730 and Elk Grove Township Food Pantry at 847.437.0300 if you have any questions.

Vandalism and Maintenance Hotline

Residents can report vandalism and park maintenance concerns on our 24-hour hotline 847.577.3003 press 8. One call to this number will forward the information quickly any time, day or night. A recorded message asks for a detailed description of the problem and the location. **The line does not supersede an emergency call to 911.**

If classes in School District 25 are canceled for the entire day due to inclement weather, Recreation Department programs will be canceled until 1:00 pm. Decisions on classes held after 1:00 pm will be made at noon. For specific information on classes held at Forest View Racquet and Fitness Club, Heritage Tennis Club and the Senior Center, please call these facilities directly regarding class cancellations. *For cancellation information, participants have several options:*

Park District website: ahpd.org

- An emergency closing message will appear across all pages of the website.

Tune in to:

- Radio: WGN-AM (720), WBBM-AM (780)
- TV Channels: 2, 5, 7, 9, 32 (Fox), CLTV

Call: Park District recorded message 847-577-3003 (press 7)
Online: EmergencyClosings.com
E-mail: Sign up for notification at EmergencyClosings.com

NORTH SCHOOL PARK: TAKING PHOTOS

North School Park; located at Eastman Street and Arlington Heights Road is one of the District's premier parks. The central feature of this beautiful area is the Virgil K. Horvath Fountain. The fountain is operational from mid-April through late October and is a prime location for wedding, prom and special occasion "picture-taking." *If you are interested in taking personal photos in this area here are few simple guidelines*:

- No appointment or permit is needed to take personal photos in the park. However, the park is rented out for wedding ceremonies and large special events are offered by the Park District throughout the year. Please call the Administration Center at 847-577-3000 to confirm park rentals and events.
- Typically during the summer months; more than one wedding party or group may be in the park; please be patient as you wait your turn for whatever area you are interested in taking pictures.
- If there is a wedding ceremony rental in the park; a Park District supervisor will be on duty and you may be asked to leave a particular area or wait to take photos while the rental is accommodated.
- Please remember whether you rent this facility or are just stopping by to take pictures; this is a public park and other activities may be going on at any given time.
- If you are a business or for profit commercial company and wish to take pictures in North School Park a permit is required; please call 847-577-3000 for information.

SUPPORT YOUR COMMUNITY

MAXIMIZE YOUR ROI AND STRETCH YOUR LIMITED ADVERTISING AND SPONSOR DOLLARS WITH US!

The Arlington Heights Park District enjoys an outstanding reputation as the provider of recreation and leisure activities for families, adults, youth, and senior populations in Arlington Heights.

A PARK DISTRICT SPONSORSHIP PROVIDES:

- Greater name recognition, **BRAND AWARENESS**,
- and visibility in the community
- A more cost-effective, **STRATEGICALLY TARGETED MARKETING PROGRAM** that delivers results
  Unique opportunities to reach a target audience and engage residents through interactive family focused special events

UPCOMING OPPORTUNITIES

SPONSOR A SPECIAL EVENT OR PROGRAM-Reach your market segment by supporting festivals, concerts, special performing arts programs, grand openings, aquatic events and new events that emerge each year.

Fitness Expo	January 2017
Chilly Open	January 2017
Daddy Daughter Dance	February 2017
Spring Spectacular	April 2017
Pool Egg Hunt	Apri 2017
Fitness Fest	May 2017
Picnic in the Park	June 2017
Movie in the Park (s)	Summer 2017
Whippersnapper Trialthon	Summer 2017

ADVERTISE WITH US.

CONNECT TO THE COMMUNITY

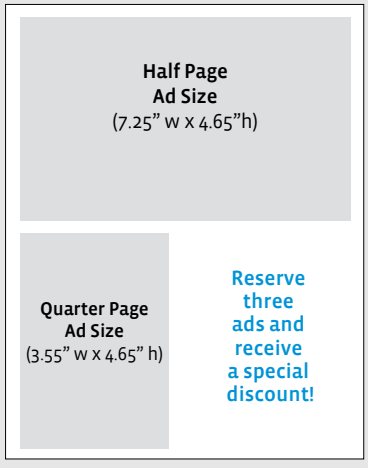
Place your four-color or black and white ad in our quarterly *Program Guide* full of information on programs, special events, parks and more. Delivered four times a year to over 32,000 households in Arlington Heights, this Program Guide is an essential recreation-planning tool for residents.

Program Guide	Artwork Due	Distribution Date
Winter 2017	October 12	November 12
Spring 2017	December 21	January 21

Ad Size Options

1 – Full Page
7.25" w x 9.5" h
2 – Half Page
7.25" w x 4.65" h
3 – Quarter Page
3.55" w x 4.65" h

Please Note: *The Park District reserves the right, in its sole discretion, to limit advertising to that which is consistent with the best interests of the Park District, its constituents and patrons.*



GET INVOLVED TODAY

Please contact Anita Pacheco, Superintendent of Marketing and Communications at 847.506.7141 or apacheco@ahpd.org

THANKS TO OUR SPONSORS

All About Kids Dentistry, Allegra Print & Imaging of Elk Grove, Daily Herald, Village Bank & Trust

HELP WANTED: SPECIAL VOLUNTEERS

GOLF, MUSEUM, SOCCER ADVISORY COMMITTEES

Interested in serving on an advisory committee? The Park District Board of Commissioners appoints members to three advisory committees-golf, museum and soccer-to provide resident input. Committee members are appointed in April to serve two or three-year terms beginning in May. *Applications for consideration are due Friday, February 6. Pick up an application at the Administration Center, 410 N. Arlington Heights Road; at Arlington Lakes Golf Club, 1211 S. New Wilke Road; or at the Historical Museum, 110 W. Fremont Street.*

Golf Advisory Committee

Golf Advisory Committee makes suggestion to the Park District Board on ways to improve the playability and operation of our two golf clubs and driving range. They encourage the highest standards for maintenance, service and personnel at Arlington Lakes Golf Club, Nickol Knoll Golf Club and Sunset Meadows Driving Range and promote the use of these facilities. Current committee members are: Dan O'Grady (Chair), John Carrol (Vice Chair), Harlan Heiber, Skip Kornfeind, Jim McIlwee, Perry Gentile, and Brian Owen. For more information call Tim Govern, 847.506.7131.

Museum Advisory Committee

Museum Advisory Committee promotes the Arlington Heights Historical Museum, makes recommendations for long-range goals, evaluates the intergovernmental agreement governing the Museum and supports staff in the execution of their duties. Current committee members include: Adam Potaracki and Clara Stone. For details, call Dan Schoeneberg, Museum Administrator 847-255-1225.

Soccer Advisory Committee

Soccer Advisory Committee makes suggestions regarding the operation and promotion of the Arlington Aces Soccer Club, acts as a forum for citizens and promotes the game of soccer to the community. The Club provides a house league and traveling team soccer program for the children of Arlington Heights. Current committee members are: Charles McLaughlin (Chair), Todd Delahanty, Jim Hubrich, David Kim, Amy Powers, Jim Sanecki, Tony Sasak. For more information, call 847.506-7133,

SAFETY TIPS

RECOMMENDED SAFETY TIPS FOR CHILD DROP OFF AT PROGRAMS

Listed below are several safety guidelines the Park District encourages parents to follow when dropping their child(ren) off at a Park District program.

1. Parents are encouraged to please escort children to and from the building, pool, field, outdoor tennis court, etc.
2. Parents are encouraged to take their child directly into the class or activity area.
3. Parents should try to stay with their child until the instructor arrives/ begins the class.
4. On occasion an instructor may encounter an emergency or an unexpected situation which causes them to be late or miss a class. If this occurs, the instructor notifies the program supervisor as quickly as possible and the supervisor addresses the situation as quickly as possible.

If a parent finds that an instructor has not shown up for a program, please contact the Park District Administration Center at 847.577.3000 during regular business hours Monday-Friday, 8:30 am-4:30 pm or contact an onsite supervisor at the facility immediately.

DONATIONS AND CONTRIBUTIONS

The Arlington Heights Park District benefits from financial support through donations and contributions to several donor programs.

Please consider marking a special occasion or honoring a veteran or that special person, by participating in one of these programs:

- The Giving Tree at Pioneer Park Community Center
- Memorial Park – Brick Paver Program
- Canine Commons – Brick Paver Program
- Tree and Bench Donation Program
- Park Foundation – Scholarship and Donations

Please visit ahpd.org for full descriptions of these programs including pricing and application forms.

DELIVERY

HOW IS THE PARK DISTRICT PROGRAM GUIDE DELIVERED TO RESIDENTS?

The Arlington Heights Park District uses a door to door service to deliver the guide to residents prior to each program session or four times per year.

Why choose a delivery service over bulk mailing through the Post Office?

There are several reasons:

- The benefit of the delivery service is a significant cost savings over mailing. It also allows us to target delivery to Park District residents.
- The amount of time needed to deliver the Guide through the delivery service is 1-3 days.
- Through the post office, the requirement for bulk mailing is 10-12 days.
- Because the service indicates delivery in three days, we can find out in a timely manner those households that did not receive a Guide and re-deliver sooner.

It is important to understand whatever the method of delivering the Guide; there is the potential for missed deliveries.

It is our goal to minimize the number of non-deliveries and work with the delivery service to identify where problems occurred and to improve the service. Our #1 priority is to make sure those individuals and families, who want the Park District Program Guide, receive it.

WHAT IF I DON'T RECEIVE A PROGRAM GUIDE BY THE DELIVERY DATE?

We would like to know as soon as possible if you do not receive a Guide. The Program Guide is also available online at ahpd.org and you can pick up a copy of the brochure at any Park District facility after the delivery dates.

Guide	**Delivery Date (Saturdays)**
Spring 2017	January 21
Summer 2017	April 15

Please mark your calendar and if you do not receive a Guide delivered near your front door or porch by the date indicated above; call 847.577.3003, ext 5353.

We consistently work with the service for front door/ porch delivery; however on occasion the guide may be delivered in your driveway.

There are three other options if you do not receive the Guide by the delivery date; you may stop by any Park District facility or view the new interactive guide online at ahpd.org. You may also print the guide from a pdf file located on the Park District's home page.

We hope this article provides you with additional information on how the Program Guide is delivered and the process to follow for re-delivery.

REGISTRATION

WINTER REGISTRATION

Resident registration begins at **10 am on December 6.** Non-Resident registration begins December 14. Please note below: Registration hours may differ from office hours.

THREE WAYS TO REGISTER:

1. **Online**: ahpd.org | Available 24 hours a day, after 10 am on Tuesday, December 6. Computers are available for use on the first day of registration in the Administration Center's training room from 10 am - Noon. **Please note:** *If you register online for a program after the program begins the computer does not pro-rate the class. Please call the program supervisor regarding pro-rating or register in person at any Park District facility.*

2. **Mail in-** Complete the registration form on page 119 and mail to address at the bottom of the form. Attach check to the form (no cash or credit card payments accepted through the mail). Additional forms are available at your local community center or Administration Center. **Please note***: All resident registrations received on or before the first day of registration entered randomly, beginning 10 am on December 6. No priority is given to those received before December 6.*

3. **In person-** Complete the registration form on page 119 and bring it to your local community center or Administration Center during office hours.

CONFIRMATION

In Person/Mail-In registrants are emailed a confirmation. Online registrants may view their enrollment summary at any time.

WHERE TO REGISTER:

Administration Center

Monday-Friday: 8:30am -4:30pm

The Park District provides computers for residents to use on the first day of registration. Located in the training room on the lower level of the Administration Center, 410 N. Arlington Heights Road, the eight computers may be used for registration December 6 from 10 am to noon. Park in the north parking lot off Fremont Street and go to the lower level to do your online registration. A Park District staff person will be there to assist you.

Community Centers

Frontier and Recreation Parks

Monday-Friday 1p - 5p

Pioneer and Camelot Parks

Monday-Friday 9a - 5p

Saturday 9a - Noon

Olympic Indoor Swim Center

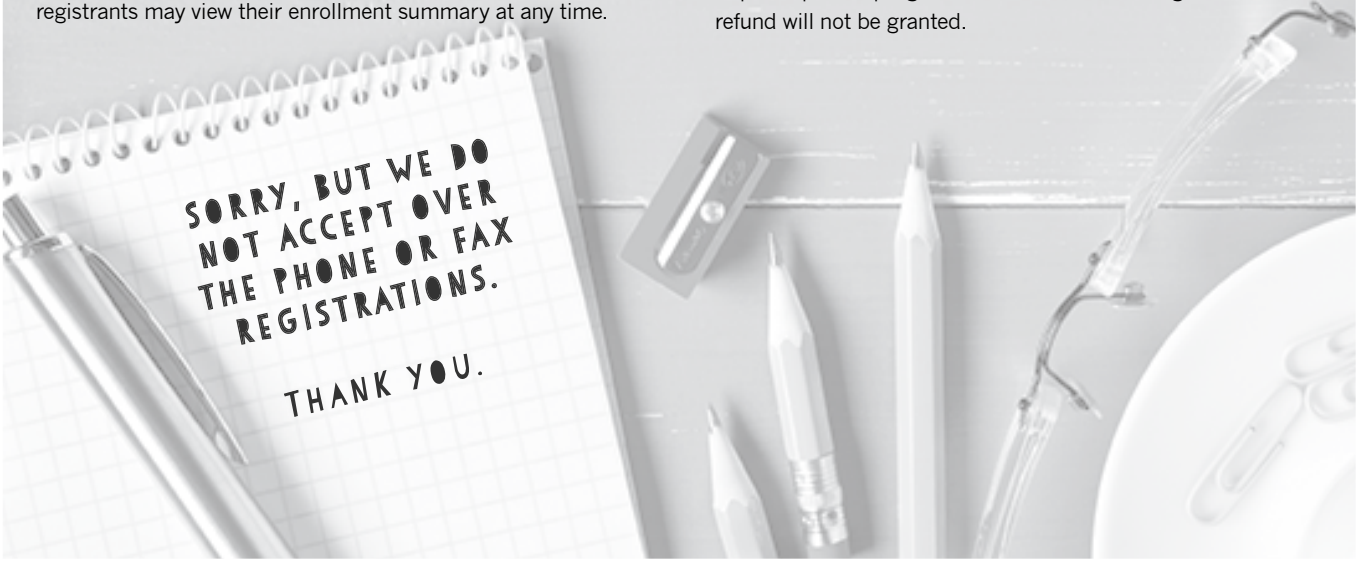
Monday-Friday 9a - 7p

Saturday 8a - 1p

For your convenience, online and mail-in registration is accepted for most Park District programs. Hours are subject to change.

WAIVER POLICY

For insurance purposes, a signed waiver is required for all programs. In person/Mail in registrants, please sign the waiver on the registration form. Online registrants must agree to the waiver on our website prior to enrolling. Patrons will not be able to participate in programs if the waiver is not signed and a refund will not be granted.



WHAT HAPPENS IF THE CLASS IS FULL?

You must complete the registration to be placed on the waiting list. You be charged to sit on the waiting list. If you do not want to be placed on the waiting list, click the remove button that appears on the Shopping Cart screen. You will be contacted in the event that a space opens for that activity or additional activities are added. If you are moved from the waiting list into an activity, payment will be required at that time.**Please Note: It is recommended for guaranteed participation to choose a secondary activity option with openings.*

SPECIAL NEEDS FOR ADA PARTICIPANTS

The Arlington Heights Park District is committed to accessibility for all people providing Park District service, programs and activities in compliance with the Americans with Disabilities Act (ADA). Brian Meyer, Director of Recreation and Facilities, is the District's ADA Compliance Officer. If you need a special accommodation to participate in any Park District function, contact Brian at 847.577.3009 and he will be happy to assist you. Program participants should complete the Special Accommodation section on the registration form. This gives the program supervisor the information they need to assist you. **NOTE:** The Recreation Park community center is not an accessible facility.

AS A PARK DISTRICT RESIDENT, YOU.

- Are entitled to resident rates when registering for Buffalo Grove Park District recreation programs but must register at the non-resident registration dates. Adult athletic leagues and special revenue facilities are excluded.
- Can receive discounted rates on Learn to Skate through the Rolling Meadows Park District.
- Are eligible to purchase ice skating passes (valid September-May) from the Rolling Meadows Park District at resident rates.
- Pay resident rates fees for Renegades Hockey program at the Rolling Meadows Park District.
- May golf or fish at the Salt Creek Park District Twin Lakes facility at resident rates when presenting a special Arlington Heights Park District resident pass. This photo ID pass may be purchased at the Arlington Heights Park District Administrative Office for $2.

NEW RESIDENTS

We have a packet of Park District information and a coupon page to introduce new residents to our wonderful recreation activities. If you're new to Arlington Heights or hav e a friend or neighbor moving into our busy community, call 847.577.3000 or visit *ahpd.org/newresident* to request a **free** new resident packet. If leaving a message, please spell your name and be sure to include your zip code with your address.

PHOTO POLICY

Photos and videos are periodically taken of people participating in Park District program and activities. All persons registering for Park District programs/activities, or using Park District property thereby agrees that any photograph or videotape taken by the Park District may be used by the Park District for promotional purposes including its electronic media, videotapes, brochures, flyers and other publications without additional, prior notice or permission and without compensation to the participant.

NOT ALL ARLINGTON HEIGHTS RESIDENTS ARE IN THE PARK DISTRICT

We deliver the Program Guide to everyone within the boundaries of the Arlington Heights Park District; however, there are several areas in the Village that are not in the Park District. Some of these areas:

- Arbor Lakes Apartments
- Any street west of Wilke Road
- Briarwood Lake
- Carriageway Drive
- Central Park East Apartments
- Courts of Russetwood
- Dale Avenue between Gregory and Kensington
- Dana Point Condominiums
- Daniels Court
- Donald Avenue between Grove and Kensington
- Evanston Avenue between Gregory and Kensington
- Happfield Drive
- Rammer Avenue between Grove and Kensington
- Regent Park

If you live in these areas, please use the non-resident information when registering for classes. For additional information on which Park District you belong to, please consult your tax bill.

Park District Residents: To qualify for resident fees an individual must reside within the boundaries of the Arlington Heights Park District. The Recreation Department may waive the residency requirement for a program if it is considered in the best interest of the Park District.

Non-residents: Bring your completed registration form to any community center or Administration Center on or after December 14. Non-resident registration begins at 10 am. Non-resident registrations received before this date are held and processed beginning December 14. Because residents contribute to the overall financing of the Park District with their property taxes, they pay a lower fee for classes. Non-residents may register for recreation programs; however, residents receive admission priority to all programs. Please note that some programs have a non-resident fee listed under the program description as the second fee indicated as NR.

REFUND POLICY

REFUND POLICY

It is the Park District's goal to provide a quality recreation and leisure service for all residents.

Refund requests can be submitted online or by calling one of the Park District offices. No refunds will be given after a program has ended.

All refunds are subject to a $5 administrative service fee, except under the following circumstances:

- Request for refund is due to a satisfaction issue
- Refund is initiated by the Park District
- Doctor's note is submitted with request

SPECIAL CONDITIONS REGARDING PARK DISTRICT REFUND POLICY

Programs and special classes will be pro-rated from the time the refund request is received. Refunds are not given for classes missed by participants because of vacations or other personal reasons. There may be specific refund policies listed under individual programs that would apply.

Contractual program refunds: Contractual programs are offered by a variety of different companies and refunds vary from contractor to contractor. Please contact the supervisor directly listed next to the program in this guide regarding refunds for contractual classes.

Activities which include tickets for entertainment/sporting events, adult sport leagues, trips and/or contractual programs require that vacancy be filled by another participant in order for a refund to be given.

Refunds will be given for one-day workshops/programs if the request is received at least one full week prior to the program being offered. If the request if received less than one week in advance, the person will receive 50% of the program fee less the $5 Administrative Service Fee.

Programs at **Arlington Lakes Golf Club and Banquet Facilities and Nickol Knoll Golf Club** are excluded from the refund policy. Please contact the facility directly regarding refunds.

Programs at **Forest View Racquet & Fitness Club and the Heritage Tennis Club** are excluded from the refund policy. Please contact the facility directly regarding refunds.

Programs offered at the **Senior Center** may have certain exclusions from this policy; please contact this facility directly or check the Senior section in this program guide.

Refund requests for programs which issued passes or supplies must be made in person and all items must be returned at the time of the request. These are subject to all applicable fees and charges.

Please allow 7-10 business days for refund processing.

If a participant is not completely satisfied with a class, you are entitled to a full refund or to repeat the class at no charge (if openings are available). In order to provide this policy, you must meet all class prerequisites, submit your refund request prior to the last class and provide feedback to help us improve for future programming.

If you have questions or need clarification on the Park District's refund policy, please contact the appropriate Superintendent or Division Manager.

Cancellation Policy: Classes may be cancelled due to low enrollment or instructor availability. If your class is cancelled, you'll be notified and offered an alternate choice, if one is available or you may request a full refund. There is a $20 processing fee for all returned checks.

ARLINGTON HEIGHTS PARK DISTRICT
Activity Registration Form

Step 1: Family Information

First Name: _____ Last Name: _____

Home Phone: _____ Cell Phone: _____

Street Address: _____ Date of Birth: _____

City: _____ State: _____ Zip: _____

Email *(Required for all future online registrations)*: _____

Payer's Information: _____
(If different from above) (Name) (Street Address) (City, State) (Zip) (Date of Birth)

Step 2: Activity Enrollment

Participant (First and Last Name)	Sex	Date of Birth (mm/dd/yr)	Activity Name	Activity Number	Fee
					$
					$
					$
					$
				Arlington Heights Park Foundation Donation	$
				Total Payment included	$

In accordance with the American with Disabilities Act, are there any special accommodations or assistance requested?

_____

_____

Step 3: Payment Options

☐ Cash *(In-Person ONLY)*

☐ Check Check #_____
Note: $20 fee for returned checks

☐ Gift Certificate $_____

☐ Visa ☐ Mastercard ☐ Discover *(In-Person ONLY)*

Effective November 1, 2015: Cash payments will only be accepted in-person. Credit card payments will only be accepted online or in-person.

Step 5: Return Form

Mail: 410 N. Arlington Hts Rd. Arl Hts, IL 60004
In-Person: Admin Center, Olympic Pool, Camelot, Frontier, Heritage, Pioneer, Recreation, Sr Center, Heritage Tennis Club, Forest View Racquet and Fitness Club
Online: *Save time and register at* **www.ahpd.org**

Step 4: Please review and sign

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 this program(s), 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 this program(s) (including transportation services and vehicle operations, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in this program(s), and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program(s) against the Arlington Heights Park District, including its officials, agents, volunteers and employees. I have read and fully understand the above waiver and release of all claims and assumption of risk. If registering on-line, acceptance of on-line waiver shall substitute for and have the same legal effect as an original form signature.

PARTICIPATION WILL BE DENIED If the signature of adult participant or parent/guardian and date are not on the waiver.

X _____

Participants Signature (18 years or older/Parent/Guardian) Today's date

GET YOUR *2017* OFF TO A HEALTHY START

FITNESS EXPO

Saturday, January 7

FREE EVENT

GIVEAWAYS | FITNESS FUN FOR THE WHOLE FAMILY | NEW CLASS DEMOS

Join us at Camelot Community Center (1005 E. Suffield Dr) on Saturday, January 7 at 9 am and experience some of the hottest group fitness classes in the area!

We are excited to be bringing **LesMills** *programs to the Park District this Spring. Don't Wait! Get a jump start on your New Year's fitness goals.*

TRY THESE OUT FREE

- *CXWorX*
- *Body Combat*
- *Family Zumba*
- *Family Boot Camp*

SPECIAL OFFER FOR GOLD PLAY PASS MEMBERS

- *Bring a friend and receive $10 off a registration only class.*
- *Friends will receive their first month FREE with purchase of a new Gold Play pass membership at the Expo!*

Visit us at ahpd.org/reachyourresolutions for full schedule and more!

ACTIVENET TIPS

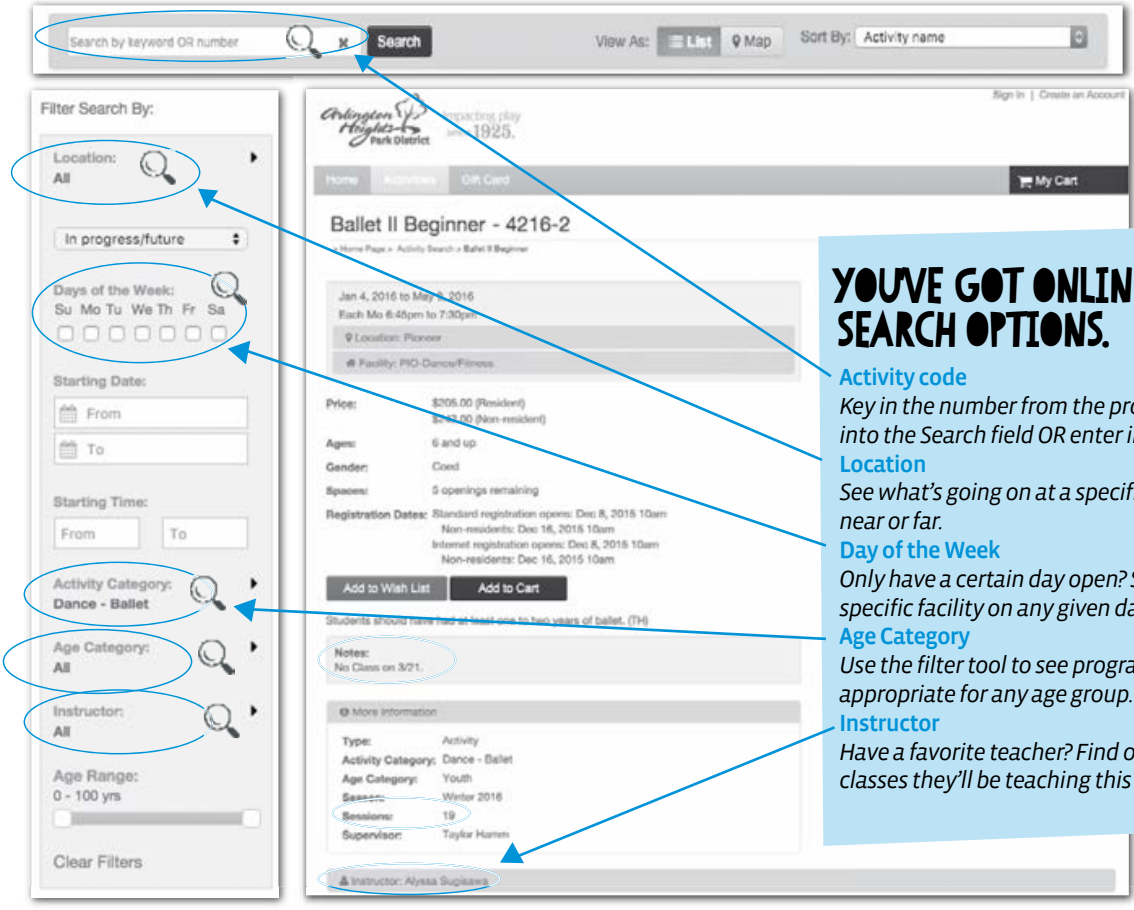
We understand that navigating our new Registration system might be tricky at first, but we promise... it's an improved experience! Here are a few tips and tricks that will save you time!

FIND THESE ONLINE ONLY:

No Class dates no longer appear in the program guide. *You will find "No Class Dates" listed on your online description and on your receipt.* Please add them to your calendar.

# of Classes no longer appears in the program guide but you can view number of sessions online under *"More Information"*.

Instructors no longer appear in the program guide however you may search by instructor name using the new *"Search by Instructor"* feature online.



YOU'VE GOT ONLINE SEARCH OPTIONS.

Activity code
Key in the number from the program guide into the Search field OR enter in a keyword.

Location
See what's going on at a specific facility near or far.

Day of the Week
Only have a certain day open? Search a specific facility on any given day.

Age Category
Use the filter tool to see programs appropriate for any age group.

Instructor
Have a favorite teacher? Find out what classes they'll be teaching this season.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL 8475773000 OR VISIT AHPD.ORG

Plan to PLAY every day

Our Main Facilities

ADMINISTRATION CENTER
410 N. Arlington Heights Rd.
847-577-3000 www.ahpd.org

NORTH SCHOOL PARK
307 N. Evergreen Ave

ARLINGTON LAKES GOLF CLUB
1211 S. New Wilke Rd.
847-577-303

CAMELOT PARK
1005 E. Suffield Dr.
847-577-3010

FOREST VIEW RACQUET & FITNESS CLUB
800 E. Falcon Dr.
847-640-2574

FRONTIER PARK
1913 N. Kennicott Dr.
847-577-3015

HASBROOK PARK
333 W. Maude Ave.

HERITAGE PARK
506 W. Victoria Ln.
847-577-3020

HERITAGE TENNIS CLUB
7 W. College Dr.
847-398-7780

HISTORICAL MUSEUM
110 W. Fremont St.
847-255-1225

LAKE ARLINGTON
2102 N. Windsor Dr.
847-577-3059

MELAS SPORT COMPLEX
1500 W. Central Rd.

MEMORIAL PARK
305 W. Fremont St.

NICKOL KNOLL GOLF CLUB
3800 N. Kennicott Ave.
847-590-6050

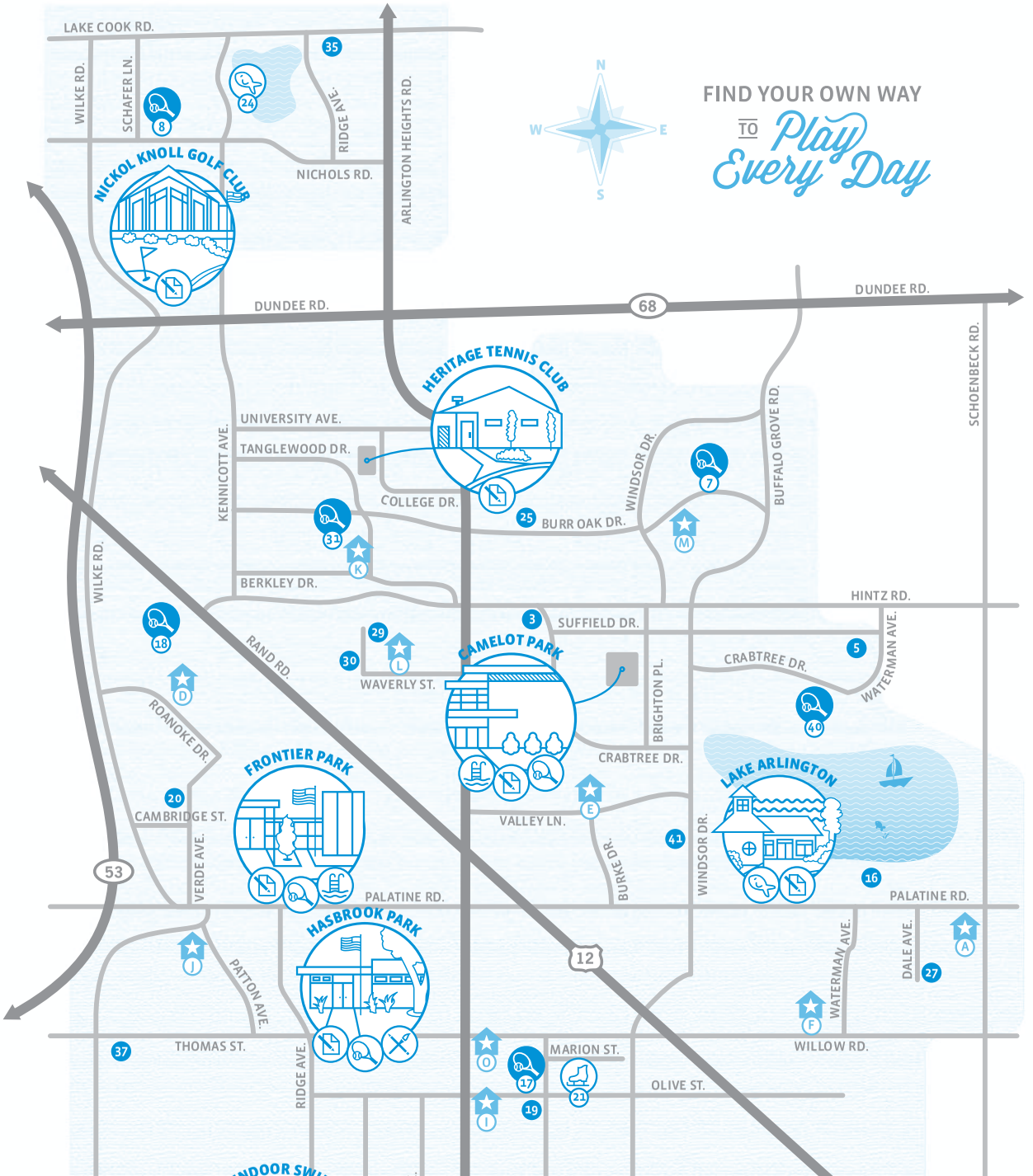
OLYMPIC INDOOR SWIM CENTER
660 N. Ridge Ave.
847-577-3025

PIONEER PARK
500 S. Fernandez Ave.
847-577-3035
Pool: 847-577-3038

RECREATION PARK
500 E. Miner St.
847-577-3040
Pool: 847-577-3036

SENIOR CENTER
1801 W. Central Rd.
847-797-5341

RESIDENT REGISTRATION BEGINS DECEMBER 6 AT 10 AM



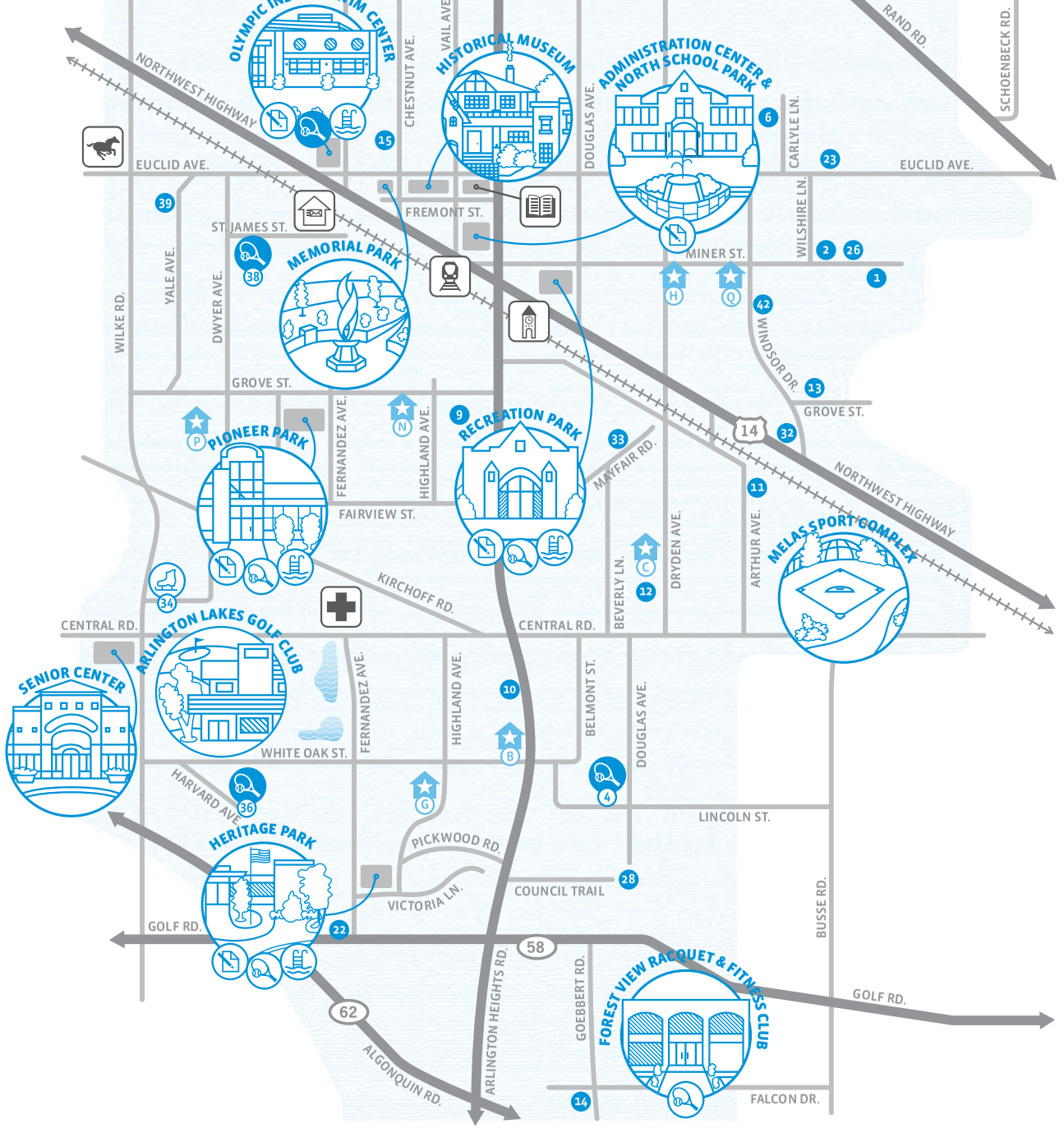
Programming Partners

A. Betsy Ross School - 700 N. Schoenbeck Rd.
B. Dist. 25 Adm. Center - 1200 S. Dunton
C. Dryden School - 722 S. Dryden Pl.
D. Greenbrier School - 2330 N. Verde Dr.
E. Ivy Hill School - 2211 N. Burke
F. John Hersey High School - 1900 E. Thomas St.
G. Juliette Low School - 1530 S. Highland Ave.
H. Miner Jr. High - Miner & Dryden
I. Olive Mary Stitt School - 303 E. Olive
J. Patton School - 1616 N. Patton Ave.
K. Poe School - 2800 N. Highland
L. Rand/Futabaki School - Waverly & Arlington Hts. Roads
M. Riley School - 1209 E. Burr Oak
N. South Middle School - 314 S. Highland Ave.
O. Thomas Middle School - 1430 N. Belmont
P. Westgate School - 500 S. Dwyer
Q. Windsor School - 1315 E. Miner

Key

- Cultural Center
- Lighted Tennis Court
- Tennis Court
- Swimming Pool
- Resident Registration
- Ice Skating
- Fishing
- Arlington Heights International Race Track
- Arlington Heights Memorial Library
- Arlington Heights Post Office
- Arlington Heights Train Station
- Arlington Heights Village Hall
- Northwest Community Healthcare/Hospital
- Programming Partners

Arlington Heights Park District



Arlington Heights Park District

Matrix Key

♿	ADA Accessible

PARK NAME	LOCATION	ACRES	Washrooms	Registration	Pool	Gymnasium	Playground	Ball Diamond	Soccer Field	Football	Outdoor Tennis	Indoor Tennis	Basketball	Preschool	Volleyball	Shared Use Path	Shelter	Garden Plots	Ice Rink	Sled Hill	Special Use	NOTES
Administration Center	410 N. Arlington Heights Rd.	1.10	♿	•			♿															
North School Park	N. Arlington Heights Rd. & Eastman St.	1.65	♿				♿								•					•		Fountain, Amphitheater
Arlington Lakes Golf Club	1211 S. New Wilke Rd.	90.50	•	•																•		18 Hole Course, Banquet Hall Service Center
Camelot Park	1005 E. Suffield Dr.	15.00	♿	•	♿	•	♿	•	•		3 L		•	•	•	•	•		•			Indoor walking track
Forest View Racquet & Fitness Club	800 E. Falcon Dr.	5.80	♿	•							6,5L	6					•			•		Racquetball and Fitness
Frontier Park	1913 N. Kennicott Dr.	29.40	♿	•	♿	•	♿	2	•		2 L		• L			♿	•	•				Outdoor Pool, Maintenance Service Center
Hasbrook Park	333 W. Maude Ave.	14.00					♿	2			2 L		1/2 L			0.5						
Heritage Park	506 W. Victoria Ln.	22.30	♿	•	♿		♿	•	•		3 L		2 L		•	0.8			2	•		Outdoor Pool
Heritage Tennis Club	7 W. College Dr.	2.90	•	•								8										
Historical Museum	110 W. Fremont St.			•																		
Lake Arlington	2101 N. Windsor Dr.	93.00	♿				♿								2.25	•				•		Lake, Boating, Fishing, Concessions, Boathouse
Melas Sports Complex	1500 W. Central Rd.	35.00	♿				♿	4 L						2	2.5	•				•		Canine Commons Dog Park
Memorial Park	305 W. Fremont St.	0.50																		•		Military Memorials/Flame Sculpture
Nickol Knoll Golf Club	3800 N. Kennicott Ave.	56.00	♿					•							1.25					•		9-Hole Course
Olympic Indoor Swim Center	660 N. Ridge Ave.	9.90	♿	•	♿		♿				2		•							•		Indoor Pool, Safety Town Course, Skate Park
Pioneer Park	500 S. Fernandez Ave.	23.30	♿	•	♿	•	♿	4	•		4 L		•			0.8			2			Outdoor Swimming Pool
Recreation Park	500 E. Miner St.	21.10	•	•	♿	•	♿	1,1L			3 L		•			•			•			Outdoor Swimming Pool

1	Banta Park	21 N. Phelps Ave.	1.50					♿					1/2			•							
2	Berbecker Park	207 N. Wilshire Ln.	2.00					♿	•				1/2										
3	Camelot Connector Parkway	2649 N. Douglas Ave.	5.40													♿							
4	Carefree Park	508 E. Lincoln St.	10.60					♿	•	•		2	2			•							Roller Hockey
5	Carousel Park	1925 E. Suffield Dr.	5.80					♿		•			1/2			♿							
6	Carriage Walk	425 E. Frederick St.	3.30					♿								•							
7	Centennial Park	1209 E. Burr Oak Dr.	21.40					♿	2	•		4	•			♿	•				•		Nature Area; Ball field
8	Creekside Park	1928 N. Schaefer Rd.	22.40					♿				2	1/2		•	•							
9	Cronin Park	309 S. Highland Ave.	2.00					♿								•							
10	Cypress Park	1254 S. Evergreen Ave.	5.00															•					
11	Davis Street 1 & II	1436 E. Davis St.	4.90																				Maintenance Service Center
12	Dryden Park	811 E. Rockwell St.	3.36					♿	•	•		4					•						
13	Evergreen Park	336 S. Forrest Ave.	3.50					♿	•				•										
14	Falcon Park	2408 S. Goebbert Rd.	1.10					♿					1/2										
15	Festival Park	309 W. Hawthorne St.	0.33					♿									•						
16	Flentie Park	2040 E. Mulberry Ln.	4.50					♿	•				1/2		•	•							
17	Green Slopes Park	N. Belmont Ave. & Olive St.	5.00									4				•				•			
18	Greenbrier Park	1410 W. Roanoke Dr.	9.90					♿	2			•				♿							Roller Hockey
19	Greens Park	N. Douglas and E. Marion St.	4.20					♿					•			•							
20	Happiness Park	2208 N. Verde Dr.	3.60					♿															
21	Hickory Meadows Park	N. Douglas and E. Marion St.	5.00													•	•		2				
22	Kingsbridge Arboretum	903 W. Victoria Ln.	5.20																		•		Memorial Arboretum
23	Klehm Park	1615 E. Hawthorne St.	2.00					♿					•										
24	Lake Terramere	10 N. Kennicott Ave.	11.00					♿								•							Lake, Fishing
25	McDonald Creek Parkway	307 E. Hackberry Dr.	11.00													•							
26	Methodist Park	216 N. Prindle Ave.	8.50						4	•		•											Ballfields
27	Patriots Park	1815 N. Dale Ave.	17.00					♿	2	•			2				•						Ballfields
28	Prairie Park	1695 S. Belmont Ave.	10.00					♿	•	•			•			•							
29	Rand - Berkley	Waverly & Brookwood	7.06					♿	3	•													
30	Rand Connector Parkway	2440 N. Chestnut Ave.	1.70																				
31	Raven Park	2913 N. Mitchell Ave.	8.50					♿	2	•		3	•										Ballfields
32	Rose Garden Park	531 E. Northwest Hwy	0.50																				
33	Shaag Park	360 S. Lincoln Ln	1.70										1/2										
34	Sunset Meadows I & II	1201 W. Kirchoff Rd.	37.13	♿				♿		•	2					0.9	•		2	•	•		Driving Range, Putting Green, Bocce Baggo
35	Sunset Ridge	512 W. Ashford Ln.	2.35					♿					•										
36	Victory Park	1313 S. Harvard Ave.	1.70					♿				•											
37	Virginia Terrace	1447 N. Chicago Ave.	3.50					♿	•				•			♿							
38	Volz Park	903 W. St. James St.	5.00					♿	•			•	1/2			•							Pickleball
39	Westgate Park	213 N. Reuter Dr.	2.00					♿								•							
40	Wildwood Park	2321 N. Prindle Ave.	6.50					♿				3	2			•							
41	Willow Park	2039 N. Brighton Pl.	22.00					•								•							
42	Windsor Parkway & Triangles	Windsor & Wilshire	4.50																				

ADDITIONAL PROGRAMMED SITES

A	Betsy Ross/Ann Sullivan School	700 N. Schoenbeck Rd.					•						•		•							
B	District 25 Administrative Ctr.	1200 S. Dunton							•	•													
C	Dryden School	722 S. Dryden Pl.						♿	•												•		C.A.P Site
D	Greenbrier School	2330 N. Verde Dr.							2												•		C.A.P Site
E	Ivy Hill School	2211 N. Burke																			•		C.A.P Site
F	John Hersey High School	1900 E. Thomas St.																					
G	Juliette Low School	1530 S. Highland Ave.					•	♿					•								•		Day Camp Site, C.A.P Site
H	Miner Jr. High	Miner & Dryden							2														
I	Olive Mary Stitt School	303 E. Olive																			•		C.A.P Site
J	Patton School	1616 N. Patton Ave.							•												•		C.A.P Site
K	Poe School	2800 N. Highland					•		2				•		•						•		C.A.P Site
L	Rand/Futabaki School	Waverly & Arlington Heights							3	•													
M	Riley School	1209 E. Burr Oak							•												•		C.A.P Site
N	South Middle School	314 S. Highland Ave.																			•		Day Camp Site
O	Thomas Middle School	1430 N. Belmont							2	•													
P	Westgate School	500 S. Dwyer																			•		C.A.P Site
Q	Windsor School	1315 E. Miner								•											•		C.A.P Site

OUR LADY OF THE WAYSIDE SCHOOL

enriching minds.
fostering faith.

Come to our Winter Open House
Sunday, January 29 from 10:30am - 1:00pm

Our Lady of the Wayside School offers PK3-8th grade

U.S. Department of Education · National Blue Ribbon School · 2015

Please call 847-255-0050 or visit us at
www.olwschool.org • facebook.com/olwschool
twitter: @olwschoolah • instagram: @olwschoolah

432 S. Mitchell Avenue, Arlington Heights, IL 60005

HOLIDAY LIGHTS

AT NORTH SCHOOL PARK

An Arlington Heights tradition. Stop by with the family between November 25 and January 6 and be whisked into a winter wonderland.

With over 80,000 lights adorning whimsical displays, it makes for the perfect backdrop for keepsake holiday photos and creating warm family memories.

The park district continues to make transformations of their own as they remain committed to their goals of sustainability and energy efficiency. LED lights continue to be used this year to brighten even more displays than last year. Every year the Arlington Heights Park District transitions more lights creating a "greener" holiday tradition.

Arlington Heights Park District

410 North Arlington Heights Road
Arlington Heights, Illinois 60004
847.577.3000 | ahpd.org

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