

Arlington Heights Park District

2014

AHPD

winter



847.577.3000 | ahpd.org

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Resident Registration
begins Dec. 5

#recreationredefined

Your PARKS AND PLAYGROUNDS HAVE BEEN OR WILL BE UNDERGOING RENOVATIONS

Here's a breakdown of what's been done and what will be completed:

Frontier Park RE-OPENING SOON

If you haven't seen Frontier Park lately, you're in for a wonderful surprise come springtime. Improvements concentrated on outdoor park areas and amenities. In an effort to establish healthy turf for athletic fields and garden plots, these amenities will re-open in Spring 2015. Significant improvements to storm water drainage and new parking spaces along Fernandez Avenue were completed in October.

Status Report:

Ice rinks relocating to Sunset Meadows

New basketball courts and tennis courts

New playgrounds for 2-12 year olds

New picnic shelter

New lighted path system

New soccer field and baseball/softball diamonds

New garden plots

Winter 2013-2014

Opening Fall 2013

Opening Fall 2013

Opening Fall 2013

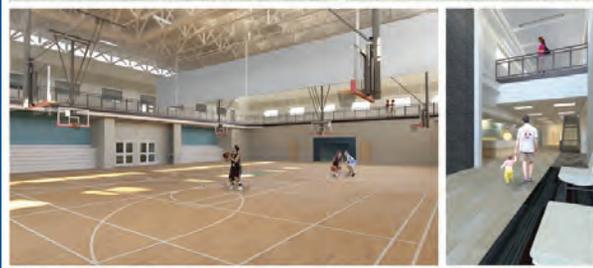
Opening Spring 2014

Opening Fall 2014

Opening Spring 2015



Camelot Community Center



Camelot Community Center **CLOSED** until Fall 2014

Thanks to input from residents and with the assistance from a \$2.5 million grant from the Illinois Department of Natural Resources, Camelot Community Center will soon undergo a major renovation. Pre-construction activities began in September. While this renovation will cause a short-term closure of the center, the benefits to the 44 year-old building will be significant, including much needed upgrades and an improved overall recreation experience. Recreation programs have been temporarily relocated to other park district facilities.

Here's what you can expect:

- New indoor, elevated walking track
- New gymnasium
- Improved lobby, programming space and preschool room
- Energy efficient electrical and mechanical systems
- Improved, additional parking
- The Pool – *Status:* Will open mid-to-late June 2014

*Learn more about these and other capital improvement projects
by visiting the park district's website at ahpd.org*

Shake UP THE SEASON

Let it snow, let it snow, let it snow! Wintertime is always a little more glorious when you add a light dusting of magical snow. Our collection of parks and facilities bring you all of that, and more, regardless of what the weather looks like outside. Just imagine the simplistic joy of the season captured in a photo that you can experience whenever you please. It's all here at the Park District, where outdoor ice skating rinks and sled hills are ready to stir up a whole lot of winter enchantment. And our selection of cool recreation programs and family friendly special events will open your eyes to the wonder of magical moments shared with friends and family to cherish now and with future generations.

Much of what the Park District stands for, and in particular special events such as the Annual Tree Lighting, have been steeped in rich tradition since 1925. As I reflect on 2013, filled with vivid memories, I am reminded that a tradition of excellence has been as handcrafted and masterfully refined here as the finest snow globes that many of us remember shaking up as children.

The year 2013 shook up a lot of perceptions of what the Arlington Heights Park District ought to be. For years, the management of Park District has been passed from generation to generation, always landing in the hands of a professional staff passionate about the benefits of recreation and in enhancing the quality of life of its residents. And, much like the beloved snow globe that so many of you hold as collectible keepsakes, these professionals treasure your input and seek to refine your experiences on a daily basis. With your input, we were able to implement many new and exciting improvements across Arlington Heights just waiting for you to create new memories. See facing page.

As we look forward to 2014, just remember that memories don't exist on a shelf, frozen in time like in a snow globe. You can't bottle the thrill of learning the waltz in preparation of a special occasion such as your wedding day. Or seeing your child lace up their ice skates for the first time or creating the perfect snow angel. But you can etch it in your mind forever with a visit to your local park this winter or by enrolling in a program that you've been dreaming of.

Happy New Year and may your 2014 be filled with simple joys and memorable moments.



Sincerely,
Maryfran H. Leno

Mission Statement

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

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.



Maryfran H. Leno



Myles A. Naughton



Robert J. Nesvacic



Timothy A. Gelinas



H. William Ploger



“We don’t stop playing because we grow old; we grow old because we stop playing.”

GEORGE BERNARD SHAW

#recreationredefined

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Important Dates

- December 5 Resident registration begins at 10 am.
 - December 16 Nonresident registration begins at 10 am.
- Please note: Lessons at Forest View Racquet Club and Heritage Tennis Club have different registration dates. Please check these sections of the guide for details.*
- January 3 Dance Lessons begin
 - January 6 Winter programs begin
 - March 2 Winter programs end
 - January 25 Spring program guide delivered.
- Residents - call 847.577.3003 x5353 if you don't receive your copy by then.*

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.

2014 Winter Special Program Registration Dates

Page	Class/Program Name	Special Registration Info
33	Water Exercise	Purchase coupons in-person at Olympic Pool.
110	Group Fitness & Group Power	Purchase punch card at any facility.
76	Senior Center Programs	Register in-person at Senior Center Park District Office.
36	Forest View Racquet & Fitness Club	See page 40 in the guide for registration details based on current lesson participation and member/ non-member status.
42	Heritage Tennis Club	See page 44 in the guide for registration details based on current lesson participation and member/ non-member status.
15	CAP Before and After School	Registration began May 6.
113	Chilly Open	Register early at Arlington Lakes Golf Course. Event is January 18.

Meet the Board of Commissioners:

Attend the Board Meeting every 2nd and 4th Tuesday of each month at the Administration Center, 410 N. Arlington Heights Road, at 7 pm.

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.



Who do you contact?

- 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 and Maintenance hotline.....847.577.3003 press 8
- Soccer inclement weather.....847.577.3003 ext.5700
- RecreationProgram hotline.....847.577.3003 press7
- Special events hotline.....847.577.3003 press 1
- Adult Softball Inclement hotline.....847.577.3003 press 6

Comments or questions:

- Park Maintenance**.....847.577.3009
- General questions**.....comments@ahpd.org
- Our website**.....ahpd.org

Facilities

Administration Center
410 N. Arlington Hts. Rd – 847.577.3000
Hours: 9 am - 5 pm weekdays

Arlington Heights Historical Museum*
110 W. Fremont Street - 847.255.1225
Administrator: Kristina Christie

Arlington Lakes Golf Club
1211 South New Wilke Road
Golf Pro Shop: 847.577.3030
Golf Supervisor: Tim Govern
Assistant Golf Supervisor: Kathleen Benson
Golf Maintenance Supv.: Al Bevers

Camelot Park
1005 East Suffield Drive
UNDER CONSTRUCTION
Please contact Heritage Park for
Camelot Programming: 847.577.3020

Forest View Racquet & Fitness Club
800 East Falcon Drive – 847.640.2574
Racquet Club Manager: Nancy Alfonso
Club Coordinator: Karen Galvin

Frontier Park
1933 North Kennicott Drive – 847.577.3015
Recreation Supervisor: Nick Wirth

Hasbrook Cultural Arts Center
333 West Maude Avenue

Heritage Park
506 West Victoria Lane – 847.577.3020
Recreation Supervisor: TBD

Heritage Tennis Club
7 W. College Dr. – 847-398-7780
Manager: Chris Nisbet
Assistant Manager: Chris Thompson

Lake Arlington
2201 N. Windsor – 847.577.3059 (May-Oct.)
Manager: Kevin Keister

Melas Park
1500 W. Central Ave.
Mount Prospect

Nickol Knoll Golf Club
3800 N. Kennicott Avenue – 847-590-6050
Golf Supervisor: Tim Govern
Assistant Golf Supervisor: Kathleen Benson
Golf Maintenance Supv.: Terry McDonald

Olympic Indoor Swim Center
660 North Ridge Avenue – 847.577.3025
Aquatic Program Supervisor: Steve Neill
Aquatic Facility Supervisor: Alli Bergquist

Senior Programs at the Senior Center*
1801 W. Central Rd. – 847.797.5341
Recreation Supervisor: Megann Panek

Pioneer Park
500 South Fernandez Avenue
847.577.3035 (Center) | 847.577.3036 (Pool)
Recreation Supervisor: Tom Divello

Recreation Park
500 East Miner Street
847.577.3040 (Center) | 847.577.3038 (Pool)
Recreation Supervisor: Lindsey Robertson

*Village facilities/ park programs

ADMINISTRATIVE STAFF

EXECUTIVE DIRECTOR'S OFFICE

Executive Director	Steve Scholten sscholten@ahpd.org
Director Finance and Personnel	Donna Wilson dwilson@ahpd.org
Director of Parks and Planning	Alann Peterson apeterson@ahpd.org
Director of Recreation and Facilities	Brian Meyer bmeyer@ahpd.org
Superintendent of Marketing and 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

Superintendent Of Human Resources	Nancy Aldrich naldrich@ahpd.org
Training and Safety Specialist	Pat Klawitter pklawitter@ahpd.org
Accounting Manager	Mary McGuire mmcguire@ahpd.org

PARKS AND PLANNING DEPARTMENT

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
Park Planner II	Scott Elman selmane@ahpd.org
Park Planner I	Colleen McCarty cmccarty@ahpd.org

RECREATION AND FACILITIES DEPARTMENT

Director of Recreation and Facilities	Brian Meyer bmeyer@ahpd.org
Preschool/Day Camp Supervisor	Lynn Minuskin (LM) lminuskin@ahpd.org
Aquatic Program Supervisor	Steve Neill (SN) sjneill@ahpd.org
Aquatic Facilities Supervisor	Alli Bergquist (AB) ABergquist@ahpd.org
Camelot Park/Lake Arlington Supervisor	Kevin Keister (KK) kkeister@ahpd.org
Frontier Park Supervisor	Nick Wirth (NW) nwirth@ahpd.org
Heritage Park Supervisor	Kevin Keister (KK) kkeister@ahpd.org
Pioneer Park Supervisor	Tom Divello (TD) tdivello@ahpd.org
Recreation Park Supervisor	Lindsey Robertson (LR) lrobertson@ahpd.org
Superintendent of Recreation	John Robinson jrobinson@ahpd.org
Athletic Supervisor	Paul Ratajczak (PR) pratajczak@ahpd.org
Athletic Supervisor	Matt Healy (MH) mhealy@ahpd.org
Fitness/C.A.P. Supervisor	Stacey VanEnkevort (SV) svanenkevort@ahpd.org
Arlington Lakes Golf Club/Nickol Knoll Golf Club Manager	Tim Govern (TG) tgovern@ahpd.org
Arlington Lakes Golf Club/Nickol Knoll Golf Club	Kathleen Benson (KB) kbenson@ahpd.org
ALGC Golf Maintenance Supervisor	Al Bevers abevers@ahpd.org
NKGC Golf Maintenance Supervisor	Terry McDonald tmcdonald@ahpd.org
Superintendent of Recreation	Cathy Puchalski cpuchalski@ahpd.org
Cultural Arts /Special Events Supervisor	Laura Oberg (LO) loberg@ahpd.org
Museum Administrator	Kristina Christie (KC) kchristie@ahpd.org
Museum Program Coordinator	Teri Ozawa (TO) tozawa@ahpd.org
Senior Center Supervisor	Megann Panek (MP) mpanek@ahpd.org
Forest View Racquet & Fitness Club Manager	Nancy Alfonso (NA) nalfonso@ahpd.org
Forest View Racquet & Fitness Club Coordinator	Karen Galvin (KG) kgalvin@ahpd.org
Heritage Tennis Club Manager	Chris Nisbet (CN) cnisbet@ahpd.org
Heritage Tennis Club Assistant Manager	Chris Thompson (CT) cthompson@ahpd.org

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.

PROGRAM GUIDE

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. Listed below are the delivery dates for Spring through Summer, please mark your calendars.

Guide	Delivery Date (Saturdays)
Spring 2014	January 25
Summer 2014	April 19

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 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.



ETC

good to know

General Program Information

Winter Classes: The majority of Winter classes begin January 6; dance classes begin January 3. Please be sure to check class descriptions to confirm start dates. **Registration and class start dates for the Forest View Racquet & Fitness Club and Heritage Tennis Club are different; please check these sections of the guide for details.**

Don't Delay: Many classes fill quickly. Remove the registration form and keep it handy as you look through the Program Guide. Winter resident registration begins at 10 am on Thursday, December 5.

OOPS! 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.

Important Class Cancellation Information: Program Supervisors begin reviewing class enrollment and canceling classes that do not meet minimum enrollment approximately ONE WEEK prior to the class starting. It is extremely important that you try to register for class choices no later than one week before they begin.

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. The fee waivers will terminate 60 days after honorable discharge. 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.

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.

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.

Assistance: 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.

Scholarships: The Park District offers a Scholarship Program for those unable to afford the full fee. Please call 847.577.3009 for more information.

Classes On Religious Holidays: Within a program session, classes may fall on a day that residents honor as a religious holiday. 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.
- Your program supervisor will be happy to assist you with either option.

Age Requirement: When a class lists a minimum age, your child must be that age when the program ends. Contact the program supervisor if you have any questions.

GET CONNECTED



Opt-in to receive our E-Newsletter, Become a Fan on our Facebook page or follow us on Twitter.



Be in the know with our monthly E-Newsletter featuring the latest news, special offers, program updates, special events and other valuable information regarding Program Guide delivery and registration dates for each program session.



Follow us on Twitter: @ahparkdistrict

Like us on Facebook: @ahpdfan

Sign up to receive our E-Newsletter at ahpd.org

Community Center Office Hours

Frontier, Heritage, Pioneer, and Recreation Parks

Monday-Friday 1 - 5 pm

Saturday 9 am - Noon

Olympic Indoor Swim Center

Monday-Friday 9 am - 7 pm

Saturday 8 am - 1 pm

For your convenience, online and mail-in registration is accepted for most Park District programs. Hours are subject to change.

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, 9 am-5 pm.

be safe!



Building and Room Rentals

Do you need a place for your business meetings/programs, birthday parties, family reunions, showers, company basketball games, or any group function? The Arlington Heights Park District may have just what you are looking for.

Process for choosing a facility:

If you know the facility that you want to rent you can contact them directly during office hours. If you are unsure of what facility will work best for you call 847.577.3000 for personalized assistance.

Rental rates:

Fees vary based on the facility, room size, group size, individual group needs etc. The facility you contact will be able to quote you the specific rental rates.

Meeting rooms, some with kitchen facilities

Frontier, Heritage, Pioneer, Recreation Parks, Olympic Indoor Swim Center and the Arlington Heights Historical Museum.

Gymnasiums

Camelot (**Under construction; will reopen Fall 2014**), Frontier, Heritage, Pioneer and Recreation Parks. Ross School, and Poe School. For Poe or Ross inquiries contact John Robinson at 847.506.3131 | jrobinson@ahpd.org

Tennis or racquetball party

Forest View Racquet & Fitness Club | 847.640.2574
Heritage Tennis Club | 847.398.7780

Indoor Pool Rentals and Party room

Olympic Indoor Swim Center

Contact: 847.577.3025

Banquet rooms

Arlington Lakes Golf Course (ideal for luncheons, business meetings, bridal showers, weddings, and holiday parties). Maximum room capacity is 120 people.

Contact: Kathleen Benson | 847.577-3030 | kbenson@ahpd.org

Outdoor Weddings

North School Park

Contact: Laura Oberg, 847.577.3000 | loberg@ahpd.org

Picnic Groves

A variety of picnic areas are available throughout the Park District. Groups over 20 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).

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: John Robinson, 847.506.7131 | jrobinson@ahpd.org



Current Exhibit:

Arlington Artists on Display Runs through January 26, 2014

The Museum's Heritage Gallery is transformed into an art gallery showcasing the multimedia work of Arlington Heights' artists. Enjoy the original work of talented artists living in our own community. Artwork on display is not for sale during the exhibition.

Made in Arlington Heights Opens February 8, 2014

Ever wonder what soda pop and milk have in common? They were both produced in Arlington Heights. Come explore what was manufactured in your very own town. *Made in Arlington Heights* will feature our very own soda pop business that began in the basement of F.W. Müller's home in the late 1800s. Learn more about the entrepreneurs and business's that made products in the village.

Heritage Gallery and Shop

Hours: Fri-Sun. 1:30-4:30pm (excluding holidays)
112 W. Fremont St. 847.255.1225 | ahmuseum.org
No admission charge. \$2 donation recommended.



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.

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 Safety training is required. Punch passes expire one year from date of purchase.



Apply Online

Paper job applications? Not any more! The Arlington Heights Park District has an Online Job Application program. Now 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.

We've Got CLASS

Help us recognize our most outstanding employees!

A CLASS employee excels in one or more of the following areas:

- **Customer Satisfaction** - striving to continually meet and exceed customers' expectations.
- **Leadership** - taking initiative in all aspects of our jobs, and mentoring staff to help them reach their full potential.
- **Attitude** - embracing a positive, professional, and helpful presence at all times.
- **Service** - treating every customer respectfully and competently, and putting the utmost value on meeting the needs of both our external and internal customers.
- **Safety** - approaching all aspects of our work in a safe and sensible manner.

Has an Arlington Heights Park District staff member exceeded your expectations in any of the areas listed above? If so, please take a few moments to fill out a C.L.A.S.S. employee nomination form. Forms are available at the registration desk of each park facility and on our website: ahpd.org.

The Arlington Heights Park District staff member you nominate receives a copy of your nomination, a commemorative pin, and is eligible to win a quarterly prize. Quarterly winners are eligible for annual grand prizes. All quarterly nominees and winners are announced and recognized at the end of each quarter. The annual winners are announced in December.

Creating A Healthy Environment

In response to the national concern of smoking 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 non-smoking areas. Our facilities include the buildings, fenced outdoor pool areas and athletic fields.



Inclement Weather Policy

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: www.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 to search for the Park District by name or phone.

E-mail:

- Sign up for personalized e-mail notification of the District's status at www.EmergencyClosings.com

Recycling in the Parks

You may have noticed something new in the past couples of years in our parks. Our green garbage containers now double as recycling cans. In an effort to become a greener component to our community, the Park District has partnered with Groot Recycling and Waste Services. Here's how it works. All the trash collected in our small garbage trucks will be hauled and dumped at Groot's facility in Elk Grove Village. This state of the art recycling/waste facility separates the recyclable material from the solid waste. For our special events and for some of our higher use facilities and parks we will be providing special containers with special liners to assist in the front end collection. If you have any further questions please contact Frontier Service Center at 847.577.3013

COMMUNITY

stay involved

NWSRA

Providing recreation services to individuals with special needs
Arlington Heights Park District is a member of a 16-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 offer tremendous benefits to participants: increased self-esteem; physical, social and recreation skills development; improved fitness and health, the experience of new challenges, making friends and having fun. After school, evening and weekend programs feature sports, games, arts and crafts, fitness, cooking and drama. Camps, trips and special events are planned throughout the year.

Inclusion assistance is provided by NWSRA 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.

Brochures with NWSRA programs are available at the Administration Center or from NWSRA at Park Central, 3000 W. Central Road, Rolling Meadows. Contact them at 847.392.2848 (voice); 847.392.2855 (TTY); or 847.392.2870 (FAX). Leaders needed. If you'd like to work with NWSRA programs, call 847.392.2848.

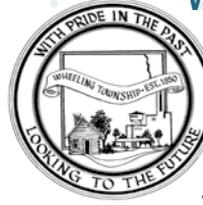
Get the Most out of Life

Recreation and physical activity are for everyone. Recreation Access Illinois helps people with disabilities live life to the fullest. For available resources, call 1.800.900.8086 or recreationaccessillinois.org.



For Your Safety

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



Wheeling Township Food Pantry

The Arlington Heights Park District is proud to be working with the Wheeling Township Food Pantry 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. Please call the Food Pantry at 847.259.7730 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.**

Step Up to Health

The Park District can help you with your healthy lifestyle. All the opportunities listed below can get you off the couch and moving!

This program promotes:

- Healthy Lifestyles
- Ways to Improve your Health

Take a walk around the path at the Nickol Knoll Park/Golf Course (3800 N. Kennicott Avenue), or the Sunset Meadows Driving Range (Kirchoff Rd. & Dwyer Avenue.)

Get Fit. Fitness Facilities/Programs are held at Forest View Fitness and Racquet Club (800 E. Falcon Drive), Recreation Park (500 E. Miner Street.), Pioneer Park (500 S. Fernandez) and Senior Center Athletic Club (1801 W. Central Road.) Sign up today for one of our great fitness classes, check out the Park District program guide or go online to ahpd.org under the Exercise and Wellness section.

Many types of dance classes are offered from tap, jazz, hip-hop, and ballroom. Classes are for all youth, adults and seniors. Many team and individual sporting activities are offered throughout the Park District; Softball, Golf, Swimming, Tennis, Basketball, Soccer and Volleyball. Whether active or passive, we offer recreation options for everyone to Step Up to Health. Visit ahpd.org for classes, programs and directions to our parks.

\$5 OFF

All Arlington Heights Residents receive \$5 off all LEARN TO SKATE classes and a resident rate rebate for all hockey classes.

(not an actual coupon, just mention this ad)

Check the Website for *Learn to Skate* times and sessions

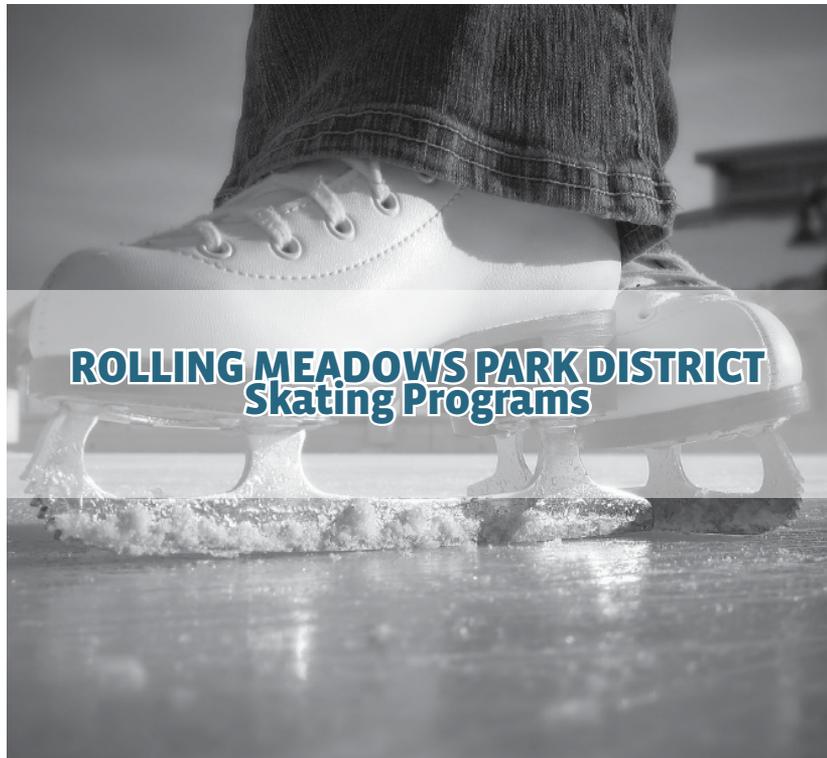
rmparks.org

847.818.3210

or for Hockey

rmrenegadehockey.com

847.398.2700 x108



ROLLING MEADOWS PARK DISTRICT
Skating Programs

Affiliate Groups

Within the Park District, certain activities or programs can be best implemented through the development of special interest groups. We consider the following organizations, which are open to the public, as our “partners” in providing additional recreational outlets for the Arlington Heights’ residents.

Arlington Heights Bicycle Association meets at Recreation Park the fourth Wednesday each month at 7:30 pm. The Bike Club activities include speakers, slide presentations, repair classes, short and long rides and special events. For more information go to cyclearlington.com.

Arlington Trotters Running Club offers support and motivation to runners of all levels. The club sponsors races and special events annually. Meetings are held at Heritage Park on the second Thursday of each month at 7:30 pm. Call 847.577.3020 for more information.

Community Concert Band provides the residents of Arlington Heights with an opportunity for individual musical expression and growth. Concerts are provided to enrich the musical appreciation of the community. Practices are at 7:30 pm Wednesdays at Forest View Educational Center on Goebbert. For more information, contact Joan Rogers, Band President at rogers.joan@comcast.net or visit their website at arlingtonheightsband.org.

Northwest Radio Control Club is involved with radio controlled model aircraft. Meetings are held the second Tuesday of each month at Frontier Park from 7:30-10 pm. Call 847.577.3000 for more information.

Arlington Heights Garden Club meets at the Arlington Heights Memorial Library the third Monday of each month at 7 pm, September through May (no meeting in December). Knowledgeable speakers offer information and practical advice of interest to the beginning and the seasonal gardener. The Garden Club also offers a wreath workshop in December, a perennial plant exchange in the spring and a garden walk in the summer. Guests are always welcome. For more information, call Gloria Solonickne at 847.398.2079.

Arlington Heights Youth Athletic Association is responsible for administering the boys baseball, girls softball, youth football and cheerleading programs in Arlington Heights. The Youth Athletic office is located just east of Frontier Park at 1929 N. Kennicott. Normal office hours are Monday, Wednesday and Friday from 1-4 pm. Please call 847.870.0081 with questions or visit ahyaa.org for online registration and other registration information.



Special Volunteers - Golf, Museum and 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 7. 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 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: Ed McGinn (Chairman), Perry Gentile (Vice Chairman), Skip Kornfeind, Glen Watson, Steven Fegen, Dan O'Grady, Debbie DeZonna and Steve Cyboran. For more information call 847.506-7131.

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: Connie Landwehr and Peggy Greco. For details, call Kristina Christie, Museum Administrator at 847.255.1225.

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: Steve Perille (Chairman), Charles McLaughlin (Vice Chairman), Bill McGovern, Steve Shapiro, Gary Lira, David D'Onofrio and Todd Delahanty. For more information, call 847.506-7133,



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.

The Band Plays On

You've enjoyed the summer outdoor concerts at North School Park, now the music continues as the Arlington Heights Community Concert Band moves indoors for three concerts presented by District 214 Community Education:

- December 8, 2013
- March 2, 2014
- May 4, 2014

Bring the family to Forest View Educational Center, 2121 S. Goebbert Road (just south of Golf Road & east of Arlington Heights Road) at 3 pm. For more information you can visit their website at arlingtonheightsband.org.

CHILDREN *at* PLAY (C.A.P.)

Before and After school care for K-5

What is CAP?

C.A.P. is a cooperative program between the Arlington Heights Park District, the Village and School Districts 21, 25, and 59. This quality, recreational before and after school program is available on-site at 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.

Program Philosophy

C.A.P. (Children at Play) will provide opportunities for all participants to develop a positive self-image through experiences in a fun, friendly, structured and safe environment. Participants will also be able to develop their social skills interacting through play and a variety of different activities that include problem solving, teamwork and following basic directions. This program 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. Our goal is to provide a program that strongly supports the six pillars of character: trustworthiness, respect, responsibility, fairness, caring and citizenship. "Character Counts" and benefits of a healthy lifestyle will be incorporated in all aspects of C.A.P.

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

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

		Total Cost for the school year*	Deposit Due at registration	8 equal monthly installments September 1-April 1
		Dist. 21&59/Dist. 25	Dist. 21&59/Dist. 25	Dist. 21&59/Dist. 25
A	Before & After School Full Time	\$2142/\$2223	\$238/\$247	\$238/\$247
B	Second child discount	\$1926/\$2007	\$214/\$223	\$214/\$223
C	Before School Full Time	\$990/\$1026	\$110/\$114	\$110/\$114
D	Second child discount	\$891/\$927	\$99/\$103	\$99/\$103
E	After School Full Time	\$1233/\$1278	\$137/\$142	\$137/\$142
F	Second child discount	\$1107/\$1152	\$123/\$128	\$123/\$128
G	Before & After School Part Time	\$1485/\$1539	\$165/\$171	\$165/\$171
H	Second child discount	\$1341/\$1386	\$149/\$154	\$149/\$154
I	Before School Part Time	\$666/\$693	\$74/\$77	\$74/\$77
J	Second child discount	\$594/\$621	\$66/\$69	\$66/\$69
K	After School Part Time	\$828/\$855	\$92/\$95	\$92/\$95
L	Second child discount	\$747/\$774	\$83/\$86	\$83/\$86

Full Time Enrollment - Attends 4-5 days/week

Part Time Enrollment - Attends 1-3 days/week

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.

Registration and Fees

Registration packets are currently available at the Administration Center at ahpd.org. Fees for the 2013-14 school year are listed above, there is the option to pay in full at time of registration or enroll in Auto Pay, where your monthly payment will be deducted the 1st of each month out of a debit/credit card.

For more information on the registration process and availability, call 847.577.3000 or visit our website at ahpd.org.

SPONSORSHIP OPPORTUNITIES

extend YOUR BRAND this year.



July 25 and July 26, 2014

All proceeds benefit the Arlington Heights Historical Museum

Linking the past and the present takes more than luck....it takes YOU. Bring the luck of the Irish to your business as a sponsor for the 15th Annual Irish Fest this summer. The following levels are available.

Music Stage Sponsor: \$2,500

- Company name will appear in title of music stage in all event related PR
- Sponsor's logo included in all print, electronic and social media including newsletters, websites, flyers and posters.
- Logo and link on event website and event program
- Up to two (2) banner placements on-stage (provided by the sponsor)
- One 10x10 canopy tent furnished with tables, chairs and electricity for on-site promotion of your company's products and services.
- Five (5) complimentary admission tickets
- Company representative eligible to serve as judge for Best Legs in a Kilt Contest

Pot of Gold Sponsor: \$1,000

- Logo and link on event website and event program
- Option to occupy one 10x10 canopy tent on site
- Name in print advertising
- Name and special mention on stage
- Four (4) complimentary admission tickets
- Logo on event signage, banners and program

Cash or Gifts In-Kind Donations valued at less than \$500

- Gift cards or certificates are needed for contest prizes
- Name on event program and website

Green Sponsor: \$500

- Name on event website and event program
- Option to occupy 10x10 canopy tent for one day or share with another sponsor for both days of event
- Name on signage at fest entrance
- Name mentioned in event announcements

Call Kristina Christie or Teri Ozawa at the Arlington Heights Historical Museum at 847.255.1225 to discuss your sponsorship package today!

Arlington Heights

Historical Museum



GIVE A "LIVING MEMORIAL"

BUY A TREE

Commemorate that special person or occasion with a living memorial. Choose from a selection of shade trees, ornamental trees or evergreens and select the park in which you wish to have the tree planted for a donation of \$395. Orders are accepted throughout the year, but will be placed with the nursery once in early spring and once in early fall based on tree establishment and growth success patterns (i.e. Evergreens do best when planted in the spring). Plantings are dependent upon weather.

Tree: \$395 for Ornamental Shade Evergreen

The tree is to honor: _____

Please plant tree at: _____

Contributions are tax deductible. Applications, tree kits, and brick order forms are also available at the Administration Center, 410 N. Arlington Heights Rd. Call 847.506.7143 for more information.

Send acknowledgement card to: Person or group making the donation:

Daytime telephone number: _____

Please note: The Arlington Heights Park District will be responsible for warranty of your memorial tree for up to four years after the planting.

OR, BUY A BRICK

Support the North School Park improvement program with an engraved paver. **Orders are accepted throughout the year, but will be placed with the engraver on February 1 and August 1. Installation of the bricks is dependent upon the weather, but will be expected in early summer and mid-fall respectively.**

An individual or not-for-profit group may donate: \$100* per brick

A business or corporation may donate: \$170* per brick

Please print clearly, one letter per box. Spaces and punctuation marks count as one letter. Maximum 13 letters per line.

Bank Charge Information: Visa Mastercard Discover

Card No. _____ Expiration Date: _____

Signature: _____

Your Name: _____

Address: _____

City: _____ State: _____ Zip: _____

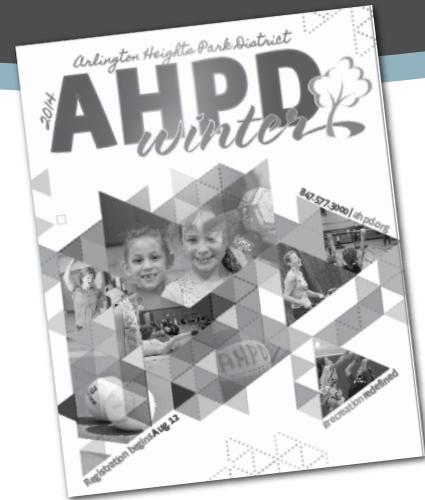
Phone: _____

Mail this form to : Arlington Heights Park District Living Memorial, 410 N. Arlington Heights Rd. Arlington Heights, IL 60004

*Prices in effect from 1/15/12-1/15/13

ADVERTISE WITH US

REACH *every* HOME IN ARLINGTON HEIGHTS



CONNECT TO THE COMMUNITY

Place your four-color ad in our quarterly Program Guide full of information on programs, special events, parks and more reaching over **34,000 households** in Arlington Heights. There is no better way to get your message to the thousands of local families who continually use our guide to plan for seasonal activities and beyond.

Maximize your limited marketing dollars today!

Program Guide

Spring 2014
Summer 2014

Artwork Due

December 14
March 12

Distribution Date

January 25, 2014
April 19, 2014

Reserve three ads and receive a special discount!

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)

For pricing information and to reserve your ad today, please contact Anita Pacheco, Superintendent of Marketing and Communications at 847.506.7141.



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.

**Half Page
Ad Size**
(7.25" w x 4.65" h)

**Quarter Page
Ad Size**
(3.55" w x 4.65" h)

BROADEN YOUR REACH

AND *extend* YOUR BRAND.

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.

Support your community and provide name recognition and expanded awareness for your company. Partnering with the Arlington Heights Park District allows you to reach thousands of residents and visitors to Arlington Heights and surrounding suburbs. A variety of special events and programs offers great on-site visibility opportunities if you are looking to introduce a new produce, service or offering. Our marketing staff will work with you to tailor a partnership program perfectly suited to meet your sales and marketing objectives.

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
- The ability to reach thousands of residents of Arlington Heights and surrounding communities
- Cross promotional opportunities with the Arlington Heights Park District in a long standing and well-respected organization and provider of recreation activities for families, adults, youth, and seniors
- The capability of promoting specific service lines or products and driving new business through your company's doors
- Positive public relations and promotion of community goodwill

MAXIMIZE YOUR ROI AND STRETCH YOUR LIMITED ADVERTISING AND SPONSOR DOLLARS WITH US! HERE'S HOW:

- Delivered four times a year to over 32,000 households in Arlington Heights, this Program Guide is an essential recreation-planning tool for residents
- If you are a golf, tennis, or fitness enthusiast, we have just the sponsorship for you!
- Two golf clubs, two racquet clubs, and a fitness center are great venues for your marketing needs. Consider co-branding with us for tournaments, golf outings, signage, and more.
- Opportunities for sponsorship of soccer, baseball, and volleyball are available. Over 8,000 youth participate per season. Add parents of our participants to the mix and you have reached a wider range of the family.
- 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.

OUR SPONSORS



All About Kids Dentistry
 Allegra Print & Imaging of Elk Grove
 Alphagraphics Printing
 Bathroom Planet
 Chiro One
 Daily Herald
 Gewalt Hamilton Associates, Inc.
 Home Matters - Lutheran Life Communities
 Illinois Arts Council
 Karen Gatta, JD - Baird & Warner
 Metropolis Performing Arts Centre
 Owens Corning Basement Finishings
 Park Foundation of Arlington Heights
 Patrick Finn, LTD
 Village Bank & Trust

For more information call Anita Pacheco, Superintendent of Marketing and Communications at 847.506.7141 or apacheco@ahpd.org.

WINTER FUN!

get outdoors

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 Sunset Meadows, Heritage, Hickory Meadows, Pioneer and Recreation Parks. All ice rink locations have free skating rinks. At Heritage, Sunset Meadows 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 build-up 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 refreezes 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 Alann Petersen, Director of Parks and Planning or 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 steel is prohibited. Snow boards are not allowed at these sled hills. Sledding at all sites is at your own risk.

Heritage Park: Lighted sled hill with an open sledding area.

Green Slopes, Nickol Knoll, and Sunset Meadows Parks:

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.



SPECIAL EVENTS

family fun!

SPECIAL EVENTS

Fancy Nancy Splendiferous Tea NEW!

Oh la la! A fancy tea in the historic Banta House. Put on your sparkles and glitter, and don't forget accessories! Delectable tea sandwiches and sweets are on the menu along with hot tea and holiday punch. Special entertainment by John Hersey High School's Charles Dickens Carolers. Registered children must be accompanied by a registered adult; using the same program code. Register by November 29, refunds will not be available after this date. (TO)

Location: Historical Museum

Class	Age	Day(s)	Time	Date	Fee
3015-6	4+	Sa	1:30-2:45 pm	12/7	\$20

Tea with Mrs. Claus - Just for Adults NEW!

Who is Mrs. Claus? Does she have a first name? What is it like, being married to Santa? Everyone has heard about Mr. Santa Claus. He is the most famous overachiever in the world. But who is Mrs. Claus? She was first revealed as a character in a book written by Katherine Lee Bates in 1899. Mrs. Claus will tell it all: the ups and downs of her marriage, her (two) identity crises, the dramatic lives of reindeer and how she found love, joy and the spirit of Christmas with the man in the red velvet suit. This special visitor joins us for an adult only tea program in the historic Banta House. Register by November 29, refunds will not be available after that date. (TO)

Location: Historical Museum

Class	Age	Day(s)	Time	Date	Fee
3030-5	21+	F	1:30-3 pm	12/6	\$20



Teri Ozawa

Museum Program Coordinator

For more information on programs at the Historical Museum, please call Teri at 847.255.1225 or tozawa@ahpd.org.

Doll Tea with Fancy Nancy: Fanciest Doll in the Universe

Doll lovers of all ages will enjoy this special tea served in the 100 year old N.M. Banta house on the museum grounds. Participants have a detailed look at dolls from our recent Calendar Dollies exhibit, tour of the current Martha Mills doll collection exhibit highlighting fashion through the ages and view the charming Lorraine Korenthal dollhouses. We will read Fancy Nancy: Fanciest Doll in the Universe. You are encouraged to dress very fancy, just like Nancy. Dolls are welcome to come to tea, too. (You are never too old to bring your favorite doll!) The tea includes delicious sandwiches, homemade sweets, steaming pots of tea and a festive punch. Tables seat four, but larger groups can be accommodated. Open to adults and children 5 years and older. Registered children must be accompanied by a registered adult; using the same program code. Register by November 29, refunds will not be available after this date. (TO)

Location: Historical Museum

Class	Age	Day(s)	Time	Date	Fee
3017-7	5+	Sa	10:30-12:15 pm	12/7	\$20

Holiday Tea at the Museum

Invite your family and friends to tea in the century-old N.M. Banta House. The staff serves delicious finger sandwiches and sweets accompanied by steaming pots of tea and a festive punch. The halls are decked, and the tables are set with linens and silver. The harpist is ready; we await your arrival. Tables seat four, but larger parties can be accommodated. Children must be 6 years and older and accompanied by a paid adult to attend. Please register by November 29, refund will not be available after that date. Location: Banta House, corner of Euclid and Vail Sts. (TO)

Location: Historical Museum

Instructor: Harpist Kendall Braun

Class	Age	Day(s)	Time	Date	Fee
3019-8	6+	Su	12:30-2 pm	12/8	\$20
3019-9	6+	Su	3-4:30 pm	12/8	\$20

Holiday Cookie House

Bake and build a cookie house made out of Tollhouse cookie dough. Pattern and recipe will be emailed prior to class; please be sure you provide a correct email address when you register. You make the dough and bake the sections at home. Houses are assembled, glued with frosting, and decorated with candies during the class. Each family makes one house. Please register one family member per house. Registration is now open. (TO)

Location: Historical Museum

Instructor: Carolyn Lundgren

Class	Day(s)	Time	Date	R/NR Fee
3022-0	F	6:30-8 pm	12/20	\$20/\$24

School Day Off - Snow Tubing at Villa Olivia

No school, what are you going to do? Join us this Martin Luther King, Jr. Day for an awesome day of snow tubing with your friends at Villa Olivia. Transportation and supervision will be provided by our Park District. All you have to do is register and get ready for an action packed day on the slopes! Sign up early, space is limited! (LR)

Location: Recreation

Class	Age	Day(s)	Time	Date	Fee
4002-3	10-15 yrs	M	8 am-12 pm	1/20	\$35

Schools Out at Olympic

School's Out! Parents drop your children in grades 1-6 off at Olympic for a full day of fun! A wide variety of activities will be offered including: swimming, arts & crafts, board games and other team and individual events. Lunch will be provided by the Park District. If you have any questions, contact Nick Wirth, Recreation Supervisor at Frontier Park, 847.577.3016. (NW)

Location: Olympic Indoor Swim Center

Class	Age	Day(s)	Time	Date	Fee
4000-1	gr 1-6	M, T	9 am-3 pm	1/20-1/21	\$60
4000-0	gr 1-6	M	9 am-3 pm	1/20	\$35
4000-2	gr 1-6	T	9 am-3 pm	1/21	\$35

Overnight Teen Ski & Snowboard Trip

Grab your friends and join teens across Illinois as we take over Chestnut Mountain Ski Resort in Galena, IL for one very cool night. Best of all, after midnight, the entire resort has been rented out just for teens! All 17 slopes as well as the 7-acre snowboard park will be open until 2am for skiing & snowboarding. Never skied before? No problem! Free ski & snowboard lessons for beginners will be running all night. When you're ready for a break from the cold, stop by the bonfire to warm up or head inside to hang out in the video game room and snack bar. All costs are included except snacks, so teens should bring money for food. Fee of \$82 includes lift ticket, lesson & rental. Fee of \$60 includes lift ticket & lesson. Fee of \$14 includes admission to event. This fee is for no lift ticket, no lesson, and no rental. An additional waiver is required. (LR)

Location: Recreation **Classes:** 2

Class	Age	Day(s)	Time	Date	Fee
4004-4	11-18 yrs	F, Sa	6 pm-5 am	2/21-2/22	\$82
4004-5	11-18 yrs	F, Sa	6 pm-5 am	2/21-2/22	\$60
4004-6	11-18 yrs	F, Sa	6 pm-5 am	2/21-2/22	\$14



Lindsey Robertson
Recreation Park Supervisor

For more information on programs at the Recreation Park, please call Lindsey at 847.577.3040 or lrobertson@ahpd.org.



Daddy Daughter - Princess Ball

Fathers, bring your daughter out for the 6th Annual father daughter ball. This year Arlington Lakes Golf Course will be transformed into a princess castle. Throughout the evening, there will be dancing and a good time to be had by all. Dessert and beverages will be served. Dress to impress! Don't forget your camera. For more information, contact Kathleen Benson at 847.577.3031. The first class code listed is for dads and their daughter. The second code is for any additional daughters attending. AT THE DOOR REGISTRATIONS WILL NOT BE ACCEPTED. Advanced registration required. (LR)

Location: Arlington Lakes Golf Club

Class	Age	Day(s)	Time	Date	R/NR Fee
4000-4	4-10 yrs	Sa	7-9 pm	2/8	\$34/\$44.50
4000-5	4-10 yrs	Sa	7-9 pm	2/8	\$14/\$19



WINTER CAMPS

tis the season

WINTER CAMPS

Floor Hockey Camp NEW!

Check out a one-of-a-kind indoor game that involves the fast pace of real hockey but on a solid surface. During this camp, participants will learn the offensive and defensive fundamentals and mechanics of floor hockey. This camp will include stick handling, passing, shooting and goalie techniques as well as team drills. Participants will also develop endurance, coordination and speed through fast and fun floor hockey games played each day of camp. (SV)

Location: Recreation **Classes:** 2
R/NR Fee: \$24/\$36
Class **Age** **Day(s)** **Time** **Date**
 3033-4 Th, F 7-9 yrs 1-2:30 pm 12/26-12/27



Pee Wee Sportsters Camp

This camp introduces Pee Wee Sportsters to soccer, floor hockey, kickball and baseball with an emphasis 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. (SV)

Location: Recreation **Classes:** 2
R/NR Fee: \$24/\$36
Class **Age** **Day(s)** **Time** **Date**
 3004-8 Th, F 4-6 yrs 9-10:30 am 12/26-12/27

Basketball Shooting Skills Camp - NEW!

Do you want to continue improving your basketball shooting skills? Then, this is the camp for you. 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. (SV)

Location: Recreation **Classes:** 2
Class **Age** **Day(s)** **Time** **Date** **R/NR Fee**
 3743-0 7-9 yrs Th, F 10:30-12 pm 12/26-12/27 \$24/\$36



HOLIDAY CAMP

Arts Alive - The Winter Adventure

If you loved Arts Alive in the summer, you will love it in the winter! Students experience different types of art forms, games, movement, and crafts. Projects are different from the summer (Please Note: There will be no t-shirt painting). (LO)

Location: Hasbrook

Class	Age	Day(s)	Time	Date	R/NR Fee
3032-6	3.5-5 yrs	M	10 am-12 pm	12/23	\$40/\$50
3032-7	3.5-5 yrs	M	10 am-12 pm	12/30	\$40/\$50
3032-8	5-7 yrs	Th, F	1-3 pm	12/26-12/27	\$40/\$50
3032-9	5-7 yrs	Th, F	1-3 pm	1/2-1/3	\$40/\$50
3033-0	6-9 yrs	Th, F	10 am-12 pm	12/26-12/27	\$40/\$50
3033-1	6-9 yrs	Th, F	10 am-12 pm	1/2-1/3	\$40/\$50
3033-2	7-14 yrs	M	1-3 pm	12/23	\$40/\$50
3033-3	7-14 yrs	M	1-3 pm	12/30	\$40/\$50

Holiday Day Camp

This all-day camp is a mini-version of the Park District's Summer Day Camp program (Arlington Adventure and Sunny Meadows). Each day we'll have sporting activities, crafts, movies, and go outside, weather permitting. The Park District provides lunch on December 27 and January 3, 2014. In order to secure adequate staffing, registrations will not be accepted after 12/19/13. (LM)

Location: Frontier

Class	Age	Day(s)	Time	Date	R/NR Fee
3038-0	M	5-11 yrs	7-9 am	12/23	\$10/\$12.50
3038-1	M	5-11 yrs	9 am-3 pm	12/23	\$29/\$34.50
3038-2	M	5-11 yrs	3-6 pm	12/23	\$15/\$18.50
3038-3	Th	5-11 yrs	7-9 am	12/26	\$10/\$12.50
3038-4	Th	5-11 yrs	9 am-3 pm	12/26	\$29/\$34.50
3038-5	Th	5-11 yrs	3-6 pm	12/26	\$15/\$18.50
3038-6	F	5-11 yrs	7-9 am	12/27	\$10/\$12.50
3038-7	F	5-11 yrs	9 am-3 pm	12/27	\$29/\$34.50
3038-8	F	5-11 yrs	3-6 pm	12/27	\$15/\$18.50
3038-9	M	5-11 yrs	7-9 am	12/30	\$10/\$12.50
3039-0	M	5-11 yrs	9 am-3 pm	12/30	\$29/\$34.50
3039-1	M	5-11 yrs	3-6 pm	12/30	\$15/\$18.50
3039-2	Th	5-11 yrs	7-9 am	1/2	\$10/\$12.50
3039-3	Th	5-11 yrs	9 am-3 pm	1/2	\$29/\$34.50
3039-4	Th	5-11 yrs	3-6 pm	1/2	\$15/\$18.50
3039-5	F	5-11 yrs	7-9 am	1/3	\$10/\$12.50
3039-6	F	5-11 yrs	9 am-3 pm	1/3	\$29/\$34.50
3039-7	F	5-11 yrs	3-6 pm	1/3	\$15/\$18.50

Winter Break Preschool Music Camp

Calling all kids interested in learning about and making music. Activities in this mini camp will include learning about different styles of music and playing small hand held instruments provided by the camp such as boom whackers, bells, rhythm sticks and more. The participants will hear a story tied to the theme of the day, and make an instrument or craft, listen to guest musicians and have a performance at the end of each class. This program will be taught by college music education majors who have participated in high school and college marching band, jazz bands, orchestras and pep bands. Great camp to increase your love of music! (LO)

Location: Pioneer

Instructor: Jamie Minuskin

Class	Age	Day(s)	Time	Date	R/NR Fee
3035-4	M	4-7 yrs	10-11:30 am	12/23	\$16/\$20
3035-5	M	4-7 yrs	10-11:30 am	12/30	\$16/\$20
3035-6	Th	4-7 yrs	10-11:30 am	12/26	\$16/\$20
3035-7	Th	4-7 yrs	10-11:30 am	1/2	\$16/\$20
3035-8	F	4-7 yrs	10-11:30 am	12/27	\$16/\$20
3035-9	F	4-7 yrs	10-11:30 am	1/3	\$16/\$20

OLYMPIC *indoor swim center*

660 North Ridge Ave. | 847.577.3025

Steve Neill, Aquatic Program Supervisor
Alli Bergquist, Aquatic Facility Supervisor

Visit the three fun pools at Olympic Indoor Swim Center!

- The **lap pool** is 25 yards long and six lanes wide with a depth that slopes from 3.5 feet to 5 feet end-to-end. The **diving well** includes a three-meter drop slide and walk-out stairs and two one-meter diving boards. There is also a unisex **sauna** on the pool deck for use by those over the age of 18.
- The **zero-depth family activity pool** has a 50-foot flume slide, **tot slide**, and stair entry along with **floor geysers** and **water-play** features.
- The **ADA accessible** building includes a passenger elevator and a customer service counter. We have both men's and women's locker rooms and four family changing rooms. There is ample space in the lower level for small or large gatherings, corporate meetings, parties and classes. There is also a room available for your gatherings located right off the pool deck adjacent to the family activity pool.



Daily Admission 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.

Daily Admission

Adult Lap Swim: \$5.50 R/\$7.75 NR
Parent and Tot Time: \$3.25 R/\$5.25 NR

Evening Admission

After 6 pm: \$2.75 R/\$4.75 NR

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.

Our schedule can be viewed online at ahpd.org

NOTE: Use of Floatation Devices

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. Your child's safety is our highest priority.

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.**



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.

Swimming is Lifelong.

The Arlington Heights Park District offers a wide range of aquatics options for all ages. We offer swim lessons, swim teams, diving lessons, swim camps, public open swim, adult lap swim, water exercise and senior swim.

Parent Tot Open Swim

For parents and their little ones. The Family Activity Pool is open, but the big slide is closed. A perfect time to enjoy the pool with small children.

Open Swim

A great time for the family. When the lap pool is open, there are 3 lanes available for anyone who wants to swim laps.

Adult Lap Swim

Lap Swim specifically for those 18 and over. Please swim to the right to share lanes. Sharing lanes is required when all 6 are full.

Senior Swim

Those 60 and over can enjoy a relaxing afternoon in the pool. We also have an exercise class in up to 3 lanes on Monday, Wednesday, and Fridays.

See the full schedule online at ahpd.org.

What fits you best?



Want a job next summer?

Camelot: 847.577.3010
Frontier: 847.577.3015
Heritage: 847.577.3020
Olympic: 847.577.3025
Pioneer: 847.577.3035
Recreation: 847.577.3040

We began developing staff for the summer pool season in October 2013. Almost 400 part-time staff work in the aquatics department over the summer. From October through December we recruit from the previous summer staff. We'll be accepting applications for the summer of 2014 after January 1, 2014. Positions include lifeguard, swim instructor, concession attendant, and cashier. Each pool has a maximum number of staff that can be employed for each position. Depending on how many staff return from the previous summer, there may not be openings for specific jobs at the individual pools. To fill out a job application visit our website at ahpd.org and click on JOBS and then click on ONLINE JOB APPLICATION. Applications will be not be accepted after January 31, 2014.

The hiring process is different depending on the job you are applying for. Those interested in becoming a lifeguard have to participate in a screening process. The purpose of the screening is to give you an opportunity to see what the job is about and to see if you have the physical skills and endurance necessary to be a successful lifeguard. There will be several screening classes offered in spring of 2014. Those that are deemed successful at the screenings will be allowed to take the lifeguard training class. Once you pass a screening you can take the lifeguard training class. Once you pass the lifeguard training class, then you can be hired as a lifeguard. As of the printing of the Winter program guide, those dates cannot be determined yet. To summarize, those interested in being a new lifeguard have to apply, successfully complete a screening in either the winter or spring, and then take the lifeguard training class in May or June of 2014.

Those interested in becoming a swim instructor also have to participate in a screening process. The purpose of the swim instructor screening is to ensure that you can perform the swimming skills that you may be teaching. New swim instructors have to be able to perform all the swim skills up to the Golden Guppies level. Those that are deemed successful at the swim instructor screening will be hired as a swim instructor.

Those interested in being a cashier or concession attendant will know if they are going to be hired or not after the interview. There is no screening for these positions, but there will be job training prior to starting work.

During May and early June there are several required job trainings that all staff must attend.

All of the positions have an age cut off:

- To enroll in a lifeguard class you must be 15 years old by the last day of the class.
- To work as a swim instructor you must be 15 years old by 6/1/14
- To work as a cashier or concession attendant you must be 16 years old by 6/1/14

For questions regarding job availability at specific pools, please call the facility directly and speak with the supervisor. For specific questions regarding lifeguard training, please call Steve Neill at 847.590.6059.



Olympic Indoor Swim Center
660 North Ridge Avenue
847.577.3025 | ahpd.org

Swim Lesson Parent Information

Winter Session Dates:

Weekday - 1/6 to 2/20

Saturday - 1/11 to 2/22, no class on 1/25

Sunday - 1/12 to 2/23

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, when Parent's Day is held 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. You can also view this on-line at ahpd.org/swimming/SwimLessonInfo.htm.

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.

Parent's Day

Parent's days are held for Jr. Swim School and Swim School and are a day when parents are invited pool side to observe their child's skills and to talk with the swim instructor.



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 refund off 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, Steve Neill 847.590.6059, sjneill@ahpd.org.



Steve Neill

Aquatic Program Supervisor

For more information on programs at Olympic, please call Steve at 847.590.6059 or sjneill@ahpd.org.



Alli Bergquist

Aquatic Facility Supervisor

For more information on programs at Olympic, please call Alli at 847.577.3047 or abergquist@ahpd.org.

SWIM CLASSES

What swim class is right for me?

The Park District offers a variety of swim programs to encourage swimming as a lifelong skill. Programs cover age 6 months through adult swim lessons. In addition to swim lessons, we also offer youth water polo, competitive stroke clinics and water exercise.

Ages 6 to 24 months - [Water Babies with a parent](#)
Helps you and your child relax and enjoy the water through the use of songs, games and activities.

Ages 2 to 5 years old - [Water Toddlers with a parent](#)
You and your child learn basic swimming skills to enhance the time you spend together in the pool.

Ages 3 and over - [Semi-Private Swim School](#)
Same as Swim School, listed below.

Ages 3 and over - [Individual Private Swim Lessons](#)
An alternative to Swim School which offers one-on-one instruction designed to fit your needs.

Ages 3 to 6 years old - [Junior Swim School](#)
Develop your toddler's swimming skills to prepare them for Swim School when they are age appropriate. The goal is to keep children learning and interested in swimming so they will succeed in Swim School.

Ages 5 to 12 years - [Swim School](#)
There are ten different levels for a young swimmer to progress through. Progressive skill learning challenges your child from level to level. Maximum is 6 students to 1 instructor.

Age 5 to 12 years - [Diving](#)
Learn the basics of diving from a one-meter diving board.

Age 6 to 14 years - [Swim Academy](#)
This new program will advance your swimming skills beyond the Guppies Level. The four competitive strokes, starts and turns will be the focus.

Age 6 and up - [Diving Club](#)
Expand your diving knowledge and improve your skills. For participants who want to make more of a commitment to diving.

Age 8-14 - [Youth Water Polo](#)
An instructional program to spark interest in the sport. Coaches will challenge participants through drills and scrimmages.

Ages 11 to 17 years old - [Teen Swim Lessons](#)
For the teen beginner- a student older than participants in Swim School. Instructors focus on specific teen needs.

Ages 18 and over - [Adult Swim Lessons](#)
Designed to meet the needs of our adult participants. Instructors focus on what the individual wants to learn.

Ages 18 and over - [Water Exercise Classes](#)
A variety of fun and invigorating water workouts.

Water Babies (6-24 months)

This program is designed to help you and your child, age 6 to 24 months, learn to relax and enjoy the water through games, activities and songs. Frequency is the key to water adjustment and learning. Try to attend all classes and include swimming in your family's recreational activities. A parent must accompany each child and be actively involved in the instruction. Infants need to wear tight fitting rubber pants over a diaper or a swimming diaper. We have swim diapers available for purchase. **No class 1/25.**(SN)

Fee: \$52/\$78.50 for M,Su
\$41/\$61.50 for Sa

Class	Day(s)	Time	Date	Classes
4006-7	M	9:10-9:40 am	1/6-2/17	7
4006-8	M	6:20-6:50 pm	1/6-2/17	7
4006-9	Sa	10:05-10:35 am	1/11-2/22	6
4007-0	Su	10:05-10:35 am	1/12-2/23	7

Water Toddlers (2-5 yrs)

Children age 2-5 years learn basic swimming and safety skills including water adjustment activities and water entries and exits. We'll help you teach your child a variety of aquatic skills. A parent must accompany each child and be actively involved in the instruction. Frequency is the key to water adjustment and learning. Enjoyment is essential to learning. When you concentrate on activities your children enjoy most, they'll enjoy the process while learning at their own pace. Children not potty trained must wear a swim diaper or tight fitting rubber pants over a diaper. We have swim diapers available for purchase. **No class 1/25.** (SN)

Fee: \$52/\$78.50 for M,Su
\$41/\$61.50 for Sa

Class	Day(s)	Time	Date	Classes
4009-1	M	6:55-7:25 pm	1/6-2/17	7
4009-2	W	9:10-9:40 am	1/8-2/19	7
4009-3	Sa	10:40-11:10 am	1/11-2/22	6
4009-4	Su	10:40-11:10 am	1/12-2/23	7

Private Swim Lessons (3+)

Registration is available on the first day of resident registration and can be done on-line. The minimum age for private swim lesson has been lowered to 3 years old. Private swim lessons are designed to meet your child's individual needs. Each code is for two classes. You can sign up for as many as you like, but they are in sets of two. Parents will be contacted prior to the first day lessons by a Swim Lesson Coordinator who will ask about your instructor preference and what specifically your child needs to work on. It is our goal that this registration format makes it easier for both parents and staff to schedule and organize the private swim lessons. (SN)

R/NR Fee: \$50/\$75.50 **Classes:** 2

Class	Day(s)	Time	Date
4018-0	W	7:05-7:35 pm	1/15-1/22
4018-1	W	7:05-7:35 pm	1/29-2/5
4018-2	W	7:05-7:35 pm	2/12-2/19
4018-3	Sa	10:05-10:35 am	1/11-1/18
4018-4	Sa	10:05-10:35 am	2/1-2/8
4018-5	Sa	10:05-10:35 am	2/15-2/22
4018-6	Su	10:05-10:35 am	1/12-1/19
4018-7	Su	10:05-10:35 am	2/2-2/9
4018-8	Su	10:05-10:35 am	2/16-2/23



Jr. Swim School (3-6 yrs)

Junior Swim School is structured to accommodate beginning level swimmers through advanced swimmers that are not age appropriate for Swim School. The ratio is 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. Children must be toilet trained and out of diapers to participate in this class. (SN)

Class	Day(s)	Time	Date	R/NR Fee	Classes	No Class
4011-5	M	9:45-10:15 am	1/6-2/17	\$61/\$91.50	7	
4011-6	M	10:20-10:50 am	1/6-2/17	\$61/\$91.50	7	
4011-7	M	1-1:30 pm	1/6-2/17	\$61/\$91.50	7	
4011-8	M	1:40-2:10 pm	1/6-2/17	\$61/\$91.50	7	
4011-9	M	5:45-6:15 pm	1/6-2/17	\$61/\$91.50	7	
4012-0	M	6:20-6:50 pm	1/6-2/17	\$61/\$91.50	7	
4012-1	M	6:55-7:25 pm	1/6-2/17	\$61/\$91.50	7	
4012-2	T	9:45-10:15 am	1/7-2/18	\$61/\$91.50	7	
4012-3	T	10:20-10:50 am	1/7-2/18	\$61/\$91.50	7	
4012-4	W	9:45-10:15 am	1/8-2/19	\$61/\$91.50	7	
4012-5	W	10:20-10:50 am	1/8-2/19	\$61/\$91.50	7	
4012-6	W	1-1:30 pm	1/8-2/19	\$61/\$91.50	7	
4012-7	W	1:40-2:10 pm	1/8-2/19	\$61/\$91.50	7	
4012-8	W	5:45-6:15 pm	1/8-2/19	\$61/\$91.50	7	
4012-9	W	6:30-7 pm	1/8-2/19	\$61/\$91.50	7	
4013-0	Th	9:45-10:15 am	1/9-2/20	\$61/\$91.50	7	
4013-1	Th	10:20-10:50 am	1/9-2/20	\$61/\$91.50	7	
4013-2	Sa	10:05-10:35 am	1/11-2/22	\$53/\$79.50	6	1/25
4013-3	Sa	11:25 am-11:55 pm	1/11-2/22	\$53/\$79.50	6	1/25
4013-4	Su	10:05-10:35 am	1/12-2/23	\$61/\$91.50	7	
4013-5	Su	11:25 am-11:55 pm	1/12-2/23	\$61/\$91.50	7	

Semi-Private Swim School (3+)

This program is a blend of private swim lessons and our Swim School program. Student to instructor ratio is 2 to 1. The minimum age has been lowered to 3 years old. Classes will last a half hour. Classes will be taught using our Swim School lesson plans. Classes are limited to 16 students. Be aware that the first day of class will take longer to get started due to attendance and ability evaluations. Unfortunately there are no make-ups for missed classes. (SN)

Class	Day(s)	Time	Date	R/NR Fee	Classes	No Class
4015-6	M	6:20-6:50 pm	1/6-2/17	\$108/\$162.50	7	
4015-7	M	6:55-7:25 pm	1/6-2/17	\$108/\$162.50	7	
4015-8	Sa	10:40-11:10 am	1/11-2/22	\$93/\$139.50	6	1/25
4015-9	Su	10:40-11:10 am	1/12-2/23	\$108/\$162.50	7	

Swim School (5-12 yrs)

The ratio is six students per one instructor. These fun and exciting classes introduce and help develop stroke coordination and comfort in the water. The program has ten levels to help your child learn beginning through advanced swimming and safety skills. While many of the activities are repetitive, studies indicate that this is the best way for young children to learn. Frequency is the key to water adjustment and learning. All children learn at a different pace and will advance through the ten levels at a different pace. Just because a child does not advance a level does not mean they are not learning. Try to attend all classes and include swimming in your family's recreational activities.

- Did you know that once your child graduates from swim school they can still register for Swim School and participate in the tenth and final level, Graduate Swim School? This level focuses on refining the six swim strokes, and building endurance.
- Did you know that you can view all of the swim school level requirements on-line? Visit ahpd.org/swimming/SwimLessonInfo.htm to view them and other information about our swim program.

Participants register for classes by time periods and our staff will evaluate each child's ability on the first day of class. Therefore the first day of class will take longer to get started due to attendance and ability evaluations. If you took swim lessons during the prior season, please bring your end of lesson sheet so staff can properly place your child. We honor sheets from one season prior. Children can wear swim goggles. If your child has long hair we recommend they wear a swim cap or tie their hair back. Please remember there are no make-ups for missed classes. (SN)

Class	Day(s)	Time	Date	R/NR Fee	Classes	No Class
4020-9	M	5:35-6:15 pm	1/6-2/17	\$61/\$91.50	7	
4021-0	W	5:35-6:15 pm	1/8-2/19	\$61/\$91.50	7	
4021-1	Sa	11:15-11:55 am	1/11-2/22	\$53/\$79.50	6	1/25
4021-2	Su	11:15-11:55 am	1/12-2/23	\$61/\$91.50	7	

Diving (5-12 yrs)

Our diving program is designed to promote safety and a basic introduction to diving. There are two levels - beginner and intermediate.

To enroll in intermediate, you must have completed at least one session of beginner and be granted instructor approval. Divers are given specific goals that will help their skill development. Divers are encouraged to attempt new dives and explore the possibilities of what they can learn. The ratio is one instructor per five students. Beginning divers must be able to swim 15 yards. The three-step approach, front, back and twist dives are taught at the beginning level. Intermediate students will be introduced to new challenges such as flip and twist combinations. As students progress and gain skills, our instructor will continue to present new challenges. (SN)

R/NR Fee: \$53/\$79.50

Classes: 6

Class	Level	Day(s)	Time	Date	No Class
4023-3	Beg	Sa	8:35-9:15 am	1/11-2/22	1/25
4023-4	Beg	Sa	10:05-10:45 am	1/11-2/22	1/25
4023-5	Int/Adv	Sa	9:20-10 am	1/11-2/22	1/25

Diving Club (6+)

Expand your diving knowledge and improve your skills. This new club will hone your diving technique on a 1 meter spring board. Our coaches will challenge you. If you have taken at least one session of our beginning diving lessons and enjoyed it and improved as the session progressed, this may be a nice next step for you to take toward being a better diver. There are two levels based on age: 6-9 years or 10+.

There are four Thursdays that are effected by swim meets. The 6 to 9 year old group will meet from 7:30 pm to 8:15 pm and the 10+ group will meet from 8:15 to 9 pm on 1/9, 1/16, 1/23, and 1/30. For more information call Steve Neill at 847.590.6059. (SN)

Class	Age	Day(s)	Time	Date	R/NR Fee	Classes
4025-6	6-9 yrs	Th, Su	6:30-7:30 pm	1/9-2/23	\$113/\$169.50	14
4025-7	10+	W, Th, Su	7:30-9 pm	1/8-2/23	\$275/\$412.50	21

Swim Academy (6-12 yrs)

Swim Academy is a learn to swim program designed 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 one hour class will be structured as a combination between our swim lesson program and the competitive swim team, the Arlington Muskies. The core of the program is based around the four competitive swim strokes: backstroke, breaststroke, butterfly, and freestyle. This program is one part of swimming being lifelong. The ratio is eight students to one coach.

- Swimmers begin, in the novice level **Bronze**, with the basic skills associated with backstroke, breaststroke, and freestyle. Streamline, sometimes considered the “fifth” competitive stroke, will also be taught from the beginning. Swimmers will work through the progression of each stroke, starting from building endurance with a strong and efficient kick. The progression will continue with further parts of each stroke being broken down with the help of diagrams, and in water drills provided by the instruction of the coaches.
- The second level, **Silver**, continues freestyle and backstroke adding in the addition of flip turns. Breaststroke is taught in full and the beginnings of butterfly are also introduced.
- In **Gold** all strokes are worked on with proper turns. Students will also begin to work on using the pace clock. Throughout the program students will be introduced to some of the aspects of competitive swimming other than just the swim strokes themselves. The stroke, streamline, turn, and start are all equal parts of a race. (SN)

R/NR Fee: \$108/\$162.50

Classes: 13

Class	Day(s)	Time	Date	No Class
4027-8	Sa, Su	8:55-9:55 am	1/11-2/23	1/25

Youth Water Polo (8-14 yrs)

Water Polo is an exciting team sport to watch and even more exciting to play. This class will be coached by staff 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. Emphasis will be on having fun and learning the basics. Both the ball and goal will be smaller than what is used at the high school level. This class will be taught in the dive well. Students must know how to swim and be comfortable in deep water. (SN)

R/NR Fee: \$37/\$55.50

Classes: 7

Class	Day(s)	Time	Date
4029-9	Su	8-8:50 am	1/12-2/23

Adult and Teen Swim Lessons

This class was developed for adult and teen non-experienced swimmers through competitive swimmers wanting to perfect their techniques. Adult and teens are split up and taught separately. Participants are evaluated on the first day of class and placed with the appropriate instructor. Instructors work with participants to develop individual goals based on their needs and ability. **No class 1/25.** (SN)

R/NR Fee: \$53/\$79.50

Classes: 6

Class	Age	Day(s)	Time	Date
4032-0	11-17 yrs	Sa	8:10-8:50 am	1/11-2/22
4032-1	18+	Sa	8:10-8:50 am	1/11-2/22

Semi-Private Diving (12+) NEW!

This class will be limited to 5 students. Class is limited to participants 12 years old and older. Coach will work with individuals to improve technique and introduce new challenges. (SN)

R/NR Fee: \$122/\$183.50

Classes: 7

Class	Day(s)	Time	Date
4034-2	F	6:30-7:30 pm	1/10-2/21





Olympic Indoor Swim Center Rentals

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.

Have you ever thought about having your neighborhood block party at the pool? Olympic Indoor Swim Center is the place where the rain, snow, and wind do not matter.

Call our professional staff to discuss your event plans. Make your reservation now! 847.577.3025

Olympic Indoor Swim Center Rental Packages

Premier Package: This includes private use of the family activity pool, poolside party room, and Room A. Certified lifeguards are provided. Adult supervision is required for pool activities. **\$220/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. Please call Olympic Indoor Swim Center for available dates and times. **\$200/hour**

Celebration Package: This includes use of one lower level room. This is an ideal room for a family gathering or business meeting. The full 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.

Pool Side Package: This is 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.

Swimming can be added to all packages and rentals. Please ask our professional staff for more details. Call our professional staff to reserve your next room rental, 847.577.3025.

Water Exercise

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.

Coupons for classes may be purchased at Olympic Indoor Swim Center during regular business hours. All coupons have an expiration date and refunds will not be given for unused coupons. Classes failing to meet a minimum of nine participants on a consistent bases for two 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). (AB)

Drop-in Daily Fee: \$7/class

Water Exercise Coupons

5 Coupons	\$33
10 Coupons	\$62
20 Coupons	\$120
30 Coupons	\$171

All winter/spring coupons will expire on June 8, 2014.

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 Winter Session Schedule

All classes held at Olympic Indoor Swim Center

Classes run from January 6, 2014 through February 22, 2014.

The schedule for February 24-May 31, 2014 will appear in the Spring Program Guide

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 No class 1/25.
	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 1/25.
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	
		6:30-7:30 pm Shallow Water Exercise			



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 best part is we'll do everything for you... set up the party, run the games and activities, and even clean up the mess! The Arlington Heights Park District offers birthday parties at your local community centers and Olympic Indoor Swim Center.

We offer a unique and flexible birthday party service designed to fit your needs. All parties last 1½ hours, except for the Princess Party (2 hours) and swim parties at Olympic Indoor Swim Center.

All Parties include

- * Room set up and clean-up
- * Professional Park District staff to assist you with the planning from beginning to end
- * Two party hosts 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

* Prices are based on 14 children and the birthday child. Each additional child is \$5. (Clay parties based on 12 children incl. the birthday child).

Book today

For more info or to book your Community Center Party, please contact Lindsey Robertson at 847.577.3046 or lrobertson@ahpd.org



Community Center Parties

Princess Party (4-8 yrs) \$285

Let the AHPD make your little princess' birthday a royal affair making crafts and playing some fun filled activities just fit for a princess and her royal subjects. These parties are held only at Olympic, Pioneer and Heritage Park.

Sports Birthday Parties (4+) \$265

The birthday child and guests spend the party playing nothing but SPORTS! You can pick their favorite sport or up to 3 different sports for a variety that all children will be sure to love. Choose from: Soccer, basketball, baseball, kickball, floor hockey or flag football. **Max: 20 children**

Good Old Fashioned Birthday Party (4-8yrs) \$265

Remember the good old fashioned birthday party? We'll play games like pin the tail on the donkey, bozo buckets, hot potato, drop the clothespins in the jar, balloon pop and other fun old-time games. Parties are only at Olympic, Pioneer and Heritage Park.

Dance Party (4+) \$265

We'll begin in our state of the art dance studio with warm-ups, then move on to choreographed dance routines. The guest of honor can pick the style of dance: ballet, hip-hop, jazz or combine styles. Music is provided. Parties are held at Pioneer Park

Glaze Craze (4+) \$280

Come and create a one of a kind master piece! Everyone paints their own ceramic piece from a display of choices. The studio will fire, wrap and label all pieces for you to pick up with in 14 days. **Max: 12 children**

Wet Clay (4+) \$285

This party lets the children hand-build their own creations with the help of an instructor, choose the color of paint for their projects and then the studio will fire, wrap and label all of the projects for you to pick up with in 14 days.

Max: 12 children

Pool Parties

There are three pool party options. Adult supervision is required for all children attending the party. Pool parties are recommended for ages 4 and up. Prices include 14 children and the birthday child. Each additional child will cost \$5.

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

Silver Splash Party - 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. **\$355**

Bronze Splash Party - 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. This includes use of the flume slide and water play features. **\$325**

For more information and to book your Olympic Indoor Swim Center party, please call Alli Bergquist at 847.577.3047.

Swimming Parties at Olympic Indoor Swim Center

Have your next party at Olympic. Staff will work to customize your own swimming party to celebrate a great sports season, school year, or scout group.

Parties include a cake, two party hosts, juice, ice cream, table covers, plates, cups, napkins, forks, spoons, and of course swimming. Parties should be booked at least two weeks in advance. Parties start at \$325, for two hours, and includes 15 kids.

Please contact Alli Bergquist at abergquist@ahpd.org with any questions or to book!

Pool Rentals

Have you ever thought about having your neighborhood block party at the pool? Olympic Indoor Swim Center is the place where the rain, snow and wind do not matter.

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.

Call our professional staff to discuss your event plans. Make your reservation now! 847.577.3025

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. \$220/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. Please call Olympic Indoor Swim Center for available dates and times. \$200/hour.

Celebration Package - 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. The lower level can also be divided into smaller rooms (which accommodate approximately 50 people with tables and chairs). Please ask our professional staff for more details.

Pool Side Package - 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.

Swimming can be added to all packages and rentals. Please call our professional staff to reserve your next room rental, 847.577.3025.

Forest View Racquet & Fitness Club

Arlington Heights Park District



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 brand new look that includes; expansion of the cardio area, new flooring and cardio equipment. Plus a full series of CYBEX weight training equipment.

Meet the staff

- Nancy Alfonso, Manager, U.S.P.T.A.
- Karen Galvin, Club Coordinator
- Jason Stanislaw, Head Tennis Professional
- Nate Karagianis, Tennis Professional
- Eugene Naroditskiy, P.T.R., Tennis Professional
- Dan Tan, P.T.R., Tennis Professional
- Natalie Diorio - U.S.P.T.A., Tennis Professional
- Barb Theys, Nursery Attendant



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: tennis and racquetball
- ✦ Air-conditioned fitness/dance studio with wooden floor and mirrored walls
- ✦ Separate Men's & Women's Saunas
- ✦ 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.

Childcare

Childcare services are **complimentary** for Forest View members. A well-equipped nursery with caring attendants is available by appointment, Monday through Friday from 9 am-2:30 pm for children who are of walking age. The nursery is closed during the summer months, but reopens early in September for the 2013/14 season. The fee is \$4.50 per hour for the first child or \$7 per hour for two or more children from the same family.

Forest View Fitness Center

The 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 cardio room was updated in Summer 2011 with all new equipment. The exercise studio has a wooden floor, mirrored walls and air-conditioning. *Schedules for fitness, exercise, and athletic programs can be found in the Exercise & Wellness, Youth Athletic and Martial Arts sections of this brochure as well as the club website.* 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.

Personal Training

Personal training can help you get started with a workout routine, revitalize an existing one, customize an exercise regimen tailored to your specific needs, and help keep you motivated. Individual and package training sessions are available for your convenience. Call the club at 847-640-2574 to schedule your workout with a certified personal trainer.

	Member	Non Member
One Hour Private Session	\$60	\$68
Six Session Private Package	\$330	\$380
One Hour Semi-Private Session	\$35 pp	\$40 pp
Six Session Semi-Private Package	\$180 pp	\$205 pp

Permanent Court Time/Leagues

Register now for indoor tennis and racquetball permanent court time. 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.

Membership Rates and Privileges

There are two membership choices available at Forest View:

- 1 **Tennis Membership:**
Provides tennis, racquetball and fitness center access.
- 2 **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. This membership program includes a joining fee for new members; please ask about special joining fee promotions offered throughout the year.

Joining Fee	Tennis	Club
Individual	\$150	\$150
Family	\$200	\$200
Tennis	1x payment	Monthly Dues
Student (14+)	\$70	n/a
Adult	\$294	\$24.50
Family	\$450	\$37.50
Club	1x payment	Monthly Dues
Student (14+)	\$144	\$12
Adult	\$222	\$18.50
Family	\$318	\$26.50

Indoor Season: August 26, 2013- May 31, 2014

Tennis	Times	Hourly Rates
Monday-Friday	7-9 am	\$16
	9 am-5 pm	\$23
	5-10 pm	\$28
Saturday	8 am - 6 pm	\$28
	6 - 9 pm	\$23
Sunday	8 am - 4 pm	\$28
	4- 8 pm	\$23
Racquetball/Handball		
Monday-Thursday	6:30am-5:30 pm	\$8
	5:30-9:30 pm	\$12
Friday-Sunday	6:30 am- 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.

Guest Fee - Non Member Use of FV

Nonmembers are welcome to use club facilities, but must pay an \$8 guest fee at each visit for the first five visits, and \$12 for every visit thereafter. Nonmembers 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.

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 Tennis	\$5/hr Racquetball	\$16/hr
Guest Fee w/Member	\$3	
Guest Fee w/o Member	\$5 (Plus Full Court Fee)	

Private Lessons

We continue to offer professional group & private lesson instruction for juniors and adults throughout the indoor season. For information regarding the lesson program at Forest View, please contact Jason Stanislaw, Head Tennis Professional at 847.640.2574.

Rates

Tennis	Senior Staff	Associate Staff
1 person	\$76/hour	\$70/hour
2 people	\$39/hour, pp	\$36/hour, pp
Racquetball:	\$45/hour	

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, Head Tennis Professional.

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.

2013/14 Club Hours

Monday - Friday	6:30 am - 10:00 pm
Saturday	7:30 am - 9:00 pm
Sunday	7:30 am - 8:00 pm

2013/14 Season

September 1, 2013 - May 31, 2014

The 2013/14 season at Forest View Racquet and Fitness Club will begin on September 1, 2013 and continue through May 31, 2014. 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 2013/14 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.

Pro Shop

Members receive a 10% discount on pro shop purchases.

Wallyball

Forest View converted two racquetball courts into 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. Only Forest View members may reserve a court, but any group can play on stand-by for \$16 per hour (no guest fees for wallyball). Contact Forest View at 847.640.2574 for information on Wallyball, Permanent Court Time and Leagues.

Junior Lesson Progression

Quickstart - Red Ball	4-6 yrs
Quickstart - Red Ball	5-7 yrs
Quickstart - Red &/or Orange Ball	7-9 yrs
Quickstart - Red &/or Orange Ball	8-10 yrs
Advanced Quickstart - Red Ball	5-7 yrs
Advanced Quickstart - Orange Ball	7-9 yrs
Advanced Quickstart - Orange Ball	8-10 yrs
Junior Development I	10-13 yrs
Junior Development II	10-13 yrs
Junior Development III	11-14 yrs
Academy	Pro Placement

Forest View reserves the right to move students up or down levels at the discretion of professional staff.

10 and Under Quickstart Tennis Program

Forest View is proud to offer the Quickstart Tennis method of teaching for young junior players as the first of three phases of our lesson program. We believe that this is the best way to get students playing tennis at young ages with solid technique. Racquets, balls, and courts will be sized appropriately for each age, size, and ability level with the goal being to get kids playing tennis earlier in the learning process. These lessons will look more interactive with emphasis being placed on movement and body awareness, culminating in early rallies between student and instructor and soon thereafter from student to student. We are looking forward to grooming the next generation of northwest suburban tennis players with this initiative.

Registration dates for Winter Session 10 and Under Quickstart classes are:

Thursday, December 5	2013/14 Members and Fall II lesson participants
Monday, December 16	Open and online registration

Quickstart Tennis Lessons

Children are taught tennis technique and rules of the game in a format that is scaled to their size and ability. This miniature version of adult tennis allows the young beginner and advanced beginner to play and learn tennis at the same time. (NA)

Location: Forest View Racquet Club

Classes: 8

Class	Age	Day(s)	Time	Date	M/NM Fee
4041-2	4-6 yrs	M	9:30-10:15 am	1/6-2/24	\$111/\$132
4041-3	4-6 yrs	M	1:15-2 pm	1/6-2/24	\$111/\$132
4041-4	4-6 yrs	W	4:15-5 pm	1/8-2/26	\$111/\$132
4041-5	5-7 yrs	Th	4-4:45 pm	1/9-2/27	\$111/\$132
4041-6	7-9 yrs	M	4-5 pm	1/6-2/24	\$148/\$176
4041-7	8-10 yrs	Th	4-5 pm	1/9-2/27	\$148/\$176

Advanced Quick Start Tennis Lessons

A continuation of the Quickstart program appropriate for children that have taken the introductory Quickstart lessons and are ready for greater challenge. (NA)

Location: Forest View Racquet Club

Classes: 8

Class	Age	Day(s)	Time	Date	M/NM Fee
4043-8	5-7 yrs	Th	4:45-5:30 pm	1/9-2/27	\$111/\$132
4043-9	7-9 yrs	M	5-6 pm	1/6-2/24	\$148/\$176
4044-0	8-10 yrs	Th	5:30-6:30 pm	1/9-2/27	\$148/\$176

Junior Development Program

Junior Development is the second phase of the Forest View junior lesson program. This phase of the program is geared toward beginner and advanced beginner players ages 10 thru 14. The focus of training is on technical skill development in preparation for play. Junior Development is appropriate for students learning the game for fun, or as preparation for future competitive play.

- Level I: 10 - 13 year old beginners with little or no tennis experience. An introduction to stroke production and the basic rules of tennis.
- Level II: 10-13 year old advanced beginners. Players should be able to sustain slow to moderate rallies and have a basic service motion.
- Level III: 11-14 year old beginner and advanced beginner level players. This level is appropriate for young athletes new to tennis, as well as those with limited experience looking for a review of the fundamentals. (NA)

Location: Forest View Racquet Club

Classes: 8

M/NM Fee: \$148/\$176

Class	Level	Age	Day(s)	Time	Date
4048-1	I	10-13 yrs	M	4-5 pm	1/6-2/24
4048-2	III	10-13 yrs	T	5-6 pm	1/7-2/25
4048-3	III	11-14 yrs	Su	12-1 pm	1/12-3/2

Academy Program



Forest View is proud 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. For information on placement in the Academy Program please contact Head Tennis Professional, Jason Stanislaw at 847.640.2574 or jstani2836@yahoo.com (NA)

Requirements for participation in the Academy Program are:

- Forest View Junior Membership
- Competitive Play (Tournaments, High School Teams, Junior Match Play Program)
- Academy placement is per pro staff recommendation. Academy registration is in-person only.

Academy Registration Dates

Winter Session: Monday, October 21 - Sunday March 2, 2014 (17 weeks)

Registration Date: Monday, September 30

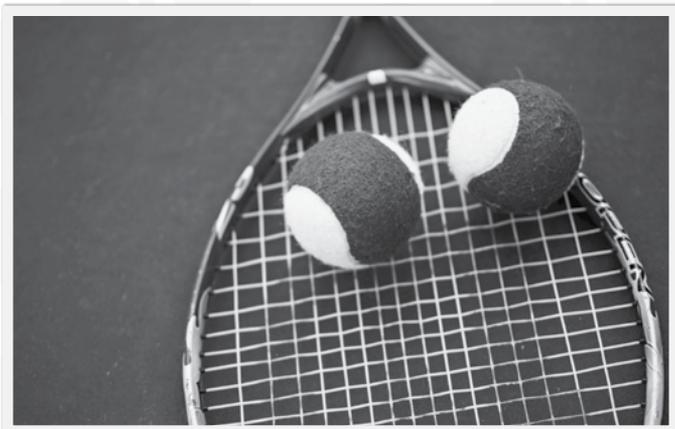
(No class: Thursday, November 28 - December 1, 2013)

(No class: Monday, December 23, 2013 - Sunday, January 5, 2014)

*Academy session dates are aligned with the high school sport season schedule.

Location: Forest View Racquet Club

Class	Age	Day(s)	Time	Date	Fee	Classes	No Class
3117-8	9-12 yrs	M	4-5:30 pm	10/21-2/24	\$476	17	12/23, 12/30
3118-0	9-12 yrs	W	4:30-6 pm	10/23-2/26	\$476	17	12/25, 1/1
3118-2	13-16 yrs	Su	1-2:30 pm	10/27-3/2	\$448	16	12/1, 12/29, 1/5
3118-4	13-17 yrs	T	4:30-6 pm	10/22-2/25	\$476	17	12/24, 12/31
3118-6	13-16 yrs	M	5:30-7 pm	10/21-2/24	\$476	17	12/23, 12/30
3118-8	13-17 yrs	Su	2:30-4 pm	10/27-3/2	\$448	16	12/1, 12/29, 1/5
3119-0	14-18 yrs	M	4-5:30 pm	10/21-2/24	\$476	17	12/23, 12/30
3119-2	14-18 yrs	Th	5:30-7 pm	10/24-2/27	\$448	16	11/28, 12/26, 1/2
3119-4	13-18 yrs	Th	4-5:30 pm	10/24-2/27	\$448	16	11/28, 12/26, 1/2
3119-6	14-18 yrs	M	7-8:30 pm	10/21-2/24	\$476	17	12/23, 12/30



Adult Tennis Program & Registration Dates

WINTER SESSION

Session Dates: Monday, January 20, 2014 - Sunday, April 6, 2014

No Class: Monday, March 24, 2014 - Sunday, March 30, 2014

Monday, December 9 2013/14 Members & Fall II Participants

Monday, December 16 Open and Online Registration



Nancy Alfonso
Club Manager

For more information on programs at the Forest View, please call Nancy at 224.795.5015 or nalfonso@ahpd.org.

Adult Drill and Play Programs

The adult instruction program includes five different levels, classified by title and NTRP scale. If you are uncertain about your entry level and NTRP rating, please consult a member of our pro staff or refer to the NTRP self-rating system. Since each class represents a specific ability level, completion of one session does not necessarily ensure graduation to the next highest level. Waiver required. (NA)

Location: Forest View Racquet Club

Classes: 10

Class	Age	Level	Day(s)	Time	Date	M/NM Fee	No Class
4050-4	18+	Beg	M	1-2 pm	1/20-3/31	\$185/\$220	3/24
4050-5	18+	Beg 1.5-2.0	T	6-7 pm	1/21-4/1	\$185/\$220	3/25
4050-6	18+	Adv Beg 2.0-3.0	M	9:30-11 am	1/20-3/31	\$268/\$298	3/24
4050-7	18+	Adv Beg 2.0-3.0	T	1-2:30 pm	1/21-4/1	\$268/\$298	3/25
4050-8	18+	Adv Beg 2.0-3.0	W	6-7 pm	1/22-4/2	\$185/\$220	3/26
4050-9	18+	Int 3.0-3.5	W	7-9 pm	1/22-4/2	\$312/\$348	3/26
4051-0	18+	Int 3.0-3.5	Th	10-11:30 am	1/23-4/3	\$268/\$298	3/27
4051-1	18+	Int 3.0-3.5	Th	6:30-8 pm	1/23-4/3	\$268/\$298	3/27
4051-2	18+	Int 3.0-3.5	Sa	10:30 am-12 pm	1/25-4/5	\$268/\$298	3/29



Cross-Town Racquetball League

Arlington Heights Park District, Park Ridge Park District, Hoffman Estates Park District, Prospect Heights Park District and Des Plaines Park District are working together to RAMP UP

RACQUETBALL! This competitive league

will consist of weekly travel matches to play avid racquetballers across the Northwest Suburbs. Fee includes initial rating so we can pair you with players of comparable level. Contact Karen Galvin for details.

FV RACQUETBALL Racquetball Leagues

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, Club Coordinator at 847.640.2574 or kgalvin@ahpd.org



Karen Galvin
Club Coordinator

For more information on programs at the Forset View, please call Karen at 224.795.5017 or kgalvin@ahpd.org.

What's *New* at Forest View?

In August 2013, the Forest View Racquet & Fitness Club re-color coated six indoor tennis courts in the popular color U.S. Open Blue!

Forest View strives to maintain quality courts and completes facility improvements on a regular basis.

Why is it important to re-color coat? *The texture in the color coating material dictates the pace of play on a court, over time the texture in the surface diminishes; and the pace of play increases and becomes slippery. The indoor courts are color coated approximately every 5 years.*

The U.S. Open blue color gives players enhanced visibility on the court. In addition; all six indoor courts now have what are called blended play lines. This allows the professional tennis staff to offer lessons for the recognized United States Tennis Association; 10 and Under lesson program.

The recent combination of the improved court playing surface; in conjunction with the new reflective ceiling that was installed in the summer of 2012 makes Forest View one of the leading facilities in the northwest suburbs to play tennis.

Come check it out and find out why Forest View is the "Perfect Match for You!"

Or go to our website ahpd.org/fv.

Heritage Tennis Club

Arlington Heights Park District

7 W. College Drive
Arlington Heights, IL 60004
ahpd.org/htc | 847.398.7780

Meet the staff

Chris Nisbet, Manager
Chris Thompson, Assistant Manager
Barb Bonk, Desk Manager | League Coordinator
Lew Miller, USPTA Head Pro
Dick Wienke, PTR Associate Pro
John Tranter, Associate Pro | Ladies Travel Team Coordinator
Steve Rosen, USPTA Associate Pro | Racquet Stringer
Jesse Burluson, USPTA Associate Pro | Racquet Stringer
Rich Gutierrez, Associate Pro
Darius Ivaska, Associate Pro
Peter Whang, Associate Pro
Cis Woerner, Childcare
Greg Eckert, Maintenance

Facilities and services designed for the *complete* 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
- Childcare (during indoor season)
- Lounge/Viewing Area
- Lockers and Towels
- Bar/Concessions
- Sauna
- Pro Shop
- Racquet Repair and Stringing
- Racquet Demo Program
- Ball Machine Rental
- Free WiFi
- CDTA Tournament site
- 10 and under program

Additional information and details regarding facility use, programming and registration is available on our website at ahpd.org/htc or by calling 847.398.7780.

Club Hours and Court Rates

Indoor Season: August 26, 2013 - May 31, 2014

Day	Times	Hourly Rate
Monday-Friday	8-9 am	\$16 Guest fees \$5
Wednesday	7:30-9 am	\$16 Guest fees \$5
Monday-Thursday	9 am-5 pm	\$23
	5-9 pm	\$28
	9-10 pm	\$23
Friday	8 am-9 pm	\$23
Saturday	8 am-6 pm	\$28
	6-8 pm	\$23
(November-March)	8-10 pm	\$23
Sunday	8 am-4 pm	\$28
	4-6 pm	\$23
Student Walk-On		\$14

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

NM on court with a member: \$8 guest fee for the first 5 visits
\$12 for any visits thereafter

Non-member adult: \$12 guest fee

Non-member student: \$3 guest fee

Guest fees are waived after 6 pm on Saturday nights.

**Hours may be extended for event schedules. Open courts may be reserved. The club may close up to 45 minutes earlier than scheduled when there are no reservations.*



Chris Nisbet
Club Manager

For more information on programs at the Heritage Tennis Club, please call Chris at 224.795.5020 or cnisbet@ahpd.org.

Membership Rates

2013/14 Tennis Season: Sept. 1, 2013 - August 31, 2014

Membership	Initiation Fee	1x Payment	Monthly Dues
Junior	n/a	\$70	n/a
Adult	\$150	\$294	\$24.50
Family	\$200	\$450	\$37.50

Call the club for joining fee promotions.

Membership Promotion

	Initiation Fee
August	\$0
September	\$25 Adult /\$50 Family
October	\$50 Adult/\$100 Family
December	\$75 off (register for a winter class)

Membership Privileges 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.

Member Guests

Guests receive a \$4 discount on the first five guest fees when they play on a court with a member.



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.

Childcare

Members are entitled to complimentary childcare services during the indoor season. Childcare services will be available Monday-Friday 9 am-2:30 pm, **Reservations are required at least 24 hours in advance.** If there are no reservations, the room will not be staffed.

Lesson & Pro Shop Discounts

Members enjoy discounts on group lesson fees and pro shop merchandise. Priority lesson registration is reserved for members and current lesson participants only.

Check-in Rewards Program

Members receive check-in points that may be used for guest passes, free walk-on court time and bigger discounts on pro shop purchases.



We offer a variety of tennis programs for all *ages* and *skill* levels.

HTC Lesson Program

Improve your technique with our lessons, enhance your performance with our cardio classes, sharpen your strategy through drill and play classes, cultivate friendly competition with in-house leagues or upgrade your play to a higher level with the travel league program.

Lesson Registration Policies

- 2013/2014 Memberships must be paid in full at the time of registration for membership discount and registration privileges.
- In-person Registration begins at 7:30 am on the date listed above. Individuals may register only their immediate families. Registration Qualifications are considered per individual player. Register at Heritage Tennis Club or Online.
- In-person registration will be processed before early drop-off registration is processed.

Refund Policy

- Refunds are given to program participants under certain guidelines as approved by the Park Board. Refund requests can be initiated and processed at Heritage Tennis Club, which enables the District to continue its goal of providing personal and effective service.
- Refund requests may only be submitted for students withdrawing from a program session.
- Pro-rated refunds are calculated on the number of classes held prior to the date the Refund Request Form is received by the club

Private Lessons

	Prime time	Non-prime time
1 person	\$74/hour	\$68/hour
2 people	\$78/hour, \$39/pp	\$70/hour, \$35/pp
3 people	\$111/hour, \$37/pp	\$96/hour, \$32/pp
4 people	\$136/hour, \$34/pp	\$112/hour, \$28/pp

Private lessons may be reserved at any time up to seven days in advance. A lesson may be cancelled 24 hours in advance without charge. Players who fail to cancel private lessons 24 hours in advance or who do not show will be charged if the Club is unable to re-sell the private lesson. If the private lesson is re-sold, the player will not be charged. *Private lessons for small groups are reserved for specialty lessons only and cannot be reserved on a regular basis.

Lesson Registration Dates

Heritage Tennis Club will offer group tennis instruction throughout the 2013/14 season. Please call the club for specific program information or visit our website at ahpd.org/htc.

Winter Session

Monday, January 20 - Sunday, April 6, 2014 (10 weeks)

There are no make-up classes in the Winter session.

Spring Break: Monday, March 24 - Sunday, March 30, 2014

Registration Dates:

Monday, December 9 2013/14 Members and Fall 2 Lesson Participants

Monday, December 16 Open Registration and Online Registration

QuickStart 1

QuickStart 1 is designed for children 10 years and younger who are new to the game of tennis or are unable to rally with ease. QuickStart Tennis takes a new and better approach to introducing kids to the game by using fun sized courts, nets, racquets, and balls. The lighter low compression balls bounce lower and move through the air slower which helps develop proper techniques. All students are advised to purchase a 21-25 inch tennis racquet. (Ages 4-6=21", ages 7-8=23", ages 9-10=25"). Racquets will be available to use during class. (CN)

Class	Age	Day(s)	Time	Date	M/NM Fee	Instructor	Classes	No Class
4053-3	4-6 yrs	M	3:30-4 pm	1/20-3/31	\$90/\$90	Steve Rosen	10	3/24
4053-4	4-6 yrs	M	5:15-6 pm	1/20-3/31	\$135/\$135	Jesse Burleson	10	3/24
4053-5	4-6 yrs	T	1:30-2:15 pm	1/21-4/1	\$135/\$135	John Tranter	10	3/25
4053-6	4-6 yrs	T	3:30-4 pm	1/21-4/1	\$90/\$90	John Tranter	10	3/25
4053-7	4-6 yrs	T	4:15-5 pm	1/21-4/1	\$135/\$135	Darius Ivaska	10	3/25
4053-8	4-6 yrs	W	4-4:45 pm	1/22-4/2	\$135/\$135	Jesse Burleson	10	3/26
4054-0	4-6 yrs	Th	4:15-5 pm	1/23-4/3	\$135/\$135	John Tranter	10	3/27
4054-1	4-6 yrs	Sa	9:15-10 am	1/25-4/5	\$135/\$135	John Tranter	10	3/29
4054-2	4-6 yrs	Sa	12-12:45 pm	1/25-4/5	\$135/\$135	John Tranter	10	3/29
4054-3	4-6 yrs	Sa	2-2:45 pm	1/25-4/5	\$135/\$135	Lew Miller	10	3/29
4054-4	4-6 yrs	Su	2:15-3 pm	1/26-4/6	\$135/\$135	Jesse Burleson	10	3/30
4054-5	5-7 yrs	F	3:45-4:30 pm	1/24-4/4	\$135/\$135	Steve Rosen	10	3/28
4054-6	7-9 yrs	M	4-5 pm	1/20-3/31	\$185/\$205	Steve Rosen	10	3/24
4054-7	7-9 yrs	T	4-5 pm	1/21-4/1	\$185/\$205	John Tranter	10	3/25
4054-8	7-10 yrs	T	5-6 pm	1/21-4/1	\$185/\$205	Darius Ivaska	10	3/25
4054-9	7-10 yrs	T	6-7 pm	1/21-4/1	\$185/\$205	Chris Thompson	10	3/25
4055-0	7-10 yrs	W	4-5 pm	1/22-4/2	\$185/\$205	Steve Rosen	10	3/26
4055-1	7-10 yrs	Th	6-7 pm	1/23-4/3	\$185/\$205	John Tranter	10	3/27
4055-2	7-10 yrs	F	4:30-5:30 pm	1/24-4/4	\$185/\$205	Steve Rosen	10	3/28
4055-3	7-10 yrs	Sa	10-11 am	1/25-4/5	\$185/\$205	John Tranter	10	3/29
4055-4	7-10 yrs	Sa	3-4 pm	1/25-4/5	\$185/\$205	Peter Whang	10	3/29

QuickStart 2

QuickStart 2 is the second level of the QuickStart Program which is designed for students 10 years and younger who have been promoted from QuickStart 1 or are capable of rallying the ball several times with ease. Instructors will use 10 AND Under courts, nets, racquets, and balls to develop fundamentally proper techniques. All students are advised to purchase a 21-25 inch tennis racquet. (Ages 4-6=21", ages 7-8=23", ages 9-10=25"). (CN)

M/NM Fee: \$185/\$205

Classes: 10

Class	Age	Day(s)	Time	Date	M/NM Fee	Instructor	Classes	No Class
4057-5	6-8 yrs	M	6-7 pm	1/20-3/31	\$185/\$205	Peter Whang	10	3/24
4057-6	6-8 yrs	Sa	9-10 am	1/25-4/5	\$185/\$205	Lew Miller	10	3/29
4057-7	6-8 yrs	Sa	1-2 pm	1/25-4/5	\$185/\$205	Lew Miller	10	3/29
4057-8	7-9 yrs	T	6-7 pm	1/21-4/1	\$185/\$205	John Tranter	10	3/25
4057-9	7-9 yrs	W	4-5 pm	1/22-4/2	\$185/\$205	John Tranter	10	3/26
4058-0	7-9 yrs	Sa	3-4 pm	1/25-4/5	\$185/\$205	Lew Miller	10	3/29
4058-1	7-9 yrs	Su	3-4 pm	1/26-4/6	\$185/\$205	Jesse Burleson	10	3/30
4058-2	8-10 yrs	M	4-5 pm	1/20-3/31	\$185/\$205	John Tranter	10	3/24
4058-3	8-10 yrs	Sa	2-3 pm	1/25-4/5	\$185/\$205	Steve Rosen	10	3/29

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. (CN)

M/NM Fee: \$185/\$205

Classes: 10

Class	Age	Day(s)	Time	Date	Instructor	No Class
4063-5	8-12 yrs	Su	1-2 pm	1/26-4/6	Jesse Burleson	3/30
4063-6	10-13 yrs	T	6-7 pm	1/21-4/1	Steve Rosen	3/25
4063-7	10-13 yrs	Sa	3-4 pm	1/25-4/5	Steve Rosen	3/29
4063-8	11-14 yrs	W	5-6 pm	1/22-4/2	Steve Rosen	3/26

Junior Tennis Lessons - Advanced Beginner

This program is designed to develop consistency and improving stroke technique, match play, sportsmanship, and footwork. Students need to bring a tennis racquet to class. (CN)

M/NM Fee: \$185/\$220

Classes: 10

Class	Age	Day(s)	Time	Date	Instructor	No Class
4060-4	10-13 yrs	T	6-7 pm	1/21-4/1	Darius Ivaska	3/25
4060-5	8-11 yrs	Sa	1-2 pm	1/25-4/5	John Tranter	3/29
4060-6	10-12 yrs	W	5-6 pm	1/22-4/2	John Tranter	3/26
4060-7	10-13 yrs	T	5-6 pm	1/21-4/1	John Tranter	3/25
4060-8	10-13 yrs	Sa	3-4 pm	1/25-4/5	John Tranter	3/29
4060-9	11-13 yrs	M	5-6 pm	1/20-3/31	Steve Rosen	3/24
4061-0	11-13 yrs	W	6-7 pm	1/22-4/2	Jesse Burleson	3/26
4061-1	11-13 yrs	Th	5-6 pm	1/23-4/3	John Tranter	3/27
4061-2	11-13 yrs	Sa	11 -12 pm	1/25-4/5	John Tranter	3/29
4061-3	11-13 yrs	Su	4-5 pm	1/26-4/6	Jesse Burleson	3/30
4061-4	12-14 yrs	M	5-6 pm	1/20-3/31	John Tranter	3/24

Junior Tennis Lessons - Intermediate

This program is designed to develop consistency and improving stroke technique with an emphasis on power and placement. All strokes and footwork will be further developed. Students need to bring a tennis racquet to class. (CN)

M/NM Fee: \$185/\$220

Classes: 10

Class	Age	Day(s)	Time	Date	Instructor	No Class
4065-9	10-14 yrs	M	4-5 pm	1/20-3/31	Jesse Burleson	3/24
4066-0	11-13 yrs	T	5-6 pm	1/21-4/1	Steve Rosen	3/25
4066-1	11-13 yrs	Sa	11 am-12 pm	1/25-4/5	Lew Miller	3/29
4066-2	11-14 yrs	W	5-6 pm	1/22-4/2	Jesse Burleson	3/26
4066-3	11-14 yrs	F	5:30-6:30 pm	1/24-4/4	Steve Rosen	3/28
4066-4	12-14 yrs	Th	5-6 pm	1/23-4/3	Steve Rosen	3/27
4066-5	12-14 yrs	Sa	2-3 pm	1/25-4/5	John Tranter	3/29



Junior Tennis - Jr High and High School Tournament Training Programs

Program descriptions and class schedules can be found on our website at ahpd.org/htc or by calling the club to request a copy of our brochure.

HTC ADULT TENNIS

Adult Tennis Lessons - Beg. 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.) (CN)

M/NM Fee: \$195/\$230

Classes: 10

Class	Day(s)	Time	Date	Instructor	No Class
4074-1	Th	1-2 pm	1/23-4/3	John Tranter	3/27

Adult Drill

The program will focus on stroke development and situational drills to develop a more competitive player. Classes involve tennis play. (CN)

Age: 18+

Classes: 10

Class	Level	Day(s)	Time	Date	Fee	Instructor	No Class
4068-6	Adv Beg 2.5-3.0	M	9:30-11 am	1/20-3/31	\$278/\$318	Steve Rosen	3/24
4068-7	Adv Beg 2.5-3.0	M	7-8 pm	1/20-3/31	\$195/\$235	Peter Whang	3/24
4068-8	Adv Beg 2.5-3.0	T	9:30-11 am	1/21-4/1	\$278/\$318	Steve Rosen	3/25
4068-9	Adv Beg 2.5-3.0	W	7:30-9 pm	1/22-4/2	\$278/\$318	Darius Ivaska	3/26
4069-0	Adv Beg 2.5-3.0	Th	9:30-11 am	1/23-4/3	\$278/\$318	Steve Rosen	3/27
4069-1	Adv Beg 2.5-3.0	Th	6-7:30 pm	1/23-4/3	\$278/\$318	Steve Rosen	3/27
4069-2	Adv Beg 2.5-3.0	F	9:30-11 am	1/24-4/4	\$278/\$318	John Tranter	3/28
4069-3	Adv Beg 2.5-3.0	Sa	2-3 pm	1/25-4/5	\$195/\$235	Peter Whang	3/29
4071-4	Int 3.0-4.0	M	9:30-11 am	1/20-3/31	\$278/\$318	John Tranter	3/24
4071-5	Int 3.0-4.0	M	7-9 pm	1/20-3/31	\$340/\$380	Steve Rosen	3/24
4071-6	Int 3.0-4.0	T	7-9 pm	1/21-4/1	\$340/\$380	Peter Whang	3/25
4071-7	Int 3.0-4.0	W	11-12:30 pm	1/22-4/2	\$278/\$318	Steve Rosen	3/26
4071-8	Int 3.0-4.0	Th	11-12:30 pm	1/23-4/3	\$278/\$318	Steve Rosen	3/27
4071-9	Int 3.0-4.0	Th	7:30-9 pm	1/23-4/3	\$278/\$318	Steve Rosen	3/27
4072-0	Int 3.0-4.0	F	11-12:30 pm	1/24-4/4	\$278/\$318	John Tranter	3/28

Fitness is *heating up* at the Arlington Heights Park District this Winter.

Keep the Kiddos Active

- Zumba Kids Jr.+ Mom/Dad (ages 4-6)
- Fit Kids (ages 5-9)
- Zumba Kids (ages 7-11)
- Hip Hop Fitness (ages 12-16)

Stick to your New Years Resolutions

- (Everyone 16+)
- Sports Yoga
- Getting Rooted in Yoga
- Yoga for Core and More
- Strength and Balance Yoga
- Peace Yoga
- Pilates Yoga Fusion (PIYO)
- Pilates
- Barre Class
- CrossFit
- BollyGroove Cardio
- Weight Loss Challenge

Just for Moms

Stroller Strides

Check out these classes and more in the fitness section on pages 106-111.



This winter the rules have changed.

School Days Off 2013-2014 / Heritage Tennis Club

For kids
6-10
years

For children 10 and under | 9am – Noon
Cool Kids | Quick Start Tennis | Fun Games | Lunch Provided

Fun
Games

Here's what \$20 gets you!

Quick Start tennis introduces kids to the game of tennis using a new format perfectly sized to children 10 and younger. Kids will learn and have fun using balls that bounce lower which prevents them from moving too fast and making them easier to hit.

Within the hour kids will be developing optimal swing patterns, rallying and playing real tennis all while having fun with friends. \$20 fee is per day. Register in-person at the Heritage Tennis Club. For more information, please contact Chris Thompson, Assistant Tennis Club Manager at: 847.577.3041.

MLK Day

Monday, January 20

Presidents' Day

Monday, February 17

Good Friday

Friday, April 18

Adult Tennis - Advanced Programs 3.0-4.5 & Travel Team Drills

Program descriptions and class schedules can be found on our website at ahpd.org/htc or by calling the club to request a copy of our brochure.



Winter Weather Hotline

In the event of severe winter weather, please call our hotline at (847) 574-2233 or visit the website at www.rainoutline.com. This information will be posted approximately 30 minutes before the scheduled start time. Further instructions regarding our weather hotline will be distributed at your first class.



Chris Thompson
Assistant Manager

For more information on programs at the Heritage Tennis Club, please call Chris at 847.577.3041 or cthompson@ahpd.org.



ARLINGTON HEIGHTS PARK DISTRICT PRESCHOOL

PREPARING THEM FOR WHAT'S NEXT.

PRESCHOOL CLASSES FOR 3-5 YEAR OLDS

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.

ABOUT THE PROGRAM:

The preschool program provides a carefully planned curriculum, developed with the guidance of District 25 Kindergarten teachers. 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 during 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 number 1-20. Our teachers encourage creative freedom through free play, imaginative play, arts and crafts, music, science, and gross and fine motor activities. The philosophy of our preschool is to allow the children to learn through play.

- Children in preschool must be toilet trained; pull-ups are not acceptable. Children in the 3-4 year old program must be 3 by September 1, 2013; those in the 4-5 year old program must be 4 by September 1, 2013. Proof of age is required at the time of registration.
- All participants are required to provide snacks, juice, and napkins for the children in the program several times throughout the school year. Sign-up for the snack dates is conducted in the fall.



Lynn Minuskin
Preschool Supervisor

For more information on preschool programs, please call Lynn at 847.398-4339 2 or lminuskin@ahpd.org.

"OUR TEACHERS WORK DIRECTLY WITH THE KINDERGARTEN TEACHERS AND SCHOOL ADMINISTRATORS AT DISTRICT 25."

PRESCHOOL OPEN HOUSE

Come visit our Preschool Open House this Winter. We are offering four preschool sites conveniently located in your neighborhood. You'll have the chance to meet our compassionate and enthusiastic preschool teachers during one of four open houses. 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. We have room to roam with plenty of open space and outdoor play areas as well as access to gymnasiums and other park district amenities. . Come and visit Frontier Park and Pioneer Park from 7-8 pm on February 5 .Please join us at Recreation Park and Olympic Park from 7- 8 pm on February 6. We look forward to meeting you!

Come and see us at the preschool fair held at the Arlington Heights Memorial Library on January 15th from 7:00-8:30 pm and receive the class offerings and fee schedule for 2014/2015.

"A POSITIVE EXPERIENCE IN PRESCHOOL WILL LAY THE GROUNDWORK FOR YOUR CHILD'S EDUCATIONAL FUTURE."

3 - 4 YEAR OLDS			
One teacher, one teacher aide, and one parent helper (16 students max) Tuesday and Thursdays 9/10/13-5/15/14			
LOCATION	TIME	PLAN I	PLAN II
OLYMPIC PARK	9:15-11:15 am	FULL PAYMENT DUE TOTAL FEE: \$1015	AUTOMATIC BILLING \$75 DOWN PAYMENT
FRONTIER PARK	9-11 am		TOTAL FEE: \$1040 6 PAYMENTS: \$161
PIONEER PARK	9-11 am		DEPOSITS: \$50 SERVICE FEE: \$25
RECREATION PARK	9-11 am		
4 - 5 YEAR OLDS			
One teacher and one teacher aide (20 students max) Monday, Wednesday, and Fridays 9/9/13-5/16/14			
LOCATION	TIME	PLAN I	PLAN II
OLYMPIC PARK	9:15-11:45 am	FULL PAYMENT DUE TOTAL FEE: \$1,560	AUTOMATIC BILLING \$75 DOWN PAYMENT
FRONTIER PARK	9-11:30 am		TOTAL FEE: \$1585 6 PAYMENTS: \$251.75
PIONEER PARK	9-11:30 am		DEPOSITS: \$50 SERVICE FEE: \$25
RECREATION PARK	9-11:30 am		

Participants will have two Preschool payment plans.

- 1) Pay in full at the time of registration (includes \$25 discount)
- 2) Automatic Billing
 - a) Credit Card: six payments automatically charged to your credit card
 - b) EFT: six payments automatically deducted from your checking account

Automatic Billing Schedule: The six payments will be processed on or around September 10, October 11, November 10, December 10, January 10, and February 10.

**PRESCHOOL
PRESCHOOL EXTENDED DAY PROGRAM (LUNCH BUNCH 3-5 YRS)**

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. Participants need to bring a lunch and drink each week. No Class 1/20 & 2/17. (LM)

Class	Age	Location	Day(s)	Time	Date	Fee	Instructor	Classes
4173-0	3-4 yrs	Olympic Indoor	T	11 am-1 pm	1/7-2/25	\$120	Wendy Gismondi	8
4173-1	3-4 yrs	Recreation	T	11 am-1 pm	1/7-2/25	\$120	Pat Pietro	8
4173-2	4-5 yrs	Frontier	W	11:30 am-2 pm	1/8-2/26	\$150	Stepanie Tallidis	8
4173-3	4-5 yrs	Olympic Indoor	M	11:30 am-2 pm	1/6-2/24	\$113	Wendy Gismondi	6
4173-4	4-5 yrs	Olympic Indoor	W	11:30 am-2 pm	1/8-2/26	\$150	Wendy Gismondi	8
4173-5	4-5 yrs	Pioneer	W	11:30 am-2 pm	1/8-2/26	\$150	Kathy O’Shaughnessy	8
4173-6	4-5 yrs	Recreation	M	11:30 am-2 pm	1/6-2/24	\$113	Pat Pietro	6
4173-7	4-5 yrs	Recreation	W	11:30 am-2 pm	1/8-2/26	\$150	Pat Pietro	8

**EARLY CHILDHOOD EDUCATOR WORKSHOP
NATURE & ART
WITH YOUNG CHILDREN** NEW!

Nature and art go hand in hand. This workshop will provide a variety of hands-on art activities that incorporate science, literacy and art for young children. Kohl Children's Museum's professional development program is designed for teachers, caregivers, parents, and other adults who interact with children ages birth through 8. Each workshop topic is aligned with the Illinois State Learning Standards and NAEYC Early Learning Standards. This workshop includes hands-on exploration and small and whole group discussion. Continuing education credit is available. Certificate for two training hours for DCFS required in-service will be provided. (TO)

Location: Historical Museum

Class	Age	Day(s)	Time	Date	Fee
4142-0	18+	T	7-9 pm	2/4	\$25

**GENERAL PRESCHOOL
WIGGLIN GIGGLIN FUN (6-18 MOS)**

Introduce your child to circle time and come meet new friends. You'll get to know other parents, discuss parenting topics and enjoy your baby's first playtime setting with music, toys and movement. Children will engage in large motor play through tunnels, balls, parachute play and slides plus some music time too. A perfect blend for baby/parent quality time. No class 1/21. (LM)

Location: Heritage **Classes:** 8

Instructor: Tracy Heinritz

Class	Day(s)	Time	Date	R/NR Fee
4151-3	T	11-11:40 am	1/7-3/4	\$49/\$61.50

**ADULT AND TOT
TIME OUT (6-48 MOS)**

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 Heritage Park or the Administration Center during regular office hours. Online registration is not available. (LM)

Location: Heritage **Classes:** 8

Class	Day(s)	Time	Date	Fee
4153-4	T	1:15-3:45 pm	1/7-2/25	\$37



**TOT ROCK
(12-24 MONTHS WITH PARENT)**

Wiggle and giggle to the Tot Rock beat! Tot Rock is an introductory music and movement class with a large sensory component. Each week we will use rhythm instruments like hand bells and maracas, play with props like a parachute and beanbags, and explore sensory items like bubbles and feathers. In addition to improving your tot's newly-acquired motor skills, each class provides structured and unstructured time to encourage socialization and stimulate your tot. New curriculum presented each session. Sing, dance and play the Tot Rock way! www.rockitkids.com (LM)

Location: Olympic Indoor Swim Center

Class	Day(s)	Time	Date	R/NR Fee
4155-5	M	9:15-9:55 am	1/13-2/10	\$50/\$62.50
4155-6	M	9:15-9:55 am	2/24-3/17	\$40/\$52.50

KID ROCK

Song and dance, rhythm and rhyme, join the fun for a rockin' time! Kid Rock is a structured music and movement program that focuses on imaginative play, sensory integration, fine and gross motor movements, rhythm skills and socialization. Rhythm instruments and props used in class include maracas, tambourines, scarves, bean bags, parachute play and much more! New curriculum presented each session. Parents participate in Kid Rock I; Kid Rock II is without parent participation to encourage independence. Kids go crazy for Kid Rock! www.rockitkids.com. (LM)

Location: Olympic Indoor Swim Center

KID ROCK I (20-36 MOS)

Class	Day(s)	Time	Date	R/NR Fee
4157-7	M	10-10:40 am	1/13-2/10	\$50/\$62.50
4157-8	M	10-10:40 am	2/24-3/17	\$40/\$52.50

KID ROCK II (3-4 YRS)

Class	Day(s)	Time	Date	R/NR Fee
4175-8	M	10:45-11:25 am	1/13-2/10	\$50/\$62.50
4175-9	M	10:45-11:25 am	2/24-3/17	\$40/\$52.50



MUSIC AND MOVEMENT (3-4 YRS)

Preschoolers will be engaged in creative drama exercises, an introduction to music and rhythm and exploration of movement and space. They will continue to develop self-confidence, gross motor skills and self-expression through exposure to different performing arts. Based in creative play with music and movement, students' imaginations can run free. **No Class 1/25.** (LO)

Location: Olympic Indoor Swim Center **Classes:** 8
Instructor: Marlene Flood

Class	Day(s)	Time	Date	Fee
4330-4	Sa	12:30-1:30 pm	1/4-3/1	\$90

ON MY WAY- NEW TRANSITION CLASS (22-36 MOS)

This class helps ease a child's transition from being with a parent to functioning on his own. Gradual weaning away from dependency on your presence will occur after the first couple of weeks. Class time includes an introduction to the preschool setting with playtime, stories, crafts, music and movement plus lots of fun toys to climb on and around. Parents will be required to stay in close proximity in case of diaper change. This is the perfect time to run a quick errand or take a walk. In addition, we will ask each parent or caregiver to rotate in the class twice to stay and see up close all the fun we have independently. **No Class 1/21 & 3/18.** (LM)

Location: Heritage **Classes:** 12

Instructor: Tracy Heinritz

Class	Day(s)	Time	Date	R/NR Fee
4159-9	T	9-9:50 am	1/7-4/8	\$111/\$138.50
4160-0	T	10-10:50 am	1/7-4/8	\$111/\$138.50

MINI MOTOR MIDGETS- ADULT AND TOT PROGRAM (2-3 YRS)

We'll be playing indoor games, tumbling, jumping, climbing and work with hoops, balls and other gym equipment. Emphasis is placed on developing hand-eye coordination, large motor skills, endurance, listening skills, following directions and social interaction. This program is for the child along with an accompanying adult. (LM)

Location: Pioneer **Classes:** 8

Instructor: Stephanie Tallidis

Class	Day(s)	Time	Date	R/NR Fee
4162-1	Sa	9:30-10:15 am	1/11-3/1	\$58/\$69.50



COME 2 PLAY (2-3 YRS)

Calling all 2 and 3 year olds interested in preschool! Come and explore the great toys and fun in the preschool room at Recreation Park. This program is a weekly drop in and play time geared for 2 and 3 year olds and an accompanying adult. The children will have the opportunity to participate with the dress up clothes, sand and water tables, puzzles, trains, dollhouses, kitchen area, library nook with books and couches and assorted games. (LM)

Location: Recreation **Classes:** 8

Instructor: Pat Pietro

Class	Day(s)	Time	Date	Fee
4164-2	Su	11:30-12:30 pm	1/12-3/2	\$37

ALL ON MY OWN STEP 1 AND 2 (2-5 YRS)

This 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 alongside 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 a class without a parent prior to attending this class. (LM)

Location: Heritage **Classes:** 9

Instructor: Tracy Heinritz and Marie Droske

Class	Day(s)	Time	Date	Fee
4166-3	Th	10-11:30 am	1/9-3/6	\$115
4166-4	Th	1-2:30 pm	1/9-3/6	\$115

PARENT/TOT WINTER ADVENTURES (2-4.5 YRS)

Help beat cabin fever as we cruise through winter with this exciting program. Each week will be a different adventure for you and your child. This is a great way to get out and burn off some creative energy together. Each night you will make a craft, have storytime, enjoy a snack and do some creative movement around the club theme for the night. Sign up for one or for all the offerings. A parent needs to be present for each class. Be sure to wear your beach gear for the Beach Party and to dress for a mess for Ooey Goey Fun Day. (LM)

Location: Pioneer **Fee:** \$14

Instructor: Tracy Heinritz

Class	Day(s)	Time	Date	Theme
4170-6	T	6:30-7:15 pm	1/14	Snowy Fun
4170-7	Th	6:30-7:15 pm	1/30	Beach Party
4170-8	Th	6:30-7:15 pm	2/6	Blast into Space
4170-9	Th	6:30-7:15 pm	2/27	Ooey Goey

KIDS CLUB (3-4 YRS)

Everyone wants to join the Kid's Club! Enjoy crafts, songs, music and games. A snack will be provided at the end of class. Children must be toilet trained to participate and must meet the age requirements by the first class date. Parents are not required to stay in this class. (LM)

Location: Pioneer **Classes:** 8

Instructor: Amy Wilson

Class	Day(s)	Time	Date	R/NR
4182-2	W	9:30-10:45 am	1/8-2/26	\$74/\$92.50

LUNCH WITH AMIGOS (3-5 YRS)

Lunch with Amigos is open for business! Children can bring a lunch with a beverage and learn Spanish while eating with friends. There will be exciting theme days, songs, art, games and more! Its 90 minutes of fun! Lunch with Amigos is the perfect setting for children to learn Spanish! All instructors are experienced early childhood educators and at least one instructor will be a native speaker. (LM) **Location:** Recreation

Classes: 8

Instructor: Amigos Programs

Class	Day(s)	Time	Date	Fee
4178-0	F	11:30-1 pm	1/10-2/28	\$134

RUNAWAY CIRCUS (2-4 YRS)

The Runaway Circus is an enrichment program that promotes self-esteem, a sense of accomplishment, teamwork and an overall healthy lifestyle through exploring various disciplines of circus arts. We break down each area into basic, easy to learn skills and progressively build upon each skill developed and mastered. We encourage creativity through exploration of equipment and skills. We teach a broad spectrum of disciplines including juggling, creative movement, acrobatics, balancing acts and character development/clowning. The program provides a fun and exciting curriculum full of adventure and exploration that every child can be a part of. As a bonus, at the end of most classes the kids get a take home skill sheet, so they can keep practicing what they learned in class! (LM)

Location: Recreation **Classes:** 4

Class	Day(s)	Time	Date	Fee
4168-5	W	10:45-11:30 am	1/15-2/5	\$66

WHAT'S COOKING? (4-7 YRS)

Children learn to work in the kitchen, with adult supervision. They'll be measuring, mixing, 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 **Classes:** 8

Instructor: Marie Droske

Class	Day(s)	Time	Date	R/NR Fee
4180-1	Sa	9-10:15 am	1/11-3/1	\$60/\$72.50





KINDERMUSIK - AN EARLY CHILDHOOD MUSIC AND MOVEMENT PROGRAM

Kindermusik is the premier early childhood music and movement program based on the belief that every child is musical, every parent is the child's most important teacher, and the home is the most important place for learning to take root and grow. Join us as we explore and grow through music, movement, instrument exploration, story time, and so much more!!! (LM)

Instructor: Colleen Froehlicher

Location: Pioneer Park- 500 S. Fernandez 847.577.3035

COCK A DOODLE MOO (1-18 MOS)

Hop on the hayride-it's time to head to the farm! In this class you will sing songs about the farm, including "Old Macdonald", "Hayride" and "Clever Cows". You'll engage in rituals and playful activities that engage your baby including infant massage, lap bounces, exercise and quiet time. Kit fee of \$40 to be paid to instructor at first class. (LM)

Class	Day(s)	Time	Date	Fee
4144-1	W	9:15-9:55 am	1/15-3/5	\$85
4144-2	W	11:30-12:10 pm	1/15-3/5	\$85
4144-4	W	5:45-6:25 pm	1/15-3/5	\$85
4144-5	Th	10:45-11:25 am	1/16-3/6	\$85

IMAGINE THAT- TOYS I MAKE, TRIPS I TAKE (3-5 YRS)

Your child's unique interests will be fully engaged in an environment that invites the development of the whole child - allowing for curious young minds, bodies, and voices to reflect, compare, make choices, express opinions, solve problems, sing and move- all through a joyful musical experience. No two classes are the same and class activities grow and change based on children's active participation. Kit fee of \$65 to be paid to instructor at first class. No Class 3/19, 3/20, 3/26, & 3/27. (LM)

Class	Day(s)	Time	Date	Fee
4149-3	W	5-5:40 pm	1/15-5/7	\$165
4149-2	Th	11:30-12:10 pm	1/16-5/8	\$165

OUR TIME -AWAY WE GO (1.5-3.5 YRS)

Hop on a plane, board a train, get in the car and Away We Go! This class focuses on transportation, a favorite topic for toddlers who are on the go, go, go! Sing and play along with favorite songs such as "I've Been Working on the Railroad", and "The Wheels on the Bus". Explore fast and slow, smooth and bumpy and high and low. Read stories about ways to get around. Kit fee of \$60 to be paid to instructor at first class. No Class 3/19, 3/20, 3/26, & 3/27. (LM)

Class	Day(s)	Time	Date	Fee
4146-6	W	10-10:40 am	1/15-5/7	\$165
4146-7	W	10:45-11:25 am	1/15-5/7	\$165
4146-9	W	6:30-7:10 pm	1/15-5/7	\$165
4147-0	Th	9:15-9:55 am	1/16-5/8	\$165
4147-1	Th	10-10:40 am	1/16-5/8	\$165

PRE-SCHOOL ARTS & CRAFTS
ARTSY DOODLERS (20-36 MOS)

This is a special art class just for toddlers and parents (or helpers). 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! Each session/season has new activities! Moms and helpers get to play too (and will be expected to help the little ones with tasks throughout the class- including cutting, painting, drawing with markers). 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 (LO)

Location: Hasbrook **Classes:** 6
Instructor: Cindy Erchull

Class	Day(s)	Time	Date	Fee
4184-3	M	9:30-10:15 am	1/6-2/10	\$44
4184-4	F	9:30-10:15 am	1/10-2/14	\$44
4184-5	F	10:30-11:15 am	1/10-2/14	\$44

ARTSY DOODLERS -
MINI SESSIONS! (20-36 MOS)

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 a fun theme and introduces an artist, too, just like the 6 week class. Please note: The projects done in this class will be the same as that week's projects in the regular class. (LO)

Location: Hasbrook **Instructor:** Cindy Erchull

Class	Day(s)	Time	Date	Fee
4186-6	T	6:15-7 pm	1/14	\$8
4186-7	T	6:15-7 pm	2/11	\$8

MINI ARTISTS
(2.5-3.5 YRS WITH ADULT)

Here's a chance for your child to create fabulous art projects with that "special adult. No fuss, no mess at your house... just lots of fun! Projects follow seasonal themes. It is best to have one "special adult" per child. Please no additional unregistered siblings. (LO)

Location: Pioneer **Classes:** 8
Instructor: Marie Droske

Class	Day(s)	Time	Date	Fee
4188-8	M	11:30-12:15 pm	1/6-2/24	\$58
4188-9	W	10:15-11 am	1/8-2/26	\$58



ABC ART (2.5-5 YRS)

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. Parents need to attend class with 2.5-3.5 year olds. Please, no additional unregistered siblings. (LO)

Location: Pioneer **Classes:** 8
Instructor: Marie Droske

Class	Day(s)	Time	Date	Fee
4191-0	M	10:30-11:15 am	1/6-2/24	\$58
4191-1	W	9:15-10 am	1/8-2/26	\$58

COOKING AND CRAFTY CREATIONS
(3-5 YRS 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 **Classes:** 8
Instructor: Amy Wilson **R/NR Fee:** \$62/\$73.50

Class	Age	Day(s)	Time	Date
4193-2	3-4 yrs	F	9:30-10:30 am	1/10-2/28
4193-3	4-5 yrs	F	10:35-11:35 am	1/10-2/28

KOOKY KITCHEN CRAFTS (3-5 YRS)

Some of the best craft supplies are found in the kitchen! In this art class we'll give potato people some personality, make and play with Jell-O scented play dough, and do some colorful fruit and vegetable painting stamping. Turkey baster tie dye and fork art will be included too! (LO)

Location: Pioneer **Classes:** 8
Instructor: Marie Droske

Class	Day(s)	Time	Date	Fee
4195-4	T	9:30-10:15 am	1/7-2/25	\$58

MINI ARTIST (3-5 YRS)

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. Seasonal themes are used, with a different one featured each session. One parent helper per class is needed. Please no additional unregistered siblings. (LO)

Location: Pioneer **Classes:** 8
Instructor: Marie Droske

Class	Day(s)	Time	Date	Fee
4197-5	T	10:30-11:15 am	1/7-2/25	\$58



BARBIE & ME (3-6 YRS) NEW!

In this class, beauty and fashion are combined with creativity and imagination. Jewels, glitter and lace will be used to create dream house scenes, Barbie and me accessories and other Barbie-themed crafts. (LO)

Location: Pioneer **Classes:** 8

Instructor: Marie Droske

Class	Day(s)	Time	Date	Fee
4199-6	M	9:30-10:15 am	1/6-2/24	\$58
4199-7	W	11:15 am-12 pm	1/8-2/26	\$58

CLAYWORKS - PRESCHOOL (3-6 YRS)

Experience the joy of working with clay. Children create their own masterpieces using the pinch, coil and slab methods. No previous experience is necessary to enroll. Students work at their own pace and progress to more difficult projects according to ability. (LO)

Location: Pioneer **Classes:** 8

Instructor: Alissa Webster-Phillips

Class	Day(s)	Time	Date	Fee
4193-5	T	5:30-6:15 pm	1/7-2/25	\$58

BAM! POW! SUPERHERO CRAFTS (3-6 YRS)

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 the day when those pesky villains threaten havoc at Pioneer Park! (LO)

Location: Pioneer **Classes:** 8

Instructor: Marie Droske

Class	Day(s)	Time	Date	Fee
4201-8	T	11:30-12:15 pm	1/7-2/5	\$58
4201-9	F	11:30-12:15 pm	1/10-2/28	\$58

SNOW MUCH FUN! (3-6 YRS)

No need to hibernate this winter when there's so much fun to be had at Pioneer Park. Personalize a popcorn snowman, create a sparkling crystal snowflake, and make a winter spy bottle in this crafty class. Ground-hog pays us a visit in February and a Valentine's Day Surprise awaits us too! (LO)

Location: Pioneer **Classes:** 8

Instructor: Marie Droske

Class	Day(s)	Time	Date	Fee
4204-0	F	9:30-10:15 am	1/10-2/28	\$58

DOODLE KIDS (3-6 YRS)

Children will create masterpieces that are truly unique using real artist materials; including watercolors, tempera paints, oil pastels, creative tools and more. Each class has new activities. Parents are welcome to attend, but not necessary every class. (LO)

Location: Olympic **Classes:** 8

Instructor: Cindy Erchull

Class	Day(s)	Time	Date	Fee
4193-7	M	11:30-12:15 pm	1/6-2/10	\$58

THE AMAZING ART RACE (3-6 YRS) NEW!

Get your travel ticket stamped as we craft our way through the USA! In Hawaii we'll make colorful leis and bright yellow pineapples. Cactus and armadillo crafts await us in the Lone Star State of Texas. A New York trip will have us designing the skyline and in Alaska we'll meet an Eskimo and a friendly polar bear! (LO)

Location: Pioneer **Classes:** 8

Instructor: Marie Droske

Class	Day(s)	Time	Date	Fee
4206-1	F	10:30-11:15 am	1/10-2/28	\$58

YOUNG REMBRANDT'S PRESCHOOL DRAWING (3.5-5 YRS)

Keep your preschoolers engaged during the winter months. There's no place more engaging than a Young Rembrandt's classroom. Ignite your preschooler's imagination as they draw our attention-grabbing lessons focused on mastering basic skills like circles and patterning. In February a drawing of a mouth-watering pizza and an endearing duck will bring out the artistic skills and advanced creativity. March lessons bring out the adventurer in Young Rembrandt's students as we complete an adorable Puppy, Silly Parrot and a very cool Pirate Ship! Expand your preschooler's creative horizons with a Young Rembrandt's class. Sign up now! (LO)

Location: Recreation **Classes:** 4

Instructor: Young Rembrandts

Class	Day(s)	Time	Date	R/NR Fee
4208-2	W	4-4:45 pm	1/8-1/29	\$47/\$59
4208-3	Th	9:30-10:15 am	1/9-1/30	\$47/\$59
4208-4	W	4-4:45 pm	2/5-2/26	\$47/\$59
4208-5	Th	9:30-10:15 am	2/6-2/27	\$47/\$59

PET PROJECTS (4-8 YRS)

If you are an animal lover, this class is for you! You'll make one-of-a-kind animal friendly toys and accessories to give as a gift or keep for your own four-legged pet. (LO)

Location: Hasbrook **Classes:** 8

Instructor: Alissa Webster-Phillips

Class	Day(s)	Time	Date	Fee
4193-6	M	5:30-6:15 pm	1/6-2/24	\$59

BASIC DRAWING (5-12 YRS)

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. (LO)

Location: Hasbrook **Classes:** 8

Instructor: Alissa Webster-Phillips

Class	Day(s)	Time	Date	Fee
4193-4	W	5:15-6 pm	1/8-2/26	\$66

ART CLASSES

creativity



Art

Art at Pioneer and Hasbrook. Two great locations! If you haven't taken an art class in a while or have not participated in a Park District art program check out our new offerings at Pioneer Park and the Hasbrook Cultural Arts Center. 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!

Students will be working with all types of art materials including paint, crayons, fabric markers, and clay, as well as many others. Most of our classes involve lots of fun, messy projects. The Park District cannot responsible for damaged clothing or property so please send your children to class with appropriate clothing for participating in art classes.



Laura Oberg

Cultural Arts/Special Events

For more information on special events or dance/theater/art, please call Laura at 847.506.7872 or loberg@ahpd.org.

Art Instructors

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 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 created children's art projects while a Girl Scout Leader and Boy Scout Parent Coordinator. About five years ago, Cindy started working for Abrakadoodle, an award-winning art education company, as a children's art instructor, teaching in both park district and elementary school environments.

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!

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 and the Pioneer Art studio is a great place to test your creative talents.

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; so club members get to do projects that interest them. In each class, we'll make one project and discuss ideas for the following week. (LO)

Location: Pioneer

Classes: 8

Instructor: Alissa Webster-Phillips

Class	Age	Day(s)	Time	Date	Fee
4234-9	5-12 yrs	T	6:30-7:30 pm	1/7-2/25	\$71

Messy 3D - Around the World

If you liked Messy 3D then you will love this class! Take a journey through time. Create your own masterpieces inspired by art from around the globe. Culture is the inspiration for this class. Artists will use coils, slabs and pinch techniques to make African masks, Incas bottles, totem poles and more! We'll decorate our creations with bright glaze colors. (LO)

Location: Hasbrook **Classes:** 8

Instructor: Alissa Webster-Phillips

Class	Age	Day(s)	Time	Date	Fee
4235-1	5-12 yrs	W	6:15-7:30 pm	1/8-2/26	\$58

Multicultural Art

An art and culture class all in one! Learn about and make art projects from around the world - from Mayan Masks and North American totems, to Irish Celtic knots and Japanese origami! A fun and education class for the worldly minded! (LO)

Location: Hasbrook **Classes:** 8

Instructor: Alissa Webster-Phillips

Class	Age	Day(s)	Time	Date	Fee
4235-2	7-12 yrs	M	6:30-7:30 pm	1/6-2/24	\$63

Young Rembrandts

Start 2014 off with a bang! Young Rembrandts students will flex their creative muscle as they take on artistic challenges like our Still Life Backpack and Sporty Snowboarder lesson in January. In February, students will master perspective and personality as they complete a challenging Palm Tree Scene, cute Penguins and their own version of Grant Wood's American Gothic. During March, get ready for a mix of elegance and graphic style drawings as students complete a Graceful Swan and Wise Owl. There's no better way to shake the winter blues. Sign up today! (LO)

Location: Pioneer **Classes:** 4

Instructor: Young Rembrandts

Class	Age	Day(s)	Time	Date	Fee
4234-6	6-12 yrs	W	5-5:45 pm	1/8-1/29	\$47/\$59
4234-7	6-12 yrs	W	5-5:45 pm	2/5-2/26	\$47/\$59

Clayworks

Children love working with clay! They'll create their own masterpieces using the pinch, coil and slab methods. No previous experience is necessary to enroll. Students work at their own pace and progress to more difficult projects according to ability. (LO)

Location: Pioneer **Classes:** 8

Instructor: Alissa Webster-Phillips

Class	Age	Day(s)	Time	Date	Fee
4235-0	6-12 yrs	Th	5:30-6:45 pm	1/9-2/27	\$87

Painting Outside the Box -2d /3d Painting NEW!

This class will take you to the outer limits and push your creativity to a whole new level. You will learn from step by step demonstrations and you will have free choice sessions! You will try cool color theory tricks that will make mixing colors exciting. Learn how artist create 3-d artwork for spook houses and carnivals. We will create paintings in the dark with black lights (3d glasses are included) Materials that will be used in this class include: acrylics, canvases, watercolor, black light paints and watercolor pencils. (All materials are included). (LO)

Location: Pioneer **Classes:** 8

Instructor: Alissa Webster-Phillips

Class	Age	Day(s)	Time	Date	Fee
4234-8	7-15 yrs	T	7:30-8:30 pm	1/7-2/25	\$71

ADULT ARTS & CRAFTS

Inspiration Studio (aka Teen Time)

This studio experience offers the freedom to express your creative self in a comfortable non-judgmental environment for you to challenge your creativity. This studio offers you the space to spread out and create larger pieces of art. If you are interested in animation, graphic design, sculpture, painting, spray painting, or drawing this is the art class of you. All supplies are included. Come rediscover your creative side and challenge yourself in our Inspiration Studio. (LO)

Location: Hasbrook **Classes:** 8

Instructor: Alissa Webster-Phillips

Class	Age	Day(s)	Time	Date	Fee
4245-7	11-17 yrs	W	7:30-8:45 pm	1/8-2/26	\$70

Art Studio

Be creative and use your artistic ability in this open studio. Experience making pottery or drawing and painting using acrylic paints or pastel/colored/charcoal pencils. If you choose pottery, you'll learn slab, coil, pinch and wheel techniques. If drawing or painting is more your style, you can focus on landscapes, portraits, cartoons or whatever you like. Studio time is for those with an understanding of basic skills and who want to do a step-by-step with the instructor or create on their own time. (LO)

Location: Pioneer **Classes:** 8

Instructor: Alissa Webster-Phillips

Class	Age	Day(s)	Time	Date	Fee
4245-6	13+	Th	7-9 pm	1/9-2/27	\$131

Basic Rubber Stamping Techniques NEW!

Learn or refresh your skills of rubber stamping and card making. We will score card stock, ink stamps, embellish and be-ribbon a stack of any occasion cards. Basic skills will be taught with plenty of hands-on opportunity to master the fun craft of rubber stamping. Go to stampwithdee.blogspot.com to see samples of Dee's creations. (TO)

Location: Historical Museum **Instructor:** Dee Tollaksen

Class	Age	Day(s)	Time	Date	Fee
4245-5	16+	M	7-8:30 pm	2/24	\$15

DANCE

express yourself

INTRODUCING AHPD'S DANCE STAFF.

Let's put a face with the names that you've heard so much about... Meet the group:

Barb Bridges



Barb is so excited to be teaching at the AHPD. She has been dancing since age 6. Her favorite dance forms include ballet, jazz and tap. She studied dance with Gus Giordano and was on orchesis all 4yrs of high school, Ruth Page and Galena Dance Studio. She has a degree in dance performance and education from the University of Illinois. She has been teaching dance and fitness classes for many years.

Alyssa Perry



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 started her teaching adventure as an assistant for Dena Maria's School of Dance in 2006. Alyssa currently is completing her Bachelor's degree at North Central College.

Tanya Pieroni



Tanya has been dancing for 19+ years with studio training in tap, ballet, jazz, and pointe. She has performed at Walt Disney World in Orlando, Florida, and competed in Honolulu, Hawaii. She competed on the high school dance team for 4 years and took second place in the high school dance team state competition. Tanya started teaching for the park district in 2004 and has loved every year since.

Mollee Johnson



Mollee Johnson brings her passion for dance as well as over 25 years of experience to her teaching. She has a multitude of performance and choreography experience, including performances at Cedar Point Amusement Park, the College Football Hall of Fame, and Walt Disney World. Mollee continues to take master dance classes. Mollee is the Director of

Fusion Dance Company.

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 for all 4 years and choreographed many variety show dances.

Amy Hill



Amy graduated from Southern Illinois University Edwardsville where she performed in numerous shows and obtained a dance minor. In her early years she danced at the AHPD as a student, performing in Fusion and Synergy dance companies. She is excited to be back with the AHPD dance program and to get to work with such great staff and students.

Carla Ricchio



Carla Ricchio has been with the Arlington Heights Park District Dance program since 2002. 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 several years. Carla likes to enforce a fun, positive, and serious learning experience for all her dancers.

Jennifer Rowley



Jennifer has a BA in Dance and Psychology from Denison University, with a concentration in Modern Dance. She has danced professionally and has presented her modern choreography in Washington D.C., New York, and Chicago. She is excited to be a part of the AHPD Dance Staff and is looking forward to a new year of teaching.

Julie Swichtenberg



Julie Swichtenberg studied as a dance major at Columbia College. Julie has appeared in many of Al Gillert's instructional dance videos and is proficient in all dance forms. She is the director of Synergy Dance Company and has worked with Metropolis Performing Arts Centre as an instructor and choreographer for Curtains Up performing arts camp.

Dance Information

The Arlington Heights Park District recognizes dance as an ongoing commitment and allows participants to pre-register for classes they attended the previous session. For this reason, some classes may be closed when registration opens to new participants. The pre-registration began with the Fall 2013 session. The Winter/Spring 2014 session runs for 18 weeks ending with our annual dance recital. There are no classes March 24-30. Classes fill quickly, so sign up early.

Proper Attire in class is very important, all dancers should wear a solid leotard, tights and proper shoes to every class. Dance shorts/capris/or a dance skirt is allowed in various levels. Please see parent handbook on the website for more information. NO Jeans (shorts, skirts, or pants), pajama pants or sweatshirts will be allowed in class. Hair should be pulled out of dancers faces for safety, too. Thank you for your cooperation in this matter.

Please read class descriptions carefully to determine your child's placement. If you have any questions regarding what level your child should be in, please contact Laura Oberg, Cultural Arts Supervisor, at the Arlington Heights Park District Administration Center, 847.506.7872. Students who enroll in the incorrect level may not be able to change classes if the class is full. Students must meet the minimum age requirements for the class by September 1, 2013.



Laura Oberg
Cultural Arts/Special Events

For more information on special events or dance/theater/art, please call Laura at 847.506.7872 or loberg@ahpd.org.

Art in
MOTION
2014
Arlington Heights Park District

2014 AHPD Dance Recital

The Park District's annual dance recital will be held on Friday night, May 16, Saturday, May 17 at St. Viator High School and Sunday, May 18 at Hersey High School. Information regarding specific dates and times for each student will be available in late February.

The fee for dance includes 18 weeks of classes and a costume for the recital. Costumes are ordered at the beginning of the session, and NO REFUNDS ARE GIVEN ON COSTUMES. Parents should check with instructors about signing off on costume size ordered for their child. Parents are responsible for their child's costumes.

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 **Wednesday, December 30** 5:30 pm-7:00 pm at the Administration Center 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 items to be sold on the day of the sale between the hours of 9 am-5 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 or at the Admin. Center during the next day. 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 Informational Forms can also be picked up either at the Administration Center or on our website at ahpd.org/dance. Complete the form and drop it off along with your shoes, and we'll do the rest. The price you set is the price we will sell the shoes! (Please price your shoes reasonably for interested buyers).

Name: _____

Type of Shoe: Ballet Tap Jazz Other (please specify) _____

Phone: _____ Size: _____ Color: _____ Price: \$ _____

Be Kind To Your Dance Instructor and Buy a Pair of Tap Ties!

On sale now! Tap ties for your child's tap shoes. Parents of students 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. The cost is \$2 per pair. For sale at the Administration Center office, 410 North Arlington Heights Road and the Pioneer Park Office during regular business hours. Any questions? Call Laura Oberg, Cultural Arts/Special Events Supervisor at 847.506.7872.

PRESCHOOL DANCE

Tots in Motion w/ Parent (2.5-3.5 yrs)

Parents will help introduce their child to the world of dance by helping them learn about music, rhythm and creative movement in a structured class. Development and control of gross motor skills, following directions and taking turns are stressed. Parents and tots should wear ballet slippers or socks and comfortable clothing that allow them to move freely. Older and younger siblings who are not registered for this class and non-dancing adults are not allowed in the dance room during class. Only one parent per dancer, please. (LO)

R/NR Fee: \$52/\$65 **Classes:** 8

Class	Location	Day(s)	Time	Date	Instructor
4247-6	Admin. Ctr.	T	9:15-9:45 am	1/7-2/25	Barb Bridges
4247-7	Admin. Ctr.	W	11:15-11:45 am	1/8-2/26	Jennifer Hicks
4247-8	Pioneer	Sa	11-11:30 am	1/4-2/22	Barb Bridges

Ballet and Tap

This combination class teaches the basic positions, steps, and terminology of ballet and tap, as well as creative movement and tumbling (on occasion). This is a great class for your little ones to socialize and explore their creativity. Beginning students should start with the youngest class for their age group. Students should have one full year of instruction before moving up to the next level, unless otherwise recommended by instructor. Attire for the class is a leotard and tights. PINK Ballet shoes should be worn for ballet and BLACK tap shoes may be worn for tap. Please bring both pairs of dance shoes to every class. (LO)

Ballet and Tap I (3-4 yrs)

Ages 3 & 4 years. Students must be three years old by September 1, 2013, and COMPLETELY TOILET TRAINED. (LO)

R/NR Fee: \$174/\$206 **Classes:** 18

Class	Location	Day(s)	Time	Date	Instructor	No Class
4249-9	Admin. Ctr.	M	10:20-11:05 am	1/6-5/12	Barb Bridges	3/24
4250-0	Admin. Ctr.	T	9:50-10:35 am	1/7-5/13	Barb Bridges	3/25
4250-1	Admin. Ctr.	W	9:30-10:15 am	1/8-5/14	Jennifer Hicks	3/26
4250-3	Admin. Ctr.	W	2:25-3:10 pm	1/8-5/14	Jennifer Hicks	3/26
4250-4	Admin. Ctr.	Th	10:40-11:25 am	1/9-5/15	Barb Bridges	3/27
4250-5	Admin. Ctr.	Th	12:45-1:30 pm	1/9-5/15	Barb Bridges	3/27
4250-6	Admin. Ctr.	F	11:30 am-12:15 pm	1/3-5/9	Carla Ricchio	3/28
4250-7	Admin. Ctr.	Sa	9-9:45 am	1/4-5/10	Tanya Pieroni	3/29
4250-8	Admin. Ctr.	Sa	11:15 am-12 pm	1/4-5/10	Amy Hill	3/29
4250-9	Hasbrook	M	5:55-6:40 pm	1/6-5/12	Alyssa Perry	3/24
4251-0	Hasbrook	W	4:15-5 pm	1/8-5/14	Barb Bridges	3/26
4251-7	Pioneer	T	11:05-11:50 am	1/7-5/13	Jennifer Hicks	3/25
4251-1	Pioneer	T	1:45-2:30 pm	1/7-5/13	Jennifer Hicks	3/25
4251-2	Pioneer	W	11:45 am-12:30 pm	1/8-5/14	Barb Bridges	3/26
4251-3	Pioneer	Th	12-12:45 pm	1/9-5/15	Jen Rowley	3/27
4251-4	Pioneer	Th	1:50-2:35 pm	1/9-5/15	Alyssa Perry	3/27
4251-5	Pioneer	F	9:15-10 am	1/3-5/9	Jennifer Hicks	3/28
4251-6	Pioneer	Sa	10:05-10:50 am	1/4-5/10	Barb Bridges	3/29

Ballet and Tap II (4-5 yrs)

Ages 4 & 5 years. Students must be four years old by September 1, 2013. (LO)

R/NR Fee: \$174/\$206

Classes: 18

Class	Location	Day(s)	Time	Date	Instructor	No Class
4253-7	Admin. Ctr.	M	11:10-11:55 am	1/6-5/12	Barb Bridges	3/24
4253-8	Admin. Ctr.	M	1-1:45 pm	1/6-5/12	Barb Bridges	3/24
4253-9	Admin. Ctr.	M	3:15-4 pm	1/6-5/12	Jennifer Hicks	3/24
4254-0	Admin. Ctr.	T	10:40-11:25 am	1/7-5/13	Barb Bridges	3/25
4254-1	Admin. Ctr.	W	10:20 am-11:05 pm	1/8-5/14	Jennifer Hicks	3/26
4255-2	Admin. Ctr.	W	12:30-1:15 pm	1/8-5/14	Jennifer Hicks	3/26
4254-3	Admin. Ctr.	Th	9:50-10:35 am	1/9-5/15	Barb Bridges	3/27
4254-4	Admin. Ctr.	Th	1:35-2:20 pm	1/9-5/15	Barb Bridges	3/27
4254-5	Admin. Ctr.	F	12:30-1:15 pm	1/3-5/9	Carla Ricchio	3/28
4254-6	Admin. Ctr.	Sa	9:45-10:30 am	1/4-5/10	Tanya Pieroni	3/29
4254-7	Admin. Ctr.	Sa	12:30-1:15 pm	1/4-5/10	Amy Hill	3/29
4254-9	Hasbrook	M	5:05-5:50 pm	1/6-5/12	Alyssa Perry	3/24
4255-0	Hasbrook	W	5:15-6 pm	1/8-5/14	Barb Bridges	3/26
4255-1	Pioneer	T	10:15-11 am	1/7-5/13	Jennifer Hicks	3/25
4255-4	Pioneer	W	1:50-2:35 pm	1/8-5/14	Barb Bridges	3/26
4255-5	Pioneer	Th	11:10-11:55 am	1/9-5/15	Carla Ricchio	3/27
4255-3	Pioneer	F	10:45-11:30 am	1/3-5/9	Jennifer Hicks	3/28
4255-6	Pioneer	F	12:30-1:15 pm	1/3-5/9	Jennifer Hicks	3/28
4255-7	Pioneer	Sa	9:15-10 am	1/4-5/10	Barb Bridges	3/29

Ballet and Tap III (5-6 yrs)

For ages 5 & 6. Students must be five years old by September 1, 2013. (LO)

R/NR Fee: \$188/\$224

Classes: 18

Class	Location	Day(s)	Time	Date	Instructor	No Class
4320-9	Admin. Ctr.	M	9:15-10:15 am	1/6-5/12	Barb Bridges	3/24
4321-0	Admin. Ctr.	W	1:20-2:20 pm	1/8-5/14	Jennifer Hicks	3/26
4321-1	Admin. Ctr.	Th	5-6 pm	1/9-5/15	Barb Bridges	3/27
4321-2	Admin. Ctr.	F	10-11 am	1/3-5/9	Carla Ricchio	3/28
4321-3	Admin. Ctr.	F	1:20-2:20 pm	1/3-5/9	Carla Ricchio	3/28
4321-4	Admin. Ctr.	Sa	1:20-2:20 pm	1/4-5/10	Amy Hill	3/29
4321-5	Pioneer	T	12:45-1:45 pm	1/7-5/13	Jennifer Hicks	3/25
4321-6	Pioneer	W	12:45-1:45 pm	1/8-5/14	Barb Bridges	3/26
4321-7	Pioneer	Th	10:05-11:05 am	1/9-5/15	Jen Rowley	3/27
4321-8	Pioneer	Th	2:40-3:40 pm	1/9-5/15	Alyssa Perry	3/27
4321-9	Pioneer	Sa	11:45 am-12:45 pm	1/4-5/10	Barb Bridges	3/29

Mini Jazz (5-6 yrs)

Students will fine tune their Jazz skills while working on coordination, flexibility and strength. (LO)

R/NR Fee: \$174/\$206

Classes: 18

Class	Location	Day(s)	Time	Date	Instructor	No Class
4257-8	Admin. Ctr.	F	2:25-3:10 pm	1/3-5/9	Carla Ricchio	3/28
4257-9	Pioneer	W	4-4:45 pm	1/8-5/14	Carla Ricchio	3/26
4258-0	Pioneer	Th	1-1:45 pm	1/9-5/15	Alyssa Perry	3/27

BALLET, TAP & JAZZ

Dress requirements: Tap- Black Tap Shoes; Ballet- Pink Ballet Shoes; Jazz- Pink Ballet Shoes or black jazz shoes; Leotards and tights required.

Ballet, Tap, and Jazz I (6+)

Ballet, Tap, and Jazz are combined to develop a well-rounded dancer. Learn ballet barre, technique and terminology along with tap and jazz steps and combinations. Dress requirements- Tap: black tap shoes; Ballet: pink ballet shoes; Jazz: pink ballet shoes or jazz shoes; Leotards and tights required. For beginning students or those who have participated in Ballet & Tap III. (LO)

R/NR Fee: \$195/\$231 **Classes:** 18

Class	Location	Day(s)	Time	Date	Instructor	No Class
4324-0	Hasbrook	Th	4:15-5:15 pm	1/9-5/15	Tanya Pieroni	3/27
4324-1	Pioneer	M	4-5 pm	1/6-5/12	Barb Bridges	3/24

Ballet, Tap, and Jazz II (7+)

This class is for students who have had a minimum of two years in each dance form. (LO)

Location: Pioneer **Classes:** 18 **Instructor:** Barb Bridges

Class	Day(s)	Time	Date	Fee	No Class
4326-2	Sa	12:50-1:50 pm	1/4-5/10	\$195/\$231	3/29

TAP AND JAZZ DANCE**Tap and Jazz (6-8 yrs)**

Students will fine tune their tap and jazz skills while working on coordination, flexibility, and strength. A MINIMUM OF ONE YEAR experience in tap is required for Level I and a MINIMUM of TWO YEARS experience in tap is required for Level II. (LO)

R/NR Fee: \$195/\$231 **Classes:** 18

Class	Level	Location	Day(s)	Time	Date	Instructor	No Class
4260-1	I	Admin. Ctr.	T	4:15-5:15 pm	1/7-5/13	Carla Ricchio	3/25
4260-2	II	Pioneer	M	6-7 pm	1/6-5/12	Barb Bridges	3/24

Tap and Jazz III (8-10 yrs)

This class is for students who have had a minimum of three years in each dance form. (LO)

R/NR Fee: \$200/\$236 **Classes:** 18

Class	Location	Day(s)	Time	Date	Instructor	No Class
4262-3	Admin. Ctr.	T	5:15-6:15 pm	1/7-5/13	Carla Ricchio	3/25

Intermediate Tap and Jazz I (9+)

This class is for students with a minimum of four years' experience in each dance form. (LO)

Location: Admin. Ctr. **Classes:** 18

Instructor: Carla Ricchio

Class	Level	Day(s)	Time	Date	Fee	No Class
4264-4	I	T	6:15-7:15 pm	1/7-5/13	\$200/\$236	3/25

Intermediate Tap and Jazz II (10+)

This class is for students who have had a minimum of five years in each dance form. BY INSTRUCTOR'S PERMISSION ONLY. (LO)

Location: Admin. Ctr. **Classes:** 18

Class	Level	Day(s)	Time	Date	Fee	Instructor	No Class
4266-5	II	T	7:15-8:15 pm	1/7-5/13	\$200/\$236	Carla Ricchio	3/25

Advanced Tap and Jazz (12+)

This class is for students with a minimum of six years instruction in each dance form. Emphasis is on technique and performance. PLEASE

NOTE: LEVEL I and II IS BY INSTRUCTOR'S PERMISSION ONLY! (LO)

Location: Admin. Ctr. **Classes:** 18

Class	Level	Day(s)	Time	Date	Fee	Instructor	No Class
4268-6	I	T	8:15-9:15 pm	1/7-5/13	\$213/\$252	Carla Ricchio	3/25
4268-7	I	Th	6:45-7:45 pm	1/9-5/15	\$213/\$252	Carla Ricchio	3/27
4268-8	II	Th	7:45-9 pm	1/9-5/15	\$213/\$252	Carla Ricchio	3/27

BALLET DANCE

Please read carefully to determine correct placement. Ballet, a basis for all dance forms, instills grace, coordination, and discipline of the mind and body. The instructor works with each student individually to make ballet fun, as well as a challenge. Dress requirements: Solid color leotards, tights, and pink ballet shoes. Boys should wear a T-shirt, tights or sweat pants, and black or white ballet shoes. (LO)

Ballet (Beginner) (6+)

Students explore the basic steps, positions and terminology. Level I - No ballet experience required or perfect for students who have been enrolled in any of the Ballet and Tap Classes. Level II - At least one year of Beginner Ballet (LO)

R/NR Fee: \$200/\$236

Classes: 18

Class	Level	Location	Day(s)	Time	Date	Instructor	No Class
4273-1	I	Admin. Ctr.	Th	4-5 pm	1/9-5/15	Barb Bridges	3/27
4273-3	I	Pioneer	Th	4:45-5:30 pm	1/9-5/15	Jennifer Hicks	3/27
4273-2	II	Pioneer	M	7-7:45 pm	1/6-5/12	Barb Bridges	3/24
4273-0	II	Admin. Ctr.	F	6:30-7:15 pm	1/3-5/9	Alyssa Perry	3/28

Ballet (Intermediate) (9+)

Students should have had at least one-two years of Ballet. (LO)

R/NR Fee: \$200/\$236

Classes: 18

Class	Level	Location	Day(s)	Time	Date	Instructor	No Class
4275-4	III	Pioneer	M	5-6 pm	1/6-5/12	Barb Bridges	3/24
4275-5	III	Pioneer	Th	6:15-7:15 pm	1/9-5/15	Jennifer Hicks	3/27
4275-6	IV	Hasbrook	M	4-5 pm	1/6-5/12	Alyssa Perry	3/24
4275-7	IV	Pioneer	T	5:30-6:30 pm	1/7-5/13	Tammy Zach	3/25

Ballet (Advanced) (12+)

Students will continue Advanced Ballet techniques. Note: Instructor permission only. (LO)

Location: Pioneer

Classes: 18

Instructor:

Class	Level	Day(s)	Time	Date	Fee	Instructor	No Class
4277-8	V	T	6:30-7:30 pm	1/7-5/13	\$241/\$253	Tammy Zach	3/25
4277-9	VI	T	7:30-8:30 pm	1/7-5/13	\$241/\$253	Tammy Zach	3/25

Pointe Ballet (13+)

Instructor permission only. Pointe class technique is for the advanced ballet dancer. Only pointe technique is covered in this class; so student must also be enrolled in Advanced Ballet. (LO)

Location: Pioneer

Classes: 18

Class	Day(s)	Time	Date	Fee	Instructor	No Class
4280-0	T	8:30-9:15 pm	1/7-5/13	\$200/\$239	Tammy Zach	3/25

Beginning Ballet for Teens (12+)

If you've always wanted to try ballet or would like to pick it back up after taking a few years off, this class is for you. The class will start with floor stretches, move to the barre for warm-up, then continue to the center and across the floor for classical ballet choreography such as leaps, turns and small combinations. (LO)

Location: Hasbrook

Classes: 18

Class	Day(s)	Time	Date	Fee	Instructor	No Class
4328-3	T	4:15-5 pm	1/7-5/13	\$200/\$236	Jen Rowley	3/25

SPECIALTY DANCE

Irish Step Dance - I (4+)

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. Class attire includes a t-shirt, shorts, socks and Irish, jazz, ballet or light gym shoes. Leotards with shorts over them are acceptable. No long pants of any kind. Member of Irish Dance Teachers Association of Mid America and North America and An Coimisiun le Rinci Gaelacha, Dublin Ireland. (KK)

Location: Frontier

Classes: 8

Class	Level	Age	Day(s)	Time	Date	Fee
4282-2	Preschool	4-6 yrs	M	4-4:30 pm	1/6-2/24	\$48
4282-3	Beg-Soft Shoe	7-16 yrs	M	4:30-5:15 pm	1/6-2/24	\$96
4282-4	Int-Heavy Shoe	7-16 yrs	M	5:15-5:45 pm	1/6-2/24	\$56
4282-5	Adv Int-Soft Shoe	7-16 yrs	M	5:45-6:45 pm	1/6-2/24	\$104
4282-1	Heavy Shoe - Adv.	7-16 yrs	M	6:45-7:15 pm	1/6-2/24	\$56
4282-6	Beg	7-16 yrs	M	7:15-8 pm	1/6-2/24	\$96
4282-7	Adult	17+	M	8-8:45 pm	1/6-2/24	\$96

Hip Hop for Boys (5+)

This class is perfect for those who love to groove to the current beats, learn age-appropriate fun and funky moves! The emphasis is on attitude, stage presence, developing an individual style, learning to relax the body and having fun! Clean gym shoes that are not worn outside can be used or black Jazz sneakers. (LO)

Location: Admin. Ctr.

Classes: 18

Class	Day(s)	Time	Date	Fee	Instructor	No Class
4284-8	F	5-5:45 pm	1/3-5/9	\$159/\$186	Alyssa Perry	3/28

Jazz and Hip-Hop

This class is perfect for those who love to groove to the current beats! Learn age appropriate fun and funky moves in this class. Attitude, stage presence, developing an individual style, learning to relax the body and having fun are all emphasized! Black jazz shoes are needed for this class. NOTE: The Advanced level Jazz Hip Hop is Instructor Permission only and will include Lyrical dance as well. (LO)

Classes: 18

Class	Level	Age	Location	Day(s)	Time	Date	Instructor	R/NR Fee	No Class
4286-9	I	5+	Admin. Ctr.	Sa	10:30-11:15 am	1/4-5/10	Tanya Pieroni	\$164/\$191	3/29
4287-0	I	5+	Pioneer	T	2:30-3:15 pm	1/7-5/13	Jennifer Hicks	\$164/\$191	3/25
4287-1	I	5+	Pioneer	F	10-10:45 am	1/3-5/9	Jennifer Hicks	\$164/\$191	3/28
4287-2	I	5+	Pioneer	F	1:20-2:05 pm	1/3-5/9	Alyssa Perry	\$164/\$191	3/28
4287-3	I	5+	Pioneer	F	2:30-3:15 pm	1/3-5/9	Alyssa Perry	\$164/\$191	3/28
4287-4	I	6+	Admin. Ctr.	F	4-4:45 pm	1/3-5/9	Alyssa Perry	\$200/\$236	3/28
4287-5	I	6+	Admin. Ctr.	F	5:45-6:30 pm	1/3-5/9	Alyssa Perry	\$200/\$236	3/28
4287-6	I	6+	Admin. Ctr.	W	3:45-4:30 pm	1/8-5/14	Amy Hill	\$200/\$236	3/26
4287-7	I	6+	Pioneer	Th	4-4:45 pm	1/9-5/15	Jennifer Hicks	\$200/\$236	3/27
4287-8	I	6+	Pioneer	Th	5:30-6:15 pm	1/9-5/15	Jennifer Hicks	\$200/\$236	3/27
4287-9	II	8+	Admin. Ctr.	M	4-5 pm	1/6-5/12	Jennifer Hicks	\$200/\$236	3/24
4288-0	II	8+	Hasbrook	M	7:30-8:30 pm	1/6-5/12	Alyssa Perry	\$200/\$236	3/24
4288-1	II	8+	Hasbrook	Th	5:15-6:15 pm	1/9-5/15	Tanya Pieroni	\$200/\$236	3/27
4288-2	II	8+	Hasbrook	Th	7:15-8:15 pm	1/9-5/15	Tanya Pieroni	\$200/\$236	3/27
4288-4	Int	10+	Hasbrook	Th	6:15-7:15 pm	1/9-5/15	Tanya Pieroni	\$200/\$236	3/27
4288-5	Int	10+	Pioneer	Th	7:15-8:15 pm	1/9-5/15	Jennifer Hicks	\$200/\$236	3/27
4288-3	Int	12+	Hasbrook	M	8:30-9:30 pm	1/6-5/12	Alyssa Perry	\$200/\$236	3/24
4288-6	Adv	12+	Pioneer	Th	8:15-9:45 pm	1/9-5/15	Jennifer Hicks	\$236/\$281	3/27

Musical Theatre (6+)

This class provides students with the opportunity to explore acting exercises, movement for musical theater and singing. The students will learn songs and dances to popular Broadway hits. They will be able to show their creativity in reciting and making up their own scripts. **No class 3/24.** (LO)

Location: Hasbrook **Classes:** 18

Instructor: Alyssa Perry

Class	Day(s)	Time	Date	Fee
4290-7	M	6:45-7:30 pm	1/6-5/12	\$200/\$236



Jazz II (7-9 yrs) NEW!

Students will fine tune their jazz skills while working on coordination, flexibility and strength. A minimum one year of Tap and Jazz experience is required/recommended. **No class 3/24.** (LO)

Location: Pioneer **Classes:** 18

Instructor: Carla Ricchio

Class	Day(s)	Time	Date	Fee
4292-8	W	4:45-5:30 pm	1/8-5/14	\$159/\$186

Beginner Jazz (9+)

Students learn the basic jazz steps and floor routines to rhythmic music while working on coordination, flexibility and strength. **No class 3/24-3/26.** (LO)

Location: Pioneer **Classes:** 18

R/NR Fee: \$159/\$186

Class	Day(s)	Time	Date	Instructor
4299-5	M	7:45-8:30 pm	1/6-5/12	Barb Bridges
4299-6	W	6:30-7:15 pm	1/8-5/14	Carla Ricchio

Technique Class

Students who want to improve as a dancer? This technique class is for you! Learn the proper skills it takes to perform proper turns, leaps, jumps etc. This class will also include barre work. Dancers will need pink ballet shoes and black jazz shoes. (This class will continue in the winter session and will perform in the dance recital next may during the winter session). **No class 3/24-3/26.** (LO)

R/NR Fee: \$200/\$236 **Classes:** 18

Class	Age	Location	Day(s)	Time	Date	Instructor
4305-9	10+	Pioneer	W	5:30-6:15 pm	1/8-5/14	Carla Ricchio
4306-0	12+	Admin. Ctr.	Th	6-6:45 pm	1/9-5/15	Carla Ricchio

Jazz/Lyrical (8+)

Lyrical is the perfect blend of Ballet and Jazz. This class will consist of warm-ups to help with flexibility, technique and a variety of combinations. Dancers learn to display emotion and tell a story through music. Dancers will need jazz shoes for jazz and can dance with bare feet for Lyrical. Dancers are required to wear a leotard and tights along with dance shorts or pants. (LO)

R/NR Fee: \$200/\$236 **Classes:** 18

Class	Age	Location	Day(s)	Time	Date	Instructor	No Class
4297-1	8+	Pioneer	T	4:15-5:15 pm	1/7-5/13	Jennifer Hicks	3/25
4297-2	10+	Admin. Ctr.	M	8-9 pm	1/6-5/12	Jennifer Hicks	3/24
4297-3	11+	Admin. Ctr.	W	4:30-5:30 pm	1/8-5/14	Amy Hill	3/26
4297-4	11+	Pioneer	T	3:15-4:15 pm	1/7-5/13	Jennifer Hicks	3/25

Intermediate Jazz (11+)

Students work on improving skills as well as learning new steps. AT LEAST ONE YEAR of Jazz is required. **No class 3/25.** (LO)

Location: Admin. Ctr. **Classes:** 18 **R/NR Fee:** \$200/\$236

Class	Day(s)	Time	Date	Instructor
4308-1	T	3:15-4:15 pm	1/7-5/13	Carla Ricchio

Advanced Jazz

Students will be instructed in all styles of Jazz including classic Jazz, Hip Hop and Lyrical. Students registering for advanced classes must have instructor permission. (LO)

Location:	Admin. Ctr.	Classes:	18	R/NR Fee:	\$213/\$252		
Class	Level	Age	Day(s)	Time	Date	Instructor	No Class
4310-3	I	12+	W	5:30-6:30 pm	1/8-5/14	Amy Hill	3/26
4310-4	I	12+	W	6:30-7:30 pm	1/8-5/14	Amy Hill	3/26
4310-2	II	12+	W	6:30-7:30 pm	1/8-5/14	Mollee Johnson	3/26

Contemporary Lyrical

Dancers will be introduced to movement that incorporates ballet, jazz, modern and lyrical technique. The class format begins with a warm-up and progresses into across the floor combinations and choreography in the center. Turns, leaps, dancing with emotion, moving into and out of the floor and contemporary/lyrical choreography will be the main focus. Prior Ballet experience is encouraged. Dancers will dance barefoot. (LO)

Advanced II and III

Class	Level	Age	Day(s)	Time	Date	Fee	Instructor	Classes	No Class
4302-0	I	9+	T	5-6 pm	1/7-5/13	\$120/\$149	Jennifer Rowley	18	3/25
4301-8	II	11+	T	6-7 pm	1/8-5/14	\$128/\$159	Jennifer Rowley	18	3/25
4301-9	III	12+	T	7-8 pm	1/8-5/14	\$128/\$159	Jennifer Rowley	18	3/25

Dance Companies

Students must audition for each of the Park District Companies. **Auditions have already taken place for this year. The next audition is scheduled for May/June 2014** All of the Park District dance companies will perform in several performances throughout the year and may also compete and attend dance conventions during the year. All members must be enrolled in an additional dance class (Ballet is required for Synergy).

Spectrum (7+)

Spectrum is the Arlington Heights Park District's NEWEST dance company. The company's curriculum is jazz based with some hip-hop and lyrical. It is designed for the versatile and dedicated dancer, who also loves to perform. Members will focus on technique and flexibility while learning to appreciate and develop their ambition to grow as a dancer. Company members are given multiple opportunities to perform and share their love of dance. A low absence rate, proper dress attire and positive attitude is mandatory at all times. (LO) **No class 3/24.**

Location: Admin. Ctr. **Classes:** 18
Instructor: Jennifer Hicks

Class	Day(s)	Level	Time	Date	R/NR Fee
4294-9	M	Mini	5-6:30 pm	1/6-5/12	\$234/\$278
4295-0	M	Elite	6:30-8 pm	1/6-5/12	\$234/\$278

Synergy

This senior level dance company is for the well-rounded and dedicated dancer. Emphasis is placed on several dance forms including ballet, tap, and jazz. Synergy performs throughout the year, attends a dance convention and participates in a dance competition. Students must audition for the company. **No class 3/30.** (LO)

Location: Pioneer **Classes:** 18
Instructor: Julie Swichtenberg

Class	Day(s)	Time	Date	R/NR Fee
4301-7	Su	12-2 pm	1/5-5/11	\$322/\$388

Fusion (10+)

This is a junior company for dancers' age 10+ years old. Dancers work on moving their talent to an advanced level by perfecting technique and performance ability. Students must audition for the company. **No class 3/26.** (LO)

Location: Admin. Ctr. **Classes:** 18
Instructor: Mollee Johnson

Class	Day(s)	Time	Date	R/NR Fee
4303-8	W	7:30-9 pm	1/8-5/14	\$234/\$278



Hip Pop Dancing for Kids (6-9 yrs)

Hey kids! Learn some of today's hottest dance steps. You'll be introduced to some basic and hot new pop steps, learn a routine, and play fun games to music. You'll choreograph your own routine as a group (or groups) with assistance from the instructor and perform them at the last class. Dance like your favorite artist from warm up to cool down. Parents are welcome to come 10-15 minutes early the last week of the class to see The Performance! Please wear comfortable clothing and gym shoes. (LO)

Location: Pioneer **Classes:** 6

R/NR Fee: \$46/\$58

Class	Day(s)	Time	Date
4312-5	F	6:30-7:30 pm	1/10-2/14

Intro 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 routines. 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.(LO)

Location: Juliette Low School

Class	Day(s)	Time	Date	Fee
4271-0	Th	6-6:30 pm	1/9-2/27	\$44
4271-1	Th	6:30-7 pm	1/9-2/27	\$44

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. (LO)

Location: Juliette Low School

Class	Day(s)	Time	Date	Fee
4271-2	Th	7-8 pm	1/9-2/27	\$44



ADULT DANCE

Splendid Ballroom Dance (16+)

Discover the wonderful world of ballroom dancing in this introductory/ refresher session. Improve your skills, learn new steps, and how to lead and follow. You will have fun dancing the Waltz, Cha Cha, Swing, Foxtrot, Rhumba and Tango with just a few hours of enjoyable instruction. Couples are recommended, but not necessary. Couples will not rotate partners. Singles are not guaranteed a partner. Please wear comfortable clothing and shoes. Fee is per person. (LO)

Location: Pioneer **Classes:** 6

Class	Day(s)	Time	Date	R/NR Fee
4316-7	F	7:30-8:30 pm	1/10-2/14	\$46/\$58

Wedding Fiesta Workshop (16+)

Learn to dance to ballroom, big band, Latin, slow and contemporary dance music. This crash course includes: leading and following, traveling, turns and movement. This is perfect for anyone that is in or going to a wedding! Waltz, Swing, Cha Cha, contemporary and the Lost Art of Slow Dancing will be taught. Getting married? Bring your song in on tape or CD. Couples are recommended, but not necessary. Couples will not rotate partners. Singles are not guaranteed a partner. Please wear comfortable clothing and shoes. (LO)

Location: Frontier

Class	Day(s)	Time	Date	Fee
4318-8	Sa	12:30-3:15 pm	2/8	\$34

Spicy Salsa & Latin Dancing (16+)

Come and join the fun of hot, hot, hot excitement of Latin dance! Learn how to Salsa, Cha Cha, Rhumba and Merengue in this introductory class. We will go over the basics on how to lead and follow, how to do turns and other fancy moves. Be a passionate step ahead. Couples are recommended, but not necessary. Couples will not rotate partners. Singles are not guaranteed a partner. Please wear comfortable clothing and shoes. Fee is per person. (LO)

Location: Pioneer **Classes:** 6

Class	Day(s)	Time	Date	R/NR Fee
4314-6	F	8:30-9:30 pm	1/10-2/14	\$46/\$58

Adult Ballet & Tap (18+)

Students enhance their dancing abilities beginning with coordinated warm-ups and moving into combination steps. No previous dance experience required. Tap Shoes required. (LO)

Location: Pioneer **Classes:** 8

Instructor: Barb Bridges **Fee:**

Class	Day(s)	Time	Date	R/NR Fee
4270-9	M	8:30-9:15 pm	1/6-2/24	\$69/\$86

MUSICAL THEATER

inspired



Broadway Beginners

Love musical theater? Then this is your class to build skills in music, dance and acting through the enchanting songs and scenes of big Broadway musicals. Students will experience all aspects of musical theater as they work on acting foundations through ensemble games and

exercises, character development and using their imaginations. Students will learn songs, scenes and dance combinations in this fun and action-packed class. Get ready to be a star! **No class 1/25.** (LO)

Classes: 8

Instructor: Marlene Flood

Class	Age	Day(s)	Time	Date	Fee
4332-5	gr K-2	Sa	9:30-10:30 am	1/4-3/1	\$90
4332-6	gr K-2	Sa	10:30-11:30 am	1/4-3/1	\$90

Musical Theater Extravaganza!

Love musical theater? Whether you are new to musical theater or continuing to develop your skills introduced in Broadway Beginners, then this is your class to build technique in music, dance and acting. Students will experience all aspects of musical theatre as they work on acting foundations through ensemble games and exercises, character development and using their imaginations. Students will learn songs, scenes, dance combinations, and even create original work in this fun and action-packed class. Get ready to be a star! **No class 1/25.** (LO)

Classes: 8

Instructor: Marlene Flood

Class	Age	Day(s)	Time	Date	Fee
4334-7	gr 3-5	Sa	11:30-12:30 pm	1/4-3/1	\$90



Laura Oberg

Cultural Arts/Special Events

For more information on special events or dance/theater/art, please call Laura at 847.506.7872 or loberg@ahpd.org.

PIANO LESSONS

Enjoy self-expression through music and explore your creative abilities. Private lessons are available for all ages upon request. Lessons will be instructed by Vera Rakitin, a European pianist with over 20 years experience in teaching children and adults.

Please contact Recreation Park, 847.577.3040, Monday through Friday between 1-5 pm for more information.

Looking for Preschool Theater Programs?

See page 51 for details.



Metropolis Performing Arts Centre

Metropolis Performing Arts Centre (MPAC) is home to both a professional theater and a School of the Performing Arts and is one of Chicagoland's leading venues for quality performing arts programming and education. Each year over 2,000 students of all ages take drama, dance and music classes with Metropolis' renowned facility.

Location: Metropolis Performing Arts Ctr | 111 W. Campbell St. | Arlington Heights, IL 60005

Beginning Group Guitar Classes

Learn to play guitar through this welcoming class setting. Classes feature intimate instruction, but are large enough for you to benefit from one another's learning experiences. This is a great way to prepare students for private guitar instruction. Class will feature in-class performances for family and friends. Acoustic guitar required. Call Metropolis for rental suggestions. **No Class 3/24, 3/26, & 3/27.** (LO)

Class	Age	Day(s)	Time	Date	Fee
4236-8	gr K-2	Th	4:30-5:30 pm	1/30-5/15	\$250
4236-9	gr 3-5	M	5-6 pm	1/27-5/12	\$250
4237-0	16+	W	7:30-8:30 pm	1/29-5/14	\$250

Core Singing Classes

Through fun and dynamic activities, students learn the foundations of vocal technique and ensemble singing such as breath control, harmony, blending and tone and stage presence. Culminates in an in-class performance for family & friends! **No Class 3/24 & 3/26.** (LO)

Young

Class	Day(s)	Age	Time	Date	Fee
4239-1	M	gr 1-3	5:30-6:15 pm	1/27-5/12	\$210
4239-2	W	gr 1-3	5:30-6:15 pm	1/29-5/14	\$210

Junior

Class	Day(s)	Age	Time	Date	Fee
4241-3	W	gr 4-6	6:30-7:30 pm	1/29-5/14	\$250

Imagination Exploration

Students will be engaged in creative drama experiences and exercises. They will learn how to explore story elements and experiments with gesture, vocalization and creative play. In this class, we will cultivate creativity and imagination. This is a great way to get your child learning the basics of theatre, building self-esteem and honoring their ability to work as part of a team. **No class 3/24.** (LO)

Class	Age	Day(s)	Time	Date	Fee
3431-0	4-5 yrs	M	4:15-5:15 pm	1/27-5/12	\$225

METROPOLIS REFUND POLICY.

The Park District offers various cooperative programs throughout the year in conjunction with the Metropolis Performing Arts Centre. Please note the Metropolis refund policy applies to these offerings. See page 118 for details.

Acting Process

Acting Process improves our students' ability to grow as an individual artist within an ensemble. Young actors learn skills that are valuable, and fun as well as develop their imaginations and confidence. Through exciting games, character exercises, and storytelling, students will work on basic acting skills in a fun and encouraging environment. **No class 3/25.** (LO)

Class	Level	Age	Day(s)	Time	Date	Fee
3431-1	Starlights	gr K-2	T	4:30-5:30 pm	1/28-5/13	\$225
3431-2	Footlights	gr 3-5	T	5:30-6:30 pm	1/28-5/13	\$225

Intro to Theatre

This 7-week class is a great introduction to our acting, improv or musical theatre classes. Using exciting games and creative activities, young actors will have fun learning the basic skills of theatre and working as an ensemble. **No class 3/25.** (LO)

Class	Level	Age	Day(s)	Time	Date	Fee
3431-3	Starlights	gr K-2	T	4:30-5:30 pm	1/28-3/11	\$120
3431-4	Starlights	gr K-2	T	4:30-5:30 pm	3/18-5/13	\$120
3431-5	Footlights	gr 3-5	T	5:30-6:30 pm	1/28-3/11	\$120
3431-6	Footlights	gr 3-5	T	5:30-6:30 pm	3/18-5/13	\$120

Musical Theater Process

Musical Theatre Process improves our students' ability to grow as individual artists within an ensemble. Young actors learn skills that are valuable, fun and develop imagination and confidence. Using the library of classic Broadway hits your child will learn the basics of acting, singing, and dancing in a fun and encouraging environment. **No class 3/27, 3/29.** (LO)

Class	Level	Age	Day(s)	Time	Date	Fee
3431-7	Starlights	gr K-2	Th	4:30-5:30 pm	1/30-5/15	\$225
3431-8	Starlights	gr K-2	Sa	9-10 am	2/1-5/17	\$225
3431-9	Footlights	gr 3-5	Th	5:30-6:30 pm	1/30-5/15	\$225
3432-0	Footlights	gr 3-5	Sa	10-11 am	2/1-5/17	\$225

Improv

This class will allow explore the fun and fast paced world of improvisation, learning to take risks, think on their feet, stay focused, and be ready for anything! Improv is a great way for an actor of any experience to work on creating original characters, interesting stories and supporting their cast mates. **No class 3/26.** (LO)

Class	Level	Age	Day(s)	Time	Date	Fee
3432-1	Footlights	gr 3-5	W	5-6 pm	1/29-5/14	\$225
3432-2	Spotlights	gr 6-12	W	6-7:30 pm	1/29-5/14	\$325

Adult Improv

For Adult students. Meet new people while learning all about the fun and fast-paced world of improvisation! Through improv games and short form, you'll think on your own feet, take risks and create interesting characters and hilarious scenes. **No class 3/26.** (LO)

Classes: 15

Class	Age	Day(s)	Time	Date	Fee
3430-9	18+	W	7:30-9 pm	1/29-5/14	\$325

VARIETY

youth and adult

HOLIDAY

A Call from the North Pole

What could be more exciting for your child than a phone call from Santa or one of his elves? Fill out an information sheet for Calls from the North Pole at any Community Center or On-line between November 11 - December 2. Calls will be made on Monday, December 9; Wednesday, December 11; and Thursday, December 12; between 5 and 8 pm. For children 3-6 years old only. Calls from Santa are free. Please note that due to the tremendous amount of calls, your call may be placed on a different day than requested.



Lindsey Robertson
Recreation Park Supervisor

For more information on programs at the Recreation Park, please call Lindsey at 847.577.3040 or lrobertson@ahpd.org.

Hearts and Chocolate

A Valentine's Special Family Day. We will dip chocolate, play some Valentine's themed games, make cards and crafts and have a snack. This is a family event; please register one person per family, at least one adult must accompany your family. Note any food allergies in the special needs section of registration. (TO)

Location: Historical Museum

Class	Age	Day(s)	Time	Date	Fee
4076-2	All	Su	1:30-3 pm	2/9	\$25

A Box of Valentines NEW!

Roses are red, violets are blue. We have lots of lace for valentines and to make your class box too! Make cards and your valentines box for your classroom holiday celebration. We provide the inspiration and materials, and you use your own creativity to make one of a kind cards for your friends. (TO)

Location: Historical Museum

Instructor: Teri Ozawa

Class	Age	Day(s)	Time	Date	Fee
4078-3	6-12 yrs	Sa	10:30 am-12 pm	2/8	\$20



Valentine's Greetings NEW!

Let this be the year you give the best Valentine card ever. Create a fabulous card for the special loved one you want to impress. We will use top-quality papers, ink, rubber stamps and beautiful embellishments to create a trendy, vintage style card. Once you master the "special" card, stick around and use your new skills and the same products to create a couple of "mail-able" cards you can use for Valentine's Day, birthday or anniversary. Go to stampwithdee.blogspot.com to see samples of Dee's creations. (TO)

Location: Historical Museum

Instructor: Dee Tollaksen

Class	Age	Day(s)	Time	Date	Fee
4243-4	16+	T	7-8:30 pm	1/28	\$15

MISCELLANEOUS

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. 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. All children must be four years old as of September 1, 2013. (NW)

Location: Recreation **Classes:** 8

Instructor: Mad Science

Class	Age	Day(s)	Time	Date	Fee
4080-4	4-7 yrs	Th	11-11:45 am	1/16-3/6	\$120
4080-5	4-7 yrs	Th	4:15-5 pm	1/16-3/6	\$120

Glitzy Girls: Peace Love Girlfriends NEW!

Come with your best girlfriends and Glitzy Girls will bring a night of peace and love! Girls will: receive a funky retro make-over with hair, make-up and nails; decorate a cool peace craft and design a funky bracelet with neon beads, crystals and a peace sign dangle, dance under some retro disco lights, and leave with a peace and love themed goodie bag. (LR)

Location: Recreation

Class	Age	Day(s)	Time	Date	Fee
4082-6	4-11 yrs	F	6:30-7:45 pm	2/21	\$35.50

Magic Workshop

Learn a collection of thrilling and entertaining tricks from the Magic Team of Gary Kantor! Coin tricks, card tricks, vanishing effects, and much more will be taught. Each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age-appropriate. Sign up again and again, new tricks are taught at every session! (LR)

Location: Recreation

Class	Age	Day(s)	Time	Date	R/NR Fee
4084-7	5-12 yrs	M	4-4:55 pm	1/13	\$20/\$27.50



MUSEUM
Tea With Lady Sapphire:
Sharing the Love of Birds NEW

Parents and grandparents can enjoy an afternoon with the children in their lives. Join us for tea and cookies, a reading of Tea with Lady Sapphire, bird related activities and crafts for bird feeding and bird watching. For ages 4 to adult. Please register each family member individually. Children must be accompanied by a registered adult. (TO)

Location: Historical Museum

Class	Age	Day(s)	Time	Date	Fee
4093-3	4+	Su	1:30-3 pm	1/12	\$20

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 2014 is girls worldwide say "Education opens doors for all girls and boys." 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 of nearly 150 countries with Girl Guides and Girl Scouts. Troop leaders must register their troop in person at the registration office at the Administration Center and must include a roster of each participant's name and address and include your troop number so we can put groups together for activities. Individuals may register online. (TO)

Location: Historical Museum

Class	Age	Day(s)	Time	Date	Fee
4095-4	5-15 yrs	Sa	10:30 am-12 pm	2/22	\$10

Etiquette 101 - The American Way

Your child will learn valuable lessons on manners and everyday etiquette in this activity-filled class. The Etiquette School of Chicago makes learning manners and etiquette fun! Snack will be served to help students practice passing and eating properly. Instruction to include: magic words, greetings to friends and adults, introductions of friends and adults, thank you notes, telephone etiquette, table settings and social aspects of mealtimes. In honor of President's week, program will include interesting facts on the history of etiquette and manners in America. (TO)

Location: Historical Museum

Instructor: Etiquette School of Chicago

Class	Age	Day(s)	Time	Date	Fee
4097-5	7-12 yrs	T	4-5:30 pm	2/18	\$25



Teri Ozawa
 Museum Program Coordinator

For more information on programs at the Historical Museum, please call Teri at 847.255.1225 or tozawa@ahpd.org.

Mad Science - System 3

Mad Science offers hands-on science with lots of fun and excitement. Some of the cool program topics we will explore include Stunt Planes and Gliders, Che-Mystery, Wacky Waves and lots more. Each week will focus on a different, spectacular science topic. Each young Mad Scientist will be making some great take home projects too, including a wave modulator, crystal garden, stunt plane and more. All materials are included and instructors are provided by Mad Science of Northern Illinois. (NW)

Location: Recreation **Classes:** 8

Instructor: Mad Science

Class	Age	Day(s)	Time	Date	Fee
4086-8	gr 1-5	W	4:30-5:30 pm	1/15-3/5	\$120
4086-9	gr 1-5	W	5:45-6:45 pm	1/15-3/5	\$120

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. (LR)



Location: Recreation **Classes:** 2

Class	Age	Day(s)	Time	Date	R/NR Fee
4089-0	8+	M	7-7:45 pm	1/13-1/20	\$20/\$30
4089-1	8+	M	7-7:45 pm	2/3-2/10	\$20/\$30

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. (LR)

Location: Recreation **Classes:** 7

Class	Age	Day(s)	Time	Date	R/NR Fee
4091-2	11-13 yrs	M	6-6:45 pm	1/13-2/24	\$52/\$76.50



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 our For What It's 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 from Karl Gates of Gates Appraisals. Due to contractual arrangements, we cannot pro-rate the class fee for late registration or missed classes. **No class 9/25 & 11/27.** (TO)

Location: Historical Museum **Classes:** 8
Instructor: Karl Gates
Class **Age** **Day(s) Time** **Date** **R/NR Fee**
 4099-6 18+ W 7-9 pm 1/8-2/26 \$49/\$52

Puppy Obedience

Having a puppy is like having a 2 year old running wild though your home. Help your 4-legged best friend off to a great start with positive reinforcement. Learn how to be the Alpha your dog needs and wants you to be. This is the best stage to teach dog how to succeed, be confident, well adjusted and have great house manners. We will also cover potty training, proper socializing (are you sending the correct message to your dog?), and loose leash walking. You will learn how to properly introduce commands at this young age and redirect their mischievous behavior. Written proof of distemper and Parvo shots is required the first night of class. Puppies with fleas may not attend. (NW)

Location: Frontier **Classes:** 7
Instructor: Tamara Lundgren
Class **Age** **Day(s) Time** **Date** **R/NR Fee**
 4103-9 12+ M 6-7 pm 1/20-3/3 \$65/\$76.50

Dog Obedience

Be the Alpha your dog needs and wants you to be. 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 six months old to enroll in 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 **Classes:** 7
Instructor: Tamara Lundgren
Class **Age** **Day(s) Time** **Date** **R/NR Fee**
 4101-7 12+ M 7-8 pm 1/20-3/3 \$65/\$76.50
 4101-8 12+ M 8-9 pm 1/20-3/3 \$65/\$76.50



Nick Wirth
 Frontier Park Supervisor

For more information on programs at the Frontier Park, please call Nick at 847.577.3016 or nwirth@ahpd.org.



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 **Classes:** 6
Instructor: Chess Scholars
Class **Age** **Day(s) Time** **Date** **R/NR Fee**
 4106-0 6+ W 5:15-6:15 pm 1/22-2/26 \$85/\$95

Intermediate Chess

This class is for participants who have a firm knowledge of chess rules (including castling & checkmate), as well as the experience of having played against at least three different people. Each class will consist of a fun interactive teaching period & guided practice time. There will also be competitions with prizes! (NW)

Location: Frontier **Classes:** 6
Instructor: Chess Scholars
Class **Age** **Day(s) Time** **Date** **R/NR Fee**
 4108-1 6+ W 6:30-7:30 pm 1/22-2/26 \$85/\$95

CULINARY

Cooking with Chef Dave

Celebrate some national months of food observances and holidays with these hands on classes led by Dave Esau, chef and owner of Dave's Specialty Foods, Inc. of Mount Prospect. Join Chef Dave for lively cooking activities. Each class features a different culinary experience. Chef Dave explains healthy food choices, while having fun together.

- Thursday, January 23 - National Pie Day
- Thursday, February 20 - Select President's Favorite Foods in honor of President's Day (TO)

Location: Historical Museum
Instructor: Dave Esau
Class **Age** **Day(s) Time** **Date** **Fee**
 4110-2 6-12 yrs Th 4-5:30 pm 1/23 \$23
 4110-3 6-12 yrs Th 4-5:30 pm 2/20 \$23

LEGO TECHNOLOGY CLASSES

Techno Tops for Tots

Launch your child in to the world of technology through this “hands-on” discovery class with its focus on social, emotional, cognitive development. The program enables learning by interacting with the computer and a variety of age-cum-developmentally appropriate software as also and through observation, participation and discussion in this personalized class. Other than the hands on experience with technology, the children develop and refine skills in language arts and reading readiness, math readiness, problem solving, and have great fun too. (LM)

Location: Pioneer

Instructor: TechnoSaurus

Class	Age	Day(s)	Time	Date	Fee	Classes
4127-1	3-4 yrs	T	4-4:30 pm	1/7-2/4	\$80	5
4127-2	4-5 yrs	T	4-4:30 pm	2/11-3/18	\$97	6

Little Angels at LEGO Engineering

Working with LEGO Education Kits under professional guidance, kids make working models of simple machines and learn some basic concepts of engineering and science. Hands-on activity develops an understanding of how things work which develops the aptitude for engineering and promotes learning in science. This program stimulates creativity, provides a supportive environment for exploration, and promotes social skills. (LM)

Location: Pioneer

Instructor: Technosaurus

Class	Age	Day(s)	Time	Date	Fee	#
4129-3	5-7 yrs	T	4:45-5:30 pm	1/7-2/4	\$99	5
4129-4	5-7 yrs	T	4:45-5:30 pm	2/11-3/18	\$106	6

Robotics Exploration with Fun NEW!

Working with this classical royal robot provides a clear conception of working of a robot. Apart from the mechanics, children through fun and play with this robot get basic understanding of programming in Logo language, which is graphic oriented educational programming language remembered for its turtle graphics. Children assimilate the basic concepts of programming effortlessly as they assign different commands to the robot to perform the tricks in its bag. The robotic explorers program the robot to perform a variety of tasks like moving in different directions, drawing of geometrical figures, and even to play music for the children. Children work in teams consulting each other and sharing that brings home the value of team work. (LM)

Location: Pioneer

Classes: 5

Instructor: Technosaurus

Class	Age	Day(s)	Time	Date	Fee
4131-5	6-8 yrs	T	5:45-6:45 pm	1/7-2/4	\$99



Lynn Minuskin
Preschool Supervisor

For more information on preschool programs, please call Lynn at 847.398-4339 2 or lminuskin@ahpd.org.

LEGO: Doorstep to Engineering NEW!

Constructing working models of simple machines with LEGO™ Education Engineering kits provides understanding of some of the fundamental concepts of engineering science. The participants learn about structures, levers, pulleys, wheels and axels, and gears by progressively investigating and exploring. They apply this knowledge to problem solving through modification and upgrading of simple mechanical and motorized machines. Friendly and competitive environment of the classroom encourages use of ingenuity and boosts creativity. Children work in pairs. Each team has one complete LEGO™ Education Construction Set, motor and power pack to work with. (LM)



Location: Pioneer

Classes: 6

Instructor: Technosaurus

Class	Age	Day(s)	Time	Date	Fee
4133-6	7-9 yrs	T	5:45-6:45 pm	2/11-3/18	\$123

Digital Explorers: My Story with the Cartoons

In the tradition of Walt Disney, these young cartoon artists will do with digital cartoons, what Walt Disney did with pencil-drawn cartoons at the beginning of cartoon-imagery era. They learn the art of using software and PCs to cartoon-ize themselves, their favorite characters, objects and images, and then go through the whole process of production. They begin with taking photos, using digital cameras, to create sequence of photos/images that they need for bringing their script to life. They even bring in family photos to be part of their constructive artistry. These photos are converted in to a variety of colorful cartoons using the software, which are then storyboarded for editing. They add special effects, voice, music etc to embellish their creativity. They copy their finished projects to their USB flash drive for a Walt Disney' show at home.(LM)

Location: Pioneer

Classes: 5

Instructor: Technosaurus

Class	Age	Day(s)	Time	Date	Fee
4135-7	7+	T	7-8 pm	1/7-2/4	\$99

Battle of Lego Mavericks: The Knight Riders of 21st Century NEW!

Remember adventurous outings of David Hasselhoff in Knight Rider series of early 80s. Following directions from interactive software on laptops, they build a robotic version of Kid- the Knight Rider's all-high-tech car from knocked-down LEGO™ Mindstorm kits, test its functional fitness carrying out the rigorous systems check on PC, get mission assignments and carry them out navigating their kid' with remote controller. They will also have the opportunity to sharpen engineering instincts and tech-intellect' working with LEGO™ engineering kits to make working models of simple machines leading to problem solving. Children work in teams learning to share and team work. (LM)

Location: Pioneer

Classes: 6

Instructor: Technosaurus

Class	Age	Day(s)	Time	Date	Fee
4137-8	8-12 yrs	T	7-8 pm	2/11-3/18	\$129

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. Check-in begins at 11:30am; the class is from 12-1:45pm. Participants will perform at a Rolling Meadows JV basketball game that same evening. * A Cheer Clinic T-shirt is included in the registration fee.

Location: Rolling Meadows High School

Class	Age	Day(s)	Time	Date	Fee
4000-6	K-8	Sa	11:30-1:45 pm	2/15	\$35

ADULT LEARNING

Digital Photography 101

Santa brought you a brand new digital SLR camera. So now what? Find out how to get the most from this camera to improve your photography. The classes are taught by Bill Kruser and Cindy Kuffel, co-owners of Images by David Kay, Ltd, Past Presidents of the Arlington Heights Camera Club, chairs of the Arlington-in-Pictures Committee, and enthusiastic photographers. Bring your camera and manual to class. Learn basic operations, composition, lighting and ask your questions. Examples will be used and participants will share their photos with each other. For all ages of adults - high school through retirees. No Class 2/4. (TO)

Location: Historical Museum

Classes: 4

Instructor: Bill Kruser and Cindy Kuffel

Class	Age	Day(s)	Time	Date	Fee
4139-9	16+	T	7-8:30 pm	1/21-2/18	\$60

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 & aromas. Refunds must be requested one week prior to the class date. (TD)

Location: Vintages- A Fine Wine Merchant

Class	Age	Day(s)	Time	Date	Fee
4112-4	21+	Th	7-8:15 pm	2/20	\$30



Tom Divello
Pioneer Park Supervisor

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

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- A Fine Wine Merchant

Class	Age	Day(s)	Time	Date	Fee
4114-5	21+	T	7-8:15 pm	2/4	\$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- A Fine Wine Merchant

Class	Age	Day(s)	Time	Date	Fee
4116-6	21+	W	7-8:15 pm	3/5	\$30

Italian Wine for Beginners NEW!

Get a taste of Italy's wine regions, varietals, producers and vintages, with Amy Philpott of Tuscan Market and a special guest wine professional. The goal is to help participants understand what impacts wine flavors and some background on the wine regions of Italy. Old world wine regions are more challenging, so by the end of the class we hope participants can begin to articulate the tastes they experience and think about the flavors, and how they relate to the place where the wine is made. Salute! Refunds must be requested one week prior to the class date. (TD)

Location: Tuscan Market & Wine Shop

Class	Age	Day(s)	Time	Date	Fee
4118-7	21+	M	7-8:30 pm	1/27	\$28

Port & Dessert Wine NEW!

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- A Fine Wine Merchant

Class	Age	Day(s)	Time	Date	Fee
4120-8	21+	Th	7-8:15 pm	1/9	\$30



A Trip to Tuscany and Piedmont - The Tuscan Market Way ^{NEW!}

A wine tasting journey from Piedmont to Tuscany, we are creating the beginner oenophile's dream. Join Amy Philpott and Brian Wallace for a tasting tour of two of the greatest wine regions in the world, right from 60005! You will swirl and taste wines and the terror. A little geography lesson of these fine regions will be your bonus prize while you nibble away at some perfect food pairings! Salute! Refunds must be requested one week prior to the class date. (TD)

Location: Tuscan Market & Wine Shop

Class	Age	Day(s)	Time	Date	Fee
4122-9	21+	M	6:30-8 pm	2/24	\$35

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- A Fine Wine Merchant

Class	Age	Day(s)	Time	Date	Fee
4125-0	21+	W	7-8:15 pm	1/22	\$30

Saturday, February 8 / 7-9 pm

Daddy Daughter Princess Ball

Fathers, bring your daughter out for the 6th Annual father daughter ball. This year Arlington Lakes Golf Course will be transformed into a princess castle. Throughout the evening, there will be dancing and a good time to be had by all. Dessert and beverages will be served. Dress to impress! Don't forget your camera.

For more information, contact Kathleen Benson at 847.577.3031 The first class code listed is for dads and their daughter. The second code is for any additional daughters attending. **AT THE DOOR REGISTRATIONS WILL NOT BE ACCEPTED.** Advanced registration *required*.

Class	Age	R/NR Fee
4000-4	4-10 yrs	\$34/\$44.50
4000-5	4-10 yrs	\$14/\$19



SENIORS

active adults

Park District Programs at the Senior Center

1801 W. Central Road | Arlington Heights, Illinois 60005
847.797.5341

The Arlington Heights Park District Program for Active Adults is located in the Arlington Heights Senior Center at 1801 W. Central Road near the intersection of Central and Wilke in Arlington Heights.

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.

Hours:

Monday through Friday 8:30am-4pm

Questions? Call 847.797.5341

Recreation and Leisure programs

Jen Brady/Jan Mey

One day tours

Linda Paxson

Registration and refund information

Janice Bell/Carolyn Butz/Jane Koeppen

Recreation Supervisor

Megann Panek

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.

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.

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 5, 2013. Patrons under age 50, may register starting December 15, 2013 at no additional fee in the Park District Office at the Senior Center provided space is available.

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!



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.

Gift Giving News

We now offer attractive travel gift certificates in all denominations for our one-day tour program. Give a special gift to someone who might like to spend an enjoyable day visiting interesting locations. Gift certificates are also available 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 in this brochure 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 over the phone with credit card signature authorization
- 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. This year's sponsor of the Tour Club is Cherished Place, a program of Lutheran Life Communities and The Lutheran Home.



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.



SPECIAL EVENTS

Leisure Showcase Open House

Monday, March 3 | 8:30 - 11am

This complimentary event is a “Show and Tell” of spring leisure and recreation activities from the Arlington Heights Park District at the Senior Center.

- Activities take place in the Art Room and the Dance Room.
- Entertainer Mary Anne Riehl, Nightclub in the Afternoon, will perform in the lobby.
- Mary Anne performs songs that you know and love from the 20’s, 30’s and 40’s. Her repertoire includes hits from Cole Porter, Ira and George Gershwin, Rosemary Clooney, Tony Bennet, Frank Sinatra, Bing Crosby and more! Pull up a seat next to the fireplace in the lobby and enjoy the music from 9:30am-10:30am.
- Observe or participate in our Fun and Fit Aerobics class in the Dance Room with instructor Vicki Diers from 9-9:45am.
- In our Art Room, meet instructors and view projects from our Wood Carving, Quilting, Watercolor, Oil Painting classes and more! Try your hand at games like cribbage, mah jongg and bridge. Also, enjoy complimentary coffee/tea and pastries provided by our sponsor.
- In the hallway, outside the Athletic Club, are information booths on our fitness and dance classes like Tai Chi, Yoga, Yogacise, Zumba, Pilates, Trim Time, Ballroom, Be Moved Dance, Line Dance, and Tap Dance. Ask questions on how to custom design your fitness and fun!
- Discover the world of travel with the Arlington Classic Tour Club. Any new member will receive a special gift TODAY ONLY!
- Take a tour of our popular Athletic Club or stop by the Wood Shop for a sneak peak at their new project.
- Loads of prizes with drawings every half hour!
- Register for upcoming classes and special events on the spot in the Park District Registration Office in the Gift Store.

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 community sponsor for the event is Village Bank and Trust of Arlington Heights.



A Taste of Royalty NEW!

Take a trip across the pond to Merry Old England and prepare to be treated like Royalty. Enjoy the opportunity to trade places for the afternoon with Queen Elizabeth, Prince Charles, Prince William, Prince Harry or Princess Kate. The head chefs and owners of the Cotillion Banquets have created a menu fit for a King or Queen with beef barley soup, a grilled breast of chicken with an apricot sauce, steamed new potatoes with fine herbs, carrots & toasted almonds and a white raspberry truffle for dessert. The band Incognito will perform their “British Explosion” themed show with hits from British bands in the early 60’s. You may recognize the members of Incognito from their performance at the Taste of Diners and Drives. Register early and in advance in our Park District Office in the Gift Store at the Senior Center because no tickets will be sold at the door. Cash bar available. This is a contracted event and is 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. The doors open at 10:30am for a free 30 minute financial presentation 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 10:30am. Doors open at exactly 11am for the event.

Class	Day(s)	Time	Date	Fee
4342-8	Th	12-2:30 pm	1/16	\$28

CARDS

Beginning Mah Jongg Lessons NEW!

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. Lessons are held in the Art Room at the Senior Center on Friday afternoon. Students need to purchase a board card for \$8.00 from the instructor the first day of class. **No class 1/31, 2/7.**

Instructor: Pamela Max **Classes:** 6

Class	Day(s)	Time	Date	Fee
4344-9	F	1-3 pm	1/3-2/21	\$39

Mah Jongg in Review

This six week Mah Jongg class is for the experienced player. Instructor Pamela Max reviews the basic skills learned in her Beginning Mah Jongg program. She helps you improve your skills and take your game to the next level. Pamela analyzes your moves to help you understand game strategy. **No class 1/27, 2/3.**

Instructor:	Pamela Max	Classes:	6	
Class	Day(s)	Time	Date	Fee
4351-2	M	5:30-7:30 pm	1/6-2/24	\$39

Arlington Bridge B's

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. Every Saturday 9:30-11:30 am.

Beginning Bridge

Our introductory class emphasizes form, language, and the mechanics of bidding and playing structured hands. No prior bridge experience is necessary. Instructor Pat Braun starts beginners out on the right track. Have fun while learning this challenging card game.

Instructor:	Patricia Braun	Classes:	8	
Class	Day(s)	Time	Date	Fee
4347-0	M	8:30-10:30 am	1/6-2/24	\$54

Intermediate Bridge

Intermediate Bridge continues skills 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.

Instructor:	Patricia Braun	Classes:	8	
Class	Day(s)	Time	Date	Fee
4355-4	T	10-12 pm	1/7-2/25	\$54

Advanced Bridge

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.

Instructor:	Patricia Braun	Classes:	8	
Class	Day(s)	Time	Date	Fee
4353-3	T	1-3 pm	1/7-2/25	\$54

Bridge Potpourri

This bridge program is an open division forum designed to find solutions to bridge challenges. This class is 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.

Instructor:	Patricia Braun	Classes:	8	
Class	Day(s)	Time	Date	Fee
4349-1	M	4-6 pm	1/6-2/24	\$54

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. This class is designed 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!

Instructor:	Patricia Braun	Classes:	8	
Class	Day(s)	Time	Date	Fee
4359-6	W	5:45-7:45 pm	1/8-2/26	\$54
4359-7	Th	1-3 pm	1/9-2/27	\$54

The Game of Cribbage

Winter is the perfect time to learn the game of cribbage with Instructor Dan Selke. It is one of the most popular games in the English-speaking world. It is a card game traditionally for two players, but commonly played with three or four. It involves playing and grouping cards in combinations that gain points. It holds a special place among American submariners because it served as the official pastime on ship. This class lasts two weeks and provides you all the information you need to start playing with friends. Register in the Park District Office in the Gift Store. It is an inexpensive program that will offer you a wealth of fun with friends and family over the winter.

Instructor:	Dan Selke	Classes:	2	
Class	Day(s)	Time	Date	Fee
4357-5	T	10-12 pm	1/7-1/14	\$12

HEALTH AND FITNESS
Arlington Athletic Club

1801 W. Central Road, Arlington Heights

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 and Wednesday 8:30 am - 7 pm Tuesday, Thursday and Friday 8:30 - 4 pm Saturday: 8:30-noon
Club Fees:	\$161 annual club membership gives you unlimited use of the facility during club hours. <i>(Members renew at \$131)</i> Six month rate: \$105 <i>(Members renew at \$95)</i>
Punch Card:	\$70 for 14 Club visits.

Daily Fun and Fitness Aerobic Classes:

Class Hours:	M/W/Th Aerobic exercise, 9-9:45 am Tu/F Strength, flexibility and mat exercise: 8:40-9:45 am
Annual Class Fees:	\$204 annually for unlimited Fun & Fitness aerobics classes. <i>(Members renew at \$194)</i> Six month rate: \$130 <i>(Members renew at \$120)</i>
Punch Card:	\$70 for 14 Club visits.
Combination Pass:	\$310 includes annual membership to both the Athletic Club and Fun & Fitness Aerobics classes. <i>(Members renew at \$285)</i> Six Month rate: \$174 <i>(Members renew at \$164)</i>
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.

Take a FREE tour of the Athletic Club at 10 am, Tuesday-Friday.



Beginner Mat Pilates

Certified Instructor Susan Weekly conducts this class specifically created for the over fifty body. Pilates focuses on strengthening the larger muscles of the abdomen and back (core) as well as smaller, deeper muscle groups. The goal is to increase flexibility by lengthening the muscles through a method of toning and stretching. Benefits include improved strength, stability, balance, coordination, longer and leaner muscles, plus improved fitness performance. Wear loose clothing, bring a towel, and refrain from eating before class.

Instructor:	Susan Weekly	Classes:	7	
Class	Day(s)	Time	Date	Fee
4361-8	Sa	8:45-9:45 am	1/4-2/15	\$47

Switch It Up NEW!

Are you bored with your exercise plan? Do you need to switch it up? Certified Fitness Instructor and Personal Trainer Peggy Oddo instructs this one hour class that incorporates aerobics and strength training. Peggy starts by evaluating your personal fitness level. The goal of the class is to put the fun back into fitness and improve your stamina, flexibility and strength without stressing your muscles and joints. Peggy's circuit stations move you from exercise balls to resistance bands to weights, etc. Time is reserved for warm up and cool down routines. You never get bored and the time flies by. The unique thing about this program is that you track your progress on fitness charts to actually see how you are improving each week.

Instructor:	Peggy Oddo	Classes:	8	
Class	Day(s)	Time	Date	Fee
4363-9	T	3:30-4:30 pm	1/7-2/25	\$54
4364-0	Th	3:30-4:30 pm	1/9-2/27	\$54

Trim Time

Trim Time is your time at the end of the day to de-stress and shape up. Exercise was never so much fun with a combination of camaraderie and fitness training. This class meets twice a week (Tuesday/Thursday) with Group Fitness Instructor Peggy Oddo. Peggy has numerous health and fitness certifications. She incorporates all her knowledge in this program to create just the right variety for your workout. Register early. Class size is limited to allow personal attention in a small group environment.

Instructor:	Peggy Oddo	Classes:	16	
Class	Day(s)	Time	Date	Fee
4366-1	T, Th	4:45-5:45 pm	1/7-2/27	\$94

WELLNESS CLASSES

Yoga

Yoga is a wonderful way to relax, improve balance, increase joint range of motion, restore flexibility, improve breathing, reduce stress, create calmness, and increase energy. Yoga instructors take the class 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. In-person registration only. Please Note: Intermediate and Advanced classes move at a faster pace. Sufficient Yoga training is a prerequisite. Instructors: Jinnie Brown, RYT 500, Certified with Lotus Yoga Teachers Association; Registered Yoga Alliance 500 member. Judy Kazanow, Certified with Lotus Yoga Teachers Association.

Classes: 7

Class	Level	Day(s)	Time	Date	Fee	Instructor
4368-2	All	Sa	11:15 am-12:15 pm	1/11-2/22	\$47	Judy Kazanow
4368-3	Beg/Int	M	3:15-4:45 pm	1/6-2/17	\$63	Judy Kazanow
4368-4	Beg/Int	W	3:15-4:45 pm	1/8-2/19	\$63	Judy Kazanow
4368-5	Int	W	11:15 am-12:45 pm	1/8-2/19	\$63	Jinnie Brown
4368-6	Int/Adv	Th	11:30 am-1 pm	1/9-2/20	\$63	Brown/Kazanow
4368-7	Adv	M	11:15 am-12:45 pm	1/6-2/17	\$63	Jinnie Brown

Chair Yoga

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.

Fee: \$47 **Classes:** 7

Class	Level	Day(s)	Time	Date	Instructor
4370-8	All	M	1:30-2:30 pm	1/6-2/17	Brown/Kazanow
4370-9	All	M	2:30-3:30 pm	1/6-2/17	Brown
4371-0	Cont	Th	10:15-11:15 am	1/9-2/20	Brown
4371-1	All	F	12:15-1:15 pm	1/10-2/21	Judy Kazanow

Yogacise

This 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. This class works to improve 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.

Instructor: Judy Kazanow **Classes:** 7

Class	Day(s)	Time	Date	Fee
4379-5	W	10-11 am	1/8-2/19	\$47



Tai Chi Beginner

Tai Chi is an ancient Chinese exercise performed in a slow, relaxed, continuous motion. It improves balance, posture, breathing, and relaxes the mind. It helps to strengthen the muscles, tendons and joints. Tai Chi is a no 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.

Instructor: Judy Wagner		Classes: 8		
Class	Day(s)	Time	Date	Fee
4375-3	T	10-11 am	1/7-2/25	\$51

Tai Chi Intermediate

Intermediate Tai Chi is for the student who has taken Beginner Tai Chi or who has previous Tai Chi experience. Review the elementary techniques and move on to the next 37 forms. This popular class provides gentle yet powerful exercise and is recommended for older adults in reasonably good health. Wear loose fitting clothing for comfort.

Instructor: Judy Wagner		Classes: 8		
Class	Day(s)	Time	Date	Fee
4377-4	T	11:15-12:15 pm	1/7-2/25	\$51

Tai Chi Advanced

Advanced Tai Chi is for the student who has taken beginner and intermediate Tai Chi. Review the elementary techniques and move onto the final 51 forms of the total 108 moves of the Yang style. Wear loose fitting clothing for comfort.

Instructor: Laura Putzbach		Classes: 8		
Class	Day(s)	Time	Date	Fee
4373-2	T	11:15-12:15 pm	1/7-2/25	\$51



DANCE

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 Friday 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
F	7:30-10:30 pm	\$7/person

Sunday Afternoon Round Dances

Instructors Anna and Howard Hoffman will cue Phase II, III, IV and V dances on the second Sunday of the month from 2-4:30 pm in the Dance Room at the Senior Center. This is a drop-in program. Meets on 12/08, 1/12, 2/9, 3/9, 4/13, 5/11. **Pay at the door \$7/person. Contracted class, not refundable.**

Beginning Round Dance

Round Dance is a synchronized form of ballroom dancing which allows you to master all of the ballroom dances in easy to learn figures and positions with a little flavor of country in the music. All couples do the same thing at the same time through a technique called cueing. Couples preferred, however singles are welcome. Contracted class, not refundable.

Instructor: Anna and Howard Hoffman		Classes: 7		
Class	Day(s)	Time	Date	Fee
4381-6	M	8:30-10 pm	1/6-2/17	\$49

Continuing Round Dance

Round Dance is a synchronized form of ballroom dancing that allows you to master all of the ballroom rhythms in easy to learn figures and positions. All the 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.

Instructor: Anna/Howard Hoffman **Classes:** 7

Class	Day(s)	Time	Date	Fee
4383-7	M	7-8:30 pm	1/6-2/17	\$49

Be Moved Dance

Be Moved is a new dance fitness experience designed for adults of all movement abilities. Jennifer'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.

Instructor: Jennifer Cupani **Classes:** 8

Class	Day(s)	Time	Date	Fee
4385-8	T	12:45-1:45 pm	1/7-2/25	\$54

Tap Dance

Dance Instructor Dawn Brunner brings back your favorite style of dance. This class focuses on 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.

Class listed in blue is beginner. Class listed in black is intermediate.

Instructor: Dawn Brunner **Classes:** 8

Class	Day(s)	Time	Date	Fee
4387-9	Th	1:15-2:15 pm	1/9-2/27	\$54
4388-0	Th	2:15-3:15 pm	1/9-2/27	\$54

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.

Instructor: Judy Kazanow **Classes:** 7

Class	Day(s)	Time	Date	Fee
4390-1	F	11 am-12 pm	1/10-2/21	\$47
4390-2	Sa	10-11 am	1/11-2/22	\$47

Beginning Ballroom

Going on a cruise? Family wedding coming up? Would you love to look good on the dance floor? Bill and Claire Remer, ballroom dance instructors, will have you moving like a pro to the Cha Cha, Fox Trot, Swing and Waltz. Ballroom dancing is making a nostalgic return, giving you a second chance to learn to dance to the classics. This class is for beginning ballroom dancers. Bring a friend, couples are preferred, but if it's just you, don't worry; singles are welcome.

Instructor: Bill/Claire Remer **Classes:** 4

Class	Day(s)	Time	Date	Fee
4392-3	M	2-3 pm	2/3-2/24	\$30

Continuing Ballroom

This class is a continuation of Beginning Ballroom Dancing. Instructors Bill and Claire Remer introduce Ballroom, Tango and the Rumba, also Samba, Merengue and Viennese Waltz. Prerequisites for this continuing class are beginning ballroom or ability to dance the Fox Trot, Waltz, Cha Cha and Swing. Bring a friend, couples preferred, but if it's just you, don't worry, singles are welcome.

Instructor: Bill and Claire Remer **Classes:** 4

Class	Day(s)	Time	Date	Fee
4394-4	M	1-2 pm	2/3-2/24	\$30



SENIOR GENERAL CLASSES**Multimedia Art**

Instructor Jack Denney instructs this art class which incorporates multiple media like watercolor, pencil, charcoal, pen and ink. Jack has designed this class for students of all skill levels from the beginner to the advanced artist. Discover perspective, shading, and dimension from black and white to soft watercolor hues. You choose at registration if you prefer to sketch or use paint. All supplies are included in the class. Under Jack's guidance and instruction, you will improve your skill and develop your hidden talents.

Instructor: Jack Denney		Classes: 8		
Class	Day(s)	Time	Date	Fee
4396-5	F	9:30-12 pm	1/3-2/21	\$87

Beginning Crochet

Do you envy 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.

Instructor: Anna Hoffman		Classes: 7		
Class	Day(s)	Time	Date	Fee
4398-6	M	11:10-1:10 pm	1/6-2/17	\$50

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. This class combines all skill levels. Anna offers personal attention to help you get started or fine tune your present skills. 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.

Instructor: Anna Hoffman		Classes: 7		
Class	Day(s)	Time	Date	Fee
4400-7	M	9-11 am	1/6-2/17	\$50

Jewelry Design for Beginners

Creative Designer Sheila Cohen conducts this five-week jewelry making program. Sheila has featured her custom jewelry and private fashion line in various boutiques, galleries and fairs. Her art and design background will bring a unique creative element to this arts and crafts workshop. All supplies are included in this class. Only natural beads are used in this class, no plastic beads. You will make a necklace with a color scheme of your choice. If you would like, you may purchase additional supplies from Sheila to change the look of your jewelry project. Stop by our Park District Office in the Senior Center and check out Sheila's class projects.

Instructor: Sheila Cohen		Classes: 5		
Class	Day(s)	Time	Date	Fee
4402-8	T	10-12 pm	1/7-2/4	\$70

Beginning Quilting

Instructors Donna Schmelze and JoAnn Sulla teach you the basics of hand-piecing, applique, and hand quilting. You'll choose from several beginner projects. A small supply list is provided upon registration. Space is limited. No prior experience required. Special note: This class covers general quilting but quilters of all skill levels are welcome to register since Donna and JoAnn work with each student individually. Register in person.

Instructor: Schmelzer/Sulla		Classes: 8		
Class	Day(s)	Time	Date	Fee
4404-9	W	10-12 pm	1/8-2/26	\$38

Studio Art

We're looking for art students who want to experiment with oil painting. Create your own masterpieces under the direction of our talented instructor Mary Alice Davis Schwarz. Create in a studio environment and enjoy painting with other budding artists. All supplies are included in this class. Instructor Mary Alice welcomes beginning through advanced students.

Instructor: Mary Alice Davis-Schwarz		Classes: 8		
Class	Day(s)	Time	Date	Fee
4411-2	Th	9:30-12 pm	1/9-2/27	\$87





It's Tool Time!

Check out our Wood Shop. 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.

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.*

Woodcarving

Learn to carve one-of-a-kind relief plaques, simple figures, and other special projects. This specialized art form 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. In-person registration only. Register early. Space is limited in this very popular class.

Instructor: Mike Spilotro **Classes:** 8

Class	Day(s)	Time	Date	Fee
4407-0	W	1-3 pm	1/8-2/26	\$37

Introduction to Wood Shop Equipment NEW!

Instructors Ron Boots and Mike Spilotro conduct this specialty workshop on six of the major pieces of shop equipment. Each week Mike and Ron will focus on several pieces of equipment. You will learn basic operation so that you are comfortable with the machinery. They will teach you how to operate the table saw, planer, drill press, compound mitre saw, band saw and vertical sander. No projects will be made in this class. However, you will have extensive time to familiarize yourself with each piece of equipment.

Instructor: Boots and Spilotro **Classes:** 2

Class	Day(s)	Time	Date	Fee
4409-1	Th	9 am-12 pm	1/9-1/16	\$20

Learn the Lathe

Instructor Donald Felch instructs this unique Wood Shop class. Have you ever wanted to learn how to do wood turning and use a lathe? Donald 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 visit to the Wood Shop during regular hours to practice and prepare for the next Thursday class. 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. Donald 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 candle stick 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.

Instructor: Donald Felch **Classes:** 4

Class	Day(s)	Time	Date	Fee
4413-3	F	9 am-12 pm	1/10-1/31	\$40

Sewing Table NEW!

This stunning sewing table is inspired by true early American woodworkers, the Shakers. The Shakers were masters of good proportions and classic lines. The tripod leg design of this table is beautiful yet simple. In this class, you will learn how to make mortise and tenon joints, use the router, table saw and lathe. Instructors Ron Boots and Mike Spilotro give personal hands-on attention to each student. All supplies and wood are included in this class. Stop by the Park District Office in the Gift Store to register and see a sample of the sewing table.

Instructor: Mike Spilotro/Ron Boots **Classes:** 6

Class	Day(s)	Time	Date	Fee
4415-4	Th	9 am-12 pm	1/23-2/27	\$55

LAKE ARLINGTON

sailing

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)

Winter Season

All boating and building operations closed until summer.

Exterior Washrooms will be open

November- March 8 am-5 pm



AHPD SPOTLIGHT

Local Arlington Heights Resident Takes Home Bronze Medal at Karate World Championships Liverpool, England 2013

Congratulations to Arlington Heights resident **Chandler Ury, 14 years-old**, who represented the United States of America at the World Shotokan Karate Championships in Liverpool, England. The World Championships spanned two full days of competition from September 28th – September 29th. Ury, a black belt who trains at the Arlington Heights Park District with the Illinois Shotokan Karate Clubs, competed in the tournament alongside 453 international athletes from 28 countries to fight for the world championship title.

Ury brought home bronze medal for team USA in Children Ladies Individual Kumite (Fighting) making her a top three World Athlete within her age category and division. The USA team finished overall in 5th place with 3 Gold medals, 3 Silver medals and 6 Bronze medals.

Contact Kevin Keister for information regarding the Martial Arts program at the Arlington Heights Park District.



MARTIAL ARTS

stamina

Which Karate Program is right for me?

The Park District offers two different Karate Programs: The ISKC and the Kid's Karate Club and Safety Time Program. These are two distinctively different programs. Programs cover ages 4 through adults.

What is the difference?

The Illinois Shotokan Karate Club (ISKC) instructs the following Karate Programs: Pre-Karate, Parent / Child Karate, and Youth and Adult Karate. The program stresses the development of cardiovascular fitness, coordination, strength, and karate skills. Personal safety skills and self-defense skills are also taught at the appropriate levels. The Kid's Karate Club and Safety Time Program specializes in teaching the martial arts and safety to children ages 4-15 years. The program revolves around family involvement and stresses respect. Parents may attend class with their child by signing up for the Parent Helper Program. Both programs are motivational and encourage participants to do their best in all activities, including school and other sports.

Are the Levels and Association of Color of Belts the same?

No. Because these are distinctively different programs, the Levels and Association of Color of Belts are not the same. If you choose to switch from one program to another, you may not be placed in the same Level or considered at the same Color of Belt.

Color of Belt	Level
White	Beginner
White with Stripes	Beginner/Novice
Red	Continuing
Orange	Novice
Yellow	Novice/Intermediate
Blue	Intermediate
Green	Intermediate/Advanced
Purple	Advanced
Black	Advanced/Expert

What ages do the programs cover?

Illinois Shotokan Karate:

Pre-Karate	Ages 4-7 years
Parent / Child Karate	Ages 7 years + (open to parents and children age 7-14 years)
Karate	Ages 7-14 years
Karate	Ages 15 years +

Kid's Karate Club:

Ages 4-15 years (participants are divided into age appropriate groups during the class) | Adults (parents may attend class by signing up for the Parent Helper Program)

Besides the class fees, what other fees are associated with the program?

Kid's Karate Club: Students are asked to purchase a uniform by the third week of class with a cost of \$35 per student; \$40 parent helpers. \$38 for Tournaments and Testing. Tournaments and Belt Testing are optional. Yellow Belts and up will need to purchase additional protective equipment.

Kid's Karate Club Parent Helper Program

Would you like to attend class with your child? You will hold kicking and punching shields, help organize the children in line, and assist the instructors with class, while learning the martial arts yourself. You are not required to attend every class. The parent helper program is 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 with a cost of \$40. Call the Karate Club Hotline at 630.293.9989 for more information.



Kevin Heister

Lake Arlington/Camelot Park

For more information on Martial Arts, please call Kevin at 847.577.3021 or kkeister@ahpd.org.

Kid's Karate Club (Winter Session)

This is an exciting, progressive program, which specializes in teaching martial arts and safety to children ages 4-15 years. Participants are divided into age appropriate groups during the class. This high-energy program revolves around family involvement and stresses respect. The design of the program is very motivational and encourages participants to do their best at any activity. For more information visit kidskarate.com. Testing & Promotions: March 3. Students are asked to purchase a uniform by the third week of class at a cost of \$35. (TD)

Location: Pioneer

Classes: 9

Class	Age	Level	Day(s)	Time	Date	Fee
4420-0	4-15 yrs	White Belt-Beg	M	6-6:45 pm	1/6-3/3	\$56
4420-1	4-15 yrs	Orange-Yellow Belt	M	6:45-7:30 pm	1/6-3/3	\$56
4420-2	4-15 yrs	Green & Up - Beg/Int	M	7:30-8:15 pm	1/6-3/3	\$56

Pre-Karate

Young children will develop agility, strength and coordination skills through fun and creative activities. This program, specifically designed to work with growing minds and bodies, enhances memory and agility skills too. Watch your child blossom while learning karate and having a blast at the same time! Beginners: No prior experience. Continuers: One or more prior sessions. Intermediate/Advanced: Instructor permission required. (KK)

Classes: 12

Class	Age	Level	Location	Day(s)	Time	Date	R/NR Fee
4417-7	4-7 yrs	Beg/Cont	Heritage	F	4:30-5:15 pm	1/3-3/21	\$111/\$158
4417-5	4-7 yrs	Instructor Permission Only	Heritage	F	5:20-6:05 pm	1/3-3/21	\$111/\$158
4417-6	4-7 yrs	Beg	Frontier	Th	4-4:45 pm	1/2-3/20	\$111/\$158
4417-8	4-7 yrs	Cont	Frontier	Th	4:55-5:40 pm	1/2-3/20	\$111/\$158
4417-9	4-7 yrs	Adv	Frontier	Th	5:45-6:30 pm	1/2-3/20	\$111/\$158

Parent/Child Karate

An excellent opportunity to spend quality time with your child while conditioning muscles, developing coordination and improving cardiovascular fitness. Children age 7-14 yrs. Note: fees are per person. (KK)

Location: Frontier **Classes:** 12

Class	Age	Level	Day(s)	Time	Date	R/NR
4426-2	7+	White-Red Belt	Th	4-4:55 pm	1/2-3/20	\$111/\$158
4426-4	7+	Orange-Blue Belt	Th	5-5:55 pm	1/2-3/20	\$111/\$158
4426-6	7+	Green-Black (Int/Adv)	Th	6-7:25 pm	1/2-3/20	\$150/\$214
4426-1	7+	White Belt	Sa	9-10 am	1/4-3/22	\$111/\$158
4426-3	7+	White W/Stripes-Orange	Sa	10:10-11:10 am	1/4-3/22	\$111/\$158
4426-5	7+	Yellow-Purple Belt	Sa	11:20 am-12:20 pm	1/4-3/22	\$111/\$158
4426-7	7+	Brown-Black	Sa	12:30-1:30 pm	1/4-3/22	\$111/\$158

Karate

Karate skills put children in touch with their bodies and helps to build coordination, agility, strength and poise, as well as establishes lasting personal safety skills. The mental aspect of karate is equal to if not greater than the physical. Practicing this art results in increased self-esteem, in addition to enhancing discipline and control. Classes at Alcott Community Center are held at 530 Bernard Dr., Classes at Cooper Jr. High School are held at 1050 Plum Grove Circle, both of these facilities are in Buffalo Grove. Direct information available at iskc.com (KK)

Classes: 12

Class	Level	Age	Location	Day(s)	Time	Date	R/NR Fee
4422-5	White-Orange Belt	7-14 yrs	Alcott Center (BG)	W	4-5 pm	1/8-3/19	\$102/\$197
4423-1	Yellow-Blue Belt	7-14 yrs	Alcott Center (BG)	W	5-6 pm	1/8-3/19	\$102/\$145
4423-4	Green-Low Purple(Int/Adv)	7-14 yrs	Cooper Jr. High (BG)	W	6:30-7:30 pm	1/8-3/19	\$102/\$145
4423-9	High Purple - Black Belt	7-14 yrs	Cooper Jr. High (BG)	W	6:30-7:30 pm	1/8-3/19	\$102/\$145
4422-9	White-Purple Belt	15+	Cooper Jr. High (BG)	W	7:30-8:30 pm	1/8-3/19	\$102/\$145
4424-0	Brown-Black Belt	15+	Cooper Jr. High (BG)	W	8:30-10 pm	1/8-3/19	\$138/\$197
4422-4	White-Red Belt	7-14 yrs	Frontier	Th	4-4:55 pm	1/2-3/20	\$111/\$158
4423-0	Orange-Blue Belt	7-14 yrs	Frontier	Th	5-5:55 pm	1/2-3/20	\$111/\$158
4423-5	Green-Black (Int/Adv)	7-14 yrs	Frontier	Th	6-7:25 pm	1/2-3/20	\$150/\$214
4422-8	White-Green Belt	15+	Frontier	Th	7:30-8:30 pm	1/2-3/20	\$111/\$158
4423-8	Purple-Black Belt	15+	Frontier	Th	8:35-10 pm	1/2-3/20	\$150/\$214
4422-3	White Belt	7-14 yrs	Frontier	Sa	9-10 am	1/4-3/22	\$111/\$158
4422-7	White W/Stripes-Orange	7-14 yrs	Frontier	Sa	10:10-11:10 am	1/4-3/22	\$111/\$158
4423-2	Yellow-Purple Belt	7-14 yrs	Frontier	Sa	11:20 am-12:20 pm	1/4-3/22	\$111/\$158
4423-7	Brown-Black	7-14 yrs	Frontier	Sa	12:30-1:30 pm	1/4-3/22	\$111/\$158
4422-6	White-Orange Belt	7-14 yrs	Heritage	F	6:10-7:05 pm	1/3-3/21	\$111/\$158
4423-3	Yellow-Green Belt	7-14 yrs	Heritage	F	7:05-8 pm	1/3-3/21	\$111/\$158
4423-6	Purple & Up	7-14 yrs	Heritage	F	8:05-9 pm	1/3-3/21	\$111/\$158

Tiny Tot 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. **No class 3/29.** (NA)

Location: Forest View Racquet Club **Classes:** 9

Class	Age	Day(s)	Time	Date	Fee
4536-3	4-6 yrs	Sa	9-9:45 am	2/1-4/5	\$68

Young Masters Tae Kwon Do

This dynamic program instructs children in the martial art of Tae Kwon Do. As students learn the art of self-defense they will develop agility, stamina and athleticism. Confidence, respect and a hard work ethic will also be stressed. **No class 3/24, 3/26, 3/29.** (NA)

Location: Forest View Racquet Club **Classes:** 10

Class	Age	Day(s)	Time	Date	Fee
4549-0	6-13 yrs	M	6:15-7:15 pm	1/20-3/31	\$100
4549-1	6-13 yrs	W	6:15-7:15 pm	1/22-4/2	\$100
4549-2	6-13 yrs	Sa	9:45-10:45 am	1/25-4/5	\$100

Adult Tae Kwon Do

It's never too late to start martial arts training. Tae Kwon Do is a mind-body discipline which helps develop mental fitness, physical fitness and self-confidence. Master Ripp teaches striking, kicking, stance and forms in every class. Students will have the option to test for belt advancement and to participate in controlled contact sparring. Using this martial art for self-defense will also be covered. **No class 3/24 and 3/26.** (NA)

Location: Forest View Racquet Club **Classes:** 10

Class	Age	Day(s)	Time	Date	Fee
4493-9	17+	M	7:15-8:15 pm	1/20-3/31	\$100
4494-0	17+	W	7:15-8:15 pm	1/22-4/2	\$100

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, 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)

Beginning

Class	Age	Location	Day(s)	Time	Date	R/NR Fee
4428-8	14+	Heritage	Sa	9:15-11:15 am	1/11-2/1	\$50/\$65
4428-9	14+	Heritage	Sa	9:15-11:15 am	1/11-3/8	\$100/\$130.50
4429-0	14+	Heritage	Sa	9:15-11:15 am	2/8-3/8	\$50/\$65

Continuing

Class	Age	Location	Day(s)	Time	Date	R/NR Fee
4429-1	14+	Pioneer	T	7:30-9:30 pm	1/7-1/28	\$50/\$65
4429-2	14+	Pioneer	T	7:30-9:30 pm	1/7-3/4	\$100/\$130.50
4429-3	14+	Pioneer	T	7:30-9:30 pm	2/4-3/4	\$50/\$65

Judo and Self Defense

This course is an introduction to the Art of Judo (The Gentle Way) and Self Defense. It is designed to teach students the practical techniques, history, and philosophy of the Martial Art of Judo and how these can be appropriately used for self-defense. The instructor for the course, Sensei Patrick Keating, Sr., currently teaches the Art at Northeastern Illinois University and is a past President of the TOMODACHI JUDO ASSOCIATION. **No Class 3/25.** (NA)

Location: Forest View Racquet Club **Classes:** 10

Class	Age	Day(s)	Time	Date	Fee
4465-5	16+	T	6-7 pm	1/21-4/1	\$100

ARLINGTON ACES

soccer club

AHPD's Soccer Program

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. The program is made up according to grade levels: Kindergarten; Grade 1; Grade 2; Grade 3; Grade 4; Grades 5 and 6; Grades 7 and 8. 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. Games will begin April 12 and conclude May 31. All games will be played on Saturday except for possibly one weekend during the season Divisions I, II and III will be played on Sunday.

7th and 8th grades

Returning players who played as 7th graders and have uniforms do not have to purchase the uniform for this season. Boys and girls play on separate teams, in separate leagues and are placed on teams based on the school they attend. Teams are formed by the availability of coaches and time of your registration.

When is the sign up deadline?

Registration deadline for Spring 2014 is Wednesday, February 12 at 5 pm. Any registration accepted after this date will encounter a \$25 late fee and 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 (Frontier, Heritage, Pioneer, or Recreation) as parents are required to fill out several permission forms. All divisions will wear red and white jerseys.

Spring 2014 Season (K-6)

	Camelot	Frontier	Pioneer/ Heritage	Rec	R/NR Fee
Jersey	3700-5	3700-6	3700-8	3700-7	\$14
gr K	3698-1	3698-2	3699-2	3698-5	\$59/\$69
gr 1	3698-6	3698-8	3699-7	3699-0	\$59/\$69
gr 2	3698-3	3698-4	3700-3	3700-1	\$59/\$69
gr 3	3698-7	3698-9	3699-8	3699-1	\$59/\$69
gr. 4	3700-9	3701-0	3701-2	3701-1	\$59/\$69
gr 5-6	3699-9	3700-0	3700-4	3700-2	\$59/\$69

7th and 8th Grade Spring 2014 Soccer

	Girls	Boys	R/NR Fee
Gr 7 (uniform inc.)	3697-4	3697-3	\$68/\$78
Gr 7	3697-9	3698-0	\$68/\$78
Gr 8 (uniform inc.)	3697-5	3697-6	\$68/\$78
Gr 8	3697-7	3697-8	\$68/\$78



Indoor Pre K Soccer

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)

Location: Pioneer **Classes:** 7
R/NR Fee: \$80/\$90

Class	Age	Day(s)	Time	Date
4498-8	3 yrs	Th	9:30-10:15 am	1/16-2/27
4498-9	3 yrs	Th	10:30-11:15 am	1/16-2/27
4499-0	3 yrs	Th	11:30-12:15 pm	1/16-2/27
4499-1	3 yrs	Th	1-1:45 pm	1/16-2/27
4499-2	4-5 yrs	T	9:30-10:15 am	1/14-2/25
4499-3	4-5 yrs	T	10:30-11:15 am	1/14-2/25
4499-4	4-5 yrs	T	11:30-12:15 pm	1/14-2/25
4499-5	4-5 yrs	T	1-1:45 pm	1/14-2/25



Aces Intra-Club Indoor League

Aces Travel Soccer is running an Intra-Club Indoor League at Soccer City in Palatine for current players only. Teams are formed according to age group, boys and girls will play on co-ed teams. The Aces Academy staff will coach and referee these fun and fast paced indoor games. The program runs for 7 weeks, the first week is free to try! Age times, U8/U10 3-4:30 PM, U11 4:30-6 PM, U12-U13 6-7:30 PM, U14-High School 7:30-9 PM. Come join us for some fun Saturday Soccer! Soccer City, 545 South Consumers Ave, Palatine. (MH)

Location: Administration Center **Classes:** 7
Class **Age** **Day(s)** **Time** **Date** **Fee**
 3703-8 7-13 yrs Sa 3-9 pm 11/16-12/28 \$40



Aces Indoor Futsal NEW!

Aces Indoor Futsal Cup at Hersey High School. Teams play two 30 minute games each week, 3v3 indoor at Hersey High School Fieldhouse. Teams are made up of 3 - 6 players, each player needs to register individually and teams need to fill out a roster and email it to: Dwayne Cruz at dwayne@ahaces.com or fax to 855.903.2153. Teams will be placed together by age group, a weekly game schedule will be available by January 31, 2013. For more detailed information please contact Dwayne Cruz at dwayne@ahaces.com and place Futsal Cup in the subject line. (MH)

Location: Hersey High School **Classes:** 7
Class **Age** **Day(s)** **Time** **Date** **Fee**
 4501-6 8-13 yrs Su 12-4 pm 2/2-3/16 \$40

ACES Winter Technical Soccer Training

Training will focus on individual player skills, ACES Coaching staff and Trainers will run all sessions. Training will take place on Sundays, location, dates and times TBD by November. For more information please contact Dwayne Cruz, dwayne@ahaces.com or Lisa Rudnicki, admin@ahaces.com. (MH)

Location: Hersey High School **Classes:** 8
Class **Age** **Day(s)** **Time** **Date** **Fee**
 3006-4 8-14 yrs M 5-6 pm 1/6-2/24 \$85



Matt Healy
 Athletics Supervisor

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

Arlington Heights



Historical Museum

110 W. Fremont Ave. | 847.255.1225 | ahmuseum.org

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.

Tours of the complex start at 2 and 3 pm, Saturday and Sunday, in the Heritage Gallery. Tour fees: Adults \$4; Children 3-14, \$2. Group tours at other times are available by reservation. Consult the web site for more information.

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.

See page 8 for current gallery exhibits.



Log on to
ahmuseum.org
and see how much
FUN HISTORY can be!

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.



p92

discover history

Room Rental Information

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. Groups up to 75 people can be accommodated. Rental hours are Monday through Thursday, 9 am to 10 pm; Fridays, 9 am to 4 pm; and Saturday & Sunday, 1 to 5 pm. Fees are based on day of the week and whether the rental is for resident, nonresident, or commercial use. Historical Society Members in good standing receive 25% off the rental fee. Check out our website at ahmuseum.org, click on services, view both rooms, check out room dimensions and look at possible room setups without having to leave your home. If interested in renting one of our rooms please call Kristina at the Museum.

School and Scout Programs

Attention, all Scout Leaders and Teachers! The museum offers a variety of Girl Scout and Cub Scout programs that meet achievement requirements. We also offer a variety of school programs with historical themes for all grade levels, some of which meet curriculum goals. To view the program descriptions in detail please visit ahmuseum.org. Contact our School and Scout Coordinator, Ryan Lendy, at 847-255-1225 or email him at rlendy@ahpd.org.



Kristina Christie
Museum Administrator

For more information on programs at the Historical Museum, please call Kristina at 847.255.1225 or kchristie@ahpd.org.

Museum Program Information

- **Museum classes and Special Events:** Look for Museum classes throughout the program guide, and find them at ahmuseum.org, classes/programs tab.
- **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. Patron requests less than one week in advance, will receive 50% of the program fee less a \$5 service fee, unless specified differently in the program description.
- **Parking:** Free parking is available evenings and weekends in the commuter lot at Vail and Fremont streets.

Thank you!

Special thanks to the sponsors of last summer's Irish Fest!

- Patrick A. Finn, Ltd.
- Village Bank
- Groot Industries
- Daily Herald
- Allegra Print and Imaging of Elk Grove
- Owens Corning Basements
- Kohl's Cares
- Merrymakers Parties

Calendar of Events

Holiday Tea Programs

Friday, Saturday & Sunday, Dec. 6, 7 & 8

Arlington Artists on Display

until January 26, 2014

Made in Arlington Heights

Opens February 8, 2014

GYMNASTICS

precision

All Gymnastics Classes:
 Rolling Meadows Park District
 Nelson Sports Complex
 3900 Owl Drive Rolling Meadows
 847.818.3214

PRESCHOOL PROGRAMS

Gymnastics skills are used as tools to teach learning attitudes, while skill mastery is a secondary goal. We aim to create challenge = risk = learning = fun. We divide our preschool gymnastics program into three separate age groups to create the right learning environment for each stage of a child's development. We request that you respect these age groupings when registering.

Hot Shot Tots: 1-3 yrs

An enjoyable physical, mental, and social experience for your toddler to age three. A playful parent/tot class centered around age appropriate movements. This class is designed to enhance your toddler's body awareness, create confidence with movement, and is also a great way for you and your child to meet new friends! Please Note: An additional waiver must be filled out at the Rolling Meadows Park District Nelson Sports Complex at the first class. (TD)

Class	Day(s)	Time	Date	R/NR Fee	#
4431-4	M	10:15-11 am	1/6-2/24	\$92/\$138.50	8
4432-0	M	10:15-11 am	3/3-4/14	\$92/\$138.50	8
4431-5	T	9:15-10 am	1/7-2/25	\$92/\$138.50	8
4432-1	T	9:15-10 am	3/4-4/15	\$92/\$138.50	8
4431-6	W	9:15-10 am	1/8-2/26	\$92/\$138.50	8
4432-2	W	9:15-10 am	3/5-4/16	\$92/\$138.50	8
4431-7	Th	11:15-12 pm	1/9-2/27	\$92/\$138.50	8
4432-3	Th	11:15-12 pm	3/6-4/17	\$92/\$138.50	8
4431-8	F	11:15-12 pm	1/10-2/28	\$92/\$138.50	8
4432-4	F	11:15-12 pm	3/7-4/18	\$92/\$138.50	8
4431-9	Sa	9-9:45 am	1/11-3/1	\$92/\$138.50	8
4432-5	Sa	9-9:45 am	3/8-4/19	\$92/\$138.50	8

Preschool Gymnastics: 3 yr olds

No parents needed in this class. We'll help the children take that big step towards independence. With encouragement from skilled instructors, the children face physical challenges which give them stronger bodies and sharper minds. Students will also get a clearer understanding of their capabilities and limitations. Please Note: An additional waiver must be filled out at the Rolling Meadows Park District Nelson Sports Complex at the first class. (TD)

Class	Day(s)	Time	Date	R/NR Fee	#
4433-5	M	9:15-10 am	1/6-2/24	\$92/\$138.50	8
4433-6	M	6:05-6:50 pm	1/6-2/24	\$92/\$138.50	8
4433-7	T	1-1:45pm	1/7-2/25	\$92/\$138.50	8
4433-8	W	11:15-12 pm	1/8-2/26	\$92/\$138.50	8
4433-9	Th	9:15-10 am	1/9-2/27	\$92/\$138.50	8
4434-0	F	9:15-10 am	1/10-2/28	\$92/\$138.50	8
4434-1	F	2-2:45 pm	1/10-2/28	\$92/\$138.50	8
4434-2	Sa	10-10:45 am	1/11-3/1	\$92/\$138.50	8
4434-3	M	9:15-10 am	3/3-4/14	\$92/\$138.50	8
4434-4	M	6:05-6:50 pm	3/3-4/14	\$92/\$138.50	8
4434-5	T	1-1:45pm	3/4-4/15	\$92/\$138.50	8
4434-6	W	11:15-12 pm	3/5-4/16	\$92/\$138.50	8
4434-7	Th	9:15-10 am	3/6-4/17	\$92/\$138.50	8
4434-8	F	9:15-10 am	3/7-4/18	\$92/\$138.50	8
4434-9	F	2-2:45 pm	3/7-4/18	\$92/\$138.50	8
4435-0	Sa	10-10:45 am	3/8-4/19	\$92/\$138.50	8



Tom Divello
 Pioneer Park Supervisor
 For more information on gymnastics,
 please call Tom at 847.506.2734 or
 tdivello@ahpd.org.



Please Note:

An additional waiver must be filled out at the Rolling Meadows Park District Nelson Sports Complex at the first class.



SCHOOL AGED PROGRAMS Kindergarten Gymnastics

For the little gymnast who already has some school experience. Because of their age, kindergarteners are able to handle a class that's more skill oriented. With the influence of positive reinforcement, children are offered appropriate challenges to prepare them physically and mentally for our developmental gymnastics classes. Please Note: An additional waiver must be filled out at the Rolling Meadows Park District Nelson Sports Complex at the first class. (TD)

All Levels

Class	Day(s)	Time	Date	R/NR Fee	#
4437-7	M	11:15-12 pm	1/6-2/24	\$92/\$138.50	8
4438-4	T	11:15-12 pm	1/7-2/25	\$92/\$138.50	8
4438-6	W	2-2:45 pm	1/8-2/26	\$92/\$138.50	8
4438-8	Th	1-1:45 pm	1/9-2/27	\$92/\$138.50	8
4438-2	M	11:15-12 pm	3/3-4/14	\$92/\$138.50	8
4438-5	T	11:15-12 pm	3/4-4/15	\$92/\$138.50	8
4438-7	W	2-2:45 pm	3/5-4/16	\$92/\$138.50	8
4438-9	Th	1-1:45 pm	3/6-4/17	\$92/\$138.50	8

Girls Only

Class	Day(s)	Time	Date	R/NR Fee	#	
4438-1	Girls	M	4-5 pm	1/6-2/24	\$92/\$138.50	8
4439-0	Girls	Sa	12-1 pm	1/11-3/1	\$92/\$138.50	8
4438-3	Girls	M	4-5 pm	3/3-4/14	\$92/\$138.50	8
4439-1	Girls	Sa	12-1 pm	3/8-4/19	\$92/\$138.50	8

Preschool Gymnastics: 4-5 yr olds

These children are beginning to really step out and move. We know that it is more essential that their physical challenges be monitored for safety and that their attempts are rewarded, so risks become exciting and failed attempts are seen for what they are - learning experiences. Please Note: An additional waiver must be filled out at the Rolling Meadows Park District Nelson Sports Complex at the first class. (TD)

Class	Day(s)	Time	Date	R/NR Fee	#
4435-6	M	1-1:45 pm	1/6-2/24	\$92/\$138.50	8
4435-7	M	2-2:45 pm	1/6-2/24	\$92/\$138.50	8
4435-8	M	7-7:45 pm	1/6-2/24	\$92/\$138.50	8
4435-9	T	10:15-11 am	1/7-2/25	\$92/\$138.50	8
4436-0	T	2-2:45 pm	1/7-2/25	\$92/\$138.50	8
4436-1	W	10:15-11 am	1/8-2/26	\$92/\$138.50	8
4436-2	W	1-1:45pm	1/8-2/26	\$92/\$138.50	8
4436-3	Th	10:15-11 am	1/9-2/27	\$92/\$138.50	8
4436-4	Th	2-2:45 pm	1/9-2/27	\$92/\$138.50	8
4436-5	F	10:15-11 am	1/10-2/28	\$92/\$138.50	8
4436-6	F	1-1:45 pm	1/10-2/28	\$92/\$138.50	8
4436-7	Sa	11-11:45 am	1/11-3/1	\$92/\$138.50	8
4436-8	M	1-1:45 pm	3/3-4/14	\$92/\$138.50	8
4436-9	M	2-2:45 pm	3/3-4/14	\$92/\$138.50	8
4437-0	M	7-7:45 pm	3/3-4/14	\$92/\$138.50	8
4437-1	T	10:15-11 am	3/4-4/15	\$92/\$138.50	8
4437-2	T	2-2:45 pm	3/4-4/15	\$92/\$138.50	8
4437-3	W	10:15-11 am	3/5-4/16	\$92/\$138.50	8
4437-4	W	1-1:45pm	3/5-4/16	\$92/\$138.50	8
4437-5	Th	10:15-11 am	3/6-4/17	\$92/\$138.50	8
4437-6	Th	2-2:45 pm	3/6-4/17	\$92/\$138.50	8
4437-8	F	10:15-11 am	3/7-4/18	\$92/\$138.50	8
4437-9	F	1-1:45 pm	3/7-4/18	\$92/\$138.50	8
4438-0	Sa	11-11:45 am	3/8-4/19	\$92/\$138.50	8

Youth Developmental Gymnastics - Boys

Our boys developmental program is divided into two age groups: 5-7 years and 8-13 years. The program provides non-competitive, achievement-oriented classes of progressive skills. Children receive instruction in the Olympic gymnastics events and mini-trampoline. Please Note: An additional waiver must be filled out at the Rolling Meadows Park District Nelson Sports Complex at the first class. (TD)

Beginner

Class	Age	Day(s)	Time	Date	R/NR Fee	#
4439-8	5-7 yrs	T	4-5 pm	1/7-2/25	\$92/\$138.50	8
4440-2	5-7 yrs	W	6-7 pm	1/8-2/26	\$92/\$138.50	8
4440-4	5-7 yrs	Th	4-5 pm	1/9-2/27	\$92/\$138.50	8
4440-8	5-7 yrs	Sa	12-1 pm	1/11-3/1	\$92/\$138.50	8
4441-0	5-7 yrs	Sa	2-3 pm	1/11-3/1	\$92/\$138.50	8
4439-9	5-7 yrs	T	4-5 pm	3/4-4/15	\$92/\$138.50	8
4440-3	5-7 yrs	W	6-7 pm	3/5-4/16	\$92/\$138.50	8
4440-5	5-7 yrs	Th	4-5 pm	3/6-4/17	\$92/\$138.50	8
4440-9	5-7 yrs	Sa	12-1 pm	3/8-4/19	\$92/\$138.50	8
4441-1	5-7 yrs	Sa	2-3 pm	3/8-4/19	\$92/\$138.50	8

Beginner

Class	Age	Day(s)	Time	Date	R/NR Fee	#
4440-0	8-13 yrs	T	5-6 pm	1/7-2/25	\$92/\$138.50	8
4440-6	8-13 yrs	Th	5-6 pm	1/9-2/27	\$92/\$138.50	8
4440-1	8-13 yrs	T	5-6 pm	3/4-4/15	\$92/\$138.50	8
4440-7	8-13 yrs	Th	5-6 pm	3/6-4/17	\$92/\$138.50	8

Youth Developmental Gymnastics - Girls

Our developmental program is divided into four age groups: 6-8 years, 7-9 years, 9-13 years, and high school. The program provides non-competitive, achievement-oriented classes of progressive skills. Children receive instruction in the Olympic gymnastics events and mini-trampoline. Please Note: An additional waiver must be filled out at the Rolling Meadows Park District Nelson Sports Complex at the first class. (TD)

Beginner

Class	Age	Day(s)	Time	Date	R/NR Fee	#
4441-9	6-8 yrs	M	4-5 pm	1/6-2/24	\$92/\$138.50	8
4442-1	6-8 yrs	M	5-6 pm	1/6-2/24	\$92/\$138.50	8
4442-3	6-8 yrs	T	4-5 pm	1/7-2/25	\$92/\$138.50	8
4442-8	6-8 yrs	T	5-6 pm	1/7-2/25	\$92/\$138.50	8
4443-3	6-8 yrs	W	4-5 pm	1/8-2/26	\$92/\$138.50	8
4443-5	6-8 yrs	W	5-6 pm	1/8-2/26	\$92/\$138.50	8
4443-9	6-8 yrs	Th	4-5 pm	1/9-2/27	\$92/\$138.50	8
4444-8	6-8 yrs	Th	5-6 pm	1/9-2/27	\$92/\$138.50	8
4445-5	6-8 yrs	F	5-6 pm	1/10-2/28	\$92/\$138.50	8
4442-0	6-8 yrs	M	4-5 pm	3/3-4/14	\$92/\$138.50	8
4442-2	6-8 yrs	M	5-6 pm	3/3-4/14	\$92/\$138.50	8
4442-5	6-8 yrs	T	4-5 pm	3/4-4/15	\$92/\$138.50	8
4446-0	6-8 yrs	Sa	1-2 pm	1/11-3/1	\$92/\$138.50	8
4443-0	6-8 yrs	T	5-6 pm	3/4-4/15	\$92/\$138.50	8
4443-4	6-8 yrs	W	4-5 pm	3/5-4/16	\$92/\$138.50	8
4443-6	6-8 yrs	W	5-6 pm	3/5-4/16	\$92/\$138.50	8
4444-4	6-8 yrs	Th	4-5 pm	3/6-4/17	\$92/\$138.50	8
4444-7	6-8 yrs	Th	5-6 pm	3/6-4/17	\$92/\$138.50	8
4445-6	6-8 yrs	F	5-6 pm	3/7-4/18	\$92/\$138.50	8
4446-2	6-8 yrs	Sa	1-2 pm	3/8-4/19	\$92/\$138.50	8
4442-4	9-13 yrs	T	4-5 pm	1/7-2/25	\$92/\$138.50	8
4444-5	9-13 yrs	Th	4-5 pm	1/9-2/27	\$92/\$138.50	8
4445-8	9-13 yrs	Sa	12-1 pm	1/11-3/1	\$92/\$138.50	8
4442-6	9-13 yrs	T	4-5 pm	3/4-4/15	\$92/\$138.50	8
4445-9	9-13 yrs	Sa	12-1 pm	3/8-4/19	\$92/\$138.50	8
4444-6	9-13 yrs	Th	4-5 pm	3/6-4/17	\$92/\$138.50	8

Intermediate

Class	Age	Day(s)	Time	Date	R/NR Fee	#
4442-7	7-9 yrs	T	5-6 pm	1/7-2/25	\$92/\$138.50	8
4444-9	7-9 yrs	Th	5-6 pm	1/9-2/27	\$92/\$138.50	8
4445-3	7-9 yrs	F	5-6 pm	1/10-2/28	\$92/\$138.50	8
4442-9	7-9 yrs	T	5-6 pm	3/4-4/15	\$92/\$138.50	8
4443-2	7-9 yrs	W	4-5 pm	3/5-4/16	\$92/\$138.50	8
4445-0	7-9 yrs	Th	5-6 pm	3/6-4/17	\$92/\$138.50	8
4445-4	7-9 yrs	F	5-6 pm	3/7-4/18	\$92/\$138.50	8
4443-1	7-9 yrs	W	4-5 pm	1/8-2/26	\$92/\$138.50	8
4445-2	9-13 yrs	F	5-6 pm	3/7-4/18	\$92/\$138.50	8
4445-7	9-13 yrs	F	5-6 pm	3/7-4/18	\$92/\$138.50	8
4446-3	9-13 yrs	Sa	1-2 pm	3/8-4/19	\$92/\$138.50	8
4445-1	9-13 yrs	F	4-5 pm	1/10-2/28	\$92/\$138.50	8
4446-1	9-13 yrs	Sa	1-2 pm	1/11-3/1	\$92/\$138.50	8

High School

Class	Age	Day(s)	Time	Date	R/NR Fee	#
4443-7	13-18 yrs	W, Sa	7-9 pm	1/8-3/1	\$92/\$138.50	8
4443-8	13-18 yrs	W, Sa	7-9 pm	3/5-4/19	\$92/\$138.50	8

Girls Advanced Gymnastics

The girls advanced gymnastics classes are geared towards girls that have been thru the developmental program. Registration must be done in-person (no on-line registration) and is by instructor permission only. Please Note: An additional waiver must be filled out at the Rolling Meadows Park District Nelson Sports Complex at the first class. (TD)

Age: 6-12 yrs R/NR Fee: \$145/\$180.50

Class	Day(s)	Time	Date	#
4444-0	W	6-7:30 pm	1/8-2/26	8
4444-2	Sa	2-3:30 pm	1/11-3/1	8
4444-1	W	6-7:30 pm	3/5-4/16	7
4444-3	Sa	2-3:30 pm	3/8-4/19	7

Tumbling Programs

This program specializes in floor and trampoline skills. Designed for cheerleaders and aspiring cheerleaders, the classes emphasize tumbling and jumping skills that are necessary in this growing sport. There are three levels offered: beginner, intermediate, and high school. For safety reasons, all students new to the tumbling program should enroll in a beginner level unless the tumbler can perform a back handspring unassisted. A back handspring is a jump backward, flipping upside down to a handstand, and a push off with the hands to return to one's feet. Please Note: An additional waiver must be filled out at the Rolling Meadows Park District Nelson Sports Complex at the first class. (TD)

Beginner

Class	Age	Day(s)	Time	Date	R/NR Fee	#
4446-4	7-9 yrs	M	4-5 pm	1/6-2/24	\$92/\$138.50	8
4447-2	7-9 yrs	W	4-5 pm	1/8-2/26	\$92/\$138.50	8
4446-7	7-9 yrs	M	4-5 pm	3/3-4/14	\$92/\$138.50	8
4447-3	7-9 yrs	W	4-5 pm	3/5-4/16	\$92/\$138.50	8
4446-5	9-13 yrs	M	4-5 pm	1/6-2/24	\$92/\$138.50	8
4447-4	9-13 yrs	W	5-6 pm	1/8-2/26	\$92/\$138.50	8
4447-8	9-13 yrs	F	4-5 pm	1/10-2/28	\$92/\$138.50	8
4446-6	9-13 yrs	M	4-5 pm	3/3-4/14	\$92/\$138.50	8
4448-0	9-13 yrs	F	4-5 pm	3/7-4/18	\$92/\$138.50	8
4447-5	9-13 yrs	W	5-6 pm	3/5-4/16	\$92/\$138.50	8

Intermediate

Class	Age	Day(s)	Time	Date	R/NR Fee	#
4446-8	9-13 yrs	M	5-6 pm	1/6-2/24	\$92/\$138.50	8
4448-1	9-13 yrs	F	4-5 pm	1/10-2/28	\$92/\$138.50	8
4447-9	9-13 yrs	F	4-5 pm	3/7-4/18	\$92/\$138.50	8
4446-9	9-13 yrs	M	5-6 pm	3/3-4/14	\$92/\$138.50	8

Boys

Class	Age	Day(s)	Time	Date	R/NR Fee	#
4448-2	9-13 yrs	Sa	1-2 pm	1/11-3/1	\$92/\$138.50	8
4448-3	9-13 yrs	Sa	1-2 pm	3/8-4/19	\$92/\$138.50	8

High School

Class	Age	Day(s)	Time	Date	R/NR Fee	#
4447-0	14-18 yrs	M	8-9 pm	1/6-2/24	\$92/\$138.50	8
4447-6	14-18 yrs	W	6-7 pm	1/8-2/26	\$92/\$138.50	8
4447-1	14-18 yrs	M	8-9 pm	3/3-4/14	\$92/\$138.50	8
4447-7	14-18 yrs	W	6-7 pm	3/5-4/16	\$92/\$138.50	8

REDEFINING RECREATION ON A BUDGET.

Free

- Annual Tree Lighting Ceremony | November 29
- Ice Skating & Ice Hockey | Pg. 19
- Sledding | Pg. 19

Under \$15

- Parent/Tot Winter Adventures | Pg. 52
- Artsy Doodlers Mini Sessions | Pg. 54
- Basic Rubber Stamping Techniques | Pg. 57
- Valentine's Greetings | Pg. 70
- Tea With Lady Sapphire Share the Love Birds | Pg. 71
- Girl Scout World Thinking Day | Pg. 71

Under \$30

- Winter Break Preschool Music Camp | Pg. 22
- Nature & Art with Young Children | Pg. 50
- Hearts and Chocolates | Pg. 70
- A Box of Valentines | Pg. 70
- Home Alone Safety | Pg. 71
- Etiquette 101 – The American Way | Pg. 73
- Cooking with Chef Dave | Pg. 72
- Adult Learning | Pg. 75



**“You can't stop the future
You can't rewind the past
The only way to learn the
secret ...is to play.”**

JAY ASHER

#recreationredefined

YOUTH ATHLETICS

confidence



Stacey VanEnkevort
Fitness/CAP Supervisor

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

PRESCHOOL SPORTS

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. (SV)

Instructor: SportsKids Inc.

Class	Age	Location	Day(s)	Time	Date	R/NR Fee	Classes
4503-7	2-3 yrs	Frontier	F	10:15-10:55 am	1/10-2/28	\$54/\$81	8
4503-8	2-3 yrs	Pioneer	Sa	11-11:40 am	1/11-3/1	\$54/\$81	8



Little Dribblers

An introduction to basketball, this class offers simple drills to teach players the rules of the game, ball handling, passing and defense. Instructors emphasize team play and sportsmanship. (SV)

Instructor: SportsKids Inc.

Classes:

Class	Age	Location	Day(s)	Time	Date	R/NR Fee	Classes
4505-9	3-4 yrs	Pioneer	W	11-11:45 am	1/8-2/26	\$54/\$81	8
4506-0	4-5 yrs	Frontier	F	1-1:45 pm	1/10-2/28	\$54/\$81	8
4506-1	4-6 yrs	Recreation	Sa	11:15 am-12 pm	1/11-3/1	\$54/\$81	8

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 - all while having fun. (SV)

Location: Pioneer

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee	Classes
4508-2	3-4 yrs	W	9:30-10:15 am	1/8-2/26	\$54/\$81	8
4508-3	4-5 yrs	Sa	10:15-11 am	1/11-3/1	\$54/\$81	8
4508-4	4-6 yrs	W	2:30-3:15 pm	1/8-2/26	\$54/\$81	8

Sports N' Stories

Jump into the world of literature and sports through one exciting class! Each week children enjoy a mind-awakening story, play a body-challenging sport and experience a variety of sports including t-ball, floor hockey, soccer, basketball and more. Children can enhance listening skills, the ability to follow directions and overall physical development in a safe environment. (SV)

Location: Frontier

Class	Age	Day(s)	Time	Date	R/NR Fee	Classes
4510-5	3-4 yrs	F	9:30-10:15 am	1/10-2/28	\$54/\$81	8

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. (SV)

Location: Recreation

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee	Classes
4512-6	3-4 yrs	Sa	10:30-11:15 am	1/11-3/1	\$54/\$81	8

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. (SV)

Location: Frontier

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee	Classes
4514-7	4-6 yrs	F	1:45-2:30 pm	1/10-2/28	\$54/\$81	8

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. (SV)

Location: Pioneer

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee	Classes
4516-8	4-6 yrs	Sa	9:30-10:15 am	1/11-3/1	\$54/\$81	8

Adult and Tot Kidnastics NEW!

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

Location: Frontier

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee	Classes
4518-9	2-3 yrs	Th	9:30-10:15 am	1/9-2/27	\$54/\$81	8

Adult and Child T-Ball Training NEW!

Parents can enjoy America's favorite pastime with their child. Young children will develop motor skills while having fun throwing, catching, batting, and base running like the 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! (SV)

Location: Frontier

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee	Classes
4523-4	3-4 yrs	Th	2:30-3:15 pm	1/9-2/27	\$54/\$81	8

Arlington Heights Youth Athletic Association

The Arlington Heights Youth Athletic Association is responsible for administering the boys baseball, girls softball, youth football, and cheerleading programs in Arlington Heights. The Youth Athletic office is located just east of Frontier Park at 1929 N. Kennicott. Normal office hours are Monday, Wednesday, and Friday from 1-4 pm. Please call 847.870.0081 with questions or visit www.ahyaa.org for online registration and other registration information.



YOUTH SPORTS Mini Soccer

This class is a great introduction to the sport of 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. (SV)

Instructor: SportsKids Inc.

Class	Age	Location	Day(s)	Time	Date	R/NR Fee	Classes
4521-0	3-4 yrs	Frontier	Th	10:15-11 am	1/9-2/27	\$54/\$81	8
4521-2	4-6 yrs	Recreation	T	1:45-2:30 pm	1/7-2/25	\$54/\$81	8
4521-3	3-4 yrs	Recreation	Sa	12:45-1:30 pm	1/11-3/1	\$54/\$81	8

SportsKids Inc. 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 7-9 year old should bring a mouth guard to class. (SV)

Instructor: SportsKids Inc.

Class	Age	Location	Day(s)	Time	Date	R/NR Fee	Classes
4525-5	4-6 yrs	Frontier	Th	1-1:45 pm	1/9-2/27	\$54/\$81	8
4525-6	4-6 yrs	Pioneer	W	10:15-11 am	1/8-2/26	\$54/\$81	8
4525-7	7-9 yrs	Recreation	T	4-4:45 pm	1/7-2/25	\$54/\$81	8

T-Ball Training

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

Instructor: SportsKids Inc.

Class	Age	Location	Day(s)	Time	Date	R/NR Fee	Classes
4527-8	4-6 yrs	Frontier	Th	11-11:45 am	1/9-2/27	\$54/\$81	8
4527-9	4-6 yrs	Recreation	T	1-1:45 pm	1/7-2/25	\$54/\$81	8

Pee Wee Hoopsters and Headers NEW!

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 expose boys and girls to basketball and soccer. (SV)

Location: Pioneer

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee	Classes
4530-0	4-6 yrs	W	1:45-2:30 pm	1/8-2/26	\$54/\$81	8

Pee Wee Tennis & Golf NEW!

Prepare for a lifetime of enjoyment in the sports of tennis and golf in this exciting class. 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. (SV)

Location: Frontier

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee	Classes
4534-2	4-6 yrs	Th	1:45-2:30 pm	1/9-2/27	\$54/\$81	8

Family Sunday Open Gym

The gym at Frontier Park, 1933 N. Kennicott Drive, is open on Sundays from 1-3 pm, January 5 - March 16, 2014 for family drop-in basketball. This free gym time is open to children and adults. Call 847.577.3015 for details.

Tumbling for Tots NEW!

Come try a sport that is an excellent form of exercise and great fun! Our experienced coaches will introduce boys and girls to tumbling positions, drills and movements such as tuck, straddle, bridge, forward roll and cartwheel. Youngsters will increase flexibility, gain strength, enhance motor skills, and develop coordination, all of which will help them in any sport in which they choose to participate. Don't miss out on the numerous benefits your child can gain from this exciting class! (SV)

Location: Frontier

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee	Classes
4532-1	4-6 yrs	F	11-11:45 am	1/10-2/28	\$54/\$81	8

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. (SV)

Instructor: SportsKids Inc.

Classes: 8

Age: 5-6 yrs

Class	Location	Day(s)	Time	Date	R/NR Fee
4540-6	Pioneer	W	1-1:45 pm	1/8-2/26	\$54/\$81
4540-7	Recreation	Sa	12-12:45 pm	1/11-3/1	\$54/\$81



Mini Bulls

Introduce your five year old to the game of basketball with basic skills (dribbling, passing, and shooting). Boys and girls will learn while playing games and working towards modified scrimmages during class. (TD)

Age: 5 yrs

Location: Pioneer

Class	Day(s)	Time	Date	R/NR Fee
4538-4	T	4-4:45 pm	1/14-2/18	\$32/\$48.50
4538-5	Th	4-4:45 pm	1/16-2/20	\$32/\$48.50

Junior Bulls

This class is designed to help 6 and 7 year olds with reinforcement of basic skills such as dribbling, passing, and shooting. Boys and girls will work on developing fundamentals through drills and games. Modified scrimmages during class time will be progressive throughout the session. (TD)

Age: 6 - 7 yrs

Location: Pioneer

Class	Day(s)	Time	Date	R/NR Fee
4546-8	T	5-5:45 pm	1/14-2/18	\$35/\$51.50
4546-9	Th	5-5:45 pm	1/16-2/20	\$35/\$51.50





Basketball Leagues

The league helps players learn and reinforce basketball skills and fundamentals. Team rosters are small so all players, regardless of ability, receive a maximum amount of playing time. Learning while having fun is the main objective of the program. The program is divided into separate grade levels. Volunteer coaches are needed. Games are played on Saturdays and Sundays. The first practice will be on the weekend of January 11 and 12. The remaining practices will be during the week. Games will begin on January 18 and 19. Registration August 6-December 31. Cost of the program is \$82; Registration after 12/31 if spots remain is \$107. **TEAM FORMATION GUIDELINES** Each participant will be allowed one reciprocal friendship request. Each head coach will be able to select one assistant coach or choose a reciprocal friendship request for their child. Participants will be able to choose one day only that they can't practice. Teams will practice at their local park or their local schools. (PR)

Boys Basketball League - Winter

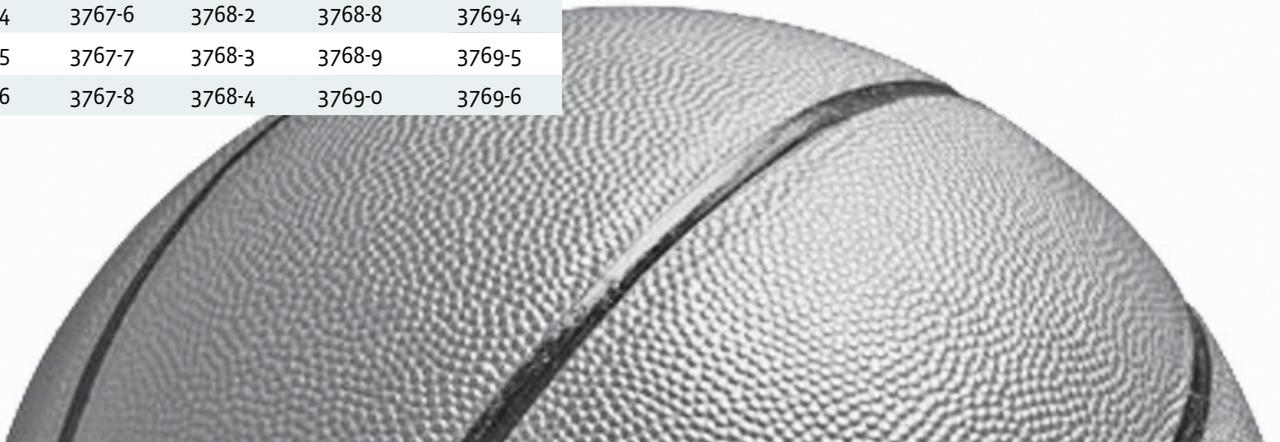
January 18- March 22. Registration August 6-December 31. Cost of the program is \$82; Registration after 12/31 if spots remain is \$107

	Camelot	Frontier	Pioneer/ Heritage	Recreation
Grade 1	3767-3	3767-9	3768-5	3769-1
Grade 2	3767-4	3768-0	3768-6	3769-2
Grade 3	3767-5	3768-1	3768-7	3769-3
Grade 4	3767-6	3768-2	3768-8	3769-4
Grade 5	3767-7	3768-3	3768-9	3769-5
Grade 6	3767-8	3768-4	3769-0	3769-6

Girls Basketball League - Winter

January 18- March 22. Registration August 6-December 31. Cost of the program is \$82; Registration after 12/31 if spots remain is \$107.

	Camelot	Frontier	Pioneer/ Heritage	Recreation
Grade 1	3771-7	3771-8	3771-9	3772-0
Grade 2	3772-1	3772-2	3772-3	3772-4



3-on-3 Youth Basketball Tournament January 5 | starts at 8:30 am

This tournament is open to all youth in and surrounding the community of Arlington Heights interested in learning, enhancing, and developing their skills. This event is sure to bring weekend fun to everyone! There will be separate divisions for boys and girls.

- Three or four players comprise a team.
- Participants must sign up as a team; just register one participant from your team.
- Tournament date: January 4;
- Registration deadline: December 27.
- Games will be played at Pioneer Park, Betsy Ross School, and Poe School.

For more information, contact Matt Healy at 847.506.7133 your local community center or at ahpd.org. (MH)

Class	Level	Age	Location	Fee
3778-9	Girls	gr 1-2	Pioneer	\$60
3779-0	Boys	gr 1-2	Pioneer	\$60
3779-1	Boys	gr 3	Betsy Ross School	\$60
3779-2	Girls	gr 3	Betsy Ross School	\$60
3779-3	Boys	gr 4	Betsy Ross School	\$60
3779-4	Girls	gr 4	Betsy Ross School	\$60
3779-5	Boys	gr 5	Poe School	\$60
3779-6	Girls	gr 5	Poe School	\$60
3779-7	Boys	gr 6	Poe School	\$60
3779-8	Girls	gr 6	Poe School	\$60
3779-9	Boys	gr 7	Poe School	\$60
3780-0	Girls	gr 7	Poe School	\$60
3780-1	Boys	gr 8	Poe School	\$60
3780-2	Girls	gr 8	Poe School	\$60

Pitcher/Catcher Clinic

Pitchers work on the form needed to increase the speed of the fastball and protect their throwing arm. Boys will learn the rocker step for pitching as well as various age-appropriate grips. Girls will learn the windmill form of pitching and different grips. Catchers are taught how to help get strike calls for their team. Different techniques to throw out base runners are also included. Fielding, pop-ups, balls in the dirt and bunts with the proper form can catch any coach's attention. (SV)

Location: Recreation

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee
4557-9	7-9 yrs	Th	4:45-5:30 pm	1/9-2/27	\$54/\$81



Matt Healy
Athletics Supervisor

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

Arlington Heights Boys Lacrosse

The Arlington Heights Park District will be working in conjunction with the Palatine Park District this spring to coordinate travel lacrosse teams throughout the area. These teams will participate in the Northwest Chicago Youth Lacrosse Federation Travel League. This league provides a fun and exciting playing environment for everyone from the beginner to the elite lacrosse player. Teams will be grouped by age and ability level. Program emphasis will be on skill development, teamwork, sportsmanship and equal playing time. All programs are ideal for beginning and experienced players. All players receive a custom team jersey and team shorts. Listed dates and times are tentative. Note: All players must rent/purchase equipment prior to the first practice.

Coaching: Program coaching involves a group effort between the Park District Supervisors, coaches, local high school coaches, varsity high school players and most importantly, YOU! You will be provided with all necessary equipment, practice plans and support.

Two weeknight practices for U11, U13 and U15, one weeknight practice for U9. Practices will take place at Falcon Park in Palatine, IL.

Age requirements

- 4551-3 Bantam = 9/1/02-8/31/04
- 4551-4 Lightning = 9/1/00-8/31/02
- 4551-5 Junior = 9/1/98-8/31/00
- 4551-6 Senior = 9/1/96-8/31/98 (MH)

Location: Hersey High School

Class	Age	Day(s)	Time	Date	Fee	#
4551-3	U9	W, Su	4-5:45 pm	4/2-6/15	\$180	22
4551-4	U11	M, W, Su	4-5:45 pm	4/2-6/15	\$180	32
4551-5	U13	M, W, Su	4-5:45 pm	4/2-6/15	\$180	32
4551-6	U15	M, W, Su	4-5:45 pm	4/2-6/15	\$180	32

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. (SV)

Location: Frontier

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee
4553-7	7-9 yrs	T	4-4:45 pm	1/7-2/25	\$54/\$81

Fundamentals of Hitting Baseball

Get the extra hitting time you need to improve your game using a pitching machine. Swing analysis, live pitching and other techniques are a part of this program. Boys will focus on the skills needed to become a successful hitter in baseball and girls will learn techniques needed to excel as a softball hitter. The advanced, intermediate and beginner hitters can all benefit from this step-by-step approach to learning. (SV)

Location: Recreation

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee
4555-8	7-9 yrs	Th	4-4:45 pm	1/9-2/27	\$54/\$81

Youth Dodgeball NEW!

Boys and Girls will enjoy the running, throwing, dipping, ducking and dodging that are part of this fun and popular age-old schoolyard game. Children will learn the rules of dodgeball as well as strategies and techniques needed to play at a fast pace. 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. (SV)

Location: Recreation

Class	Age	Day(s)	Time	Date	R/NR Fee
4560-1	7-10 yrs	Sa	1:30-2:15 pm	1/11-3/1	\$54/\$81

Pee Wee Track, Field and Fitness NEW!

Join us for a fun workout and to learn about a sport that is rich in tradition and history. This unique class will combine stretching, movement, and other fitness concepts with running, jumping, throwing and other skills used in track and field. Hula hoops, jump ropes, parachutes, soft balls and frisbees, hurdles and other equipment will help us guide through fitness activities and track and field events in a safe environment. 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. (SV)

Location: Recreation

Instructor: SportsKids Inc.

Class	Age	Day(s)	Time	Date	R/NR Fee
4491-8	4-6 yrs	T	2:30-3:15 pm	1/7-2/25	\$54/\$81

SportsKids Inc. Lacrosse

Experience one of the fastest growing sports in recent years. Lacrosse is sweeping the nation and the northwest suburbs. Get in on this game that will continue to grow in schools. The class will cover various lacrosse techniques, including cradling, scooping, passing, catching, shooting, and goalie skills. Each child should bring a mouth guard to class. Lacrosse sticks will be provided. (SV)

Location: Pioneer

Classes: 8

Class	Age	Day(s)	Time	Date	R/NR Fee
4566-9	8-11 yrs	W	4-4:45 pm	1/8-2/26	\$54/\$81

Intro to Volleyball

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

Location: Frontier

Classes: 6

Class	Age	Day(s)	Time	Date	R/NR Fee
4564-6	gr 3-4	Su	3:30-4:30 pm	2/9-3/16	\$50/\$67.50
4564-7	gr 5-6	Su	4:30-5:30 pm	2/9-3/16	\$50/\$67.50
4564-8	gr 5-6	Su	5:30-6:30 pm	2/9-3/16	\$50/\$67.50

Jr. High Volleyball League - Winter

Practice is one hour, once a week in the evening. 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. Registration begins November 20, online or at the Administration Center, 410 N. Arlington Heights Rd. Deadline to register is December 23. For more information, please contact Matt at 847.506.7133. (MH)

Location: Betsy Ross School

Classes: 10

Class	Age	Day(s)	Time	Date	R/NR Fee
4569-0	gr 5	Su	1-7 pm	1/12-3/16	\$84/\$89
4569-1	gr 5	Su	1-7 pm	1/12-3/16	\$84/\$89
4569-2	gr 6	Su	1-7 pm	1/12-3/16	\$84/\$89
4569-3	gr 6	Su	1-7 pm	1/12-3/16	\$84/\$89
4569-4	gr 7-8	Su	1-7 pm	1/12-3/16	\$84/\$89
4569-5	gr 7-8	Su	1-7 pm	1/12-3/16	\$84/\$89

Jr High Volleyball Clinic NEW!

Volleyball instructional clinic focusing on the proper techniques of passing, hitting, serving and game strategies. **No Class 10/13, 1/19, & 2/2.** (MH)

Location: Betsy Ross School

Classes: 3

Class	Age	Day(s)	Time	Date	Fee
3799-7	gr 5-6	Su	7-9 pm	9/15-9/29	\$120
3799-1	gr 5-6	Su	7-9 pm	10/6-10/27	\$120
3799-2	gr 5-6	Su	7-9 pm	11/3-11/17	\$120
3799-9	gr 5-6	Su	7-9 pm	1/12-2/9	\$120
3800-0	gr 7-8	Th, F	12:30-3:30 pm	1/2-1/3	\$120
3799-3	gr 7-8	Su	6-8 pm	12/1-12/15	\$120
3799-6	gr 7-8	Su	7-9 pm	9/15-9/29	\$120
3799-8	gr 7-8	Su	7-9 pm	10/6-10/27	\$120
3799-4	gr 7-8	Su	7-9 pm	1/12-2/9	\$120

Boys High School Volleyball League

Sign up as a team of 6-12 players for match play (two-out-of-three games to 15 points). Matches start at 6, 7 or 8 pm. Officials will be provided. Play-offs will determine champions. (MH)

Location: Betsy Ross School

Classes: 8

Class	Age	Day(s)	Time	Date	Fee
4571-6	14-18 yrs	Su	6-9 pm	1/19-3/9	\$225

ATHLETICS

teens & adults

Adult Drop-In Athletics

These adult athletics are FREE. This is a drop-in program; no registration required. Teams are formed weekly.

Location	Sport	Age	Day	Time
Frontier	Men's BB	18 Yrs+	T	7-9 pm
Frontier	Women's VB	18 Yrs+	W	7-9 pm
Recreation	Men's BB	18 Yrs+	W	7-9 pm
Pioneer	Men's BB	30+	Th	7:8:45 pm
Juliette Low	Men's BB	30+	T	7-9 pm

This activity requires a fee: \$5/7 at the door or you can purchase an 8 punch card - \$35/49

Betsy Ross	Adult VB	18+	Su	9 am-12 pm
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Adult Summer Softball

Spring softball leagues begin the week of April 1. Summer softball begins the week of May 6. There may still be openings in some leagues. If interested, contact Paul Ratajczak at 847.506.7132, or view the information on the Web at ahpd.org/softball.

Adult Basketball Leagues

The Men's "A", "B", AND 35 and over basketball leagues form throughout the year. For information, go to ahpd.org/basketball.

Boys Spring Lacrosse League

The AHPD will be cooperating with the Palatine Penguins Boys Lacrosse for the Spring 2014 season. Registration information will be available in the AHPD Spring Brochure. For league information and winter training please visit penguinslax.com

ADULT SPORTS

Adult Volleyball Leagues

The Arlington Heights Park District offers volleyball leagues throughout the year. Games are played at 6:25, 7:30, 8:35 and 9:40 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)

Classes: 12

Class	Age	Level	Location	Day(s)	Time	Date	R/NR Fee
4496-1	18+	B	Betsy Ross School	M	6:30-10:30 pm	12/9-2/24	\$330/\$360
4496-2	18+	A	Betsy Ross School	T	6:30-10:30 pm	12/10-2/25	\$330/\$360
4496-5	18+	AA	Betsy Ross School	T	6:30-10:30 pm	12/10-2/25	\$330/\$360
4496-3	18+	A	Betsy Ross School	W	6:30-10:30 pm	12/11-2/26	\$330/\$360
4496-6	18+	AA	Betsy Ross School	W	6:30-10:30 pm	12/11-2/26	\$330/\$360
4496-7	18+	AA	Poe School	M	6:30-10:30 pm	12/9-2/24	\$330/\$360
4496-4	18+	A	Poe School	M	6:30-10:30 pm	12/9-2/24	\$330/\$360



Paul Ratajczak
Athletic Supervisor

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



EXERCISE

and wellness

BeMoved®

BeMoved® is a new dance fitness experience designed by renowned dance Director and Choreographer Sherry Zunker for adults of all movement abilities. It inspires participants to embrace dance as a lifelong means to health, joy, 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 drop in fee is \$15 per class or you can purchase a six punch card for \$72 at Forest View Racquet & Fitness Club. Call the club at 847.640.2574 or check our website, ahpd.org/fv for class days and times.



EXERCISE & WELLNESS

Zumba Kids Jr. + Mom/Dad NEW!

Zumba® Kids Jr. is a class designed for kids and their parents! These classes are a dance n' play party for lil' feet where pint-sized party animals get silly, dream big and begin their journey to a healthy future. This program is where kids just let loose and be themselves - little bundles of natural energy that are endlessly curious about new sounds and experiences! Here they can socialize, move to age-appropriate music and play games with other kids. Parents will get a great workout too!!! Please bring a water bottle, wear gym shoes and be ready to have fun! **No class 1/20 & 2/17.** (SV)

Location:	Heritage	Classes:	9		
Class	Age	Day(s)	Time	Date	Fee
4448-5	4-6 yrs	M	5:5-45 pm	1/6-3/17	\$85

Fit Kids NEW!

FIT KIDS is a program designed to get kids excited about exercise and leading a healthy life style. Every class will begin with warm-up activities, followed by non-competitive/non-contact workout activities that emphasize body control skills, locomotion skills, and object control skills. Part of class will also focus on Wellness Education including importance of a balanced diet, food groups, proper hydration, hygiene and safety. Finally class will end with kid's yoga cool-down. Fun and safe props (scarves, hula-hoops, cones, sponge balls, bean-bags, color full stars and parachutes) will be used during class and activity hand-outs will be provided at the end of every class to encourage family involvement at home. Get healthy while having tons of fun! **No class 1/20 & 2/17.** (SV)

Location:	Heritage	Classes:	9		
Class	Age	Day(s)	Time	Date	Fee
4450-6	5-9 yrs	M	4-4:45 pm	1/6-3/17	\$85

Zumba Kids NEW!

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans ages 7-11, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Please bring a water bottle, wear gym shoes and be ready to have fun! **No class 1/20 & 2/17.** (SV)

Location:	Heritage	Classes:	9		
Class	Age	Day(s)	Time	Date	Fee
4452-7	7-11 yrs	M	6-7 pm	1/6-3/17	\$85

Hip Hop Fitness NEW!

Try this high energy dance based group fitness class to get your body moving and calories burning! Get your heart rate pumping with a combination of cardio and strength training movements designed for all levels. With this class you don't have to be a fabulous dancer to work out and have a great time! (SV)

Location:	Pioneer	Classes:	8		
Class	Age	Day(s)	Time	Date	Fee
4463-5	12-16 yrs	F	4:15-5:15 pm	1/10-2/28	\$70
4463-4	16+	F	5:30-6:30 pm	1/10-2/28	\$70

Arlington Heights Weight Loss Challenge!

Join our 11 week program now and receive an Action Plan for living an Active, Healthy Lifestyle and break the cycle of Yo-Yo dieting. The WLC meets weekly for an hour where each participant will weigh in weekly. Included in the program is a private coaching session outside of class time, where each person is given a Wellness Profile and a personal action plan. Weekly group classes cover topics including: Exercise, Vitamins, Meal Replacement Options, The Power of Protein and much much more. Attendance does count towards qualifying for final prizes. Cash prizes to top 3 biggest losers based on percentage of weight loss. Prize ranges have been \$35 to \$500, depending on class size. Since teens may not be rewarded from prize money pool, they will receive a medal for completing the program. Average weight loss is 15 pounds and over 10 inches. Specific rules in place to qualify for final prize and awarded the final class, must be present to win. The goal is to use the tools given towards living a Healthy, Active Lifestyle forever. Adults may join this class without teen, and 18 and up is considered an Adult. The recommended age for teens is 13 and up. ***This is not a "drop-off" program. Parent must be participant. ***You do not have to have a teen in order to participate as an adult. (SV)

Location:	Frontier	Classes:	11		
Class	Age	Day(s)	Time	Date	Fee
4454-8	13-17 yrs	T	6:30-7:30 pm	1/7-3/18	\$35
4454-9	18+	T	6:30-7:30 pm	1/7-3/18	\$60



Fitness Kickboxing

Work to achieve the top-notch physical condition of a kick boxer or boxer without the fear of injury. This kick-boxing class combines the basics of punching, kicking and boxing movement into challenging aerobic routines for a complete muscular and cardiovascular workout. This is a non-contact program. **No Class 3/25.** (NA)

Location:	Forest View Racquet Club				
Classes:	10				
Class	Age	Day(s)	Time	Date	Fee
4457-0	15+	T	7-8 pm	1/21-4/1	\$100

Pilates

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. Progression to intermediate class needs teacher permission. Wear comfortable clothing and please bring a mat and towel. **No Class 12/23.** (SV)

Location:	Recreation	Classes:	12			
Class	Level	Age	Day(s)	Time	Date	Fee
4459-1	Adv	16+	M	10:30-11:15 am	12/2-2/24	\$90
4459-2	Beg	16+	M	11:30-12:15 pm	12/2-2/24	\$90

Cross Fit at Heritage Park NEW!

If you're motivated, open to challenge, and ready to get results, CrossFit at Heritage Park is the perfect class for you. CrossFit is a high-intensity, constantly varied strength & conditioning program perfect for the competitive and everyday athlete. The class includes plenty of small group instruction and technique work with the nationally-certified personal trainers at Elite Athletic Development / CrossFit Arlington Heights, one of the longest-established and most experienced CrossFit facilities in Illinois. Participants will learn, practice and perfect body weight, dumb bell, kettle bell, and barbell movements, including Olympic weightlifting and power lifts, and more. Purchase a 12-class pass good for any class listed below. (Questions? Contact Karen, Elite Athletic Development/ CrossFit Arlington Heights, 847.394.8110). (SV)

Location:	Heritage				
12 Punch Pass (Register with code: 4000-3)					
Age	Day(s)	Time	Date	Fee	
16+	M,W,F	9:30-10:30 am	1/6-3/21	\$159	
16+	T,Th	5:30-6:30 pm	1/6-3/21	\$159	

Boot Camp NEW!

Boot Camp classes are all the rage, offering participants a full body workout. This interval class mixes body weight exercises with cardio and strength training. This class is designed to be different each week in order to push the participants to work harder and push harder than they would push themselves. All exercises are modifiable for all fitness levels. (SV)

Location:	Pioneer				
Class	Age	Day(s)	Time	Date	Fee
4483-3	18+	Th	10:15-11:15 am	1/9-2/27	\$60

Sports Yoga NEW!

Are you a runner or do you play sports on a regular basis? Discover how yoga can improve your sports performance. Yoga lengthens and strengthens muscles, improves range-of-motion, corrects asymmetries, promotes endurance and focus. This class will focus on hip, hamstring and shoulder openers and will have both standing and ground poses. Techniques will be taught to promote efficient breathing for both yoga and sports. We will end the class in a sports focused visualization. All levels encouraged to practice. (SV)

Location: Forest View Racquet Club

Classes: 8

Class	Age	Day(s)	Time	Date	Fee
4461-3	16+	T	6-7 pm	1/7-2/25	\$60

Getting Rooted in Yoga NEW!

Start your week by grounding & stabilizing your body through asana practice. The focus will be on standing postures designed to energize and strengthen your entire body. Breathing techniques will be taught to calm the nervous system. This class will promote flexibility, strong bones, and relaxation. We will end the class in a meditation. All levels are encouraged to practice. (SV)

Location: Pioneer

Classes: 8

Class	Age	Day(s)	Time	Date	Fee
4470-2	18+	M	12-1 pm	1/6-2/24	\$60

Stroller Strides - Stroller Fitness NEW!

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. Each class includes a power walk with body toning intervals using both the environment and the stroller. In addition to providing a great full body workout for moms, we engage the children through songs and activities, creating a fun and enriching experience for all. We welcome babies from 6 weeks to any age! *Fee of \$30 is to be paid to instructor the first day of class to cover start up equipment for new participants. Checks payable to FitMamas LLC. (SV)

Location: Pioneer

Classes: 16

Class	Age	Day(s)	Time	Date	Fee
4474-6	18+	M, F	9:30-10:30 am	1/6-1/31	\$65
4474-7	18+	M, F	9:30-10:30 am	2/3-2/28	\$65

Tai Chi Easy

Learn five classic tai chi movements designed for balance, strength, flexibility, and stress reduction. These slow flowing movements are taught step-by-step in a logical progression for beginning level students. New-comers are welcome! (TD)

Location: Pioneer **Instructor:** Mary P. Young, M.S.

Class	Age	Day(s)	Time	Date	Fee	#
4476-7	18+	T	9:9:45 am	1/7-2/25	\$60	8

Yoga for Core and More NEW!

This class develops the core by strengthening muscles in your pelvis, lower back, hips and abdomen. We will use our breath to target small and large muscle groups. We will incorporate both standing and ground poses. Class will end in meditation. All levels are encouraged to practice. (SV)

Location: Forest View Racquet Club

Classes: 8

Class	Age	Day(s)	Time	Date	Fee
4479-0	18+	T	9:15-10:15 am	1/7-2/25	\$60

Barre Class NEW!

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 Pilates 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! (SV)

Fee: \$80

Classes: 8

Class	Age	Day(s)	Time	Date	Location
4481-2	18+	M	1:15-2:15 pm	1/6-2/24	Pioneer
4481-1	18+	W	9:30-10:30 am	1/8-2/26	Forest View
4481-3	18+	Th	9-10 am	1/9-2/27	Pioneer

Strength and Balance Yoga NEW!

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. (SV)

Location: Pioneer

Classes: 8

Class	Age	Day(s)	Time	Date	Fee
4483-3	18+	W	10:30-11:30 am	1/8-2/26	\$60



Ticket to Fitness: Group Fitness Classes at AHPD

It's never too late to get on board. Get your pass and get moving! Our program offers a variety of fitness classes to strengthen the body, mind, and soul. See below for the current schedule. Cards may be purchased at any Park District facility. (SV)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																
Rise and Shine Workouts																							
6:15-9:00 am			6:15-7:15 am Group Power Recreation		6:15-7:15 am Group Power Recreation	7:45-8:45 am Group Power Recreation	7:45-8:45 am Group Power Recreation																
						8-9 pm Total Body Conditioning Pioneer																	
9:00-10:15 am	9:15-10:15 am Group Power Pioneer	9:00-10 am Moves that Groove Pioneer		9:00-10 am Tone and Sculpt Recreation		9-10 am Step Recreation																	
	9:15-10:15 am Step and Strength Recreation	9:15-10:15 am Group Power Recreation	9:15-10:10 am Back to Basics Recreation	9:30-10:30 am Zumba Forest View	9:15-10 am Zumba Recreation	9:15-10:15 am Zumba Forest View	9-9:45 am Pilates Recreation																
10:00-11:30 am	10-11 am Circuit Training Forest View	10:30-11:30 am Circuit Training Forest View		10:30-11:15 am Pilates Forest View																			
	10:30-11:15 am Stretch Benefits Pioneer	10:30-11:15 am Stretch Benefits Recreation	10:20-11:20 am Group Power Recreation		10:15-11:15 am Group Power Recreation	10:30-11:30 am Zumba Toning Forest View																	
Lunch Break Fitness																							
11:30-1 pm		11:45-12:45 pm Yoga Forest View			11:30-12:30 pm Yoga Recreation																		
Evening Workouts																							
5:30-7:15 pm	5:30-6:30 pm Group Power Recreation	6:15-7:15 pm 4/4/4 Recreation	6:15-7 pm Pilates Hasbrook	6:15-7:15 pm Group Power Recreation		Winter Punch Pass Pricing Mix and match to create your perfect fitness program. Purchase your punch pass at any park district facility. Dates: 12/1-3/1/14 There will be an abbreviated schedule the week of 12/23 and 12/30. <table border="0"> <thead> <tr> <th>What You Get</th> <th>What You Pay</th> </tr> </thead> <tbody> <tr> <td>1 Drop-in Class</td> <td>\$8/\$8</td> </tr> <tr> <td>6 Classes</td> <td>\$40/\$47</td> </tr> <tr> <td>12 Classes</td> <td>\$78/\$84</td> </tr> <tr> <td>18 Classes</td> <td>\$99/\$108</td> </tr> <tr> <td>24 Classes</td> <td>\$120/\$132</td> </tr> <tr> <td>36 Classes</td> <td>\$144/\$171</td> </tr> <tr> <td>Unlimited</td> <td>\$180/\$240</td> </tr> </tbody> </table>		What You Get	What You Pay	1 Drop-in Class	\$8/\$8	6 Classes	\$40/\$47	12 Classes	\$78/\$84	18 Classes	\$99/\$108	24 Classes	\$120/\$132	36 Classes	\$144/\$171	Unlimited	\$180/\$240
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7:15-9:15 pm			7:15-8:15 pm Zumba Hasbrook	7:30-8:30 pm Walk Live Forest View																			
		8:15-9:15 pm Yoga/Pilates Hasbrook	7:30-8:30 pm Group Power Pioneer	8:15-9:15 pm Yoga/Pilates Hasbrook																			

Ticket to Fitness: Class Descriptions

With over 20 class options (and nursery care available - at select locations), check out all that AHPD has to offer to get you moving this Winter. Create your perfect fitness program today!

4/4/4

Cardio class with four (4) weeks each of step, stability ball and interval classes using a variety of equipment.

Back to Basic

Want to go Back? This class will take you there with simple, athletic activities to boost your heart rate without confusing your feet. All fitness levels welcome.

Circuit Training

Keep your muscles guessing with a fun and fast paced routine that changes each week by using different cardio drills and strength training exercises to work your entire body.

Group Power

Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

Moves That Groove

An aerobic workout inspired by dance moves and patterns. Move, groove and smile your way through this workout.

Pilates

Pilates builds strength while improving flexibility, balance and posture. Suitable for all ages and levels. Wear comfortable clothing; bring mat and towel.

Step & Strength

A highly effective interval class alternating between step and muscle work. This class is taught at the intermediate/advanced level although all fitness levels welcome.

Step

A cardio-step class designed to get your heart pumping. The class is taught at the intermediate/advanced level, although all fitness levels are welcome.

Stretch Benefits

Increase flexibility and range of motion. Improve balance, muscle tone and core strength. All levels. A yoga mat and yoga strap are strongly recommended.

Tone N' Sculpt (T&S)

Why weight? Strength does a body good! A great toning class using hand weights, the step, tubing, bands and stability balls. Please bring light hand and ankle weights if possible. All levels are welcome!



Walk Live

An exciting cardio workout where you will walk up to five miles in an hour to stimulating music.

Yoga

The mind body connection that yoga emphasizes will not only stretch and tone you, but also relax and energize you. Yoga's deep breathing techniques help improve both body and mind functions.

Yoga/Pilates NEW!

This class will begin with relaxation and breathing techniques and move through a series of yoga poses aimed at total body strengthening and increased flexibility.

Zumba

Zumba Fitness is a Latin-inspired dance-fitness program that blends red-hot international music and contagious dance steps to form a "fitness-party" atmosphere that is fun and addicting! Wriggle, shake and dance those calories away.

Zumba Toning NEW!

Blends body sculpting techniques and specific Zumba moves into one calorie burning, strength training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all target zones.

Zumba Sentao NEW!

By transforming a chair into a sizzling dance partner, the explosive Zumba Sentao program strengthens your core, torches calories and sculpts muscle. Revolutionize your cardio workout with targeted resistance training and experience exotic world rhythms in red-hot, never before seen ways!

Arlington Lakes Golf Club

Arlington Heights Park District

1211 S. New Wilke Rd. | 847.577.3030 | ahpd.org/algc

Pro Shop

Tim Govern, Golf Operations Supervisor, PGA Professional
Kathleen Benson, Assistant Golf Operations Supervisor
Steve Jenne, PGA Professional
Al Bevers, Golf Maintenance Supervisor

At Arlington Lakes, you'll find:

- 18 hole Championship Course
- Putting Green, Driving Range, Motorized, and Pull Cart Rentals
- Permanent reserved weekend starting times
- Pro Shop offering clubs, balls, bags, and wearing apparel
- Locker room facilities
- Snack bar with sandwiches, beer, soft drinks, and snack items
- P.G.A. Golf Professionals offering group and private lessons
- Computerized Golf handicapping services
- Special tournaments

Golf Course

Fun Golf at fantastic rates is what is in store for you at Arlington Lakes. Located on 89 acres, the 18-hole, par-68 course covers 5,400 yards. But, don't let the distance fool you. There are 106 sand traps and 14 lakes on the course making accuracy a priority over distance. The putting green is the perfect place to warm-up before your game. Superbly manicured greens, tees, and fairways combine with an excellent design to provide a quality golf course for all players.

Group Outings

The golf supervisor at Arlington Lakes is ready to assist your company, group, or league in scheduling special weekend golf outings. To make your arrangements, please call Tim Govern at 847.577.3032.

Arlington Lakes Golf Club Committee Meetings

The Golf Committee will meet on the second Wednesday of the month at Arlington Lakes Golf Club, 1211 S. New Wilke Rd. The remaining 2013 meeting is planned for:
 November 13 7:30 pm



Tim Govern

Golf Operations Supervisor

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

Club Rental

Rent golf clubs and bags at the Pro Shop for \$5 per 9 holes. Both right and left-handed clubs are available.

Tee Times

Tee times may be reserved up to seven days in advance by phone or in person during facility operating hours or 24/7 on the internet at ahpd.org/algc.

Gas Cars & Pull Carts

Arlington Lakes has 64 roofed gas cars and 60 pull carts available for golfers use. Gas car rental rates are \$17 per person for 18 holes and \$11 per person for 9 holes on weekdays; for seniors the rate is \$13 per person for 18 holes and \$9 for 9 holes weekdays only. Pull cart rental costs \$3 for 9 or 18 holes.

Weekend Afternoon Discount

Enjoy a weekend afternoon round of golf at Arlington Lakes and save money. Resident golfers teeing off between noon and 2 pm can play 18 holes for \$26. Resident golfers starting their round between 2 pm and 4 pm can play for \$22. Resident golfers teeing off after 4 pm pay only \$18. Identification must be shown for proof of residency. Riding and Pull carts are additional.

Indoor Golf Lessons

GOLFERS...Winter is a great time to continue to keep your game sharp...whether you are an experienced player or just beginning to play! If the weather is not conducive to holding your lesson outdoors we have access to the warm comfort of the BUFFALO GROVE GOLF DOME for Private or Semi-Private indoor lessons with the PGA Professionals from the Arlington Heights Park District. For information call 847.577.3032. Lessons are by appointment. Lessons run through mid-March. IMPROVE YOUR GOLF WITH VIDEO IN 2013,

Two options are available:

15 Minute Swing Analysis	\$15.00
1 Hour Video Lesson	\$80.00

Join Our Rewards Club and Earn Free Golf and More!

We truly appreciate your patronage of Arlington Lakes and want to reward you for it when you join our rewards club. Earn Free Golf, Carts and more just for playing at Arlington Lakes. Just sign up at the Pro shop counter at Arlington Lakes on your next visit and receive a Free Weekend Twilight Round just for signing up. Check out our website for further information or call the Pro shop 847.577.3030 with any questions.

2013 Greens Fees

	Weekdays		Weekends & Holidays
	9 Holes	18 Holes	18 Holes only before Twilight
Regular	\$21	\$34	\$36
Resident with photo ID	\$19	\$29	\$31

Noon - 2 pm

Regular	\$21	\$34	\$32
Resident with photo ID	\$19	\$29	\$26

2-4 pm

Regular	\$21	\$34	\$28
Resident with photo ID	\$19	\$29	\$22

Senior/Junior Rates Weekdays before 3 pm

Regular Senior (60+)	\$16	\$27	N/A
Resident Senior (60+)	\$13	\$23	N/A
Resident Junior (12-17)	\$11	\$20	N/A
Resident College Students (w/ valid ID*)	\$11	\$23	N/A

*Full-time college students are those currently enrolled in a minimum of 15 credit hours who haven't reached their 23rd birthday.

Twilight*

Regular	\$21	N/A	\$22
Resident	\$19	N/A	\$19

*Twilight play begins at 4 pm in the months of May, June, July and August and 3 pm in the other months.

Early Bird Weekend (5-7 am) - Back Nine Only

Regular	N/A	N/A	\$25
Resident with photo ID	N/A	N/A	\$19

Car and Cart Rentals

Gas cars (per person)	\$11	\$17	\$17
Senior	\$9	\$13	N/A
Pull Carts	\$3	\$3	\$3

2014 Green fees to be available in Spring Program Guide**Quality Golf Instruction**

Make a great investment in your game and take a lesson from one of the PGA Professionals at the Arlington Heights Park District. Indoor winter lessons are taught at the Buffalo Grove Golf Dome located on Route 83 just Southeast of Arlington Heights Road. Group Private, Junior and video computer sessions are all available. Simple instruction with proven results is what you will find when you take a lesson from one of our professionals. Call 847 577-3032 to schedule a lesson today!

Customer Appreciation and Holiday Celebration

Saturday, December 14 | 2-5 pm

Please join us for a customer appreciation and holiday celebration at Arlington Lakes Golf. Enjoy Free appetizers, drink specials, participate in our fun indoor putting contest, take advantage of some great pro shop specials, purchase a gift card for the golfer in your life or just hang out with friends. This event is just our way to say Happy Holidays and thanks for a wonderful year. Be one of the first 50 to arrive and receive a free sleeve of balls.

Please call Golf Operations Supervisor Tim Govern at 847 577-3032 with any questions or email tgovern@ahpd.org. Hope you can join us!

Chilly Open

Saturday, January 18, 2014 | 8 am - 12 pm | \$35 pp

Arlington Lakes Golf Club welcomes golfers of all ages to the annual Chilly Open on January 18, 2014. The \$35 per person fee entitles each player to a round of golf, a raffle ticket with a chance to win a special prize, and of course, all the delicious hot chili you care to eat. Coffee, beer, and hot chocolate will also be available.

Prizes are awarded to the top players in men's, ladies, junior and senior divisions. Starting times begin at 8 am. Players are grouped in foursomes. Golfers pre-registering may select their tee times on a first come basis. Register online with code: 4573-7

To register for the Chilly Open, stop by the pro shop to pick up a registration form or print one up from our website. Entries then can be mailed or dropped off at Arlington Lakes, 1211 South New Wilke Road, Arlington Heights, Illinois 60004. Make your checks payable to the Arlington Lakes Golf Club. For further information, call Arlington Lakes at 847.577.3030. Waiver required.

Banquet Room

Arlington Lakes has a beautiful room available for your next event. Affordable rates with fantastic views. Please contact our banquet coordinator Kathleen Benson at 847.577.3031, for rental and pricing information.

Golf Leagues

In 2014, would you like to play in a golf league at the Arlington Lakes Golf Club? Call Tim Govern at 847.577.3030, and we'll give you the most up to date information on available leagues.

Permanent Tee Time

Permanent tee times for the 2014 season at Arlington Lakes will be available on Saturdays and Sundays. The permanent tee times begin on the weekend of April 19 and goes through the last week in August. Each week there will be an event held for all players for valuable prizes adding fun and excitement to your round. Registration information is available online or in the Spring Program Guide or by calling Tim Govern at 847.577.3032.

Sunset Meadows

Driving Range + Golf Learning Center
700 S. Dwyer Rd. | 847.394.5865

About Sunset Meadows

Sunset Meadows Driving Range and Golf Learning Center is located at Kirchoff Road and Dwyer Avenue, 1/2 mile north of Arlington Lakes Golf Club, has twenty-five permanent tees and is lighted for extended evening use. The golf balls are in great shape and there is a practice green also available for use at no charge! There are also 4 target greens for additional course-like atmosphere. The charge for practice balls is \$4 for a warm-up bucket, \$6 for a small bucket, \$8 for a large bucket and \$65 for a 10-large-bucket pass. A limited number of used golf clubs are available at a rental fee of \$.50. There are many affordable options for lessons from our PGA Professionals. For more information on private lessons call 847.577.3032. Driving range will open weather and conditions permitting in April. Operating hours for the 2014 season are as follows:

April- Aug. 22	Daily	9 am-9 pm
April- Aug. 24	Weekends	8 am-9 pm
Aug. 21-Oct. 1	Daily	10 am-7 pm

Senior and Junior discounts available

Seniors 60 Yrs+ receive a \$1 discount off the regular price of a small or large bucket of balls at Sunset Meadows between 9 am-12 pm each weekday.

Juniors 17 Yrs and under receive a \$1 discount off the regular price of a small or large bucket of balls at Sunset Meadows between 2-4 pm each weekday.

Also be a part of our Rewards program and receive free buckets and more. Check out our website for more details.

Junior Introductory Winter Golf Lessons

The winter season can be a great time for kids to start learning about the game of golf. Four one hour classes meet at 11 am on Saturdays at the Buffalo Grove Golf Dome. 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. Class limit is 8. (TG)

Location:	Buffalo Grove Golf Dome	Classes:	4		
Class	Age	Day(s)	Time	Date	Fee
4577-8	7-12 yrs	Sa	10-11 am	2/1-2/22	\$50/\$55
4577-9	7-12 yrs	Sa	11 am-12 pm	2/1-2/22	\$50/\$55



Adult Group Golf Lesson Winter (Beginner)

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 take place at the Buffalo Grove Golf Dome on route 83 just South of Arlington Heights Road. Class limit is 8. (TG)

Location:	Buffalo Grove Golf Dome	Classes:	5		
Class	Age	Day(s)	Time	Date	R/NR Fee
4580-0	18+	W	7-8 pm	1/29-2/26	\$65/\$70
4580-1	18+	W	7-8 pm	3/5-4/2	\$65/\$70

Adult Winter Tune up (Intermediate)

Dust off the clubs and give your golf game the primer it needs to make 2014 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 6 pm at the Buffalo Grove Golf Dome on Route 83 just south of Arlington Heights Road. Class limit is 8. (TG)

Location:	Buffalo Grove Golf Dome	Classes:	5		
Class	Age	Day(s)	Time	Date	Fee
4582-2	18+	W	6-7 pm	1/29-2/26	\$65/\$70



Kathleen Benson

Assistant Golf Supervisor

For more information on banquets and special events, please call Kathleen at 847.577.3031 or kbenson@ahpd.org



Arlington Heights Park District

3800 N. Kennicott Dr. | 847.590.6050 | ahpd.org/nkgc

Tim Govern, Golf Operations Supervisor, PGA Professional

Kathleen Benson, Assistant Golf Operations Supervisor

Steve Jenne PGA Professional

Terry McDonald, Golf Maintenance Supervisor

Directions

Take Arlington Heights Road to Dundee. Turn west on Dundee to Kennicott. Turn north on Kennicott and take Kennicott to the Nickol Knoll Golf Club entrance.

For your convenience and pleasure,

Nickol Knoll offers:

- One of the best Nine-hole par 3 courses in Chicagoland
- Putting green
- League play
- Motorized and pull cart rentals
- Club rentals
- PGA Professional available for Lessons
- Pro Shop offering clubs, balls, bags, and wearing apparel
- Snack bar with sandwiches, beer, soft drinks, and snack items
- Personalized outings and events, including Glow Ball Golf
- Special events/tournaments

Golf Course

Located in northwest Arlington Heights, 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. 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.

Group Outings

The Golf Operation Supervisor for the Arlington Heights Park District can assist your company, group or league in scheduling special weekday or weekend golf outings. Discounts are available during non-peak periods. Small groups welcome. To make your arrangements for a personalized outing, please call 847.577.3032.

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.

Special Events

Men On Mondays:

All men age 21 yrs. and older golf for half-price on Mondays from 10:00 am-3:00 pm.

Senior Special Tues:

All Seniors 60 and over can play for just \$5 before 8am and after 12 noon!

WOW--Women on Wednesdays:

All women 21 years and older play golf for half-price on Wednesdays from 11:00 am-3:00 pm. Early Bird Weekend! Play before 9am for only \$9!

Sunday Family:

Family of three plays golf for \$30
Family of four plays golf for \$42

Parent/Child Play:

One free Junior round (ages 8-17) with full paying adult (18 years+). On Saturday and Sunday; 3-6 pm
Some restrictions may apply call the pro shop 847.590.6050 for details.

Club Rentals

Junior and Adult golf clubs and bags can be rented at the Pro Shop for a fee of \$5 per 9 holes.

Leagues

Nickol Knoll is a great place to play in a league. If you would like to join a league or have a group that would like to create a league, please call 847.577.3032. Private leagues are available to groups of 12 or more golfers. Public leagues at Nickol Knoll are structured to provide a social environment for golfers to meet and play; however, league members should do their best to maintain and acceptable pace of play.

Nickol Knoll Hours of Operation

November Weather permitting

2013 Greens Fees

	Weekends/Holidays			
	9 Holes	Replay 9	9 Holes	Replay 9
Weekday	\$12	\$8	\$14	\$10
Juniors & Seniors <small>Weekdays only until 3 pm</small>	\$9.50	\$7	N/A	N/A

Car and Cart Rentals

Gas cars	\$16	\$25	\$16	\$25
Senior	\$16	\$25	N/A	N/A
Pull Carts	\$3	\$3	\$3	\$3

Honoring the *service* and *sacrifice* of veterans and their families.

Memorial Park is the only park in Arlington exclusively dedicated to veterans. Each year, the Memorial Day Parade ends at Memorial Park where the entire community participates in a solemn ceremony to honor all veterans.

Located at Fremont and Chestnut Streets, Memorial Park has roots deep in Arlington history. Civil War veteran, Dr. John Best, wanted to honor the sacrifices of Civil War veterans. So in 1883, he donated land to the Village for a "Soldiers Memorial" - a tribute to those who had served and sacrificed for the Union. In 1925, the Village donated the Park to the new Arlington Heights Park District. The Park was renamed "Memorial Park" and dedicated to honoring the sacrifice of all veterans throughout our nation's history.

Since 2006, the Drive to Revive Memorial Park Committee has worked with the Park District and other organizations to rebuild Memorial Park. A beautiful new design was constructed which features the service seals of all six US Military Services; a bronze timeline marking the 15 conflicts in which Arlington veterans have served; the Eternal Flame sculpture and commemorative bricks to honor the service and sacrifice of individual veterans.

A special section of Memorial Park is dedicated to the 58 young men from Arlington Heights who have died in the service of our Nation - from the Civil War to the current conflict in Afghanistan. We call these 58 young men Arlington's Fallen Heroes.

To date, 500+ veterans are honored with a brick at Memorial Park. Each brick features an inscription that tells a story of service and sacrifice. Individually, these bricks recount the history of a veteran. Collectively, the 500+ bricks tell a story of service in the cause of freedom that crosses generations. Everyone is encouraged to visit the Park and view the bricks. It will be a memorable experience.



THE DRIVE  TO REVIVE
MEMORIAL PARK

Any veteran can be honored in the Park – from anywhere, from any service, from anytime (peace or war). Simply purchase a Commemorative Brick, and it will be placed in Memorial Park.

For a Memorial Park brochure and brick order form, log onto the Memorial Park webpage:

ahparkfoundation.org/memorialparkfund or call the Park District at 847.577.3000.

For questions, please call Greg Padovani, Chairman of the Drive to Revive Memorial Park Committee at 847.392.9113.

THANK YOU SPONSORS

Very special thanks to our numerous sponsors and donors from the very generous park district supporters and the Arlington Heights area business community who are listed on this page. Their commitment to our community has been demonstrated over and over. Please say "thank you" by patronizing their establishments.

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**Arlington Heights
Park Foundation**

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

Mike Gordon, President
Stephanie Bertelsen, Vice President
Donna Wilson, Treasurer

Mark Frighetto | Carol Gabrieslen
Amy Kitzmiller | Michael O'Brien
Rob Nesvacil | Greg Padovani | Steve Scholten

Visit our web site at ahparkfoundation.org or contact Anita Pacheco, Superintendent of Marketing at 847.506.7141.

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



REGISTRATION

information

Resident registration begins at **10 am on December 5**. Nonresident registration begins Monday, December 16. Please note below: Registration hours may differ from office hours.

Office Hours: Community Centers (Frontier, Heritage, Pioneer and Recreation Parks) M-F, 1-5 pm; Sat, 9 am-12 pm; Olympic Indoor Swim Center M-F, 9 am-7 pm; Sat 8 am-1 pm; Administration Center M-F, 9 am-5 pm.

Four ways to Register:

1. **Online:** ahpd.org Click on the Online Registration link, then Register for Programs, and either login or Create New User and follow instructions. Available 24 hours a day, after 10 am December 5. 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 supervisor of the program regarding pro-rating or register in person at any Park District facility.



2. **Mail In-** Complete the registration form on page 121 and mail to address at the bottom of the form. Additional forms are available at your local community center or Administration Center.



3. **Drop Off-** Complete the registration form on page 121 and drop it off at your local community center or Administration Center during office hours. You may also place it in the Drop Box on the north side of the Administration Center 24 hours a day.



4. **Fax-** Complete the registration form on page 121 and fax it to 847.506.2735. Additional forms are available at your local community center, the Administration Center or Online at ahpd.org.

Mail In/Drop Off and Fax: All registrations received on or before the first day of registration are batched and entered randomly, beginning 10 am on December 5. No priority is given to those received before December 5.



Sorry, but we do not accept over the phone registration. Thank you.

Waiver Policy: For insurance purposes, a signed waiver is required for all programs. Drop Off/Mail In or Fax 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.

Confirmation: Drop-Off/Mail-In and Fax registrants are mailed a confirmation postcard within two weeks of registering. Online registrants may view their Enrollment Summary at any time; no confirmation postcards are mailed.

Wait List Policy: All class wait lists require payment at the time of registration so a wait list participant can be moved into the class if there's an opening. Wait list names are called in the order they are received when an opening occurs. Wait lists are normally cleared and given full refunds two weeks after the program begins. Patrons may request transfers or refunds off the wait list at any time.

Register Online at the Administration Center

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 Winter registration December 5 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.

Update Online Profile

Once a profile has been created, the member/participant information will be locked. You will only be able to update, add, or remove a member/participant in a profile by obtaining permission prior to making the change(s).

A date to unlock the profile must be assigned by park district staff. When you submit the Update Online Profile Member/Participant Form, you will receive an email confirmation with your assigned date. You may make the necessary changes ON THE ASSIGNED DATE ONLY. This is for member/participant information (name, age and gender) only. Other information (ie address, phone number, credit card info) may be updated at any time. **The update online profile member/participant form is available at ahpd.org.**

The Park District will receive your request and you will be contacted within 24 hours Monday-Friday. For immediate assistance Monday-Friday, 9 am-5 pm call 847.577.3000.

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.
- Are reimbursed the non-resident portion of the fee when registering for the Renegades Hockey program at the Rolling Meadows Park District. The Arlington Heights Park District pays this reimbursement when a copy of the receipt is submitted to the athletic supervisor.
- 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.

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 nonresident 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 16. Nonresident registration begins at 10 a.m. on this date. Nonresident registrations received before this date are held and processed beginning December 16.

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.

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 have a friend or neighbor moving into our busy community, call 847.506.7142 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.

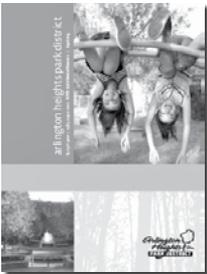


Photo Policy

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.

REFUND POLICY

information

Refund Policy

It is the Park District's goal to provide a quality recreation and leisure service for all residents. 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.

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
- Online registration is withdrawn within the first hour of initial registration.

Special Conditions Regarding Park District Refund Policy

The following programs and special classes will be pro-rated from the time the refund request is received: Children At Play (CAP), Preschool, Sunny Meadows and Arlington Adventure day camps, Muskies and Interpark swim team, Museum programs, sports leagues, and pool passes. 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. Please visit our website at ahpd.org to view a list of the latest contractual program.

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 is 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.

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 10-14 business days for refund processing. Payments made by charge cards are credited to your billing statement.

If you have questions or need clarification on the Park District's refund policy, please contact the appropriate Superintendent of Recreation.

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.

METROPOLIS REFUND POLICY: The Park District offers various cooperative programs throughout the year in conjunction with the Metropolis Performing Arts Centre. Please note the Metropolis refund policy applies to these offerings.

Curtains Up and Lights Up Camp (summer program) held at the Metropolis has a special refund policy. Please refer to the program guide Metropolis/Summer camp section for details.

Metropolis general classes - \$40 of the class is non-refundable. There will be no refunds offered after the first week of the session. If Metropolis cancels a class prior to the session starting due to low enrollment, a full refund will be made within two weeks. Metropolis reserves the right to cancel a class at any time if enrollment drops below five students. In that case, a prorated refund will be given within two weeks.

Program Registration, Four Programs Per Form

Part 1 - Name & address of person paying for programs (not participant name)

Last Name _____ First Name _____
 Home Phone _____ Emergency Phone _____
 Street Address _____
(Number) (Street Name) (St., Ave., Ln.)
 City _____ State _____ Zip _____
 Email _____
 Participant full address if different from above _____
(Street Address) (City) (Zip)

Part 2 - Programs * You will be placed in 2nd choice if 1st choice is full

Name of class	Class Code	Fee	Participant Name	Sex	DOB mm/dd/year
<u>1st choice</u>					
2nd					
<u>1st choice</u>					
2nd					
<u>1st choice</u>					
2nd					
<u>1st choice</u>					
2nd					
Arlington Heights Park Foundation Donation	9 9 8 2 - 0				
Total payment included		\$			

In accordance with the Americans with Disabilities Act, does registrant require any special accommodations or assistance for enjoyment of the program? If yes, please describe:

Part 3 - Payment Options

Cash (in-person only)
 Check \$20 processing fee for returned checks
 Gift Certificate (\$ _____)
 Credit Card
 Visa Master Card Discover
 Card Number _____
 Expiration Date mm/yy ____ / ____
 Signature X _____

Part 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 or via fax, my on-line or facsimile signature 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

_____ Today's Date
 Participant's Signature (18 years or older or Parent/Guardian)

Part 5 - Return Form

Mail: 410 N. Arlington Hts Rd. Arl Hts, IL 60004

Fax: 847.506.2735

Drop off: Adm Ctr, Olympic Pool, Camelot, Frontier, Heritage, Pioneer, Recreation, Sr Center, HTC, FVRFC



ONLINE REGISTRATION PLANNING SHEET



The Park District has created this planning sheet to help make online registration as convenient as possible. Do not use this form for mail-in, drop-off or fax registration.

FIRST TIME ONLINE REGISTRATION USERS

If this is your first time completing the online registration process, you will need to create a profile as listed below. Do this prior to the first day of registration.

1. From the homepage - ahpd.org - Click on "Online Registration" near the upper-right corner
2. Read the "Helpful Hints" section carefully to ensure correct Resident Status
3. Click on "Register for Programs"
4. Fill in what you would like to use for your Login and Password, then click "Create New User" - If your first choice is already being used, try another.
5. Follow the remaining prompts carefully to complete your profile

PREVIOUS ONLINE REGISTRATION USERS

If you have used online registration previously, please log in prior to the first day of registration to review your credit card and family information. All corrections must be made BEFORE registering for any classes. Once your information is up to date, you are set to use this planning sheet.

If you have any questions regarding setting up a profile or online registration - Call 847.577.3000.

Child's Name	Class Code	Name of Class	Fee	Confirmation #	In/Waitlist
		1st			
		2nd			
		1st			
		2nd			
		1st			
		2nd			
		1st			
		2nd			
		1st			
		2nd			
		1st			
		2nd			

This is NOT a registration form. For mail-in, drop off or fax registration form, see page 121.



FACILITY LOCATOR

Park Name	Acres	Washroom	Office / Registration	Pool	Tot Lot	Playground	Ball Diamond	Soccer Field	Football Field	Outdoor Tennis	Indoor Tennis	Pickle Ball	Basketball	Inline Hockey Rink	Volleyball	Bike Walk Path	Shelter	Garden Plots	Skate Park	Bocce & Baggo	Ice Rink	Sled Hill	Special Use	Notes
1 Administration Center	1.1	■	•																					
2 Arlington Lakes Golf Club	90.5	•	•																					• 18 Hole Golf Course, Banquet Rooms
3 Banta Park	1.5					■							1/2			•								
4 Berbecker Park	2					■	1						1/2											
5 Camelot Community Center & Park	15	■	•	■		■	1	•	3L				2		1	•	1					1		
6 Camelot Connector Parkways	5.4															•								
7 Carefree Park	10.6					■	1	•	2				2	1		•								
8 Carousel Park	5.8					■		•					1/2			•								
9 Carriage Walk	3.3					■										•								
10 Centennial Park	21.4					■	3	•	4				1			•	1							• Nature Area and Boardwalk
11 Creekside Park	22.4					■				2			1/2		1	•								
12 Cronin Park	2					■										•								
13 Cypress Park	5																	•						
14 Davis Street I & II	4.91																							• Maintenance Service Center
15 Dryden Park	3.36				■	■	1		4								1							
16 Evergreen Park	3.5					■	1						1			•								
17 Falcon Park	1.1												1/2											
18 Festival Park	0.33					•												1						
19 Flentie Park	4.5					■	1						1/2		1	•								
20 Forest View Racquet and Fitness Club	5.8	•	•							1.5L	•						1							
21 Frontier Community Center & Park	29.4	■	•	■		■	2	•	3L				1L		•	•	•	•						• Maintenance Service Center
22 Green Slopes	5									4						•								•
23 Greenbrier Park	9.9					■	2		1					1		•								
24 Greens Park	4.2					■							•			•								
25 Happiness Park	3.6					■																		
26 Hasbrook Park	14	•	•			■	2		2L				•			•								
27 Heritage Community Center & Park	22.3	■	•	■		■	1	•	3L				•		•	•	1					2	•	
28 Heritage Tennis Club	2.9	•	•								8													
29 Hickory Meadows Park	5	•														•	1					2		
30 Kinsbridge Arboretum	5.2																							• Arboretum
31 Klehm Park	2					■							1											
32 Lake Arlington	93	■	•	■	■											•	1							• Lake, Fishing, Boating, Concessions
33 Lake Terramere	11					■										•								• Lake, Fishing
34 McDonald Creek Parkway	11															•								
35 Melas Park	35	■				■	4L	•							•	•								• Concessions, Synthetic Turf
36 Memorial Park	0.5																							• Military Memorial
37 Methodist Park	8.5						4	•																
38 Nickol Knoll Golf Course	56	■	•				1									•								• 9 Hole Golf Course
39 North School Park	1.65					■										•								• Fountain, Ampitheater
40 Olympic Indoor Swim Center & Park	9.9	■	•	■		■		•	2				1						1					• Safety Town Course
41 Patriots Park	17	•				■	2	•					2			•	1							
42 Pioneer Community Center & Park	23.3	•	•	■		■	4	•	4L				1			•						2		
43 Prairie Park	10					■	1	•					1			•								
44 Rand - Berkley Park	7.06					■	3	•																
45 Rand Connector Parkway	1.7																							
46 Raven Park	8.5					■	2		3				1			•								
47 Recreation Community Center & Park	21.1	•	•	■		■	1, 1L	•	3L				1			•						1		
48 Rose Garden	0.5																							
49 Scarsdale	1.7				■								1/2											
50 Sunset Meadow Park	37.1	■	•			■		•	2							•	•				1	2	•	• Driving Range, Putting Green
51 Sunset Ridge Park	2.35					■							1											
52 Victory Park	1.7					•				1														
53 Virginia Terrace Park	3.5					■	1						1			•								
54 Volz Park	5					■	1		1	2	1/2					•								
55 Westgate Park	2					■										•								
56 Wildwood Park	6.5					•		•	3				2			•								
57 Willow Park	22					•										•								
58 Windsor Parkway & Triangles	4.5															•								

715.09

Key: ■ ADA Accessible
L Lighted Courts

Administration Center



Historical Museum



Forest View Racquet and Fitness Club



Heritage Tennis Club



Lake Arlington



Olympic Indoor Swim Center



Pioneer Park



Senior Center



Facilities

Administration Center

410 N. Arlington Hts. Rd – 847.577.3000
Hours: 9 am - 5 pm weekdays

Arlington Heights Historical Museum*

110 W. Fremont Street - 847.255.1225
Administrator: Kristina Christie

Arlington Lakes Golf Club

1211 South New Wilke Road
Golf Pro Shop: 847.577.3030
Golf Supervisor: Tim Govern
Golf Maintenance Superintendent: Al Bevers

Camelot Park

1005 East Suffield Drive
UNDER CONSTRUCTION

Forest View Racquet & Fitness Club

800 East Falcon Drive – 847.640.2574
Racquet Club Manager: Nancy Alfonso

Frontier Park

1933 North Kennicott Drive – 847.577.3015
Recreation Supervisor: Nick Wirth

Hasbrook Cultural Arts Center

333 West Maude Avenue

Heritage Park

506 West Victoria Lane – 847.577.3020
Recreation Supervisor: Kevin Keister

Heritage Tennis Club

7 W. College Dr. – 847-398-7780
Manager: Chris Nisbet
Assistant Manager: Chris Thompson

Lake Arlington

2201 N. Windsor – 847.577.3059 (May-Oct.)
Manager: Kevin Keister

Melas Park

1500 W. Central Ave.

Nickol Knoll Golf Club

3800 N. Kennicott Avenue – 847-590-6050
Golf Supervisor: Tim Govern

Olympic Indoor Swim Center

660 North Ridge Avenue – 847.577.3025
Aquatic Program Supervisor: Steve Neill
Aquatic Facility Supervisor: Alli Bergquist

Senior Programs at the Senior Center*

1801 W. Central Rd. – 847.797.5341
Recreation Supervisor: Megann Panek

Pioneer Park

500 South Fernandez Avenue
847.577.3035 (Center) | 847.577.3036 (Pool)
Recreation Supervisor: Tom Divello

Recreation Park

500 East Miner Street
847.577.3040 (Center) | 847.577.3038 (Pool)
Recreation Supervisor: Lindsey Robertson

Sunset Meadows Driving Range

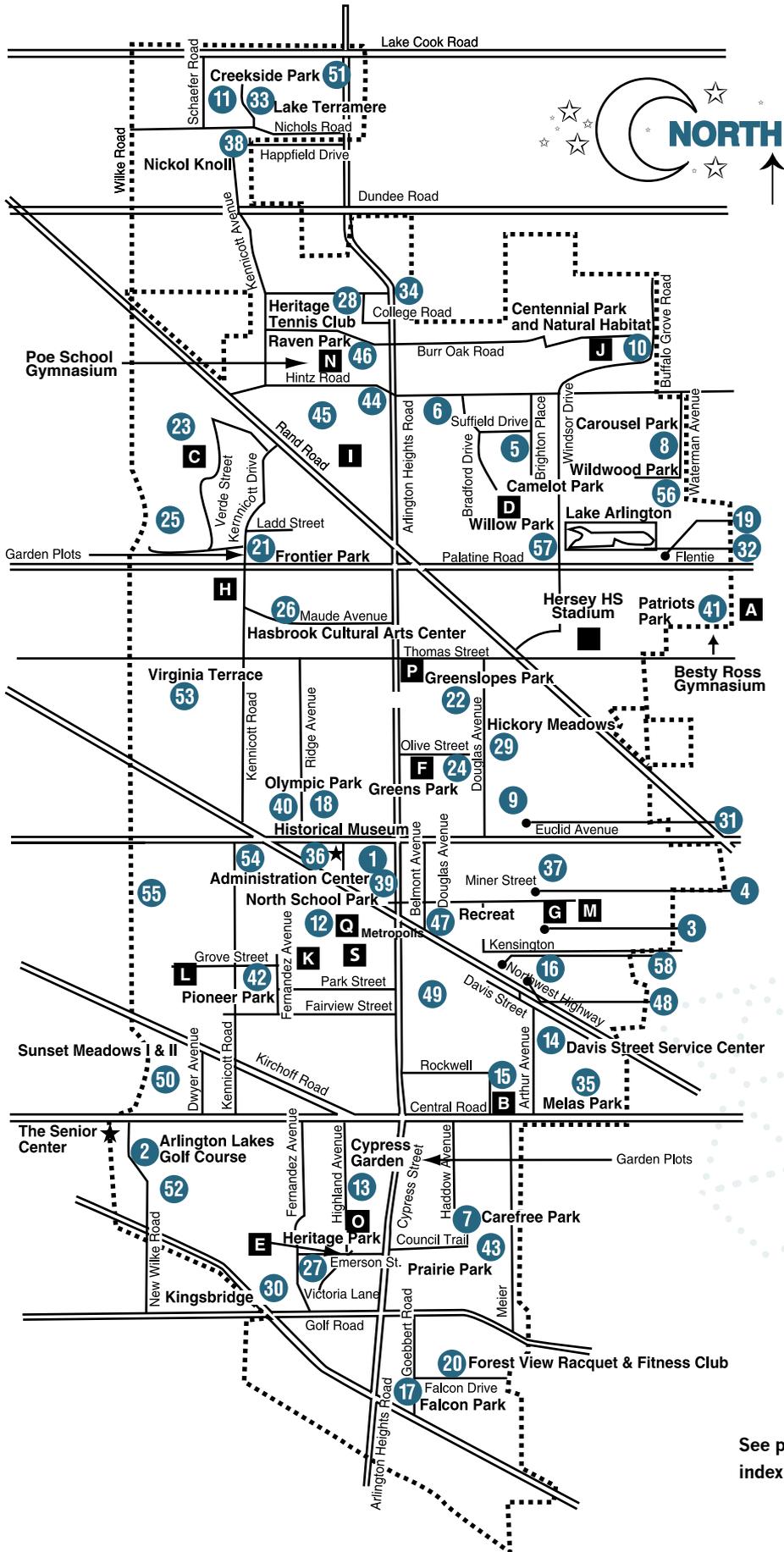
Kirchoff Rd. & Dwyer Ave.
April-September – 847-394-5865

*Village facilities/park programs

Classes & programs are also held at:

- A. Betsy Ross School**
700 N. Schoenbeck Rd.
- B. Dryden School**
722 S. Dryden Pl.
- C. Greenbrier School**
2330 N. Verde Dr.
- D. Ivy Hill School**
2211 N. Burke
- E. Juliette Low School**
1530 S. Highland Ave.
- F. Olive Mary Stitt School**
303 E. Olive
- G. Miner Jr. High**
Miner & Dryden
- H. Patton School**
1616 N. Patton Ave.
- I. Rand/Chicago Futabakai**
Waverly & Arlington Heights Rds.
- J. Riley School**
1209 E. Burr Oak
- K. South Middle School**
314 S. Highland Ave.
- L. Westgate School**
500 S. Dwyer
- M. Windsor School/ Miner Park**
1315 E. Miner
- N. Poe School/ Raven Park**
2800 N. Highland
- O. Dist. 25 Adm. Ctr./ Dunton Park**
1200 S. Dunton
- P. Thomas Middle School**
1430 N. Belmont Ave.
- Q. Metropolis**
11 W. Campbell St.

Gymnastics at:
Nelson Sports Complex
3900 Owl Drive
Rolling Meadows



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- Messy 3D - Around the World
- Multicultural Art
- Painting outside the box -2d /3d painting
- Young Rembrandts
- Art Instructors

DANCE *pg 58-67*

- Ballet (Advanced)
- Ballet (Beginner)
- Ballet (Intermediate)
- Beginning Ballet for Teens
- Pointe Ballet
- Ballet, Tap, and Jazz I
- Ballet, Tap, and Jazz II
- Adult Ballet & Tap
- Hip Pop Dancing for Kids
- Introduction to Baton and Pom Dance
- Performance Baton and Pom Dance
- Spicy Salsa & Latin Dancing
- Splendid Ballroom Dance
- Wedding Fiesta Workshop
- Ballet and Tap I
- Ballet and Tap II
- Ballet and Tap III
- Mini Jazz
- Tots in Motion w/ Parent
- Advanced Jazz
- Beginner Jazz
- Contemporary/Lyrical Dance Adv II and III
- Contemporary/Lyrical Dance I
- Fusion
- Hip Hop for Boys
- Intermediate Jazz
- Irish Step Dance - I
- Jazz and Hip-Hop
- Jazz II
- Jazz/Lyrical
- Musical Theatre
- Spectrum
- Synergy
- Technique Class
- Advanced Tap and Jazz
- Intermediate Tap and Jazz I
- Intermediate Tap and Jazz II
- Tap and Jazz

- Tap and Jazz III
- Ballet
- Ballet and Tap
- Got shoes?
- Introducing AHPD's Dance Staff

PERFORMING ARTS *pg 68-69*

- Beginning Group Guitar Classes
- Junior Singers
- Young Singers
- Acting Process
- Adult Improv
- Broadway Beginners
- Imagination Exploration
- Improv
- Intro to Theatre
- Music and Movement
- Musical Theater Extravaganza!
- Musical Theater Process
- Metropolis Performing Arts Centre
- Theater Classes at the Park District

SENIORS *pg 76-85*

- Advanced Bridge
- Beginning Bridge
- Beginning Mah Jongg Lessons
- Best Bridge Ever!
- Bridge Potpourri
- Intermediate Bridge
- Mah Jongg in Review
- The Game of Cribbage
- Be Moved Dance
- Beginning Ballroom
- Beginning Round Dance
- Continuing Ballroom
- Continuing Round Dance
- Tap Dance
- Zumba Gold
- Beginning Crochet
- Beginning Quilting
- Introduction to Wood Shop Equipment
- Jewelry Design for Beginners
- Knit One, Purl Too
- Learn the Lathe
- Multimedia Art
- Sewing Table
- Studio Art
- Woodcarving
- Beginner Mat Pilates
- Switch It Up
- Trim Time
- A Taste of Royalty
- Chair Yoga
- Tai Chi Advanced
- Tai Chi Beginner
- Tai Chi Intermediate
- Yoga
- Yogacise

- Arlington Athletic Club
- Arlington Bridge B's
- Back to the Basics Line Dancing
- It's Tool Time!
- Leisure Showcase Open House
- New and Challenging Line Dancing
- Overnight Trips
- Park District Programs at the Senior Center
- Sunday Afternoon Round Dances
- Arlington Heights Historical Museum
- Arlington Heights Historical Society
- Calendar of Events
- Heritage Gallery and Shop
- Log on to the Museum Website
- Museum Program Information
- Room Rental Information
- School and Scout Programs

MARTIAL ARTS *pg 87-89*

- Karate
- Kid's Karate Club (Winter Session)
- Parent/Child Karate
- Pre-Karate
- Traditional Japanese Weaponry
- Karate Classes
- Kid's Karate Club Parent Helper Program

GYMNASTICS *pg 94-96*

- Girls Advanced Gymnastics
- Hot Shot Tots: 1-3 yrs
- Kindergarten Gymnastics
- Preschool Gymnastics: 3 yr olds
- Preschool Gymnastics: 4-5 yr olds
- Tumbling Programs
- Youth Developmental Gymnastics - Boys
- Youth Developmental Gymnastics - Girls
- Gymnastics

EXERCISE AND WELLNESS *pg 106-111*

- Arlington Heights Weight Loss Challenge!
- Barre Class
- Boot Camp
- Cross Fit at Heritage Park
- Fit Kids
- Fitness Kickboxing
- Getting Rooted in Yoga
- Group Fitness
- Hip Hop Fitness
- Judo and Self Defense
- Peace Yoga
- Pilates
- Sports Yoga
- Strength and Balance Yoga
- Stroller Strides - Stroller Fitness
- Tai Chi Easy
- Tai Chi Easy and Qigong
- Yoga for Core and More
- Zumba Kids

Zumba Kids Jr. + Mom/Dad

BeMoved

Ticket to Group Fitness

ADULT ATHLETICS *pg 105*

Adult Tae Kwon Do

Adult Volleyball Leagues

Pee Wee Track, Field and Fitness

Adult Basketball Leagues

Adult Drop-In Athletics

Adult Summer Softball

Boys Spring Lacrosse League

SOCCER *pg 90-91*

Aces Indoor Futsal

Indoor Pre K Soccer

Mini Soccer

YOUTH ATHLETICS *pg 98-104*

Dad & Me Fun With Football

Little Dribblers

Pee Wee Sportsters

Sporting Encounters

Sports N' Stories

Start Smart Golf

Adult and Child T-Ball Training

Adult and Tot Kidnastics

Arlington Heights Boys Lacrosse

Basketball Shooting

Boys Basketball League - Winter

Boys High School Volleyball League

Fun with Football

Fundamentals of Hitting Baseball

Girls Basketball League - Winter

Intro to Volleyball

Jr. High Volleyball League - Winter

Junior Bulls - Pioneer

Mini Bulls - Pioneer

Pee Wee Hoopsters and Headers

Pee Wee Tennis & Golf

Pitcher/Catcher Clinic

SportsKids Inc. Floor Hockey

SportsKids Inc. Lacrosse

T-Ball Training

Tiny Tot Tae Kwon Do

Tumbling for Tots

Young Masters Tae Kwon Do

Youth Dodgeball

Arlington Heights Youth Athletic Association

Family Sunday Open Gym

ALGC *pg 112-113*

Adult Group Golf Lesson Winter (Beginner)

Adult Winter Tune up (Intermediate level)

Chilly Open 2013

Junior Introductory Winter Golf Lessons

2013 Greens Fees

Arlington Lakes Golf Club And Banquets

Arlington Lakes Golf Club Committee

Banquet Room

Chilly Open

Customer Appreciation and Holiday Celebration

Gas Cars & Pull Carts

Golf Course

Golf Events

Golf Leagues

Group Outings

Indoor Golf Lessons

Rewards Club

Permanent Tee Time

Quality Golf Instruction

Sunset Meadows Driving Range

Tee Times

NKGC *pg 115*

LAKE ARLINGTON *pg 86*

PARK FOUNDATION *pg 116-117*

VALUE MENU *pg 97*

REGISTRATION INFO *pg 118-119*

REFUND POLICY *pg 120*

REGISTRATION FORM *pg 121*

ONLINE PLANNING SHEET *pg 122*

PARKS & FACILITIES *pg 123-125*



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ALGC. Golf. Chili. Good times.

See page 113.

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