Resident Registration begins December 1
Non-Resident Registration begins December 8
WWW.AHPD.ORG
SAFETY MEASURES

• Only healthy people should visit our parks and facilities. Anyone who is sick or has been exposed to someone who is sick should stay home.
• Face coverings are required inside of all AHPD facilities. Depending on the level of physical activity for your program or activity, you may have to wear a mask.
• Physical distancing should be observed.
• Frequently wash your hands, especially before starting an AHPD program.
• AHPD Centers are open for registered participants only.
• ARC is open for walk in registration and information.

Best practices for program participants and their family

• For programs with younger participants, we encourage the same individual to drop off and pick up the participant
• AHPD buildings are only open for registered participants. There is no day-of sign-up for programs.
• Parents will have limited seating available inside AHPD buildings to use while their child is in class. Physical distancing needs to be observed and provided chairs or benches cannot be moved from their location.
• We encourage just one individual bring younger participants to AHPD programs.
• Government health organizations recommend people 65 years and older, those who live in nursing homes or long-term care facilities, and people with underlying medical conditions, particularly if not well controlled, should keep their distance from others.

Reservations and Delays

We have enhanced our already stringent cleaning protocols considering the COVID pandemic. We apologize if you experience any delays or inconvenience as a result of these procedures. To use typical drop-in activities, reservations are required. These include, but are not limited to, fitness, swimming, indoor tennis, and golf. Our operations and services will continue to evolve as we learn more.

Patience

To facilitate adherence to social distancing guidelines, facilities and programs are operating at reduced capacity. Please be patient and understanding with these necessary operational changes.

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FROM THE PRESIDENT

At the Park District, we recognize this is a challenging time for everyone in our community. We have worked hard to ensure that all Arlington Heights residents have access to our parks, facilities and programs. During challenging times, fresh air, health, wellness, exercise and open space become even more important than ever before.

Check out the many, diverse offerings in the pages of this program guide. There’s something for everyone from infants through our active adults; all of which are offered in a safe and fun manner. You may notice that some of your favorite seasonal special events are not necessarily cancelled, but redefined through a virtual component or with additional precautions in place.

Additionally, staff are working hard to get several of our ice rinks and sled hills ready for some outdoor fun this winter season! We are proud that the Arlington Heights Park District is celebrating 95 years this year and has been impacting how our community plays since 1925.

We have been here, and will always be here to help you and your family enjoy your leisure time, even in a pandemic!

Sincerely,

Maryfran H. Leno
Arlington Heights Park District Board President

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

Resident Registration
December 1 at 10 am

Non-Resident Registration
December 8 at 10 am
This program guide is different in size, delivery method, and most notably in how it presents information about our Winter 2021 recreational program offerings. **Our number one priority is YOU.** This is the best way for the District to continue to provide an affordable, and accessible experience, during this time.

This ‘mini’ format may not become the standard delivery format and structure in the long-run. For now, we strived to make our print piece work seamlessly alongside our social media and digital initiatives.

Our long-term goal is to eventually bring back a hybrid of our ‘traditional’ printed program guide and this “MINI” version. We promise to keep your needs and wants in mind every step of the way as we navigate our ‘new normal’.

This is a new era for the Park District, and we anticipate that this “MINI” program guide may bring some additional questions as you read through it. Rest assured. Our Guest Services staff is ready to assist you as we navigate our shared ‘new normal’ with you.

**Guest Services Hours:**
Arlington Ridge Center
660 N. Ridge Ave.
In-person and by phone
Monday-Friday: 8am-8pm
Sat/Sun: 8am-3pm

**Administration Center**
410 N. Arlington Heights Road
Phone only
Monday-Friday: 8:30am-4:30pm

Resident Registration opens on December 1 at 10 am
How To Use This Guide

Activity
Each activity area section has class descriptions as well as the initials of the activity supervisor overseeing that specific area. Feel free to contact them with any questions.

Keywords
Each section contains 'keywords' to use when visiting our registration system to easily find more detailed activity information such as dates, times, and locations.

If you don’t find information on these pages, you will be able to locate that information on our website at ahpd.org or in our registration system.

Evening or Weekend Class Offerings this Winter

New! Evening and weekend class options are listed throughout the book, look for classes with the icon above. Please see the website for specific times and days.
First Time Registering?

If you are a resident: Participants will be required to set up a profile by visiting one of our facilities during normal hours of operation. Families must bring proof of residency for all family members.

Please check with your neighborhood community center for hours.

Account Creation information

The following forms of identification will be accepted to prove residency:
1. Adults can bring a driver’s license or state ID with current address. If you don’t have a license or ID, please bring two of the following: utility bill (no older than 60 days) with name & mailing address listed, voter registration card or a vehicle registration card.
2. Children will need to show a current report card, school picture ID, birth certificate, parent insurance card listing dependents, or other form of ID a parent may have that proves the children reside at that address.

If you are a non-resident: Please call the Park District at 847-577-3000 to have your account set up as proof of residency is not required. You will be required to give your name, address, email, phone number and date of birth to set up an account. Additional family members can also be added to your account during this time as well. Our guest service staff will assist in assigning you a temporary password to access online registration.

What happens if the activity is full?

You must complete the registration to be placed on the waiting list. You will NOT be charged to sit on the waiting list. If you do not want to be placed on the waiting list, click the remove button that appears on the Shopping Cart screen. You will be contacted in the event that a space opens for that activity or additional activities are added. If you are moved from the waiting list into an activity, payment will be required at that time with a saved bank card. Please Note: It is recommended for guaranteed participation to choose a secondary activity option with openings.

Waiver Policy

For insurance purposes, a signed waiver is required for all programs. In person/mail-in registrants, please sign the waiver on the registration form. Online registrants must agree to the waiver on our website prior to enrolling.

• Patrons will not be able to participate in programs if the waiver is not signed and a refund will not be granted.
• For your convenience, online and mail-in registration is accepted for most Park District programs.

Refund Policy

It is the Park District’s goal to provide a quality recreation and leisure service for all residents. Refund requests can be submitted online. No refunds will be given after a program has ended.

• All refunds are subject to a $5 admin. service fee, except under the following circumstances:
• Request for refund is due to satisfaction issue approved by supervisor
• Refund is initiated by the Park District
• Doctor’s note is submitted with request
Special needs for ADA Participants
If you need a special accommodation to participate in any Park District function, contact Brian Meyer, Director of Recreation and Facilities at 847.506.7130. 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.**

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.

As a Park District Resident, you:
- Are entitled to resident rates when registering for Buffalo Grove Park District recreation programs but must register at the non-resident registration dates. Adult athletic leagues and special revenue facilities are excluded.
- Can receive discounted rates on “Learn to Skate” through the Rolling Meadows Park District.
- Are eligible to purchase ice skating passes (valid September-May) from the Rolling Meadows Park District at resident rates.
- Pay resident rates fees for Renegades Hockey program at the Rolling Meadows Park District.

Not all Arlington 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. 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.**

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<td>Director of Finance and Personnel</td>
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<td>Superintendent of Human Resources</td>
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<td>Human Resources &amp; Safety Supervisor</td>
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<td>Superintendent of Accounting</td>
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<td><strong>PARKS AND PLANNING DEPARTMENT</strong></td>
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<td>Superintendent of Parks - Facilities</td>
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<td><strong>RECREATION DEPARTMENT</strong></td>
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<td>Director of Recreation and Facilities</td>
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<td>Forest View Manager</td>
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<td>Forest View Asst. Manager</td>
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<td>Forest View Tennis Director</td>
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<td>Heritage Tennis Club Manager</td>
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<td>Heritage Tennis Club Asst. Manager</td>
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<td>Golf Operations Manager</td>
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<td>Superintendent of Recreation Facilities</td>
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<td>Arlington Ridge Center Manager</td>
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<td>Arlington Ridge Center Aquatic Manager</td>
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<td>Recreation Supervisor-Aquatic Programs</td>
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<td>Recreation Supervisor/Camelot/Lake Arlington</td>
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<td>Athletic/Recreation Supervisor</td>
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<td>Recreation/Pioneer Supervisor - Athletics/Rentals</td>
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<td>Recreation/Frontier Supervisor - Athletics</td>
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<tr>
<td>Superintendent of Recreation Programs</td>
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<td>Cultural Arts Supervisor</td>
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<td>Senior Center Coordinator</td>
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<tr>
<td>CAP/Camp Supervisor</td>
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<tr>
<td>Recreation Supervisor-CAP/Day Camp</td>
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<td>Museum Administrator</td>
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<td>Museum Program Coordinator</td>
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Resident Registration opens on December 1 at 10 am
The Arlington Heights Park District has a variety of facilities available to rent. Host your next occasion at one of our facilities!

What may you reserve?
- **Indoor event?** Arlington Lakes Golf Course clubhouse has two banquet rooms.
- **Outdoor event?** You may reserve a neighborhood park or pavilion.
- **Sports event?** We have athletic fields and gyms available.
- **Looking for a tennis or racquetball court?** Make a reservation at Forest View Racquet and Fitness Club or the Heritage Tennis Club.

For more information about current rental guidelines or to apply for a permit:
- **Please visit us on our rental homepage at ahpd.org.** There you will find a list of available facilities and links for specific facility information, rules and guidelines for use, and rental applications and instructions. To apply, download an application and submit it to the appropriate facility. The webpage has all necessary contact information. Once you’ve submitted an application, we will reach out to you regarding availability and pricing.
- **Contact Cari Boyle, Recreation Supervisor, at.cboyle@ahpd.org or 847.506.8374.** Cari can work with you to find an appropriate space for your event.

**ICE SKATING AND HOCKEY**

- ARC
- Camelot Park
- Frontier Park
- Heritage Park
- Hickory Meadows
- Pioneer Park
- Recreation Park

For the most up to date locations and skating rink status, please visit ahpd.org.
SPECIAL EVENTS

Saturday, January 9

CHILLY OPEN

Our Annual Chilly Open is back! Enjoy a round of winter golf at Arlington Lakes Golf Club this Winter. Learn more at ahpd.org/algc

Saturday, January 23

TEEN BASH AT ARC

Swimming, supervised gym activities (pickleball, shooting hoops, spike ball), movie, pre-packaged snacks.

December 11 + 12

HOLIDAY GINGERBREAD HOUSE

Helping to continue a well-loved tradition, families will receive all of the materials to build their very own gingerbread house!

More HOLIDAY EVENTS ONLINE!

Look for safe and fun holiday events and options at ahpd.org!

Pre-registration must be done online

$10 PER PERSON

Teens will wear face coverings at all times EXCEPT when swimming or eating.

$25 PER PERSON
3 or 6 holes

$35 PER PERSON
9 or 18 holes

$35 PER PERSON
9 or 18 holes

Resident Registration opens on December 1 at 10 am
**EARLY CHILDHOOD**

**Tot Rock** Ages 1-2
Tot Rock is a unique music and learning program designed specifically for 1 year olds. Each session focuses on a new educational theme that incorporates hand held instruments, play props, sensory integration, coordination exercises, and socialization.

**Kid Rock: Levels I-III** 1-5 yrs
Each Kid Rock class includes creative, energetic activities based on a new educational theme each session! Children learn new songs, rhymes, and gross motor skills while using rhythm instruments and movement props.

**Virtual Rockin’ at Home** 1-6 yrs
Enroll in this virtual class session to sing, dance, play and learn for children.

**Kindermusik Foundations Level 1** 1m-1.5 yrs
From infants to walkers we will enjoy instrument play, dance, exploration and together time celebrating milestones along the way. Share the joy of music together with your little one.

**Kindermusik: Levels I-III** 1m-5 yrs
From infants to walkers we will enjoy instrument play, dance, exploration and together time celebrating milestones along the way. Share the joy of music together with your little one.

**Virtual Kindermusik Mixed Age** 5m-5 yrs
When you bring children of all ages together you get a dynamic and integrated learning experience for everyone. Join us where every child is welcome and a family’s “together time” is celebrated and cherished. Recent research in early childhood development. Home Material fee is 1 per family is included in the registration fee. Parent/Caregiver attends entire class.

**REGISTER ONLINE AT AHPD.ORG**

Arlington Heights Park District | Winter 2021 | www.ahpd.org
Age-Appropriate curriculum to develop a child’s love of learning

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

About the Instructors

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

Policies

• Children must be toilet trained; pull-ups are not allowed.
• Children in the 3-4 year old program must be 3 by September 1; those in the 4-5 year old program must be 4 by September 1. Proof of age is required at the time of registration. Please bring a birth certificate to registration.
• Children and staff must wear a face covering.

Preschool To-Go - NEW!

Preschool to Go will consist of a weekly agenda filled with fun topics and themes which will spur from the in-person preschool curriculum. Weekly schedules consist of at home crafts, reinforcement of numbers, letters, colors and sounds as well as links to pre-recorded videos. This program’s flexible format allows parents to engage with their preschooler at their own pace and on their own schedule. Winter session begins in January.

Safety First

AHPD will continue to follow & stay up to date with guidelines set by the IL Department of Education and IDPH to keep our preschoolers, their families, and our staff safe.

Contact us for preschool elearning options.

Resident Registration opens on December 1 at 10 am
### 3-4 year olds
One teacher and one teacher aide (15 students max)
Tuesday & Thursday 9/8/20 - 5/20/21

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<th>Location</th>
<th>Time</th>
<th>Plan 1</th>
<th>Plan II</th>
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<tr>
<td>Camelot</td>
<td>9:00-11:00am</td>
<td>$1,208 full payment</td>
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<td>Frontier</td>
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<td>Pioneer</td>
<td>9:00-11:00am</td>
<td>$1,844 full payment</td>
<td>6 payments of $299</td>
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<td>Recreation</td>
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### 4-5 year olds
One teacher and one teacher aide (15 students max)
Monday, Wednesday, Friday 9/9/20 - 5/21/21

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<td>Frontier</td>
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All payments include $25 non-refundable deposit.

**Participants will have two preschool payment options:**
- Prorated payment total calculated for starting date as spots available.
- Pay in full at the time of registrations (includes $25 discount)
- Payment plan: 6 automatic payments will be processed on the 10th of each month Sept - Feb

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**REGISTER ONLINE AT AHPD.ORG**

Arlington Heights Park District | Winter 2021 | www.ahpd.org
KIDS

Magic Workshop 5-12 yrs
Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks from the “Magic Team of Gary Kantor”! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. (EE)

Self-Esteem and Leadership Lab 7-13 yrs
This self-esteem building lab experience offers incredibly fun activities and games to boost our children’s gifts and talents for 2021. Everyone is good at something, we just all have to roll up our sleeves and figure it out. (EE)

Spring Awakening Mom and Me Tea 3-10 yrs
With the beginning of the Spring season, each couple will design and decorate a adorable teapot planter perfect for a flower together and bracelets/keychains (2 total) with charms. Each couple will be provided their own kit with supplies just for them to take home for more fun. A keepsake surprise is provided. (EE)

Chess Scholars 5-13 yrs
Develop your child’s intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will get to the next level under the guidance of an experienced Chess Scholars coach. There will also be a chess competition with prizes at the end of the session. (EE)

New Year Pajama Pamper Night 4-10 yrs
Come beat the blues of winter and the past year. Join us with friends in your favorite pajamas and pamper yourself! In class, staff will teach pedicures and manicures. Each girl will design her own beaded glitzy bracelet with a personal charm. Our kits for each child will contain all of the supplies needed for a fun spa night. We will have an old fashioned dance party and each child will leave with pampering surprises in a special glam bag! (EE)

Valen-Slime: A Slimeology Lab 5-12 yrs
Have the slime of your life making Valentine’s Day themed slime! Customize your slime in the concoction center to smell like gourmet chocolates, fresh cut roes, or chocolate covered strawberries. Then color it to be vibrant with the colors known for Cupid’s Day. Kids take home their slime. Attendees will receive a life coaching lesson on greed, love, and gratitude in a hilarious, gooey activity. (EE)

Babysitting 11-13 yrs
Learn to be a super sitter! Classes will cover child development, emergency and first aid training, activities to do with young children, and how to grow your personal babysitting business. (EE)
The Benefits of Laughter: Kids Life Coaching 6-12 yrs
Learn the science behind April Foods’ Day and why people must laugh. Kids will be immersed in an electrifying environment to simply laugh while cranking up the volume on feeling great! With the mounds of pressure on kids today, and technology pointing heads down, keeping laughter going is critical. No wonder why the saying exists, “Laughter is the best medicine”. Themed souvenir included. (EE)

Communication and Public Speaking Lab 6-12 yrs
In a world where everyone is looking down at a phone, our youth is evolving into a generation with limited skills in communication and confidence. Toss in coming off virtual learning, and communication is getting hard for kids! Communication really is more than a text, email, video game, or hanging out on social media. Interpersonal communication is currently identified as the #1 missing soft skill and it has been described as an emerging crisis with our youth. (EE)

Home Alone Safety 9+
Participants will learn all about home alone safety including: safe snacks, household rules, stranger danger, house key safety, phone, fire and weather safety. They will also learn basic first aid and “what if” scenarios. Additionally, we will review emergency contacts, and knowing when to contact emergency professionals. (EE)

SCOUT PROGRAMS
Merit Badge University
Join us at the Museum to complete all aspects of your chosen merit badge program in just a few sessions. We offer both in person and digital versions of these programs:
- January: American Heritage
- February: Genealogy
- March: American Cultures

FAMILIES
Holiday Gingerbread House
Helping to continue a well-loved tradition, families will receive all of the materials to build their very own gingerbread house! Hopefully you use more candy than you eat as you decorate as much or as little as you’d like with an assortment of candy provided. No baking necessary for this program, just show up, have fun and get creative. (LS)

Family Field Trips PreK-5th
Looking to get out of the house and enjoy time with your family to learn, play and explore together? Introducing Family Field Trips—where parents can enjoy learning alongside their kids. The Museum is now offering grade level specific small group experience for families with children in pre-K through 5th grade. Themes change on a bi-weekly basis, price is per family. (LS)

ADULTS
Second Saturday Maker’s Open House 18+
The Museum invites makers of all shapes and sizes—artists, painters, sculptors, whatever!—to come out and be inspired by our space. Our beautiful gardens and grounds, historic building architecture and interiors, and artifact collections are all at your disposal to motivate you in your creative outlet, with one of our staff members on hand to add a little historical context to your experience. This is a casual creative environment, where we encourage anyone, from those just trying out a new hobby to lifelong artists, to produce fun works of creativity. This program is BYOS (bring your own supplies), though we do have some basics on hand for general use. (LS)
C.A.P. PROGRAM

CAP is a cooperative program between the Arlington Heights Park District and School Districts 21, 25 and 59. Weekly themes, arts & crafts, sports & active games, outdoor play, homework/reading time, board & card games, team building activities and breakfast/snack time offered daily. We will continue to work closely with our school districts to offer programming as able to based on safety guidelines and school learning formats.

Locations
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 for Kindergarten-5th grade. Kindergarteners are eligible to participate on a limited basis at District 25.

WINTER CAMPS

Holiday Day Camp 5-11 yrs
This all-day camp is a mini-version of the Park District’s Summer Day Camp program. Each day we’ll have sporting activities, crafts, movies and go outside - weather permitting. Please send your child with a lunch. In order to secure adequate staffing, registrations will not be accepted after 12/11/20. (KW).

Museum Winter Break Camp 6-12 years
Looking to get the kids out of the house after the excitement of the holidays is over? Join in an adventure at the Museum filled with fun crafts, engaging historic encounters, and hands-on activities, each themed to a different historical topic. Travel back in time with us and hopefully campers get their brains warmed up to learn something new, even before school starts back up! (LS)

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

SPECIAL HOURS
Monday–Friday: 5:30am to 9pm
Saturday & Sunday: 7:30 am to 4pm

Annual maintenance closures for pools and gym floors will be posted.

MORE INFORMATION
For more information on services and membership plans, please visit ahpd.org/facilities/arlington-ridge-center.

Closed on major holidays: Easter, 4th of July, Christmas
Modified hours: Memorial Day, Labor Day, Thanksgiving, Christmas Eve, New Year’s Eve, New Year’s Day

FOR MORE INFORMATION
For more information on services and membership plans, please visit ahpd.org/facilities/arlington-ridge-center.

Closed on major holidays: Easter, 4th of July, Christmas
Modified hours: Memorial Day, Labor Day, Thanksgiving, Christmas Eve, New Year’s Eve, New Year’s Day

Arlington Heights Park District | Winter 2021 | www.ahpd.org
MORE WAYS TO...

**SWIM**
The aquatic center has a new look with bright, vibrant colors on the walls along with upgraded heated pools with LED lighting.

**LAP POOL**
25 yard, six lane lap pool with new in-water stairs, that offers lap swim, swimming lessons, competitive swim teams, water exercise, and more.

**DIVING WELL**
12 ft. deep with two one-meter diving boards and a drop slide. Great for deep water running, walking, and exercise with in-water stairs.

**FAMILY ACTIVITY POOL**
Zero depth entry, floor geysers, play features, and a flume slide. Ideal for all ages.

**NEW! WELLNESS AND INSTRUCTIONAL POOL**
Is kept at 92 degrees and offers programming for swim lessons, water exercise, and open swim time for adults and youth. The pool features a seat ledge on both side lengths of the pool, in-water stairs for easy in and out, and an ADA lift. The depth is 3.5–5 ft.

**PLAY**

**NEW! DOUBLE GYMNASIUM FEATURING:**
- 2 Regulation sized high school basketball courts
- 4 youth basketball courts
- 4 volleyball courts
- 6 pickleball courts
- PLUS...bleachers!

**INDOOR WALKING/ RUNNING TRACK**
Get social at drop-in pickleball • Hoop it up at drop-in open gym • Classes include: basketball, volleyball, soccer, and more!

**GET FIT**
Ridge Fitness offers over 5,000 square feet of state-of-the-art equipment, by Precor and Tag Fitness, guaranteeing to deliver on this new recreation facility’s promise of being a ‘one-stop’ fitness destination for all ages.

**FUNCTIONAL FITNESS**
Functional fitness includes short circuit rotations between cardio equipment and strength exercises on the floor. With personal training options and small group classes, Ridge Fitness will be able to accommodate this trending and effective exercise experience.

**NEW!**
- Group Fitness
- Small Group Training
- Personal Training

Visit ahpd.org/ARC for the most up-to-date fitness class schedule.

ELEVATE YOUR GAME

Resident Registration opens on December 1 at 10 am
Family Flow Yoga 5-11 years
This yoga class is geared for children ages 5-11 years with a parent/caregiver. Additional children may attend for an added fee of $5 each. Participants will experience a themed yoga class along with yoga games. (MH)

Mindfulness Meditation 18 and up
Come learn how to calm both mind and body through the practices of meditation and mindfulness. Increase your concentration and self-awareness in a non-competitive and supportive environment. (MH)

Peace Yoga I and II 18 and up
Combine postures, basic stretches, breath work, meditation, and relaxation to help create harmony between the mind and body. Level I is designed for true beginners while Level II introduces some of the more challenging postures. All levels are welcome on Sunday. (MH)

Body Back Transformation 18 and up
Body Back Transformation is an 8-week result based journey. You will focus on your mind and body improving your overall health and well being. The experience includes high-intensity interval training (HIIT) workouts designed to challenge, empower, and recharge you. (MH)

Stroller Strides: Stroller Fitness 18 and up
Stroller Strides is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Purchase a 10-class pass. (MH)

SPLASHPASS
- Open swim, adult lap swim, and water exercise classes
- Access to 5 outdoor pools during the summer season for open swim, adult lap swim, and outdoor water exercise classes
- Use of track and open gym

FITPASS
- Use of the Ridge Fitness Center
- Land based group exercise classes at ARC, Camelot, Pioneer and Recreation Community Centers
- Use of track and open gym

PLUSPASS
- Includes ALL benefits of annual SPLASHPass AND FITPass

Water Exercise Classes
A great workout without aching and soreness. The buoyancy and resistance of the water allows participants to work hard without the pain. 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 be good swimmers. All water exercise classes will be included in any SplashPass and PlusPass. (LR)

- Shallow Water Exercise
- Deep Water Exercise
- Low Impact Water Exercise
General Information

• Please look closely at your class start time. Class start and end times are staggered to assist with adhering to social distancing guidelines.
• Parents and spectators are allowed to watch swim lessons from the approved viewing areas on deck. Deck seating areas will be sanitized between groups. When possible, please limit the amount of spectators attending to 1 adult.
• Participants will be evaluated on the last day of each session.
• All class equipment will be sanitized between groups.
• There are no make-ups for swim lessons however if you do not feel well, please stay home.
• All participants and spectators will undergo a temperature screening upon entering the aquatic facility, in accordance with current Illinois Department of Public Health Swimming Facility Guidelines.

First Day of Lessons

It is important for parents to attend the first day of the session for swim lessons to find out how the lessons operate and who to speak with if you have questions. On the first day of class, participants find out who their instructor is, who the Lesson Coordinators are, and the general operation of the lesson program for that particular pool/class. Please note: the first day of class may take longer to get started due to swimmer evaluations and level placement.

Which class is right for you?

Due to current guidelines & restrictions, we are only able to offer a limited amount of classes at this time. We offer a variety of swim programs to encourage swimming as a lifelong skill. Swim lessons are provided in a fun learning environment, encourage fitness, and teaches participants how to be safe in and around the water. Staff reserve the right to place participants in the class and level best suited to each person’s individual ability level.

Session 1: Jan 4-Jan 31
Resident Registration: Dec 1, 10am
Non-Resident Registration: Dec 8, 10am

Session 2: Feb 1-Feb 28
Resident Registration: Jan 5, 10am
Non-Resident Registration: Jan 12, 10am
**Water Babies** 6-24 months w/ a parent
Relax, introduce, and enjoy the water with your child through the use of songs, games and activities in our 92-degree Wellness Pool. (LR) Ratio 7:1

**Water Toddlers** 2-4 yrs w/ a parent
Learn basic swimming skills to enhance the time you spend together in our 92-degree Wellness Pool. (LR) Ratio 7:1

**Junior Swim Lessons** 3-6 yrs
Learn to float, kick, jump and be comfortable in the water. Progress through 3 different levels. Instructor to student ratio is 1:3. Children can wear swim goggles. Instructors will wear a face covering when not fully submerged in water. (LR) Ratio 3:1

**Swim Lessons** 5-12 yrs
This abbreviated program encompasses the first 4 levels of swim school (Dunkers, Underwater Explorers, Friendly Floaters & Golden Guppies) to learn the basic mechanics of strokes and general water safety. Levels High Seas & above are not available at this time. Progressive skill learning will challenge your child from level to level, advancing up to being able to swim front crawl and backstroke for 15 yards. The instructor to student ratio is 1:3. Children can wear swim goggles. Instructors will wear a face covering when not fully submerged in water. (LR) Ratio 3:1

**Intermediate Diving Lessons with Windy City Diving** 8-17 yrs
This Level 2 class is for those divers who already know how to do a proper diving hurdle, back press, forward dive with an approach and backward dive without any assistance. Additional USA Diving Membership ($20 annual fee) is also required. (LR)

**Individual Swim Lessons & Technique Training** 11+
Schedule your own 30-minute session with one of our experienced instructors to learn or improve your swimming skills. All skill levels welcome. Sessions can be booked individually to fit your schedule. Questions? Email Lindsey Robertson, Aquatic Manager at 847.590.6059, lrobertson@ahpd.org. (LR)

**Youth Water Polo** 8-14 yrs
Beginner & Intermediate levels available. 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 scrimmage games at the end of the session. (LR)
ATHLETICS

KID SPORTS

Jr. Parent Tot Sports 2-3 yrs
In this class you and your child would participate in fun games and drills to help your tot learn about sports in a fun, safe, and structured environment. (KK)

Jr. Kickers 3-6 yrs
Introduce your child to the basics of soccer. Dribbling, passing, and shooting skills will be covered. (KK)

Jr. All Star Super Sports 3-6 yrs
This fun-filled class teaches little superstars the importance of teamwork and sportsmanship, while sparking an interest in kids to play a variety of sports. (KK)

All Star After School Sports 4-5 yrs
This fun-filled class enriches your preschoolers day by teaching the importance of teamwork and sportsmanship, while sparking an interest in kids to play a variety of sports. (KK)

Jr. Basketball 4-6 yrs
This class introduces your little one to the game of basketball with basic skills such as dribbling, passing, and shooting. (KK)

Jr. Floor Hockey 4-6 yrs
Through individual and team drills, quickly pick up the fundamentals and mechanics of offense, defense and shots on goal. Games are played each class. (KK)

Jr. T-Ball 4-6 yrs
This class introduces your little one to the game of baseball with basic skills such as passing, hitting, and catching. (KK)

Mini Bulls Basketball 5-6 yrs
Kindergartners, come join us on the basketball courts! Our enthusiastic coaches are here to teach you to dribble, pass, shoot, and block, and weekly scrimmages give you the chance to practice your mad skills! (CB)

Floor Hockey Skills 6-8 yrs
Individual and team drills, quickly pick up the fundamentals and mechanics of offense, defense and shots on goal. Games are played each class. (KK)

Basketball Skills 6-8 yrs
In this class we provide the players with basketball specific drills to advance their knowledge and enhance their skills for dribbling, passing, and shooting. (KK)

Beginner Bulls Basketball 1-2 Grade
1st, and 2nd graders, come join us on the basketball courts! Our enthusiastic coaches are here to teach you to dribble, pass, shoot, and block, and weekly scrimmages give you the chance to practice your mad skills! (CB)

Junior Bulls Basketball 3-4 Grade
Our enthusiastic coaches are looking for 3rd and 4th graders, at any experience level, who want to learn new skills or develop existing skills. Weekly scrimmages give you the chance to put them in play! (CB)

SEASON Winter 2021
ACTIVITY CATEGORY Youth Sports
REGISTER ONLINE AT AHPD.ORG

Yourth Sports

Resident Registration opens on December 1 at 10 am

20
VolleyKidz USA 7-10 yrs
VolleyKidz is an introductory class for children 6yrs to 9yrs. The lesson plan introduces the pass, set and spike using a very light volleyball. VolleyKidz will improve each child’s hand/eye coordination and left/right coordination through the use of fun drills and games. Lesson plan also incorporates short educational drills including spelling, math & science. (MH)

VolleyKidz USA Skills and Drills 11-14 yrs
Improve your volleyball skills with 60 minutes of drills in setting, passing, overhand serving and spiking. The lesson plan directs the use of individual training, pairing drills and game situation development that help each student reach a new level. Instructors organize short games at the end of each class. The lesson plan also incorporates leadership and educational components. (MH)

Youth Basketball
Winter Youth basketball is a recreation program for 1st and 2nd grade girls, and 1st – 6th grade boys. Players will register for a specific age group with a predetermined time and location. Group size will not exceed 22 players and will meet for a 1 hour and 15-minute session per week. The same 22 players will practice and play together each week. By using this assigned group approach, we meet the IDPH guidelines and can safely host indoor basketball. Volunteer coaches will be needed for each age group. Each 22 player group will have a full gym at either Camelot, Pioneer, or ARC, and have access to 6 hoops. This program provides the unique opportunity for 3v3, 4v4, or even 5v5 scrimmages. Registration questions? Please email Steve Dietz, Athletic Supervisor, at sdietz@ahpd.org. (SD)

GYMNASTICS
Hot Shot Tots Gymnastics 1-3 yrs
A playful parent/tot class centered around age appropriate movements using specialized tot-sized gymnastics equipment. (KD)

Preschool Gymnastics
Proper body positions and basic tumbling skills are introduced for you newly independent gymnast. Children must be toilet trained to participate. (KD)

Kindergarten Gymnastics 5-6 yrs
With positive reinforcement, children are afforded appropriate challenges, which prepare them physically and mentally for our youth gymnastics classes. These classes are pre-1st grade. (KD)

Youth Gymnastics: Beg/Intermediate 6-13 yrs
Our developmental gymnastics program is divided by gender and into skill levels. The three level program is designed to provide a non-competitive, achievement-oriented program of progressive skills. (KD)

Advanced Gymnastics 9+
The advanced gymnastics classes are geared towards children that have been through the developmental program. Instructor permission required. Registration must be done in-person. (KD)

Tumbling Programs 8-14 yrs
This class features a strong emphasis on tumbling and jumping skills. (KD)
ATHLETICS

MARTIAL ARTS

Traditional Japanese Weaponry 14 and up
Shinkendo and Bojutsu are the beautiful art of Japanese swordsmanship and staff. These martial arts emphasize traditional and effective techniques which lead to both practical ability, and the understanding of classical martial arts. They are steeped in the traditions of the Samurai physical training and the proper Bushido etiquettes and philosophy. Serious students will be challenged both physically and mentally, as they develop an appreciation and understanding of self-discipline and personal presence through these centuries-old traditional martial arts. (KK)

Tae Kwon Do 5-14 yrs
This is a great program for young children. Discipline, respect and physical fitness will be stressed as children learn Tae Kwon Do in a fun, well supervised environment. Stranger avoidance will also be covered. Uniforms are available for purchase separately, but are not required. (NA)

Kid's Karate Club 4-14 yrs
This program is specifically designed for children ages 4-14 years and focuses on safety and protecting oneself. For more information visit www.kidskarate.com (KK)

Shotokan Pre-Karate 4-7 yrs
In our Pre-Karate Safety classes, young children develop flexibility, strength, and coordination in fun, yet disciplined activities. Beginners: No prior experience. Continuers: One or more prior sessions. Intermediate/Advanced: Instructor permission required. (KK)

Shotokan Parent/Child 7+
Parent/Child classes are a great way to spend quality time with your child, while conditioning muscles, developing coordination, and improving cardiovascular fitness. Children ages 7+. Note: fees are per person. (KK)

Shotokan Karate 7 and up
Our youth and adult classes offer a good mix of strength training, with cardiovascular and flexibility exercises, as well as self-defense skills. Classes are broken down by levels. Some levels are combined. (KK)

Ages 7-14 yrs
- White
- Yellow
- Orange
- Green
- Blue
- Purple
- Brown
- Red
- Black

Ages 15 and up
- White – Green
- Purple – Black

Please visit iskc.com for more information on Shotokan Karate or call 847.359.0666

MARTIAL ARTS

SEASON
Winter 2021
ACTIVITY CATEGORY
Martial Arts

REGISTER ONLINE AT AHPD.ORG

Resident Registration opens on December 1 at 10 am
The Park District offers adult leagues at a variety of competitive levels to accommodate players and teams with a range of recreational interests and abilities. All players must be 18 years or older.

Registration
One player registers an entire team, and all fees are due at registration. Register for your preferred level and, if that level is full, register for the wait list. Do not register for the wrong competitive level to get into a league. If you are a player looking to join a team, please contact the league supervisor.

Bracketing and Scheduling:
Once registration closes, we create brackets and season schedules. Final brackets are determined by a variety of factors, including the number of teams registered and past season records.
- Softball games typically begin at 6:30, 7:35, 8:40, and 9:45pm. We try our best to balance time slots equally between all teams in a bracket and are unable to accommodate special scheduling requests.
- Once schedules are finalized, we will email a schedule link, a blank roster/waiver, and season information to captains.

Rosters & Waivers
Your team roster also serves as the individual waiver for all players, and a new roster with all players’ signatures must be submitted before the start of your first game EVERY season. You have until the start of your third game to add players to your roster.

League Information:
For specific information about a league, please visit the league page at ahpd.org or contact the league supervisor:
- Softball: Nick Wirth, nwirth@ahpd.org or 847.506.7132

Adult Men’s 12” Spring Softball Leagues
Register your team for the spring softball season. The spring season consists of 8 games. Leagues are offered Monday-Friday evenings. All games are played at Melas Park. Rainouts will not be made up in the spring season. (NW)
SOCCER

ARLINGTON ACES
Pre-K, Junior Aces, House League, and Aces Travel

One of the Park District’s most popular sports, Aces Soccer attracts thousands of players each year. With programs, leagues, and a wide variety of training for players in preschool through high school, the Aces Soccer Club provides a proven framework for players to develop critical individual skills and learn the importance of teamwork through innovative practice and games.

PROGRESSION CHART
The Arlington Aces Soccer Program encompasses 4 different areas to fit your child’s various needs/goals.

- **Ongoing Technical Skills Development**
- **Clinics - 1 to 2 Day Sessions**
- **Camps - Week Long Sessions**

**HOUSE LEAGUE**
5-14 years
Volunteer parent coached recreational league emphasizing basic soccer skills, fun and sporting behavior. Teams are formed around local community centers and schools that players attend.

**ACES TRAVEL LEAGUE**
7-19 years
Professionally coached teams focusing on match preparation, technical skills, mental, physical and psychological player development in a competitive nature.

**PRE-K**
3-5 years
Professionally taught classes introducing basic motor skills, passing, shooting and dribbling through fun games and activities.

**JUNIOR ACES**
5-10 years
For players looking to further their competitive soccer skills. Players are coached and trained by professionally licensed coaching staff. Emphasizes technique training to strengthen individual ball skills, decision-making and creativity.

Resident Registration opens on December 1 at 10 am
Arlington Aces Coed House Soccer League

Aces House Soccer is a recreational league for player’s grades K-8. Boys and girls will play in coed divisions from Kindergarten through 8th grade. Players will be placed on teams based on combinations of grade levels. Practice locations, days, and times are static and will depend on what level registered. Groups will be formed for practices and scrimmages will be played only with the group assigned. You will receive your practice and scrimmage schedule from a Park district advisor.

Registration questions? Email Steve Dietz, Athletic Supervisor, sdietz@ahpd.org. (SD)

Junior Aces 4-9 yrs

The Junior Aces program designed for players looking to further soccer skills in a competitive environment. Players are coached and trained by our professionally licensed coaching staff, and games are played internally between registered players. (SD)

Aces Pre-K 3 yrs, 4-5 yrs

Professionally licensed coaches lead fun filled and age appropriate games and activities designed to develop important soccer skills and increase enjoyment of the game. For more information, please contact Chip Lemberg at chip@ahaces.com (SD)
Our dance programs offer a diverse and skill-building curriculum of professional, educational and fun classes for all ages. Dance instructors are trained professionals looking to give each participant a great class experience and foster their love of dance while developing poise and self-confidence. Our mission is to advocate artistic excellence through creativity self-expression. Learn more at ahpd.org/expressions

Winter 2021 Dance Session
Jan. 2-May 14 (18 weeks)
• No class 3/22-27 (Makeup classes held)
• Priority registration: Nov. 3-17
• Resident registration: Dec. 1
• Non-Resident registration: Dec. 8
• Dance registration closes Feb. 1
If needed, dance classes will move to be held virtually during the session. Full class scheduled available online: ahpd.org/dance

Winter 2021 Dance Fees
30 minute classes: $158/$188
45 minute classes: $172/$202
60 minute classes: $190/$226

Recital 2021
Following current state & local guidelines in Phase 4, large gatherings and performances, similar to our traditional dance recital, are not allowed. We hope to have dance routines recorded the last week of classes with a digital download available for families. If it is safe, we will invite minimal family to a gym performance and/or explore an option for an outdoor performance. Based on survey results, we have opted to provide a costume accessory this year instead of a full dance costume with basic, pre-owned dancewear worn to avoid unused costumes and fees. Costume Accessory Fee of $20 is non-refundable after Feb. 1.

Tots in Motion w/ Parent 2.5-3.5 yrs
Parents will help introduce their child to the world of dance by participating alongside your child! Development and control of gross motor skills, following directions and taking turns are stressed. Please only one parent/caregiver per dancer. (KD)

Storytime Ballet 3-5 yrs
Join in the fun of ballet and the moving story of dance! Each class will include a story and ballet lesson. (KD)

Ballet & Tap I-III 3-6 yrs
Dancers will be introduced to ballet and tap dance and will have the opportunity to practice both disciplines each week. (KD)

Hip Hop Tots 3-5 yrs
Preschoolers will learn basic jazz hip hop moves to popular songs. (KD)

Mini Jazz Hip Hop 5-6 yrs
Dancers will learn basic jazz hip hop moves to popular songs. (KD)

Jazz & Tumble 3-5 yrs
Explore the fun of jazz dance and simple tumbling exercises for preschool children. Both activities will be included each week. (KD)

Resident Registration opens on December 1 at 10 am
Ballet I-III 6-13 yrs
Dancers will develop basic ballet technique, positions and terminology. Levels I & II are for beginner ballet dancers. Level III students should have 1-2 years of experience in ballet. (KD)

Elite Ballet I-III 12-18 yrs
Elite Ballet is designed for the more serious dancer to develop more advanced ballet technique and skills. All dancers must have permission to enroll. New dancers should contact the administration center for more details and a placement evaluation. (KD)

Teen Ballet 12-18 yrs
Teen Ballet is designed for the recreational dancer to develop ballet technique, positions and terminology! (KD)

Pointe Prep I-II 11-18 yrs
This class focuses on building the muscles and specific technique necessary to begin training for pointe. Students must also be enrolled and attend an additional ballet class. Students should expect to participate in 1-4 sessions of Pointe Prep before being considered for Pointe. Level II is by permission only. (KD)

Pointe I-II 13-18 yrs
Pointe Ballet focuses on technique and is for the advanced ballet dancer. Only pointe technique is covered in this class. Students must also be enrolled in an advanced ballet class. Must have permission to enroll. (KD)

Jazz I-V 6-18 yrs
Through unique choreography, dancers build upon ballet movement with energetic and fun leaps and quick turns. Dancers will fine tune their jazz skills while working on coordination, flexibility and strength. Levels I & II are for beginner jazz dancers. Level III students require one year of jazz experience. Must have permission to enroll in levels IV, V. (KD)

Lyrical I-VI 8-18 yrs
Lyrical is a combination of ballet and contemporary dance styles and technique that focuses on a connection with the music to tell a story. Work towards having choreography and expression that bring emotion and story to movement. Must have permission to enroll in levels IV, V & VI. (KD)

Contemporary I-III 8-18 yrs
Turns, leaps, dancing with emotion, and a range of dance techniques and styles will be used in this fun fusion of contemporary and lyrical class. Choreography will allow students to push the boundaries of the conventions of dance and promote the use of natural posture and alignment of the body while having fun! Must have permission to enroll in Level III. (KD)

Boys Hip Hop 6-18 yrs
Have fun working on hip hop freestyle and funky choreography! This relaxed class allows boys to pop and lock towards a stronger confidence with an emphasis on attitude, stage presence, and musicality. Individuality, strength and stamina are encouraged in a fun way. (KD)

Self expression starts here!
Jazz Hip Hop I-IV 6-18 yrs
A fusion of jazz and hip hop dance styles are set to contemporary music for a fun class! Dancers pop and lock in freestyle and funky choreography building confidence, stage presence, and musicality. Individuality, strength and stamina are encouraged. Must have permission to enroll in level IV. (KD)

Jazz Hip Hop Performance 9-13 yrs
A fusion of jazz and hip hop dance styles are set to contemporary music for a fun class! Dancers strengthen technique and works towards performance routines. Performances for family and friends take place in class, and optional performance opportunities will be scheduled throughout the session. (KD)

Contemporary Hip Hop I-II 6-18 yrs
Dancers will experience the fun of contemporary lyrical and pop and lock hip hop dance techniques. Choreography and dance phrasing with a variety of dynamics and rhythms will incorporate street and funk in a high-energy way! Don’t miss the chance to explore this dance style that has become so popular on film and tv. (KD)

Tap I-III 6-18 yrs
Join the percussive and expressive tap revival and enjoy the rhythm of this iconic dance form! Dancers work towards establishing a solid tap vocabulary, skills, timing and musicality. This class offers a fun blend of classic Broadway tap, film tap and freestyle rhythm tapping. (KD)

Musical Theatre 7-17 yrs
Learn theatrical dance from popular Broadway hits! Students will explore classic jazz movement, musical theatre style and facial expressions that are perfect for the stage. Dancers have fun while working on choreography that is high-energy and integral to the plot of a show. (KD)

Acro I-II 9-15 yrs
Dancers can challenge their flexibility in this blend of acrobatic skills and dance choreography. Strength, flexibility, and balance are highlighted with tumbling and carefully controlled contortions. Dancers work to increase flexibility through safe stretching practices and strength conditioning. (KD)
Poms I-II  5-12 yrs  Combine strong dance execution skills with energy and enthusiasm! Dancers work towards improving flexibility and endurance with fun pom and dance-line routines to popular music. Develop arm strength, kick-line technique, and intricate choreography that includes jumps, leaps and turns. (KD)

Flexibility, Jumps and Turns  9-18 yrs  Dancers improve technique and flexibility with intermediate/advanced jump and turn combinations found in different disciplines of dance. Move beyond typical dance training to focus on personal growth and development in specific skills. Strength, balance and flexibility conditioning are all a part of this fun workout. (KD)

Hip Pop and Holiday Hip Hop Kids  6-9 yrs  Hey kids! Have fun learning some dance steps. You don’t need any previous experience and will be introduced to the basics and some cool steps. Learn a routine and perform it the last week of class. Parents are welcome to come five minutes before the end of the last week’s class to see the performance! (KD)

Salsa and Tango Dance  16 and up  Discover the wonderful world of ballroom and Latin dancing in this introductory or refresher session. Improve your skills, learn new steps and how to lead & follow. You will have fun dancing the Salsa and Tango with just a few hours of enjoyable instruction. Couples are recommended. Couples will not rotate partners. Singles are not guaranteed a partner. (KD)

Wedding/Social Dance  16 and up  This is the perfect class for anyone with any type of upcoming social engagement (weddings, birthdays, and other parties). From backyard barbecue bash to black tie formal events, this class will get you dancing to many types of music, such as live Rock Band, Top 40 Dance, Latin, Big Band, or music for a Waltz! Couples are recommended. Couples will not rotate partners. Singles are not guaranteed a partner. (KD)
Our Drama classes help students develop self-confidence and the ability to express themselves to an audience. Our mission is to advocate artistic excellence through creativity and self-expression. Our drama instructors are professional educators and actors. Learn more at ahpd.org/theatre

Show Choir
For Tots 3-5 yrs
Students have the opportunity to sing and dance to some of their favorite songs! A small performance for parents will take place during the last class of the session. (KD)

Acting for Tots 4-6 yrs
Little actors and actresses will use their imagination to explore the world of theatre! Students will learn through fun acting games, high-energy movement exercises, and silly vocal techniques. (KD)

Scenes from...‘Cinderella’ 6-15 yrs
Join in the fun and explore the world of musical theatre! Participants will have a chance to perform songs from a show, focusing on acting, singing and movement. Young actors dive into characterization, reading scenes, improvisation, vocal technique and body awareness. (KD)

Show Choir 6-12 yrs
Students have the opportunity to sing and dance to some of their favorite songs! There will be solo opportunities for interested participants. A small performance for parents will take place during the last class of the session. (KD)

Write A Play 7-14 yrs
Have fun discovering characters, settings and stories using your imagination! Exercises in improv and writing help participants collaborate to create characters and scenarios that will develop into a showcase on the final day. (KD)
Private Music Lessons
Piano, Voice, Drum and Violin
Private music lessons and coaching are available for ages 7 to Adult. Lessons are once a week for 30 minutes. Learn more at ahpd.org /music
Contact Cultural Arts Supervisor Kyle Donahue for more information and to schedule lessons: KDonahue@ahpd.org.

Acting for Kids 7-15 yrs
Have fun in this beginning acting class! Aspiring actors learn skills that build a solid presence and confidence on stage through vocal and movement exercises, improvisation and character development. Activities are geared toward each individual actor, challenging them in a fun and meaningful way. (KD)

Improv Fun and Games! 7-15 yrs
Think quick and play great theatre and improv games! All experience levels are welcome. Improvisational acting techniques, theatre exercises, races and games will keep everyone thinking and laughing the entire class. (KD)

Youth Choir: Disney Tunes 6-12 yrs
Sing some of your favorite holiday songs! There will be opportunities to sing solos for interested participants. A performance for family and friends takes place during the last class. (KD)

SEASON
Winter 2021
ACTIVITY
Theater Programs
REGISTER ONLINE AT AHPD.ORG
EXPRESSSIONS PERFORMING ARTS ACADEMY

Self expression starts here!
The Arts program, for all ages, are designed to encourage creativity and self-expression. We strive for a class atmosphere that is friendly, fun and educational. Our instructors are professional educators with a passion for teaching.

All class locations are furnished with all the equipment necessary for a complete fine arts program including kilns, potters wheels, tables, standing easels and brushes.

The Park District is not responsible for damaged clothing or property so please send your children to class with appropriate clothing for participating in art classes. There is a $12 supply cost for all refunds, including requests received one week prior to class. No refunds will be issued after the 2nd class. Full class schedule available at ahpd.org/art

Crafty Tots w/Parent  1.5-3 yrs
This is a fun and crafty art class designed just for toddlers and their parent/caregiver. With some help and guidance as needed from their special someone, little artists will get messy as they work to create little works of art each week. (KD)

ABC Art  2-4 yrs
ABC Art is a great way for children to learn the alphabet while creating their own masterpieces. Each week introduces one new letter, then an art project associated with that letter, and ends with a story and game featuring the day’s letter. This is a parent-tot class. (KD)

Awesome Afternoon Art  3-6 yrs
Chase away the Wednesday and Thursday afternoon blues by spending some fun time creating art at Pioneer Park! Join for paint splattering, balloon wrapping, and paper bag popping fun! Silly surprises and artful adventures await us all! (KD)

Preschool Clayworks  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. (KD)

I Spy A Snowflake  3-6 yrs
Make it a crafty winter by joining Mrs. Droske as we make sparkling snowflakes, penguin puppets, and merry mittens. Create snowy scenes and birdfeeders for our fine feathered friends. A special valentine craft will warm our hearts in February! (KD)

Out Of This World Space Crafts  3-6 yrs
Come and explore the universe with Mrs. Droske! We’ll blast off with some crafty fun as we make stars and planets, spaceships and astronauts. A dazzling comet and a friendly alien will be made as we orbit through class. (KD)
Legos Here, There, Everywhere 3-6 yrs
Legos aren’t just for building. In this class we will use Legos to stamp, paint, and glue. Mrs. Droske will turn our Lego inspired imagination to make magnets, picture frames, pencil holders, and more! Legos will be our main art tool. (KD)

Barbie And Me 3-6 yrs
Join Mrs. Droske in this art class where 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. (KD)

Amazing Animal Art! 5-12 yrs
Explore the amazing animal kingdom while learning to draw and paint some of your favorite animal friends. This class will have both step by step assignments and individual assignments. Join us on an amazing safari around the world with animals. (KD)

Clayworks: Pinch, Coil & Slab 5-12 yrs
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. (KD)

Art Club 5-12 yrs
Here’s a club just for you! We’ll make crafts, paintings, drawings and work with clay. Club members vote on projects they want to do; therefore club members get to do projects that interest them. In each class, we’ll make one project and discuss ideas for the following week. (KD)

Painting with Acrylics 7-13 yrs
Students paint only on canvas board with acrylic paints. Projects include still life, floral and landscapes. Students complete one to two paintings per session. This class is open to beginners, intermediate or advanced level students interested in developing their painting talents. (KD)

Drawing 101 7-13 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. (KD)

Messy 3D Parent and Me 7-14 yrs
Explore the creative world of messy 3D with your child. Parents like to get messy too! In this class you’ll learn different techniques with step-by-step projects. Parent and child can work on projects together or create their own one-of-a-kind masterpieces. Kids will enjoy making all those fun but messy art projects they can’t do at home. Messy 3D projects include clay, plaster and much more! (KD)

Art Studio: Teens & Adults 13 and up
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. Studio time is for those with an understanding of basic skills. (KD)

Self expression starts here!
GRAB YOUR CLUBS AND PLAY A ROUND WITH US.
Situated in the heart of the Northwest Suburbs, we offer a fun and friendly welcome to visitors seeking a recreational or instructional golf experience at fantastic rates. The Arlington Heights Park District golf experience has been professionally designed and is acclaimed as one of the best among municipal golf courses.

THREE GREAT OPTIONS:

- **Arlington Lakes Golf Club**
  1211 S. New Wilke Rd.
  Arlington Heights, IL 60005
  847.577.3030 | ahpd.org /golf

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

- **Sunset Meadows Driving Range**
  700 S. Dwyer Rd.
  Arlington Heights IL 60005
  ahpd.org /golf | 847.577.3965

FEATURES
- 3, 6, 9, 18-hole options
- 25 Bay driving range
- PGA Professionals offering group and private lessons
- Banquets and rentals
- Special tournaments and outings
- Daily deals at ahpd.org /algc
- Gift cards available for all occasions

Resident Registration opens on December 1 at 10 am.
ARLINGTON LAKES GOLF CLUB

The Arlington Lakes Golf Course has been helping golfers of all levels develop their love of golf since 1979. Our 18-hole, 90-acres course underwent an extensive renovation in 2016 and there’s never been a better time to discover your drive or awaken your waggle.

MAKE US YOUR HOME COURSE THIS YEAR

We sell all different types of season passes and multiple play pass cards that can fit your budget and provide unsurpassed golf value right in your own back yard. Visit our website under rates for more info or stop by the algc pro shop today!

KEY FEATURES:
- 18-hole Championship Course
- PGA Professionals offering group and private lessons
- Permanent reserved weekend starting times
- Variety of league options
- Special tournaments and outings
- Snack bar serves sandwiches, beer and soft drinks
- Golf Lessons Available
- Banquet Room(s)
- Play Cards
- 3 & 6 Hole Options
- Special Events
- Leagues
- ProShop

2020 Season Rates*

<table>
<thead>
<tr>
<th>WEEKDAYS</th>
<th>9 Holes</th>
<th>18 Holes</th>
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<tr>
<td>Regular (Non-Resident)</td>
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<tr>
<td>Adult</td>
<td>$22</td>
<td>$36</td>
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<tr>
<td>Senior (60)**</td>
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<td>$29</td>
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<tr>
<td>Twilight</td>
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<td>$21</td>
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<tr>
<td>Resident (with ID)</td>
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<tr>
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**Senior and Junior rates apply weekdays, M-F, before 3pm

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<tr>
<td>Early Bird*</td>
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<td>$26</td>
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*Early Bird rates apply 6-7 am off Back 9 only.
**Twilight rates are valid after 3pm April, September and October. Valid after 4pm May through August.

<table>
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<th>CAR AND CART RENTALS</th>
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<tr>
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<td>3 Holes</td>
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<tr>
<td>6 Holes</td>
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</table>

*Some restrictions apply when times available.

*2021 Rates will be available in the Spring program guide.
Nickol Knoll was built in the mid 90’s and was immediately mentioned among the best par 3 courses in all of Chicagoland. Large bent grass tees and greens give this fun layout a big course feel. Several shots from elevated tees provide a beautiful view of the area.

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

**TEN-ROUND PUNCH CARD**
Available where you can save $10-20!

**COURSE HOURS**
7am-Dusk May-September
8am-Dusk April and October
Open Weather permitting in November.

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

**2020 Season Rates***

<table>
<thead>
<tr>
<th></th>
<th>Weekdays</th>
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<tr>
<td>Juniors (17 &amp; under)</td>
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<tr>
<td>Senior (60)**</td>
<td>$11</td>
<td>N/A</td>
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<tr>
<td>Gas Cars (9 holes)</td>
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<td>$8</td>
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<tr>
<td>Pull Carts</td>
<td>$4</td>
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</table>

**RANGE HOURS**
Vary - please call 847.577.3032 or see ahpd.org based on weather and time of year.
Most winter instruction is given at the Buffalo Grove Dome. Please see online for detailed information.

**Juniors Intro to Golf** 6-12 yrs
If your child has not taken lessons before and is interested in learning the game of a lifetime... this program is for them! Our staff of PGA Professionals make learning the game simple and fun while doing it in a safe environment. The basics of the grip, set-up, swing, etiquette and putting techniques are all discussed. There are contests as well for added fun for some neat prizes. Five 60-minute classes. A FREE round of golf at Nickol Knoll Golf Club is included in class. Class limit is 8 students. (TG)

**Junior Next Step Group Lessons** 8-12 yrs
This program is a great option for your child if they have had some instruction already and feel comfortable with being out on the course. More individualized attention is given to each student as needed. Fun weekly contests and giveaways. This program is taught by our staff of PGA Professionals and meets for one hour for four weeks. (TG)

**Adult Get Ready to Play Beginner Golf Lessons** 16 and up
Learn the game of golf in a fun, no stress learning environment from the PGA Professionals at the Arlington Heights Park District. Simple instruction with proven results is what you will discover when you register for this five week program. The fundamentals of the grip set up, full swing, chipping and putting are all discussed. Real on-course instruction is also included as well as 1 free round at Nickol Knoll Golf course. (TG)

**Advanced Adult Golf Lessons** 18 and up
Advanced golfers who want to continue taking lessons to improve your tee shots, putting technique, the short game and use of fairway woods and irons. Some on course instruction also included. (TG)
HERITAGE TENNIS CLUB (HTC)
7 W College Drive, AH 60004
847.398.7780
OPERATING HOURS
Monday - Thursday  8:30am-10pm
Friday 7:30am-8pm
Saturday  7:30am-8pm
Sunday  7:30am-6pm

FOREST VIEW RACQUET AND FITNESS CLUB (FV)
800 East Falcon Drive, AH 60005
847.640.2574
OPERATING HOURS
Monday - Friday  6:30am - 10:00 pm
Saturday  7:00 am - 10:00 pm
Sunday  7:00 am - 8:00 pm

FV FITNESS
• Barbell Strength Training
• Group Training Sessions
• Individual Training
• Tae Kwon Do

PLAY
• House Leagues at HTC
• Junior Walk-on Play
• Open Court Time
• Permanent Court Time
• Pickleball at HTC
• Racquetball at FV
• Travel Leagues
• USTA Travel Leagues

LEARN
• Lessons
• Drills
• Private Instruction
• Junior Match Play

TENNIS COURT FEES
Early Bird $20
Non-Prime Time $25
Prime Time $32
Junior Guest Fee $3
Adult Guest Fee $12

Register now! Winter session begins January 25
QuickStart Tennis Lessons 5-9 yrs
Tennis lessons designed for children 10 & under using balls, courts, and racquets sized to the age and ability of the student. The age appropriate equipment enables students to develop sound technical and tactical skills in a child centric environment. Agility, balance, and control skills are emphasized in this class. (NA)

Advanced Quickstart Tennis Lessons 5-9 yrs
A continuation of the Quickstart Program appropriate for children who have taken the introductory Quickstart lessons and are proficient in fundamental rally skills. (NA)

Junior Academy 7-10 yrs
This class is a bridge from Advanced QuickStart to our Forest View Academy program. Membership and pro approval are required. Please contact Joanna Carl to arrange an evaluation or with any other questions regarding this class. (NA)

Adult Restart Tennis 18 and up
A great refresher course for players wanting to make a comeback to tennis. Come on in for your tune-up. If your racquet is in the vintage category feel free to use one of our demos. (NA)

Adult Drill & Play Novice 18 and up
If you’ve never played tennis, or haven’t played in awhile, this class is for you. Brush up on your strokes and strategy in a play oriented atmosphere. (NA)

Adult Drill & Play Intermediate 18 and up
Stroke and skill development at a faster pace for players with appropriate tennis experience. Feel free to contact staff for proper class fit. (NA)

Adult Drill & Play - Advanced 18 and up
Stroke refinement and advanced strategy to match the skill set of the intermediate to advanced player. Feel free to contact staff for proper class fit. (NA)

THE PERFECT MATCH FOR YOU!
IT’S NOT JUST A TAGLINE, IT’S WHAT WE DO! At Forest View Racquet & Tennis Club, we believe that the right fit results in the best experience. WE WANT YOU TO LOVE TENNIS! We offer more options than there is listed in the brochure! Call us and we will do our best to find your sweet spot!
Red Ball I 4-6yrs
Students will develop basic fundamentals on hand eye coordination, balance and agility. Classes are designed with FUN racquet skill games. (DT)

Tennis Red Ball II 6-8yrs
After passing level 1, curriculum will be focused on proper techniques for ground strokes, volleys and serves. (DT)

Orange Ball I 7-9 yrs
Players will use the low compression orange ball and be introduced to cooperative rally play. (DT)

Orange Ball II 8-10 yrs
Players will implement advanced techniques and tactics. They will learn to rally and point play with a low compression orange ball. (DT)

Green Ball 8-10 yrs
Introducing more live ball drills, point play, and rally skills. Advanced technique and playing strategy will be implemented as they develop to a larger court size (60-78ft). (DT)

Junior Tennis Beginner 11-16 yrs
This class introduces new players to a fun fast way to learn the game. Structure will be basic strokes, rules and developing match play. (DT)

Junior Tennis Advanced Beginner 11-16 yrs
Players must have gone through a session before joining this class. Curriculum will be more advanced fundamentals of stroke and rally play. Students will be introduced to and practice the rules of tennis. (DT)

Junior Tennis Intermediate Drill & Match Play 11-14 yrs
Players will receive advanced teaching and strategy with new themes and fundamentals every week. (DT)

High School Tennis Drill & Match Play 14-18 yrs
Players who are playing tournaments, trying out or are on the Varsity High School Team are welcome. (DT)
Adult Tennis Beginner 18 and up
This class is a great way for new players that will learn the mechanics of the basic strokes, scoring, and tennis etiquette. (DT)

Adult Tennis Advanced Beginner 18 and up
For adults looking to learn fundamentals, live ball drills and match play. New themes every week to teach you all the shots in tennis. (DT)

Adult Tennis Intermediate Drill 18 and up
Situational drills challenge more competitive players and focus on stroke development. Playing time included in every class. (DT)

Tennis Guidelines
Court Reservations / Court Usage / Common Areas
• Reservations must be called in. Payment will be charged to member card on file.
• All players must be checked in with accurate contact information to support contact tracing efforts.
• Arrive as close as possible to when you need to be here.
• Players must wear face coverings in the lounge area.
• Arrive ready to play, locker rooms may have limited access.
• Use hand sanitizer before going on court
• Bring a full water bottle, drinking fountains will be shut off.
• Bring your own towel, towel service has been suspended. Showers are not available at this time.
• Bring your own racquet, demos and loaners will not be available until further notice.
• Avoid touching tennis nets, divider nets and back drops on court.
• Do not open divider nets or exterior court doors – STAFF CONTACT ONLY.
• Try to stay at least six feet apart from other players, do not shake hands or high five your opponent.
• Use racquet/foot to push tennis balls back and or hit them to opponent to avoid using hands and touching tennis balls.
• Plan to leave the facility immediately after play. Lobby areas are closed.
• Regrip your racquet often.
• Ball machine rentals will not be available until further notice.
2021 Operating Season
Visit www.ahpd.org for the current dates and hours of operation.

Amenities
• Two mile bike/walk path
• Sailing lessons (youth, adult, family)
• Washrooms (inside and outside)
• Lake view deck
• Fishing (catch and release only)

Fitness
• Outdoor exercise area
• Improved wayfinding/interpretive signs
• Multi-use pathway for wheeled and non-wheeled users

Fun
• New playground equipment
• Boardwalk connects to boating dock
• New fishing pier
• Natural plantings
• A sensory garden and decorative fountain
• Multi-generational area with picnic shelter and game tables

Good Neighbors
Lake Arlington is situated in close proximity to several subdivisions. The Park District asks that you use courtesy and consideration when using the lake and surrounding property. Please be a good neighbor.

Posted Rules
Specific rules and regulations regarding the use of Lake Arlington are posted at various locations throughout the lake site. Everyone using the site is expected to know the rules and follow them. Fishing at Lake Arlington is regulated by all Illinois Department of Conservation rules and regulations. Fishing licenses are required for 16-65 year olds. The Park district has stocked the lake with bass, bluegill, catfish and northern fingerlings. A catch and release program is in effect for the fishing season. Only carp and gizzard shad may be taken from the Lake.
Discover
A Collection of the Past; Preserved for the Future
The Historical Museum is a cooperative effort between the Arlington Heights Historical Society, Village of Arlington Heights, and the Arlington Heights Park District. It is a two-acre, five-building complex that tells the story of Suburban America through the lens of Arlington Heights. Contact the museum for hours and tour information at 847-255-1225.

Join
The not-for-profit Arlington Heights Historical Society collects artifacts and materials relating to the suburban historical experience of Arlington Heights. It supports the Historical Museum through community events, volunteerism, and fundraising. Become a member of the Historical Society and receive discounts on Museum Programming, advanced notice of upcoming events, and much more! Find out more at ahmuseum.org

Membership includes:
• Subscription to the Dunton Post- the Historical Society’s newsletter with updates about upcoming activities and events!
• Free admission to scheduled guided tours of Museum.
• Reduced admission to Museum special events and programming.
• 10% off all Museum Gift Shop purchases.
• 25% off room rental fee (subject to availability)

Engage
Digital School and Scout Programs - NEW!
Teachers, scout leaders, and homeschool groups, are you looking for a fun and educational trip for your students or scouts this year? Contact us for a range of programs that meet state school standards, and badge standards for Scouts.

Keep up to date with museum programs at www.ahmuseum.org.

Save the Date
Team Trivia
February 7

White Glove Tour
This tour will give you a behind the scenes look at some of the 50,000 artifacts that the Arlington Heights Historical Museum has in their collections. Artifacts are the core of any museum and this tour will immerse you into the Museum’s archives. Join the Museum’s own Curator, as we don our white gloves and get up close and personal with the collection both in the 1880’s Muller House as well as the collection storage areas, usually closed to the public. Registration information available online.
The Arlington Heights Park District offers a wide variety of affordable leisure and recreational activities including fitness & wellness programming, art and quilting classes, card games and more. Whether you are full-retired, semi retired, or still working, the Park District Active Adult Program at the Senior Center has something for everyone.

Please call 847.797.5341 or go online to ahpd.org/programs/seniors-50-plus for a full list of Winter Programs.

Arlington Classic Tour Club
Staff is monitoring best practices for tours as well as destinations and restaurants accepting group tours. For up to date information on the Tour Club, please contact 847-797-5341 or check online.

Wood Shop
The Arlington Heights Park District Wood Shop is open for registered programs. Check in for up to date information and class times online or by calling 847-797-5341.

Inclement Weather
In the case of inclement winter weather, please call the Park District Office/Gift Store’s Inclement Weather Hotline at 847-797-5348 for the status of classes, AAC reserved times, Tour Club and Wood Shop programs.

Class Information
Contact the Park District Office/Gift Store for information on current classes and new programs. Classes scheduled to be offered include quilting, art programming, Tai Chi, Zumba, yoga, group exercise, Bridge, and more!

Special Note:
Keep up to date with Senior Center guidelines online or by calling ahead.
Ice Skating & Hockey
The Park District provides unsupervised ice skating and ice hockey rinks throughout Arlington Heights. Winter 2021 Ice Skating & Ice Hockey Locations are:
• Camelot Park
• Frontier Park
• Heritage Park
• Hickory Meadows
• Pioneer Park
• Recreation Park
For the most up to date locations and if skating is available, please visit ahpd.org.

Sledding
Unsupervised sled hills are located at four locations. Use of plastic sleds and tubes are allowed on the sled hills. Snowboards or sleds with wood or steel are prohibited. Sledding at all sites is at your own risk. Heritage Park features an open sledding area and the hills is lighted. Green Slopes and Sunset Meadows Parks feature large open areas with lighted hills. Nickol Knoll sledding is allowed only in the designated area on the east side of the park near the ball diamond. Please look for the sign marking proper location.

Inclement Weather Policy
Stay up to date on program & class cancellations as well as facility closures due to inclement weather by checking ahpd.org and following the Park District on social media. Decisions to run or cancel programs scheduled in the afternoon and evening will be made throughout the day as weather conditions change.
MARK YOUR CALENDAR

Be Prepared

PLAN YOUR PROGRAM PICKS:
• View the Winter 2021 offerings online at WWW.AHPD.ORG
• Be sure you know which programs you are going to register for and add them to your Wish List.
• Ensure that children and/or you meet age and/or pre-requisite requirements of a program.

PREPARE YOUR ONLINE PROFILE:
• Know your Account Login information. If you forgot your password, complete the “Forgot your password?” to retrieve it.
• Review and, if needed, update your household members/participant information.
• Review that your credit card information is correct. Update if necessary.
• If you DO NOT have an account for the NEW ActiveNet System, please follow the instructions on our website at: www.ahpd.org/prepare-for-registration

TIME SAVER! Check your household online registration profile, in advance, to ensure you are ready to register with ease come December 1!
# PLAN YOUR WINTER FUN:

**Participant Name:**

<table>
<thead>
<tr>
<th>Month</th>
<th>Activities</th>
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</thead>
<tbody>
<tr>
<td>January</td>
<td></td>
</tr>
<tr>
<td>February</td>
<td></td>
</tr>
<tr>
<td>March</td>
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SLEDDING AND TUBING

• Heritage Park
• Green Slopes
• Sunset Meadows Parks
• Nickol Knoll

Visit ahpd.org for sled hill amenities and list of allowed sleds.

TWO LOCAL TENNIS CHOICES

• USPTA and PTR Certified Tennis professional on staff
• Over 3,000 participants in group lessons annually
• Private lessons
• Programs for competitive Junior players
• CDTA Tournament sites
• USTA 10 and under tennis programs
• In-House and Travel leagues
• Permanent court time available
• Personal Training at Forest View

Tennis registration begins January 4
Vibe Dance Company is for dancers who have a passion to learn, to dance well and to work hard. Students prepare for competitions during their company classes, develop their skills in technique classes, and learn the foundation of all dance in their ballet class. Auditions take place annually.

Learn more at ahpd.org/programs/vibe/

JUST KEEP SWIMMIN’

Swim all winter long with swim classes at ARC.

- Water Babies
- Water Toddlers
- Junior Swim Lessons
- Swim Lessons
- Diving Lessons
- Swim Lessons
- Youth Water Polo

See pages 18-19 for more information.
Resident Registration begins December 1

Non-Resident Registration begins December 8

WWW.AHPD.ORG

Impacting play since 1925.

FIND SOME
WINTER FUN

with the AHPD