Resident Registration begins August 25
Non-Resident Registration begins September 1
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.
FROM THE PRESIDENT

PRESERVING THE PAST. SAVORING THE PRESENT. PROTECTING OUR FUTURE.

Since 1925, the Arlington Heights Park District has faced and conquered many challenges that are remarkably similar to those created by the pandemic of 2020. Health issues, financial downturns, social equity concerns. We’ve beat them all by focusing on our mission, and pivoting when needed to continue to provide accessible and affordable fun, fitness and service during both the good and bad times. For example, during the stay-at-home order in the spring and summertime, our programming included digital download programs, low-cost virtual activities, website-based DIY activities, a virtual Arbor Day ceremony, a virtual 5K run, and more.

As for tomorrow, all I can say is we’ll be here for YOU, doing what we’ve done for nearly a century – we will rise to meet new challenges and continue enhancing the lives of the residents of Arlington Heights. We look forward to seeing you and your families in the parks or enjoying one of our many program opportunities.

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
August 25 at 10 am

Non-Resident Registration
Sept 1 at 10 am
This program guide is different in size, delivery method, and most notably in how it presents information about our fall 2020 recreational program offerings. **Our number one priority is YOU.** This is the best way forward 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 new “MINI” Fall 2020 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
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 Fall
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

Resident Registration opens on August 25 at 10 am
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.

We are here to help you!

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Website</td>
<td><a href="http://www.ahpd.org">www.ahpd.org</a></td>
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<tr>
<td>General Questions</td>
<td><a href="mailto:comments@ahpd.org">comments@ahpd.org</a></td>
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<td>Administration Center</td>
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<td>Registration Questions</td>
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<td>Board Members</td>
<td>847.577.3007</td>
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<tr>
<td>Comments Hotline</td>
<td>847.577.3003 Ext 2</td>
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<td>Athletic Weather Hotline</td>
<td>847.577.3003 Ext 5700</td>
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<td>Softball Weather Hotline</td>
<td>847.577.3003 Ext 6</td>
</tr>
<tr>
<td>Outdoor Tennis Inclement Weather Hotline</td>
<td>847.574.2233</td>
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Important Dates
Resident Registration
August 25 at 10 am
Non-Resident Registration
Sept 1 at 10 am
### Executive Director’s Office

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
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<tbody>
<tr>
<td>Executive Director</td>
<td>Carrie Fullerton</td>
<td><a href="mailto:cfullerton@ahpd.org">cfullerton@ahpd.org</a></td>
</tr>
<tr>
<td>Supt. of Marketing &amp; Communications</td>
<td>Anita M. Pacheco</td>
<td><a href="mailto:apacheco@ahpd.org">apacheco@ahpd.org</a></td>
</tr>
<tr>
<td>Web Content Specialist</td>
<td>Anthony Meneghini</td>
<td><a href="mailto:ameneghini@ahpd.org">ameneghini@ahpd.org</a></td>
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### Department of Finance and Personnel

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Finance and Personnel</td>
<td>Jason Myers</td>
<td><a href="mailto:jmyers@ahpd.org">jmyers@ahpd.org</a></td>
</tr>
<tr>
<td>Superintendent of Human Resources</td>
<td>Pat Klawitter</td>
<td><a href="mailto:pklawitter@ahpd.org">pklawitter@ahpd.org</a></td>
</tr>
<tr>
<td>Human Resources &amp; Safety Supervisor</td>
<td>Alli Siamis</td>
<td><a href="mailto:asiamis@ahpd.org">asiamis@ahpd.org</a></td>
</tr>
<tr>
<td>Superintendent of Accounting</td>
<td>Janna Witt</td>
<td><a href="mailto:jwitt@ahpd.org">jwitt@ahpd.org</a></td>
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### Parks and Planning Department

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Director of Parks and Planning</td>
<td>Benjamin Rea</td>
<td><a href="mailto:brea@ahpd.org">brea@ahpd.org</a></td>
</tr>
<tr>
<td>Superintendent of Parks - Facilities</td>
<td>Jennifer Rogers</td>
<td><a href="mailto:jrogers@ahpd.org">jrogers@ahpd.org</a></td>
</tr>
<tr>
<td>Superintendent of Parks - Grounds</td>
<td>Jeffrey Lindstrom</td>
<td><a href="mailto:jlindstrom@ahpd.org">jlindstrom@ahpd.org</a></td>
</tr>
<tr>
<td>Park Planner II</td>
<td>Tyler Quattrocchi</td>
<td><a href="mailto:tqquattrocchi@ahpd.org">tqquattrocchi@ahpd.org</a></td>
</tr>
<tr>
<td>Operations Supervisor</td>
<td>Jose Gutierrez</td>
<td><a href="mailto:jgutierrez@ahpd.org">jgutierrez@ahpd.org</a></td>
</tr>
<tr>
<td>Operations Supervisor</td>
<td>Matt Turinsky</td>
<td><a href="mailto:mturinsky@ahpd.org">mturinsky@ahpd.org</a></td>
</tr>
<tr>
<td>Operations Supervisor</td>
<td>Kyle Kuhs</td>
<td><a href="mailto:kkuhs@ahpd.org">kkuhs@ahpd.org</a></td>
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### Recreation Department

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<tbody>
<tr>
<td>Director of Recreation and Facilities</td>
<td>Brian Meyer</td>
<td><a href="mailto:bmeyer@ahpd.org">bmeyer@ahpd.org</a></td>
</tr>
<tr>
<td>Forecast Manager</td>
<td>Nancy Alfonso (NA)</td>
<td><a href="mailto:nalfonso@ahpd.org">nalfonso@ahpd.org</a></td>
</tr>
<tr>
<td>Forest View Asst. Manager</td>
<td>Joanna Carl (JC)</td>
<td><a href="mailto:jcarl@ahpd.org">jcarl@ahpd.org</a></td>
</tr>
<tr>
<td>Forest View Tennis Director</td>
<td>Russ Hadiabdic (RH)</td>
<td><a href="mailto:rhadiabdic@ahpd.org">rhadiabdic@ahpd.org</a></td>
</tr>
<tr>
<td>Heritage Tennis Club Manager</td>
<td>Chris Nisbet (CN)</td>
<td><a href="mailto:cnisbet@ahpd.org">cnisbet@ahpd.org</a></td>
</tr>
<tr>
<td>Heritage Tennis Club Asst. Manager</td>
<td>Madeline Paler (MP)</td>
<td><a href="mailto:mpaler@ahpd.org">mpaler@ahpd.org</a></td>
</tr>
<tr>
<td>Heritage Tennis Club Asst. Manager</td>
<td>David Terzaghi (DT)</td>
<td><a href="mailto:dterzaghi@ahpd.org">dterzaghi@ahpd.org</a></td>
</tr>
<tr>
<td>Golf Operations Manager</td>
<td>Tim Govern (TG)</td>
<td><a href="mailto:tgovern@ahpd.org">tgovern@ahpd.org</a></td>
</tr>
<tr>
<td>Asst. Golf Operations Manager</td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>Superintendent of Recreation Facilities</td>
<td>Steve Neill</td>
<td><a href="mailto:sneill@ahpd.org">sneill@ahpd.org</a></td>
</tr>
<tr>
<td>Arlington Ridge Center Manager</td>
<td>Matt Healy (MH)</td>
<td><a href="mailto:mhealy@ahpd.org">mhealy@ahpd.org</a></td>
</tr>
<tr>
<td>Arlington Ridge Center Aquatic Manager</td>
<td>Lindsey Robertson (LR)</td>
<td><a href="mailto:lrobertson@ahpd.org">lrobertson@ahpd.org</a></td>
</tr>
<tr>
<td>Recreation Supervisor-Aquatic Programs</td>
<td>Emily Sowa (ES)</td>
<td><a href="mailto:esowa@ahpd.org">esowa@ahpd.org</a></td>
</tr>
<tr>
<td>Recreation Supervisor-Fitness</td>
<td>Christina Brown (CB)</td>
<td><a href="mailto:cbrown@ahpd.org">cbrown@ahpd.org</a></td>
</tr>
<tr>
<td>Camelot Park/Lake Arlington Supervisor</td>
<td>Kevin Keister (KK)</td>
<td><a href="mailto:kkeister@ahpd.org">kkeister@ahpd.org</a></td>
</tr>
<tr>
<td>Frontier Park Supervisor</td>
<td>Mark Grassi (MG)</td>
<td><a href="mailto:mgrassi@ahpd.org">mgrassi@ahpd.org</a></td>
</tr>
<tr>
<td>Pioneer Park &amp; Heritage Park Supervisor</td>
<td>Tom Divello (TD)</td>
<td><a href="mailto:tdivello@ahpd.org">tdivello@ahpd.org</a></td>
</tr>
<tr>
<td>Athletic Supervisor</td>
<td>Nick Wirth (NW)</td>
<td><a href="mailto:nwirth@ahpd.org">nwirth@ahpd.org</a></td>
</tr>
<tr>
<td>Recreation Supervisor - Athletics/Rentals</td>
<td>Cari Boyle (CB)</td>
<td><a href="mailto:cbyle@ahpd.org">cbyle@ahpd.org</a></td>
</tr>
<tr>
<td>Recreation Supervisor - Athletics</td>
<td>Steve Dietz (SD)</td>
<td><a href="mailto:sdietz@ahpd.org">sdietz@ahpd.org</a></td>
</tr>
<tr>
<td>Superintendent of Recreation Programs</td>
<td>Kristy McCann</td>
<td><a href="mailto:kmccann@ahpd.org">kmccann@ahpd.org</a></td>
</tr>
<tr>
<td>Cultural Arts Supervisor</td>
<td>Kyle Donahue (KD)</td>
<td><a href="mailto:kdonahue@ahpd.org">kdonahue@ahpd.org</a></td>
</tr>
<tr>
<td>Senior Center Supervisor</td>
<td>Linda Paxson (LP)</td>
<td><a href="mailto:lpaxson@ahpd.org">lpaxson@ahpd.org</a></td>
</tr>
<tr>
<td>Preschool/Early Childhood Supervisor</td>
<td>Lynn Minuskin (LM)</td>
<td><a href="mailto:lminuskin@ahpd.org">lminuskin@ahpd.org</a></td>
</tr>
<tr>
<td>CAP/Camp Supervisor</td>
<td>Katie Waszak (KW)</td>
<td><a href="mailto:kwaszak@ahpd.org">kwaszak@ahpd.org</a></td>
</tr>
<tr>
<td>Recreation Supervisor-CAP/Day Camp</td>
<td>Emma Edmondson (EE)</td>
<td><a href="mailto:eedmondson@ahpd.org">eedmondson@ahpd.org</a></td>
</tr>
<tr>
<td>Museum Administrator</td>
<td>Dan Schoeneberg (DS)</td>
<td><a href="mailto:dschoeneberg@ahpd.org">dschoeneberg@ahpd.org</a></td>
</tr>
<tr>
<td>Museum Program Coordinator</td>
<td>Lauren Szady (LS)</td>
<td><a href="mailto:lszady@ahpd.org">lszady@ahpd.org</a></td>
</tr>
</tbody>
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6

Resident Registration opens on August 25 at 10 am
The Arlington Heights Park District has a variety of facilities available to rent for parties, business meetings, sports events, community gatherings, and other activities. Host your next occasion at one of our facilities!

There are so many parks and facilities! What can I reserve?

- We have meeting rooms at all five community centers, both golf courses, both tennis clubs, and the Arlington Heights Historical Museum. Rooms seat between 30 and 115 people, and some rooms have kitchenette amenities. Check directly with facility staff for room sizes and amenities.
- There are two banquet rooms at the Arlington Lakes Golf Course clubhouse.
- Planning an outdoor event? You may reserve a neighborhood park, park space at one of the community centers, or a picnic shelter.
- You may host a tennis or racquetball party at the Forest View Racquet and Fitness Club or the Heritage Tennis Club.
- We have athletic fields available for your sporting event.
- North School Park may be reserved for weddings and other ceremonies.
- You may also reserve pools and gymnasiums. For birthday party packages, please contact Emily Sowa, Aquatic Program Supervisor, at esowa@ahpd.org.

Wow, that’s a lot! How can I get more information?

Please visit us on our rental homepage at ahpd.org. There you will find a list of facilities and links to specific information about each. You will also find rules and guidelines for use, rental applications and instructions, and a quick breakdown of fees.

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.

I’m ready for my event. How do I apply for a permit?

Simply visit our rental homepage at ahpd.org, download an application, and submit it to the appropriate facility. The webpage has all necessary contact information. We will contact you regarding availability and a price quote.

Thank you for considering the Arlington Heights Park District for your next event. We’re looking forward to working with you!
SPECIAL EVENTS

HEALTHY KIDS RUNNING SERIES
Sundays | 4-5pm | Sept. 27 - Oct. 25

Over the 5 week community-based series, kids 2-13 years partake in an inclusive and fun youth running experience.

*Keep checking the registration link to see if the event will be held live or virtual.

Registration link with details:
www.runsignup.com/hkrsarlingtonheights

Save the Date

ARLINGTON HEIGHTS PARK FOUNDATION
GOLF OUTING
October 1, 2020

Proceeds benefit the scholarship fund and efforts to further public interest in parks and recreation.

MORE EVENTS COMING SOON

Look for safe and fun winter holiday events and options - coming late October!

ALL HALLOWS EVE
Saturday, October 24
Historical Museum

Details to come at ahmuseum.org

Resident Registration opens on August 25 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 handheld instruments, play props, sensory integration, coordination exercises, and socialization.

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

 Kid’s Yoga Off to the Sea  5-8 yrs
 Children ages 5-8 are invited to this in person yoga class as we explore the seashore! Participants will learn breath awareness, yoga poses, beach games as well as discovering how to turn their bodies into surfers, fish, waves, mermaids, boats, turtles, crabs and sharks all with yoga poses. Parents are welcome to play along. Check online for class information including in-person and virtual options. Please sign up prior to 9/25. (KM)

 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.

 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.

 REGISTER ONLINE AT AHPD.ORG

 Arlington Heights Park District | Fall 2020 | 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 cases letters when named, and reciting numbers 1-20.

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

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

Preschool Lunch Bunch 3-6yrs
Taught by Arlington Heights Park District’s preschool teachers, the program includes themed enrichment activities. Children have the ability to fine-tune their skills such as cutting, tracing, letters, numbers, and printing. There will also be free play time. Children must bring peanut-free lunch and drink.

Contact us for preschool elearning options.

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.
### Preschool 2020-2021

#### 3-4 year olds
One teacher and one teacher aide (16 students max)

**Tuesday & Thursday 9/8/20 - 5/20/21**

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<th>Location</th>
<th>Time</th>
<th>Plan I</th>
<th>Plan II</th>
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<td>Pioneer</td>
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<td>Recreation</td>
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#### 4-5 year olds
One teacher and one teacher aide (20 students max)

**Monday, Wednesday, Friday 9/9/20 - 5/21/21**

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<td>Pioneer</td>
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<tr>
<td>Recreation</td>
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All payments include $25 non-refundable deposit

**Participants will have two preschool payment options:**

- 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

Call 847-577-3000 for more information and how to register for Preschool
Fort Building for Kids! 4-12 yrs ⏳
Have you always wanted to make your own fort outside? Try out our NEW fort building class! Build your own personalized fort using simple and natural materials and then have tons of fun playing in them afterward with family and friends! (MG)

Glitzy Girlz: Girls Just Wanna Have Fun 5-10 yrs ⏳
Gather friends and spend some much needed girls time together! Staff will be doing makeovers with hair, make-up and nails. Each girl will decorate a cool craft with painting, jewels and fun personalization. (EE)

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)

Parent’s Night Out 3-7 yrs ⏳
Join us at the Arlington Ridge Center for a night full of games, crafts, and activities! The evening will be facilitated by certified babysitters. (EE)

The Thrills and Chills of Winter Ice Cream! 5-13 yrs ⏳
Making and eating ice cream is a fun way to introduce early chemistry teachings to children as they become scientists! We will make homemade ice cream and then sit down for the most outrageous ice cream eating contest in town so don’t wear your Sunday best; we will get sticky! Souvenirs are included! (MG)

Grinch GOO-TASTIC Slime Lab! 5-13 yrs ⏳
Have the slime of your life creating seasonal slime with a Grinch inspired theme! Our concoction lab will include all the colors of Christmas, hearts and “ornaments” as mix ins, along with winter scents that will make you feel like you are in the Grinch story. Take home slime and prizes included! (MG)

Halloween Gore-Tastic Lab Hour! 5-13 yrs ⏳
Investigate what makes Halloween so chilling in this electrifying science workshop. Have fun with weird and wacky concepts like pumpkins puking, static powered witches, healthy Halloween pranks, the science secrets of a fall creepy carnival and more horrifying exploration! (MG)
Build A Bat House! All Ages
Celebrate Halloween this season by building your first spooky bat house! You have the option to build your own bat house or decorate a pre-assembled one and when you are finished take it home to your own backyard, add it to your spooky Halloween decor for everyone to enjoy! (MG)

Camping 101! 6 yrs and up
Join park district staff in our second overnight camping experience! Register the whole family and learn how to pitch a tent, cook a meal, and have fun taking a stroll while star gazing at night to complete your first campout adventure! Must have your own sleeping bags, comfy mats and pillows - we supply the rest! (MG)

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)

Fall Outrageous Oobleck Lab! 6-12 yrs
“Oobleck” from a Dr. Suess story, is an insanely fun and wild science lab experience perfect for kids who love working with test tubes and textures. We will celebrate the fall season as we mix ingredients to make our Oobleck smell like Pumpkin Pie, marshmallow fireside and other fall sensational scents! (MG)

Wilderness and Outdoor Survival Skills 10-13 yrs
Join AHPD staff and learn how to become a well rounded outdoorsman! Learn the skills of building emergency outdoor shelters, making campfires, locating and purifying water, assembling your own survival kit to take home, navigation and more! (MG)

Babysitting 11-13 yrs
Learn to be a super sitter! Classes will cover child development, emergency & first aid training, activities to do with young children, and how to grow your personal babysitting business. (EE)

Fall Festival Camp 5-11 yrs
Celebrate Thanksgiving break with us at the Arlington Ridge Center! Children in kindergarten through fifth grade will be able to participate in a variety of fun activities including arts and crafts, games, and field trips. (EE)

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!
Community Center Parties
The Arlington Heights Park District offers birthday parties at your local community centers. We offer a unique & flexible birthday party service designed to fit your needs. Choose your base package and then your add-ons. Your child will love the party, and so will you! All parties last an hour and a half.

Community Center parties include:
• Staff-run activities
• Tablecloths
• Paper products
• Utensils
• Room set-up & clean up

Book today!
Parties require a minimum two-week notice, however, available dates fill up quickly so we encourage you to book early. Art parties require a minimum four-week notice.

For more information or to book your Community Center Party, please contact Emily Sowa at esowa@ahpd.org or 847.577.3047.

Year Round Parties
Camelot, Pioneer, Frontier, Rec Parks

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<th>Age</th>
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Pioneer, Frontier & Recreation Park:

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Pioneer Park

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<td>4-8</td>
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For complete descriptions, please visit ahpd.org. Prices are based on 14 children and the birthday child. Each additional child costs $5.

Available for additional charge
Ice Cream Cake - $30
Juice - $5
Goody Bags - $30

Available for additional charge
Ice Cream Cake - $30
Juice - $5
Goody Bags - $30
Room Rentals at ARC
Pool rentals and room rentals are available for you to have your own party or event at the NEW Arlington Ridge Center. Birthdays, family reunions, graduations, special occasions, or even business meetings can be accommodated at the ARC. All rentals are per hour.

Premier Package: $250
Includes private use of the family activity pool, poolside party room, and entire lower level. Certified lifeguards are provided.

Private Family Activity Pool Rental $225
This includes use of the family activity pool along with the poolside party room. Certified lifeguards provided.

Celebration Package 125/$150
This includes use of the entire lower level. This is ideal for larger gatherings. The room can accommodate up to 30 people. Usage can be scheduled during open swim time so attendees can use the pool if they choose. All pool users must have a valid pool pass or pay the daily admission fee. Rooms can be divided in half for $75/$125.

Poolside Package $75/$100
This includes use of the Private Poolside Party Room or multi-purpose room. Usage can be scheduled during public swim times so attendees can use the pool if they choose. All pool users must have a valid pool pass or pay the daily admission fee.

ARC Splash Parties
Adult supervision is required for all children attending the party. Pool parties are recommended for ages 4 and up. All splash parties are 2 hours long. Prices include 14 children plus the birthday child; each additional child is $5. Parties also include an ice cream cake, goody bags, juice, and birthday party staff. Lifeguards are on duty during all party options.

Gold Splash Party $420
You will get private use of the Family Activity Pool. This includes use of the flume slide and interactive water play features, and the poolside party room.

Silver Splash $370
You will get use of the poolside party room. You will also get use of the Family Activity Pool, Lap Pool, and Dive Well, during an open swim time.

Bronze Splash $340
Same as above except you only get use of the Family Activity Pool during an open swim time. This is perfect for younger children as the pool is zero depth. This includes the flume slide, tot slide, and interactive water features.

Sports and Splash Party $370
This is a combination of a Sports and Silver Splash Party! Children will get to choose one sport to play for 30 minutes in the gym. They will then get to swim in the family activity pool, lap pool, dive well, during an open swim time. Recommended for ages 4+.
CAP

CAP is a cooperative program between the Arlington Heights Park District, the Village 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.

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.

2020-2021 CAP Parent Meeting
CAP Parent meetings will take place via zoom. Information will be sent to registered CAP families.

Fall Festival Camp 5-11 yrs
Celebrate Thanksgiving break with us at the Arlington Ridge Center! Children in kindergarten through fifth grade will be able to participate in a variety of fun activities including arts and crafts, games, and field trips. (EE)

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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!

Resident Registration opens on August 25 at 10 am
AQUATICS  ATHLETICS  FITNESS

SPECIAL HOURS
Monday–Friday:
5:30am to 7pm
Saturday & Sunday:
7:30 am to 3pm

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.
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.

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.

**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!

**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!**
- Jacobs Ladder • Ellipticals
- Rowers • Nu-Steps
- Treadmills • Recumbent Cycles • Free Weights

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

Resident Registration opens on August 25 at 10 am
FITNESS

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. (KM)

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. (CB)

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.

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. (CB)

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. (CB)

Triathlon/Duathlon Brick Training 18 and up
Bricks, considered a vital part of triathlon/duathlon training, are workout sessions on the bike and then quickly transferring to a run workout. The athlete benefits by learning how the muscles feel during the transition on race day. Dynamic running drills will help the athlete to run better and intervals will help the athlete to practice at race pace efforts. (CB)

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.
- Shallow Water Exercise
- Deep Water Exercise
- Low Impact Water Exercise
- Ai Chi
- Deep Water Running
FITPASS CLASSES

ARC A DIEM
Join us for a coach inspired group daily workout. Your certified group fitness coach will lead you through a unique and challenging full-body workout using rowers, indoor cycling bikes, and TRX straps. Each daily workout will focus on strength, endurance, and cardio respiratory fitness. Get ready to have fun, make friends, and get into your best shape!

BODY THRIVE BOOT CAMP
We integrate modern physical therapy, functional training, high intensity interval training, yoga, and calisthenics to provide safe and lasting results.

MOVES THAT GROOVE
Get an aerobic workout inspired by dance moves and patterns.

ZUMBA
Latin-inspired dance fitness program that blends red hot international music and dance steps.

INDOOR CYCLING
A 45-minute indoor cycling class will focus on cardio challenges and hill climbs that are suited for all participant levels.

WERQ
A fiercely fun dance fitness class based on pop, rock and hip hop music.

FUN & FIT AEROBIC
Get a great cardiovascular workout that gets your heart pumping and burns calories while you are having fun.

BODY COMBAT
A high-energy martial-inspired workout. It’s non-contact and there are no complex moves to master.

TABATA CHALLENGE
Complete 4 minute exercise sequences broken down into intervals of 20 sec. high intensity work followed by 10 sec. of rest.

ZUMBA STEP
Tone & strengthen your legs and glutes using all the Zumba fitness steps you already know and love.

CORE ‘N MORE
Focused on core conditioning to the MAX as well as strengthening the upper and lower body for a well-rounded workout.

BARRE CLASS
A high energy, full-body workout set to upbeat music. The class moves swiftly from cardio, to ballet barre, to core work on a mat.

BODY PUMP
Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout that burns lots of calories.

TOTAL BODY!
Combines strength and resistance training with intervals that are designed to boost your energy and increase your heart rate.

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

FUN & FIT STRENGTH TRAINING
Use your bodyweight and light dumbbells to build strength, improve your balance, maintain your bone density, reduce your risk of falling, and to continue to perform activities of daily living.
STRONG BY ZUMBA
Take your cardio exercise to the next level with this non-dance based class that offers high intensity interval training but still focuses on moving to the beat. Burpees, pushups and other high-impact moves synced to specific music. After all, going with the beat is more fun than counting.

PILATES
A series of exercises that target deep postural muscles to build strength while improving flexibility, balance, and posture.

LES MILLS CORE
Get a stronger core in just 30 minutes! Les Mills Core provides the vital ingredient for a stronger body while chiseling your waistline.

ZUMBA TONING
If you want to party but put extra emphasis on toning and sculpting your muscles, this is the class for you!

FLEX-ABILITY
A restorative class designed to stretch & release your muscles and fascia using foam rollers, exercise balls & other equipment.

BREATHE & FLOW YOGA
Tap into your own personal power and explore the breath by blending a variety of yoga styles in this fun, open-hearted L1 class with a sprinkle of L2 poses.

RESTORATIVE YOGA
Reduce blood pressure, blood sugar levels, improve digestion and reduce muscular tension, insomnia & fatigue.

STRENGTH & BALANCE YOGA
A well-rounded class that promotes a balance between strength & flexibility.

ALIGNMENT YOGA
A practice to connect your heart, body and mind. Movements will be linked to breath to help increase awareness.

YOGA NIGHT CAP
Relax & unwind during this candlelit yoga class focused on dissolving the tension of the day and replacing energy stores for the upcoming week.

YOGA SCULPT
A strength training class that begins with Vinyasa flow yoga and moves into a music driven weight training class utilizing yoga poses.

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
Which class is right for you?
We offer a variety of swim programs to encourage swimming as a lifelong skill. Swim lessons are provided in a fun learning environment, encourage fitness, and teaches participants how to be safe in and around the water. Instructors reserve the right to place the participants in the class best suited to his or her ability level. Friday day – it’s important for parent’s to be there on the first day so you can find out how it runs and who to speak with if you have questions.

Advancing levels: Participants can advance levels in swim school, semi private swim school, and Junior Swim School.

Water Babies 6 mos-2 yrs
Relax, introduce, and enjoy the water with your child through the use of songs, games and activities. Takes place in the warm water wellness/instructional pool. (LR)

Water Toddlers 2-4 yrs
Learn basic swimming skills to enhance the time you spend together in the pool. This class takes place in the wellness pool. (LR)

Junior Semi-Private Swim Lessons 3-6 yrs
Personalized attention is given to your swimmer in our wellness pool. Swimmers will be paired with another child at a similar ability level. Class follows the JSS & SS levels. (This class will take place in the Family Activity Pool. (LR)

Junior Swim School 3-6 yrs
Prepare your young fish for Swim School. Learn to float, kick, jump and be comfortable in the water. Progress through 3 different levels. Instructor to student ratio is 1:4. Children can wear swim goggles. (LR)

Semi–Private Swim Lessons 3-12 yrs
Personalized attention is given to your swimmer in our wellness pool. Swimmers will be paired with another child at a similar ability level. Class follows the JSS & SS levels. (LR)

Private Swim Lessons 3 years and up
Undivided individual attention and instruction to meet your swimmer’s needs in our wellness pool. Class follow the JSS & SS levels. (LR)
Swim Academy 6-13 yrs
Swim Academy is a 50-minute class structured as a combination between our swim lesson program and a competitive swim team, with a focus on endurance and technique. Students should be able to complete one length freestyle and backstroke to be eligible for Swim Academy. (LR)

Swim School 5-12 yrs
Swim through 10 different levels to learn the basic mechanics of strokes and general water safety. Progressive skill learning will challenge your child from level to level. Children can wear swim goggles. (LR)

Teen Swim Lessons 11-17 yrs
For teens that are inexperienced swimmers looking for their first dive into learning how to swim. (LR)

Youth Water Polo 8-14 yrs
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. (ES)

Windy City Diving Lessons: Beginner 8-17 yrs
This class in an introduction to the sport of springboard diving and designed to teach safe, proper way to use a springboard. Any individual who has an interest in diving can swim comfortably in deep water, and dive in head first off the side of the pool can take this class. (LR)

Windy City Diving Lessons: Intermediate 8-17 yrs
The 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 a backward dive without any assistance. Divers may also be recommended to advance to this class during their beginning lesson. (LR)

Adult Swim Lessons 18 and up
For adult inexperienced swimmers through competitive swimmers, wanting to perfect their techniques. Instructors work with participants to develop individual goals based on their needs and ability. (LR)

Water Polo Adult Master Class 18 and up
This class is for adults that want to learn more about the game of water polo. It will be taught by Emily Sowa, a collegiate water polo player. (ES)

Arlington Muskies Swim Team Up to 18 years
As of the printing of this guide we hope to be able to provide a swim season for Muskies however, we just don’t know quite what it will look like. Muskies begins in mid-October. We will have updated information online. The entire Northern Illinois Swim Conference will be effected by the decisions that all teams make. As of mid-July no one has cancelled. However, we feel most are waiting for IHSA guidance on fall high school 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 preschooler’s 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

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)

**Learn To Bowl: Improve Your Game** 8-14 yrs

This bowling class will teach you the basics of the game, as well as improve your current skills. You will learn the approach process, scoring, etiquette and bring it all together in a good effective finish. (EE)

**Season**

**Fall 2020**

**Activity Category**

Youth Sports

**Register Online at AHPD.ORG**

**Resident Registration opens on August 25 at 10 am**
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 6-7 yrs
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 8-9 yrs
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)

Fall Basketball 1st-6th
Locations: Pioneer, Heritage/Rec, Frontier, and Camelot Parks. Games are played on Saturdays and Sundays. Practices begin the week of October 22. Games begin November 7. (SD)

FESL Volleyball Game Strategy 4-6th, 7-8th
FESL Volleyball focuses on teaching players correct technique by emphasizing individual attention to detail with constant feedback. Single session clinics focus on one or two particular skills. (CB)

FESL Volleyball Hitting and Defense 4-6th, 7-8th
FESL Volleyball focuses on teaching players correct technique by emphasizing individual attention to detail with constant feedback. Single session clinics focus on one or two particular skills. (CB)

FESL Volleyball High School 4-Week Clinic 14-18 yrs
FESL Volleyball focuses on teaching players correct technique by emphasizing individual attention to detail with constant feedback. Single session clinics focus on one or two particular skills. (CB)
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. (TD)

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 (TD)

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. (TD)

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. (TD)

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. (TD)

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

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

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. (TD)

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. (TD)

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. (TD)

Tumbling Programs 8-14 yrs
This class features a strong emphasis on tumbling and jumping skills. (TD)
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 August 25 at 10 am
ATHLETICS

**ATHLETICS** - **REGISTRATION IS OPEN!**

Arlington Aces House Soccer League is a recreational league for players grades K-8. Boys and girls play in separate divisions in 1st through 6th grade and in coed divisions in Kindergarten and 7/8th grade. Players are placed on teams based out of the park they choose when registering and are allowed one mutual friend request. Players may not request coaches or more than one friend, and may not make circular friend requests. Practice locations, days, and times are determined AFTER registration closes on August 16, and are based on the availability of volunteer parent coaches. You will receive your practice and game schedules from your coach after the pre-season coach meeting on Tuesday, August 25. Games begin September 12 and conclude October 24.

**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 Soccer 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)

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**FALL 2020 HOUSE SOCCER**

**BOYS & GIRLS • 9/12-10/24**

<table>
<thead>
<tr>
<th></th>
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• Registration deadline for FALL 2020 is SUNDAY, AUGUST 23 AT 1PM.
• Until Sunday, August 23, you may register online or in-person.
• After August 23, you must register in-person.
• Registration questions? Please email Steve Dietz, Athletic Supervisor, at sdiets@ahpd.org
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.
- Basketball and volleyball games typically begin at 6:30, 7:30, 8:30, and 9:30pm.
- 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:
- Basketball and Softball: Nick Wirth, nwirth@ahpd.org or 847.506.7132
- Volleyball: Cari Boyle, cboyle@ahpd.org or 847.506.8374
Adult Volleyball Leagues 18 and up
The Arlington Heights Park District offers adult (18+ only) volleyball leagues throughout the year. Teams play an 8-game regular season and have a single-elimination, end of season tournament. Monday leagues are Co-Recreational. Team registration only. (CB)

Men’s Basketball Leagues 18 and up
Games are played on Thursday evenings at either Camelot, Pioneer, or ARC gyms. Each team will play 10 regular season games and participate in an end of season playoff. Payouts are awarded to the winners of the regular season and playoff. (NW)
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 www.ahpd.org/expressions

**Fall 2020 Dance Session Information**
- Fall 2020 runs for 15 weeks
- Aug. 22 - Dec. 12
- No class Sept. 5-7, Nov. 24-28
- Resident registration - August 6
- Non-Resident registration - August 13
- Full class schedules are available at ahpd.org/expressions

**Dance class Summer session fees:**
- 30 minute classes: $111 R/$136 NR
- 45 minute classes: $122 R/$147 NR
- 1 hour classes: $137 R/$167 NR

- Makeup classes will be 12/14-19
- Class placement letters were mailed to previous students this summer.
- Those who did not receive letters or are new, please contact Kyle Donahue, Cultural Arts Supervisor at 847.506.7872 or via email at kdonahue@ahpd.org
- Dancers who enroll in the fall session receive priority for the 17 week winter/spring recital session.

**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)
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)

Ballroom and Latin 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 Waltz, Foxtrot, Salsa, and Swing 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 Workshop  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)
Scenes from...
‘Matilda’ or ‘Trolls’ 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
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)

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)

Self expression starts here!
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: Holiday Favorites 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)
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.

**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)

**Abracadabra Room Makeover  3-6 yrs**
Your room is a place to show off your one-of-a-kind style. Make a spiffy T-shirt pillow, a personalized message board, and a delightful doorknob hanger. Bookends for your favorite books and a unique container to store all your treasures are other projects we will craft. (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)

**Awesome Autumn Art  3-6 yrs**
Fall’s burst of color inspires us as we make leaf prints and pots full of cheery sunflowers. Spice up the fall scene with cinnamon and pumpkin crafts! Patchwork acorns and 3D apple trees offer a colorful welcome to Fall. (KD)
Fashionista Fun 3-6 yrs
Calling all fashionistas! Become a fashion designer by adding dazzle and pizzazz to your wardrobe with stylish bracelets and glamorous necklaces. Make your feet happy with some fancy shoe accessories. Lovely flower pins, a glitzy belt, and a sparkling hairpiece will complete your runway look! (KD)

Happy Harvest Crafts 3-6 yrs
Crafty fun using corn cob stamps and pumpkin pie play dough. We'll start with a Halloween surprise that will bring more delight than fright and then top off the fun with a pilgrim hat centerpiece. As December approaches, we'll deck the halls with winter day crafts. (KD)

Peppa Pig And Paw Patrol Projects 3-6 yrs
Peppa Pig and friends pair perfectly with the Paw Patrol team in this playful art class. Mrs. Droske promises a pawesome time as we go hogwild making Peppa Pig and Paw Patrol themed crafts. (KD)

Pokemon Crafting Fun 3-6 yrs
Gotta catch 'em all! Join Mrs. Droske, Pokemon Master, as we make Pokemon pebble pals, Pokemon masks, and a pokeball that will reveal a Pokemon surprise! Follow the adventures of Pikachu and Ash and make some Pokemon characters too! (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)

Toys And Games To Make And Play 3-6 yrs
Create toys and games to toss and catch, spin and watch, launch and float. Store bought toys will be set aside as your child discovers the pleasures of making their own homemade fun. (KD)

Under The Sea 3-6 yrs
Under the deep blue sea is a magical world waiting to be discovered. As we explore this underworld kingdom we'll make brilliantly scaled fish, jeweled mermaids, and shiny submarines. Jellyfish mobiles and friendly crab creations are some of the many sea creature projects that we will design. (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)

Self expression starts here!
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)

Multi-Media Drawing 7-12 yrs
Explore the art of multi-media drawing using various materials and combinations. Charcoal, pastels, watercolor, ink and pencil projects are introduced. Since our instructors work with each student individually, all level participants are welcome to enroll. Fee includes all supplies. (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
Parent & Me  7-14 yrs
Be creative and use your artistic ability in this open studio with your child. 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. Parent/Grandparent and child work on projects together or create their own one-of-a-kind masterpieces. (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)
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
• Friendliest staff in the Northwest Suburbs!

Resident Registration opens on August 25 at 10 am
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 FALL
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

### WEEKENDS

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

### CAR AND CART RENTALS

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*Some restrictions apply when times available.
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 GREENS FEES

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

RESIDENT REGISTRATION OPEN ON AUGUST 25 AT 10 AM

SUNSET MEADOWS DRIVING RANGE

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

RANGE HOURS
Vary - please call 847.577.3032 or see ahpdp.org based on weather and time of year.
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)

Junior Play With the Pro League!  9-16 yrs
This program is a great opportunity for kids who have a some lessons and would enjoy great instruction while having the opportunity to periodically play with one of our PGA Professionals out on the course. The league meets for five weeks starting on Thursday, September 3 at 1 pm. Each week there will be an event where the kids are eligible to win prizes. Green fee payable each week is $5 each week. Lots of giveaways and fun! For kids ages 11-17 years old! Hurry space is limited. (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)
TENNIS AT AHPD

HERITAGE TENNIS CLUB (HTC)
7 W College Drive, AH 60004
847.398.7780

OPERATING HOURS
Monday, Tuesday 8:30am-10pm
Wed, Thursday 7:30am-10pm
Friday 8:30am-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
- Walleyball at FV

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

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

Register now! Fall session begins on August 24.
FOREST VIEW RACQUET CLUB

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!

REGISTER ONLINE AT AHPD.ORG

Arlington Heights Park District | Fall 2020 | www.ahpd.org
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 4-6yrs
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 7-9 yrs
Players will implement advance techniques and tactics. They will learn to rally and point play with a low compression orange ball. (DT)

Green Ball 10-13 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)

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)

Junior Tennis Intermediate Drill & Match Play 14-18 yrs
Players will receive advanced teaching and strategy with new themes and fundamentals every week. (DT)
Junior Varsity Tennis Drill & Match Play 14-18 yrs
Pro Staff must invite or approve players. This class is for players playing in our Junior League and preparing for their Junior Varsity High School team. Membership is required. (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.
• 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.
2020 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.

Boat Storage
The boat and storage area holds boats up to 14’ long and 4’ wide. Canoes, rowboats, kayaks, crew boats and sailboats can fit into the storage unit. No sail boards, or boats with motors are allowed. Arlington Heights Park District reserves the right to question and/or disallow any boat. Trailer storage is not available. Dollies are provided to assist in moving your boat.

Storage Dates
Summer (Now – Oc 31) $165 (all racks)
Winter (Nov-Apr) $145 (all racks)
Yearly $220 (all racks)

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.

Boat Launching
Season Sticker: $60/$80 NR
Daily fee: $10 weekdays & weekends
Boaters are allowed to launch their own craft at Lake Arlington. Currently there are no restrictions on size. However, there are no ramps. All boats will have to be carried down to the boat launch area. No sailboards, or motors will be allowed. Sailboats, rowboats, kayaks and canoes are welcome.
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

School and Scout Programs

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

All Hallows Eve scheduled for October 24!
SENIORS

Park District Programs at the Senior Center
1801 W. Central Road
Arlington Heights, IL 60005
847-797-5341

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.

This fall, our class offerings will include:
Fitness and wellness classes including yoga, Tai Chi, and Zumba, Bridge, Art Programming, and more!

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

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

Special Note:
Keep up to date with Senior Center guidelines online or by calling ahead.

Resident Registration opens on August 25 at 10 am
THREE OPTIONS TO GOLF IN TOWN

- 3, 6, 9, 18-hole options
- 25 Bay driving range
- PGA Professionals
- Group and private lessons
- Banquets and rentals
- Special tournaments and outings
- Daily deals at ahpd.org/algc
- Gift cards available for all occasions
- Friendliest staff in the Northwest Suburbs!

TWO LOCAL TENNIS CHOICES

- USPTA and PTR Certified Tennis professional on staff
- Over 3,000 participants in group lessons annual
- 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
Fall 2020
Resident Registration
begins August 25 at 10 am
Visit ahpd.org to access our digital
Fall 2020 program guide anytime 24/7!

MARK YOUR CALENDAR

Be Prepared

PLAN YOUR PROGRAM PICKS:
• View the Fall 2020 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 August 25th!
## PLAN YOUR FALL FUN HERE!

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The American Academy for Park and Recreation Administration (AAPRA), in partnership with the National Recreation and Park Association (NRPA), has named the Arlington Heights Park District as a finalist for the 2020 National Gold Medal Awards for Excellence in Park and Recreation Management.

Founded in 1965, the Gold Medal Awards program honors communities in the United States that demonstrate excellence in parks and recreation through long-range planning, resource management, volunteerism, environmental stewardship, program development, professional development and agency recognition. Applications are separated into six classes, with five classes based on population and one class for armed forces.

This year’s finalists will compete for Grand Plaque Award honors this summer, and the six Grand Plaque recipients will be announced during the 2020 NRPA Conference, which will be held virtually in October.

To view our Gold Medal video, please visit www.ahpd.org.

For more information on the Gold Medal Awards, Visit www.nrpa.org/goldmedal or www.aapra.org.

Resident Registration opens on August 25 at 10 am
The first Park District meeting was held June 18 with Commissioners Nathaniel Banta, Henry Klehm, Eugene Berbecker, Albert Volz, and Julius D. Flentie.

AHPD erects the 1st community Christmas Tree.

Recreation Commission holds its first meeting. The first annual AH Recreation Park swimming and diving meet, sanctioned by the Central A.A.U., was held.

Population boomed by 218% between 1950 and 1960. Recreation programs continued to grow during the 1960’s.

AHPD wins the 1983 NRPA National Gold Medal award for excellence in park and recreation management. Heritage Tennis Club was acquired and re-opened by the Park District.

On May 13, 2000, Payton’s Hill was dedicated at Nickol Knoll Golf Club in honor of Chicago Bear football great, Walter Payton.

Arlington Heights Park Foundation is officially founded. AHPD wins the 2001 NRPA National Gold Medal award for excellence in park and recreation management.

Former Olympic Indoor Swim Center reopens as the Arlington Ridge Center after undergoing major renovations and upgrades. Opened to the public January 1, 2020. AHPD is chosen as a finalist in the 2020 NRPA National Gold Medal award competition for excellence in park and recreation management.

MILESTONES AT A GLANCE

1930s
Recreation Park fieldhouse and swimming pool opened to public on June 17, 1939.

Did you know? Recreation Park was built as a Works Progress Administration project.

1940s
Recreation Commission holds its first meeting.

1950s
AHPD consisted of Pioneer and Recreation Park and only 7 neighborhood parks. Voters passed 3 referenda resulting in: Hasbrook, Frontier, and Camelot Park, Swimming pool and Bathhouse at Heritage Park, and Indoor swimming pool at Olympic.

1960s
Population boomed by 218% between 1950 and 1960. Recreation programs continued to grow during the 1960’s.

1970s
Arlington Lakes Golf Club opened! AHPD celebrated its 50th Anniversary.

1980s
AHPD wins the 1983 NRPA National Gold Medal award for excellence in park and recreation management.

1990s
Lease agreement signed with the Village to offer recreational activities at Lake Arlington.

AHPD wins the 1992 National Gold Medal Award for excellence in park and recreation management.

2000s
On May 13, 2000, Payton’s Hill was dedicated at Nickol Knoll Golf Club in honor of Chicago Bear football great, Walter Payton.

Arlington Heights Park Foundation is officially founded.

AHPD dedicates a shared turf field with SD214.

Newly renovated Camelot Community Center re-opens offering indoor walking track and more!

Did you know? Canine Commons Dog Park opened in partnership with Mt. Prospect Park District.

2010s
Arlington Lakes Golf Course undergoes first major renovation since opening in the 70’s.

Lake Arlington receives major path modifications, new amenities and reopens in Fall 2018.
WELCOMING YOU BACK SAFELY!
We’ve missed you.