

Wood Dale Park District **Fall 2010**

Fall Registration

Resident August 9

Non-Resident and Corporate
August 16

Register On-Line at
www.wooddaleparkdistrict.org

Pet Lovers Showcase

Halloween Scare Walk

Craft & Rummage Sale

Will Play For **FUN!**

Wood Dale Park District

FALL 2010



SEPTEMBER						
SUN	MON	TUES	WED	THURS	FRI	SAT
			 1 Sr. Club Meeting 10:30 am - 2 pm Rec. Complex		 3	
5 	6 Labor Day Rec. Complex & Fitness Studio CLOSED			9 		11 Pet Lovers Showcase 10 am - 2 pm Cabin Nature Center
	13 Rainbow Playschool Begins	14 			17 Fantastic Friday 6 - 8 pm Rec. Complex	
19 	20 	22 	23 IL Holocaust Museum 9 am - 2:30 pm 45+	25 		25 
	28 Statewide Senior Luncheon 10:45 am - 3:15 pm 50+		30 	30 		

Kids Love to Go
to the
Fall Family Events!!!

OCTOBER						
SUN	MON	TUES	WED	THURS	FRI	SAT
			 Sr. Club Meeting 10:30 am - 2 pm Rec. Complex		1 Club Friday Build Your Own Sundae 6 - 8 pm Rec. Complex	
3 WIBA Registration Deadline Rec. Complex		5 Lake Geneva Boat Tour & Ice Cream Social 9:45 am - 5:45 pm 52+	6 Bingo 12 - 2 pm Rec. Complex			9 
10 				14 	15 Halloween Flashlight Egg Hunt 7 pm Franzen Grove Oktoberfest Salt Creek Golf Club	16 Chgo Film Tour 11 am - 4 pm 55+
			20 			23 Halloween Scare Walk 6 - 9 pm Cabin Nature Center
24 	25 	26 Rules of the Road Class 10 am - 12 pm 55 yrs+			29 Halloween Karaoke Party 7 - 8:30 pm Rec. Complex	30 14th Annual Turkey Trot Salt Creek Golf Club

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Vision Statement

Providing Unlimited Avenues.



Mission Statement

The Wood Dale Park District is dedicated to providing quality Parks, Programs and Facilities to the Community.

Board of Commissioners

Jerry Stout, *President*
Dan Gratzl, *Vice-President*
Dorothy Lange, *Secretary*
Frank Lazzara, *Treasurer*
Roberta Neumayer, *Commissioner*

Administration

Greg Kuhs, *Executive Director*
Rhonda Brewer, *Business Manager*
Gayle Hearn, *Administrative Assistant*
Ellen Hart, *Marketing/Public Relations Coordinator*

Recreation Department

Michele Silver, *Superintendent of Recreation*
Clare Fagan, *Recreation Supervisor*
Keith Schmerer, *Recreation Supervisor*
Linda Bray, *Front Desk Staff/Facility Coordinator*
George Mangen, *Head Custodian*

Salt Creek Golf Club

Tony Perry, *General Manager*
Gary Hearn, *Greens Superintendent*
Frank Bonanno, *Asst. General Manager*
Thomas Maltese, *Manager*
Eleni Hasapis, *Facility Manager*
Arlene Grossi, *Executive Secretary*

Parks Department

Ray Chaussey, *Superintendent of Parks*
Ben Appler, *Park Foreman*
Joel Carrera, *Park Laborer*
Martin Rosales, *Park Laborer*

Community Family Day

August 14th, 8 am

Join in the family fun throughout the City of Wood Dale!
Each facility offers fun, friendly activities to participate in. Start at the Wood Dale Park District Rec. Complex and continue to the Fire Department, Library, Police Department and City's Prairie Fest.
Fun for all ages! Read the details below.

8 am

The Wood Dale Park District **Race at Your Pace 5K** is a walk/run race held Aug. 14, 2010.

The race begins and ends at the Wood Dale Park District Rec. Complex.

Check-In at the Registration Tent between 7:00 am–7:45 am. The race begins promptly at 8 am, rain or shine.

Pre-register by stopping at the Rec. Complex or go to www.signmeup.com/70015. All advanced registration must be received by 5:00 pm on Tuesday, August 10, 2010. (50 registered participants are needed by August 10, 2010 or the race will be canceled.)

Fees: \$20.00 Pre-registered by 8/10/10, 5:00 pm
\$17.00 each/Family of 3 or more,
(one registration form per participant)

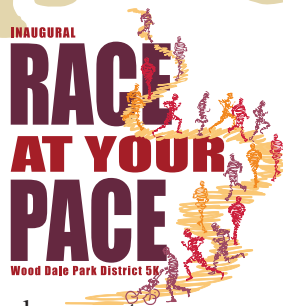
For information, contact the Race Director, Keith Schmerer at 630-595-9333 or email kschmerer@wooddaleparkdistrict.org.

Day of Race registration fee is \$25 between 7:00 am–7:45 am.

Age Brackets/Awards: Overall male and female winners in the 5K will receive \$100 and are excluded from individual age category prizes. Participants age 14 and under will receive a goodie bag. Participants age 15 and over: 1st Place will receive \$25 and a medallion, 2nd and 3rd Place will receive a medallion.

Runner Packets will be available at the Rec. Complex on:
Thursday, August 12
2:00 pm–10:00 pm or
Friday, August 13th
8:30 am–12:00 pm (Noon)
Day of Race: Registration Tent
7:00 am–7:45 am

Timing and Results: The Wood Dale Park District will be utilizing RACE Time to assist us with professional timing results, as well as registration and advertising.



Results of the Race at Your Pace 5K will be posted at www.racetime.info. RACE Time is Northern Illinois premier Race Management service provider.

Safety: For safety reasons, roller blades, skateboards, pets and bicycles of any kind will not be allowed in the 5K run. Persons with strollers will be required to start in the back of the line of the run/walk and will be asked not to run at a competitive pace.

Police and volunteer marshals will staff intersections and direct traffic, but the course will not be completely closed to traffic.

Volunteer: There are many positions to fill at the race and each one will help make this event a success. These are just a few of the openings we have: hand out water, Course Marshall, registration and refreshment table. Please call Keith Schmerer at 630-595-9333 for more information.

9:30 – Noon

Wood Dale Park District Recreation Complex

Join us after the race for the Awards ceremony and some family fun. Balloon Artist provided by Landini Entertainment Productions, Inc., crafts, games and activities. NEDSRA will be assisting with the games and activities.

Wood Dale Library

Native American Storyteller

Wood Dale Fire Department

Open House

Wood Dale Police Department

The Police Department will be conducting a Vehicle Safety Check: tire pressure, head and tail lights, brake lights, check oil and windshield wiper fluid. Inspections will be held at the City Hall/Police Department parking lot. Have your questions answered by police department staff.

Water Park

opens at 12 noon

Prairie Fest Carnival

opens at 12 noon



PET LOVERS SHOWCASE 2010



**Thank you
Alderman Joseph Kolz
for sponsoring
this event!**

WOOD DALE PARK DISTRICT CABIN NATURE CENTER

111 S. WOOD DALE ROAD, WOOD DALE 60191

PARKING AT OAK BROOK SCHOOL AND CALVARY CHURCH

SAT., SEPT. 11TH 10 AM TO 2 PM

Join us for a fun-filled day and bring your pets too!

(Pets must be on a leash, harness or in a crate/container while walking the show. Dogs can run and play freely in the White Oaks Dog Park next to the Cabin)

Donations are accepted at the welcome/entry tent for all of our participating non-profit and rescue groups exhibiting at the event. We will divide the donations equally among them at the end of the day.



PET BLESSING

from Deacon Dino,
Holy Ghost Church
10:30 am SHARP



SEE K9 LAIKA

demonstrate her special
police training & meet
Officer Ryan O'Neil



FREE TREATS & GIVEAWAYS

at every booth



RESCUE GROUPS

have pets that need
forever homes



FREE RAFFLE

thanks to our vendors
for their donations

4

Halloween Scare Walk



Join Us if You Dare!

New Hours! 6–9 pm

Saturday, October 23

Prepare yourself for a terrifying trek through the Wood Dale Park District's spooky Cabin Nature Center and creepy wooded trails. Ghouls and ghosts will be sure to give you a scare that you will never forget!!!

6:00 – 6:45 pm Recommended for children 10 years and younger

7:00 – 9:00 pm Recommended for children 10 years and older

Cabin Nature Center, 111 S. Wood Dale Road, **\$4 per person**

www.wooddaleparkdistrict.org ~ 630-595-9333

Volunteers Needed

We are looking for individuals in 8th grade or older to play a variety of costumed roles during the Halloween Scare Walk.

The Park District will provide the costumes, props and script. Interested parties must be available to volunteer from approximately 4:00 – 10:00 pm and also attend a volunteer meeting prior to the event. We are looking for approximately 40 volunteers.

Everyone who volunteers must be willing to play the role assigned to them. Volunteers must be in 8th grade or older and must have a parent signature to participate. *Fenton High School students are required to have a signed permission form from the Student Volunteer Coordinator at Fenton, in order to participate.*

Questions, please contact the Wood Dale Park District at 630-595-9333. Volunteers must attend the volunteer meeting at the Recreation Complex:

Mandatory Volunteer Meeting

13 yrs and older

Wednesday, Oct 20

6 – 7:30 pm

Code: 45807

Wood Dale Park District Rec. Complex

Min: 1 Max: 40

Halloween **Flashlight** Egg Hunt

5

Join us for an Egg Hunt, Halloween style! Bring your flashlight and prepare to hunt down the hidden eggs that are filled with terrifyingly tasty treats! An assortment of eggs filled with prizes and candy will be hidden throughout Franzen Grove. Each participant will also receive a trick-or-treat bag to collect their eggs in. **Pre-registration is required.**

Age	Day	Date	Time	Code
6 – 12 yrs	Fri	10/15	7:00 pm	45808

Franzen Grove
\$3 R/\$5 NR
Min: 10 Max: 50



6

Winter Indoor Craft & Rummage Sale

Saturday, November 13th
9:00 am – 2:00 pm

Spend a chilly day indoors at the Rec. Complex. View a variety of arts and crafts created by talented locals AND find a bargain with vendors looking to sell their gently used household items. It's two events in one!

Craft Vendors: Classifies as anything newly handmade (no food can be sold without a health permit). \$35 for a 8' x 8' booth. **Code:45809A**

Rummage Sale Vendors: Classifies as a used or older household item. \$15 for a 8' x 8' booth. **Code:45809B**

Booth includes 6 ft. table, NO chairs.

Informational vendor packets available at front desk of Rec. Complex or call 630-595-9333 to receive by mail.

The Wood Dale Park District reserves the right to deny vendors entry into this event.

Entrance is FREE!

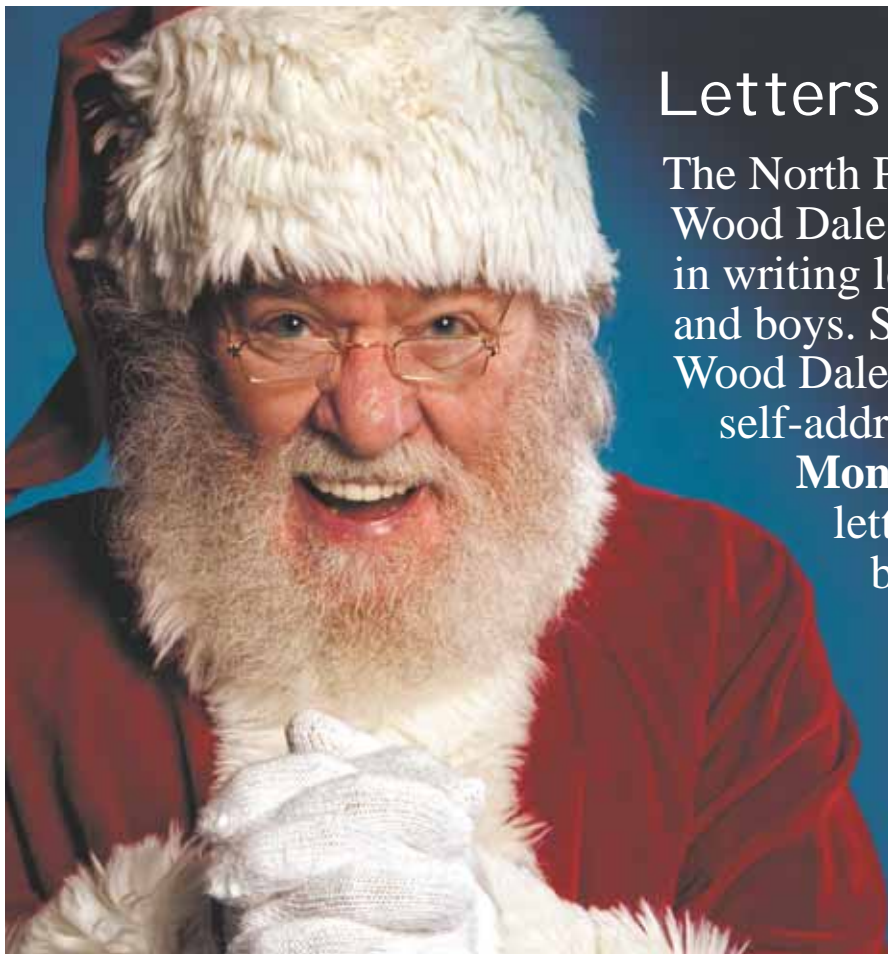


Letters to the North Pole

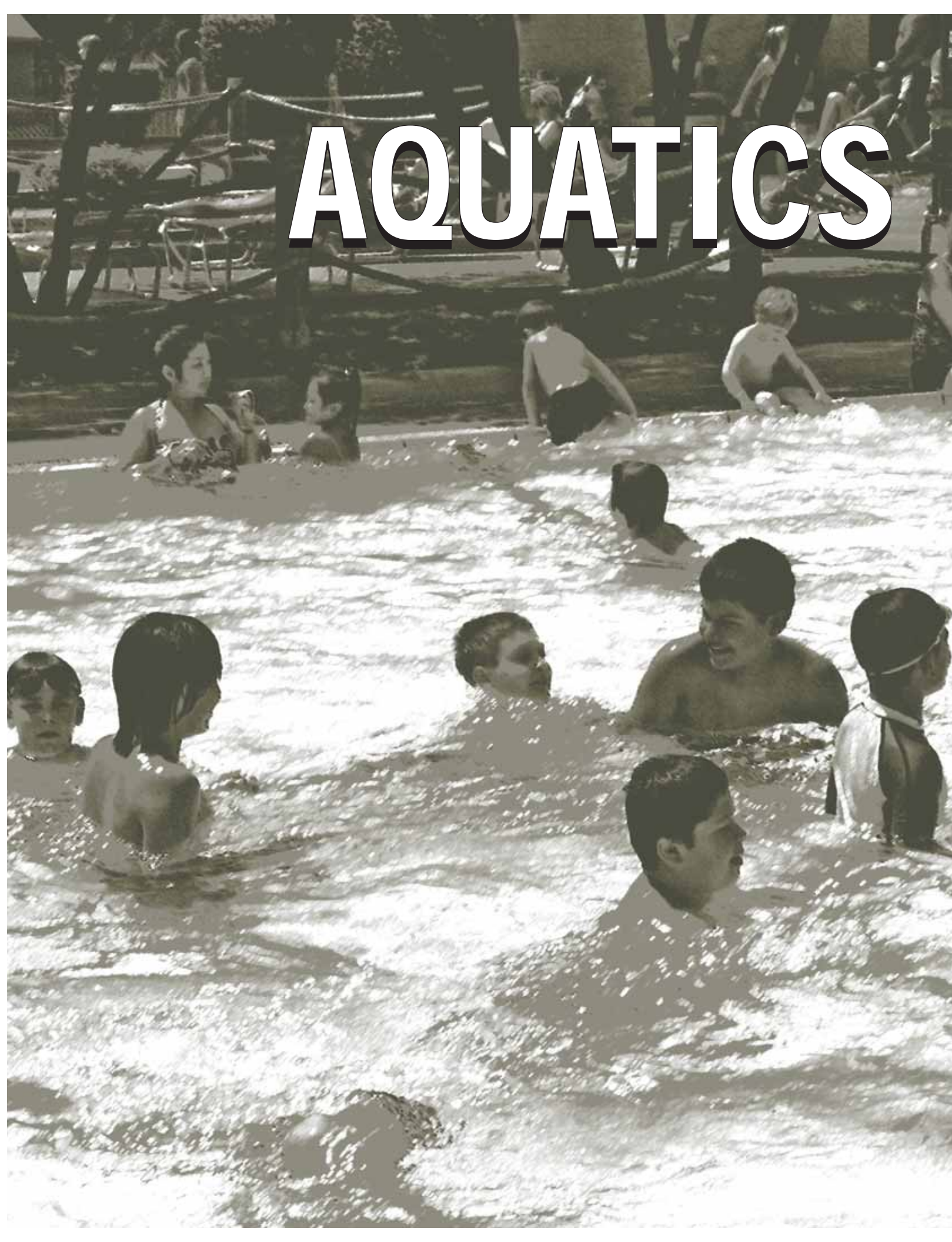
The North Pole has recruited the Wood Dale Park District to assist Santa in writing letters to all the good girls and boys. Send your child's letter to the Wood Dale Park District, along with a self-addressed, stamped envelope by **Monday, December 13th** and a letter from Santa will be sent back to your child prior to December 24th.

Please send your letter to the following address:

North Pole
111 E. Foster Avenue
Wood Dale, IL 60191



AQUATICS



Indoor Swim Lessons

We are pleased to again offer Indoor Swim Lessons in cooperation with the Addison Park District. Due to the high popularity of swim lessons, the Wood Dale Park District is able to provide swim lessons with very MINIMAL registrations for each level.

Some instructors are Red Cross Certified and the program follows Red Cross Swim Lesson Guidelines.

All classes will be held at:

Addison Park District Club Fitness Indoor Pool
1776 W. Centennial Place
Addison, IL 60106

Swim Lesson Information

Observation: As a courtesy to the instructors, parents are not allowed on swimming deck area. Parents are reminded that this a continuous program and each child will develop at his/her own rate.

Swim Testing Clinics: All swimmers must come to one of the FREE testing dates listed below. In order to move onto the next level, students must pass the previous level at the Addison Park District to be evaluated by swim instructors at one of the clinics.

Wednesday, September 8 at 6:00 pm

Saturday, October 9 at 8:15 am

Saturday, November 20 at 8:15 am

Saturday, January 15, 2011 at 8:15 am

Additional Information

Initial swim lesson registration includes a 1-year Club Fitness Junior Membership and the initial swim lesson fee is included in the cost of the annual Club Fitness Junior Membership. As a Club Fitness member, an individual may then take as many swim lesson sessions as they wish at the lower lesson rate (see lesson rates).

Club Fitness Junior Membership

Benefits Include:

- Discounts on all swim lessons and other youth aqua programs.
- Discounts on all youth fitness programs at Club Fitness.
- Free family open swimming at Club Fitness (scheduled 2X per week).
- Discounts on youth personal training.
- Free use of Club Fitness towels.
- Use of Club Fitness locker rooms which are reserved for members only.
- Use of Club Fitness Track for walking/running (must be with member parent, specific timeframes for juniors).

Code: 44909A

Swim Lesson Program

All swim lesson registrations take place at the Wood Dale Park District. Initial swim lesson registration includes a Junior Membership in Club Fitness at a total cost of \$75.00. Future swim lesson registrations will run at a significantly lower rate within the membership year (see lesson rates) provided a child is registered and is issued and shows a Club Fitness membership card. Membership cards (with photo) will be issued on the first day of class at Club Fitness. If you purchased a Membership within the last year, please bring your membership card with you when you register so you do not get charged again for a membership. If your membership has expired, you will need to repurchase a new Jr. Membership at the original fee of \$75.00.

Swim Level Descriptions

Parent/Infant Tot Swim — 6 – 36 mos

This program promotes water safety, aquatic adjustment, and swimming readiness skills. Emphasis is on the development of a warm and trusting relationship between parents, children and the instructor.

Splashdown — 3 – 4 yrs

A great introduction to the swim lesson program. Through guided play in the pool, swimmers will learn safety and water skills.

Level 1 — 3 – 7 yrs

Participants are introduced to the water focusing on enjoyment and safety. The swimmers will be encouraged to enter the water on their own and move away from side with basic locomotion and supported floatation skills.

Level 2 — 4 – 10 yrs

With continued safety issues discussed, this level is designed to progress the swimmer to unsupported floating, gliding and breathing skills. Students should be able to jump in “hands-free” and feel comfortable with the face in the water.

Level 3 — 5 yrs and better

Rhythmic breathing and improvement of stroke technique for front and back crawl are the focus of this level. Swimmers must be able to swim away from the pool's edge for a short distance.

Level 4 — 6 yrs and better

Improving skill competency is emphasized at this level. Deep water work and treading water are introduced as well as endurance. Rhythmic breathing is refined as well as elementary backstroke. Breast stroke is introduced. Swimmers must be able to swim the length of the pool.

Level 5 — 7 yrs and better

This level focuses on technical review of front and back crawl and elementary backstroke. Breaststroke is refined. Sidestroke and surface dives are introduced. Swimmers should be able to perform all of the strokes with the exception of the butterfly.

Level 6 (advanced) — 8 yrs and better

Designed to fine tune the strokes, increase stamina, and to prepare swimmers for competitive lifelong swimming. Swimmers must be able to swim all strokes fluidly.

All Swim Lessons are on Saturdays \$38 R/\$55 NR

Splash Down and Levels 1 – 3, Min: 1 Max: 3

Parent/Infant Tot Swim and Levels 4 – 6, Min: 1 Max: 4

Level	Session	Date(s)	Time	Code
Parent/ Infant Tot Swim	I	9/11 – 10/9	9:00 am – 9:30 am	44900A
	II	10/23 – 11/20		44900B
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44900C
Parent/ Infant Tot Swim	I	9/11 – 10/9	11:50 pm – 12:20 pm	44900D
	II	10/23 – 11/20		44900E
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44900F
Splash Down	I	9/11 – 10/9	9:00 am – 9:30 am	44901A
	II	10/23 – 11/20		44901B
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44901C
Level 1	I	9/11 – 10/9	11:50 pm – 12:20 pm	44902A
	II	10/23 – 11/20		44902B
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44902C
Level 1	I	9/11 – 10/9	12:50 pm – 1:20 pm	44902D
	II	10/23 – 11/20		44902E
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44902F
Level 2	I	9/11 – 10/9	12:50 pm – 1:20 pm	44903A
	II	10/23 – 11/20		44903B
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44903C
Level 2	I	9/11 – 10/9	2:15 pm – 2:45 pm	44903D
	II	10/23 – 11/20		44903E
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44903F
Level 3	I	9/11 – 10/9	1:25 pm – 2:05 pm	44904A
	II	10/23 – 11/20		44904B
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44904C
Level 3	I	9/11 – 10/9	2:15 pm – 2:55 pm	44904D
	II	10/23 – 11/20		44904E
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44904F
Level 4	I	9/11 – 10/9	1:25 pm – 2:05 pm	44905A
	II	10/23 – 11/20		44905B
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44905C
Level 5	I	9/11 – 10/9	11:05 am – 11:45 am	44906A
	II	10/23 – 11/20		44906B
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44906C
Level 6	I	9/11 – 10/9	11:05 am – 11:45 am	44907A
	II	10/23 – 11/20		44907B
	III	12/4 – 1/15 (no class 12/25 and 1/1)		44907C

9

AQUATICS

NEW

Swim Stroke Clinic



For those who are looking for a great opportunity to work out in preparation for swim team or to just improve your stamina, this program is for you. Participants will focus on different competitive strokes, including starts and turns. Drills will be incorporated to refine the mechanics of the strokes as well as endurance and speed. NOTE: These clinics are not designed to teach strokes, but rather help the swimmer become more proficient. You may sign up for one or two days. However, two days per week is recommended.

A Jr. Membership **MUST** be purchased. If you have a Jr. Membership for swim lessons, then the program fee listed is what is paid.

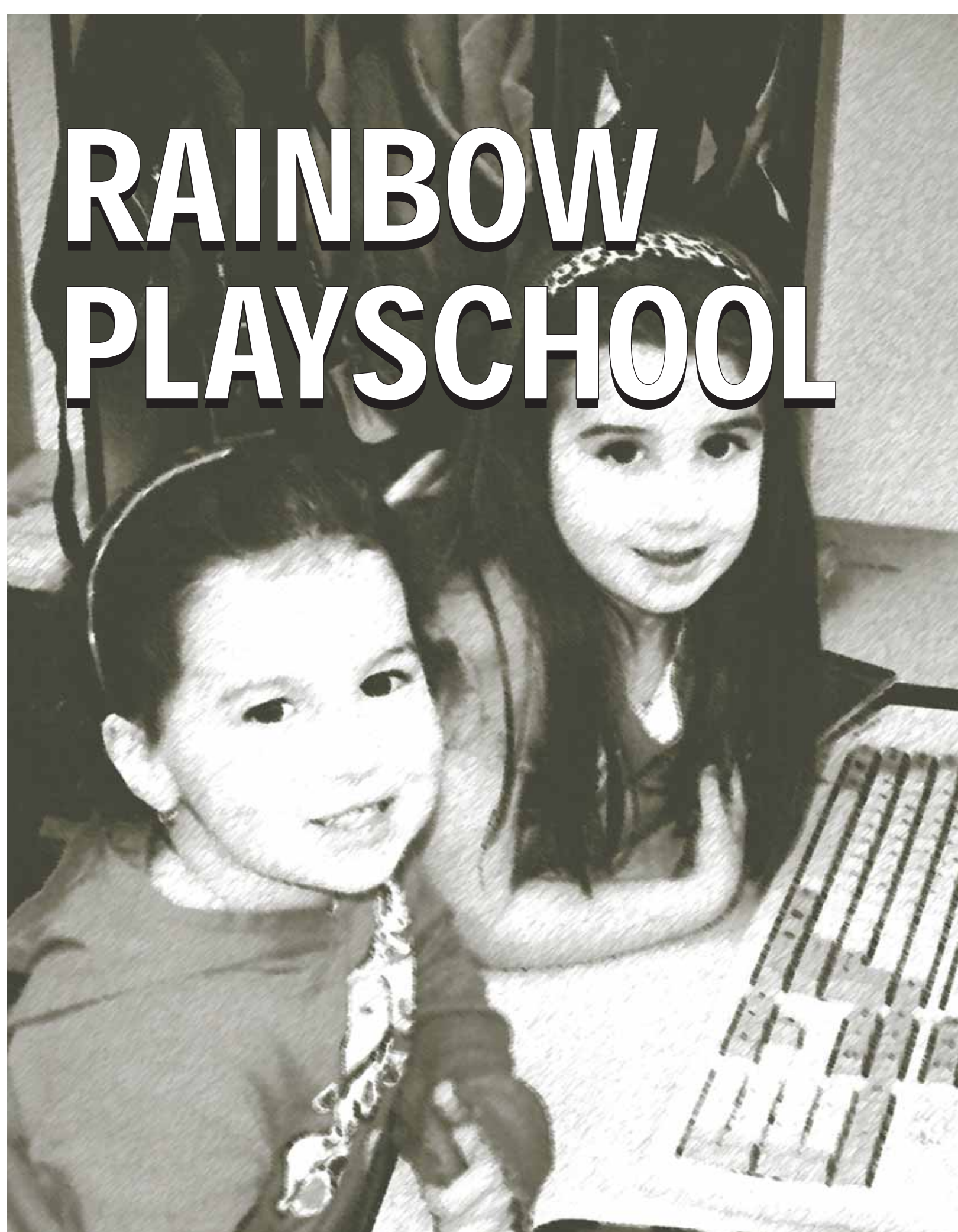
If you are registering for 1 day a week, the Jr. Membership is \$75.00

Times: 6:00 – 6:45 pm

Fees: 1 day = \$40 R/\$55 NR
2 days = \$59 R/\$76 NR

Session 1	Day	Code
10/12 – 11/9	Tue	44409A
10/14 – 11/11	Thurs	44409B
10/12 – 11/11	Tue/Thurs	44409C
Session 2	Day	Code
11/30 – 12/28	Tue	44409D
12/2 – 12/30	Thurs	44409E
11/30 – 12/30	Tue/Thurs	44409F

RAINBOW PLAYSCHOOL

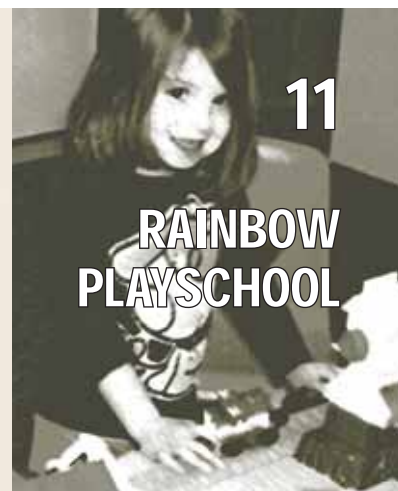


2010/2011 School Year



Follow the rainbow to a quality, well-rounded early childhood program that will build your child's self-confidence in a fun and nurturing environment. The Rainbow Playschool has classes for terrific two's, energetic three's and fabulous four-year-olds. Classes are filled with wonderful stories, joyful music, age-appropriate art projects, delicious snacks, fantastic field trips, exciting

games in our full-sized gym, plus activities designed to expose your child to important concepts including; letters, numbers, shapes and colors. The Rainbow Playschool strives to encourage the social, intellectual, and ethical growth of young children through thoughtful play and joyful discovery.



Rainbow Playschool Staff



Stella Roth,
Playschool
Director/Teacher



Roberta Baird,
Teacher
3-Year-olds



Joanne Lamb,
Teacher
Pre-K Enrichment

Registration Requirements

- Preschool registration must be completed in-person at the Wood Dale Park District Rec. Complex.
- Original Birth Certificate (copies will not be accepted). We will make a copy of your original.
- The child's parent/legal guardian must present a valid driver's license or state ID card to verify they reside within the Wood Dale Park District boundaries in order to receive the resident rate.

Program Fees/Payments

A **\$15 non-refundable registration fee is due at the time of your initial registration.** To assist with financial responsibilities, a monthly payment plan is available. The payments are spread out evenly over the course of 9 months. The first payment is due at the time of registration. All other payments are due on the 15th of each month. Payments received after the 15th of the month will be charged a **\$15 late fee per child.** Payments not received by the 29th day of the month will result in your child being dropped from the program. Late fees are per child.

Registration

Registration packets are available at the Rec. Complex.
NOTE: Do not use the form in the brochure.

Wait List

Feel free to contact Clare Fagan at the Wood Dale Park District, 630-595-9333, if you are interested in placing your child on a wait list. You will be contacted as an opening becomes available.

Bathroom Training

Children in the 3-year-old and Pre-K classes must be toilet-trained before starting school. Children in the 2-year-old program will be expected to have started toilet training. Parents must make arrangements with the 2-year-old teacher individually.



Age as of Sept. 1, 2010	Birth Date	Days	Time	Class Dates	Code	Min/Max	Fees R/NR
2 Wait List Only	9/2/07 – 9/1/08	Tu/Th 2 days	9:30 – 11:00 am	9/14/10 to 5/12/11	6000A	10/14	\$68 R/\$78 NR monthly
							\$627 R/\$717 NR yearly
3 Wait List Only	9/2/06 – 9/1/07	M/W/F 3 days	9:30 – 11:30 am	9/13/10 to 5/13/11	6001A	10/16	\$97 R/\$107 NR monthly
							\$888 R/\$978 NR yearly
Pre-K – 4 Wait List Only	9/2/05 – 9/1/06	M/W/F 3 days	9:00 – 11:30 am	9/13/10 to 5/18/11	6002A	10/16	\$102 R/\$112 NR monthly
							\$933 R/\$1023 NR yearly
Pre-K – 4	9/2/05 – 9/1/06	T/W/Th 3 days	12:00 – 2:30 pm	9/14/10 to 5/18/11	6002B	10/16	\$102 R/\$112 NR monthly
							\$933 R/\$1023 NR yearly
Pre-K Enrichment Program	9/2/05 – 9/1/06	T/Th 2 days	9:00 – 11:30 am	9/14/10 to 12/16/10	6005A	6/12	\$266 R/\$286 NR semester \$133 R/\$143 NR × 2 payments

Pre-Kindergarten Enrichment Program

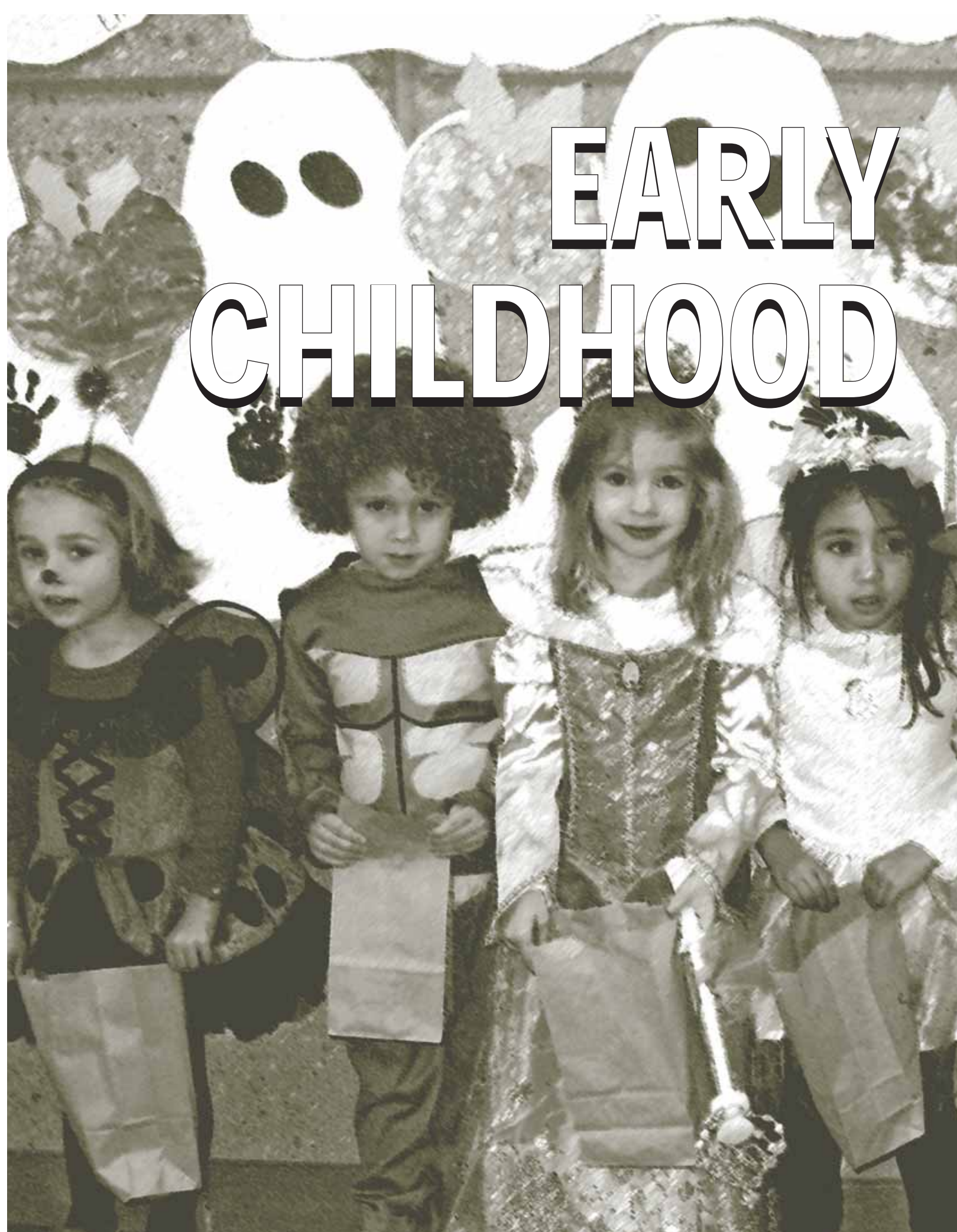
This program is ideal for parents looking to give their 4-year-old an edge when he or she begins Kindergarten. Children are invited to explore basic mathematical and scientific concepts while involved with interesting and engaging activities! All concepts are presented through hands-on learning with the emphasis being fun and discovery. Each class will include suggestions about how to enjoy related activities at home for the entire family. To continue your child's learning experience, an additional session will be offered during the winter semester.
No class Nov. 23 and 25.

Age	Day	Date(s)	Time	Code
4 yrs	Tues/Thurs (13 wks)	Sept 14– Dec 16	9:00 – 11:30 am	6005A

Joanne Lamb, *Teacher*
Wood Dale Park District Rec. Complex
\$133 R/\$143 NR × 2 payments
(First payment due at registration, 2nd Payment Due 10/15)
Min: 6 Max: 12



EARLY CHILDHOOD



14

EARLY
CHILDHOOD

Tot Rock

Wiggle and giggle to the Tot Rock beat! You and your tot will delight in this one-of-a-kind musical adventure! We will play with rhythm instruments like tambourines and maracas, share props like balls and beanbags, and explore sensory items like bubbles and feathers. In addition to improving your tot's

newly-acquired motor skills, we provide structured and unstructured time to encourage socialization. Sign up for both sessions, as the curriculum does not repeat.

Tots must be walking. Learn, dance, and play our way!

www.rockitkids.com. **No class October 11 and November 22.**

Session 1	Age	Day	Time	Code
9/13 – 10/25	Walkers – 24 mo w/ parent	Mon (6 wks)	9:15 – 9:55 am	44015A
Session 2	Age	Day	Time	Code
11/1 – 12/13	Walkers – 24 mo w/ parent	Mon (6 wks)	9:15 – 9:55 am	44015B

Rock 'N' Kids Staff

Medinah Park District, 22 W130 Thorndale Ave.

\$44 R/\$54 NR

Min: 4 Max: 12

Songs, Stories and More

Join us for an interactive class with your child. Children will be exposed to routines that will prepare them for preschool. The class will start off with the teacher reading an interactive book. After the story it will be time to sing a song that the children will get up and move to. There will be musical instruments available for the children to play as we sing and dance. The class will end with an art project or craft that can be taken home. This class will encourage your child's early literacy, gross motor and socialization skills in addition to promoting creative thinking.

No class November 26.

Session 1	Age	Day	Time	Code
9/17 – 10/15	18 – 24 mo w/parent	Fri (5 wks)	9:30 – 10:15 am	42025C
Session 2	Age	Day	Time	Code
10/29 – 12/3	18 – 24 mo w/parent	Fri (5 wks)	9:30 – 10:15 am	42025D

Joanne Lamb, *Instructor*

Wood Dale Park District Rec. Complex

\$35 R/\$43 NR

Min: 5 Max: 12

Kid Rock I and II

Sing, dance, jump and play, having fun the Kid Rock way! Join this popular music and movement program and sing songs, dance to the beat, play with rhythm instruments and props, improve fine and gross motor skills, and engage in imaginative play. Kid Rock also helps with listening skills and socialization. Kid Rock I is for parent and child interaction; Kid Rock II encourages independence as parents only stay for the first and last weeks. Sign up for both sessions as the curriculum does not repeat. Don't

miss this unique opportunity for fun and learning!

www.rockitkids.com. **No class October 11 and November 22.**

Kid Rock I

Session 1	Age	Day	Time	Code
9/13 – 10/25	20 – 36 mo w/ parent	Mon (6 wks)	10:00 – 10:40 am	44019A
Session 2	Age	Day	Time	Code
11/1 – 12/13	20 – 36 mo w/ parent	Mon (6 wks)	10:00 – 10:40 am	44019A

Kid Rock II

Session 1	Age	Day	Time	Code
9/13 – 10/25	2 ½ – 4 ½ yrs	Mon (6 wks)	10:45 – 11:25 am	44020A
Session 2	Age	Day	Time	Code
11/1 – 12/13	2 ½ – 4 ½ yrs	Mon (6 wks)	10:45 – 11:25 am	44020B

Rock 'N' Kids Staff

Medinah Park District, 22 W130 Thorndale Ave.

\$44 R/\$54 NR

Min: 4 Max: 12

Terrific Tuesdays **NEW!!!**

Your child will enjoy a morning filled with exciting activities including; arts n' crafts, music and stories, all centered around a different theme each week. This program will also help your child become more independent and develop important social skills. **No class November 23.**

Session 1	Age	Day	Time	Code
9/21 – 10/19	3 – 4 yrs	Tues (5 wks)	10:30 – 11:30 am	42025A
Session 2	Age	Day	Time	Code
11/2 – 12/7	3 – 4 yrs	Tues (5 wks)	10:30 – 11:30 am	44025B

Roberta Baird, *Instructor*

Wood Dale Park District Rec. Complex

\$35 R/\$43 NR

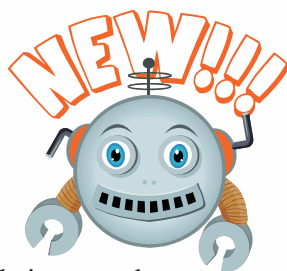
Min: 5 Max: 8

Lunch Box Club

Parents, take the afternoon off to run errands or just relax. We will keep your child entertained with an afternoon filled with crafts, games and play. Please send your child with a sack lunch and a drink. Participants must be the appropriate age by the first day of class. **No class November 26.**

Session 1	Age	Day	Time	Code
9/17 – 10/22	3 – 5 yrs	Fri (6 wks)	11:45 am – 2:30 pm	44008A
Session 2	Age	Day	Time	Code
10/29 – 12/10	3 – 5 yrs	Fri (6 wks)	11:45 am – 2:30 pm	44008B

Diana Morgan, *Instructor*
Wood Dale Park District Rec. Complex
\$60 R/\$70 NR
Min: 5 Max: 12



Robo Launch Adventure

Hands-on fun and excitement abound as your children build their own robots using an infrared controlled robo-vehicle construction set. First we build them and then we make them go, go, go!

Age	Day	Date	Time	Code
4 – 5 yrs	Wed (6 wks)	9/15 – 10/20	4:00 – 5:00 pm	44027A

Computer Explorers
Wood Dale Park District Rec. Complex
\$75 R/\$85 NR
Min: 3 Max: 9



Animal Art Fun

Get to know your animals and shapes through art. Participants will learn about a variety of animals and then imitate and create them on paper using various mediums. Each week will feature a different animals. There may even be an animal parade! **No class November 27.**

Session 1	Age	Day	Time	Code
9/25 – 10/23	3 – 5 yrs	Sat (5 wks)	9:30 – 10:15 am	44262A
Session 2	Age	Day	Time	Code
11/6 – 12/11	3 – 5 yrs	Sat (5 wks)	9:30 – 10:15 am	44262B

Jeanna Matuszewski, *Instructor*
Wood Dale Park District Rec. Complex
\$38 R/\$46 NR
Min: 5 Max: 12

TNT

(Tots 'N' Technology)

Does your three-year-old love the computer, but gets frustrated when the mouse doesn't go where she wants it to go? Or does he click too many times, and the action gets frozen? Our unique course will have your three-year-old ready to teach you the tricks of technology...**HAVE FUN!**

No class November 24.

Age	Day	Date	Time	Code
3 yrs	Wed (6 wks)	10/27 – 12/8	4:00 – 5:00 pm	44207B

Computer Explorers
Wood Dale Park District Rec. Complex
\$83 R/\$93 NR
Min: 4 Max: 10



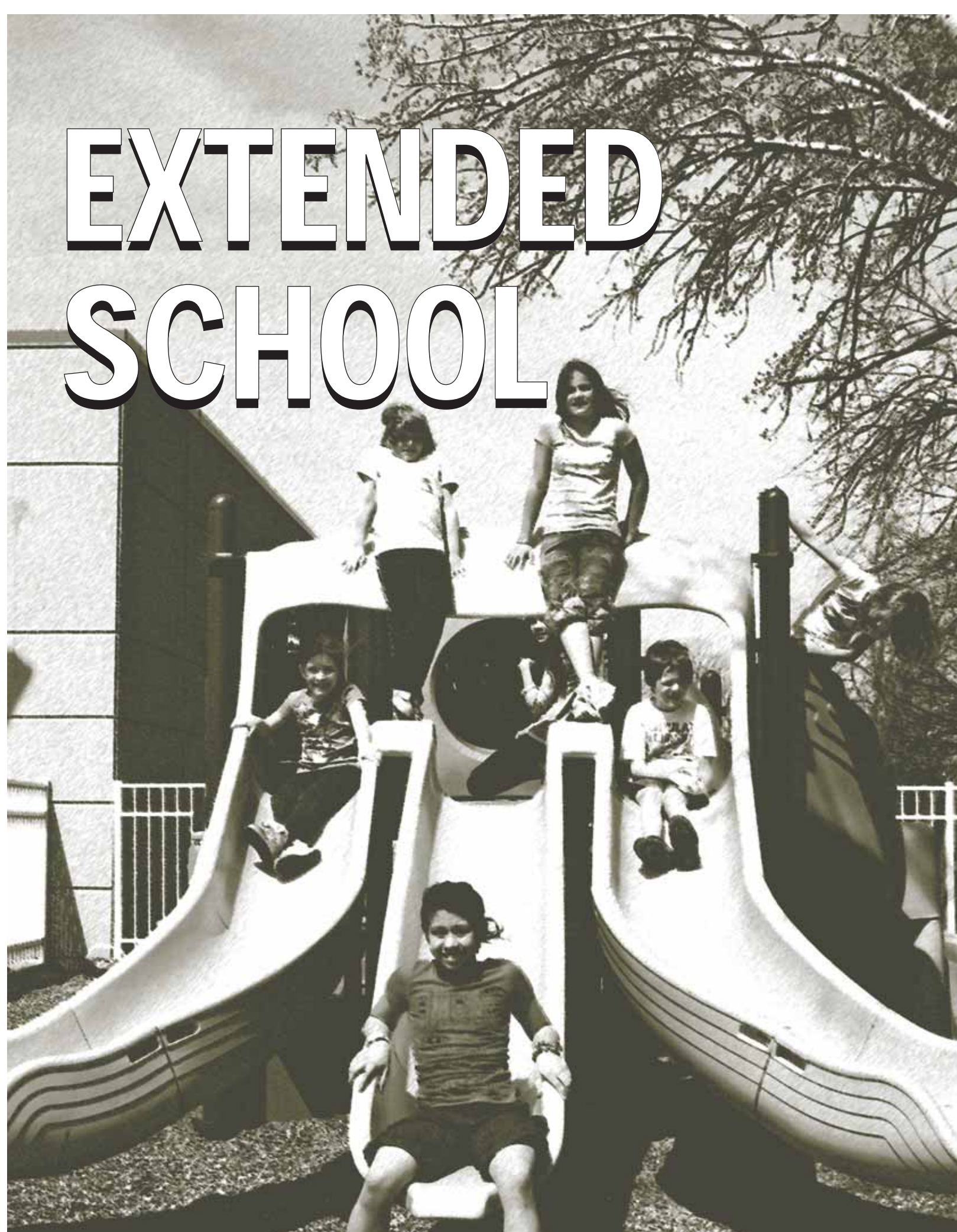
Funtastic Fridays

Children enjoy an evening filled with fun, while mom or dad have some time for themselves! Participants will create a simple seasonal craft, play games and have a light snack and drink. The evening will conclude with a children's movie. **Pre-registration is required for this program.**

Age	Day	Date	Time	Code
4 – 6 yrs	Fri	9/17	6:00 – 8:00 pm	44004A

Wood Dale Park District Rec. Complex
\$5 R/\$7 NR
Min: 8 Max: 30

EXTENDED SCHOOL



Extended School 2010-2011 PROGRAM

The Extended School Program is designed to provide children in Kindergarten – 5th Grade with supervised recreational activities in a safe environment before school, after school, and on most days when school is not in session. The program is held at the Recreation Complex for participants in Kindergarten – 2nd grades, and Westview Elementary School for 3rd-5th graders. Participants in Kindergarten – 2nd grade will be bussed to Oakbrook school in the morning and bussed to the Recreation Complex in the afternoon. Bussing is provided by School District #7. **Participants are required to live within School District #7 boundaries in order to register for the Extended School program.**



NEW this Fall!

The Wood Dale Park District will be offering a pilot program for students in 3rd–5th grades at Westview Elementary School during the fall semester. Before School Bunch and After School Bunch will be offered at this site. For more information feel free to contact the Wood Dale Park District at 630-595-9333.

Registration

Registration packets for Extended School are available for pick up at the Recreation Complex. Mail-in or drop-off registration will not be permitted. Registration must be done in-person by an adult. A parent guide with additional information will be distributed to parents at the time of registration. ***An additional \$15.00 non-refundable registration fee and a full month's payment to hold your child's spot in each program will be due at the time of registration.*** The initial payment will be applied toward your final month in May 2011.

Refunds

Parents requesting a refund will be expected to fill out a refund request form in-person. Refunds will be prorated based on the date the refund form was completed. A \$2 service fee per child will apply to all refunds. Fees will not be prorated for absences from the Extended School Program.

Payment Plan

A monthly payment plan is offered to assist parents with the financial responsibilities of the Extended School Program. To keep the monthly payments consistent, the total program fee is spread out evenly over 10 payments. The payments are due on or before the 15th of each month. **Payment Dates are: August 15th, September 15th, October 15th, November 15th, December 15th, January 15th, February 15th, March 15th and April 15th.** Payments received after the 15th of the month will be charged a \$15 late fee per child. Payments not received by the 29th day of the month, will result in your child being dropped from the program.

R-Resident Corp-Corporate NR-Non-Resident



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EXTENDED SCHOOL

Before School Bunch

A variety of activities are planned in the morning which include: arts n' crafts, active games, movies and special events.

7:00 am – 8:30 am
Wood Dale Park District Rec. Complex (K – 2nd grades) or Westview Elementary School (3rd – 5th grades)
Max: 60



1st Child

\$800 or Payment Plan
(10 payments × \$80)

2nd Child Discount

\$700 or Payment Plan
(10 payments × \$70)

Kindergarten Club

Kindergarten Club is for participants who have Am Kindergarten at Oakbrook School. Space is limited, so parents are encouraged to register as soon as possible. Full refunds will be given to participants who are assigned PM Kindergarten. Kindergartners will enjoy a variety of activities ranging from creative craft projects to active games. Participants are required to bring a lunch each day.

11:45 am – 3:45 pm
\$1,580 or Payment Plan (10 payments × \$158)
Max: 16

After School Bunch

Children enrolled in this program will participate in a variety of activities which include: arts n' crafts, games, movies, special events and more. Each day, time will be set aside for homework. A snack will be provided in the afternoon.



3:45 pm – 6:30 pm
Wood Dale Park District Rec. Complex (K – 2nd grades) or Westview Elementary School (3rd – 5th grades)
Max: 60

1st Child

\$1,270 or Payment Plan
(10 payments × \$127)

2nd Child Discount

\$1,170 or Payment Plan
(10 payments × \$117)

School Days Off

We offer a program for the half and full days off of school. Activities will include games, crafts, free play, trips and more. Children should bring a sack lunch and a drink. The registration deadline for each of the programs is usually one week prior to the program date. The School Days Off program is available to students in Kindergarten–5th grades.

Full Days: 7:00 am – 6:30 pm

Half Days: 12:30 – 6:30 pm

Wood Dale Park District Rec. Complex
Min: 12 Max: 35

Date	Type	Fee
Oct 11	Full	\$35
Oct 12	Full	\$35
Oct 29	Half	\$25
Nov 11	Full	\$35
Nov 22	Full	\$35
Nov 23	Full	\$35
Nov 24	Full	\$35

WINTER CAMP

Date

Dec 20
Dec 21
Dec 22
Dec 23
Dec 27
Dec 28
Dec 29
Dec 30

Parents may sign up for individual days for Winter Camp or pay for the entire 8-day camp at a discounted rate.

7:00 am – 6:30 pm

\$35 per day or \$230 for entire Winter Camp

Wood Dale Park District Rec. Complex
Min: 12 Max: 35

DANCE



20

DANCE

The Wood Dale Park District Dance Program consists of a Fall Session and a Winter/Spring Session. A Spring Dance Recital will be held in May. More information on the dance recital will be available at a later date.

Registration

New students, ages 3½ – 13 years, may only register for classes that are

listed as a Beginning or Beginning/Continuing level class. If you are a new student interested in registering for a continuing class, you must have the instructor's approval. Returning students will receive a DANCE PLACEMENT LETTER by mid-August. After the early registration deadline, we will cancel classes, combine classes or add new students as enrollment dictates.

Early-bird Registration: Students are encouraged to register by August 31st. Beginning September 1st fees will increase by \$10.

Class Descriptions

Dancin' Darlins' is a combination of tap, ballet, pre-jazz, and personality singing.

Let's Dance includes tap, ballet and an introduction to jazz dance.

Theatrical Dance focuses more on "performance" based dance. It's a fun way to learn to be more expressive on stage while dancing to songs from great Broadway musicals. This is a different kind of jazz class!

Attire

Girls should wear a leotard and tights. Based on their dance class, participants should wear pink ballet slippers, black tap shoes or black jazz shoes. Boys are expected to wear a t-shirt and pants/shorts. It is recommended parents confirm the class is running before purchasing dance shoes.



Program Dates & Fees

The approximate cost of the recital costume and accessories is \$50 for youth sizes. Adult sizes are slightly higher. The fees below include payment for the Fall Session and the costume fee. Because costumes are made to order, refunds will not be granted after the refund deadline. Participants who choose not to continue in the Winter/Spring session

must request their costume payment refunded by **December 15**. Registration for the Winter/Spring session will be in December. If there is a balance due on the costume/accessories, it will be billed to you at the time of registration. *Don't forget, class will be held every Monday, **except on November 22**.

Day	Date(s)	Time	Class	Level	Age	Instructor	Code
Mon*	9/13 – 12/13 No class Nov 22 (13 weeks)	4:30 – 5:20 pm	Hip Hop	Cont	9 – 11 yrs	Ruby Rushford	4101D
		5:30 – 6:20 pm	Beginning Hip Hop	Beg	7 – 9 yrs	Ruby Rushford	4100D
		6:30 – 7:20 pm	Jazz Cont	Cont	13 – 15 yrs	Ruby Rushford	4102D
Tue	9/14 – 12/14 No class Nov 23 (13 weeks)	9:30 – 10:20 am	Dancin' Darlin's	Beg	3 ½ – 4 yrs	Yvonne Spanos	4103D
		10:45 am – 11:35 am	Dancin' Darlin's	Beg/Cont	4 – 5 yrs	Yvonne Spanos	4104D
		4:00 – 4:45 pm	Let's Dance	Beg/Cont	5 – 7 yrs	Yvonne Spanos	4105D
		4:45 – 5:35 pm	Let's Dance	Cont	7 – 8 yrs	Yvonne Spanos	4106D
		5:35 – 6:25 pm	Let's Dance	Cont	9 – 10 yrs	Yvonne Spanos	4107D
		6:25 – 7:15 pm	Let's Dance	Cont	11 – 13 yrs	Yvonne Spanos	4108D
		7:15 – 8:05 pm	Adv Tap	Adv	13 – 16 yrs	Yvonne Spanos	4109D
Wed	9/15 – 12/15 No class Nov 24 (13 weeks)	4:30 – 5:20 pm	Int Hip Hop	Cont	11 – 13 yrs	Ruby Rushford	4110D
		5:30 – 6:20 pm	Theatrical Dance	Beg/Cont	10 yrs+	Ruby Rushford	4111D
		6:30 – 7:20 pm	Adv Hip Hop	Adv	13 yrs+	Ruby Rushford	4112D
		7:30 – 8:20 pm	Adv Jazz	Adv	13 yrs+	Ruby Rushford	4113D
Sat	9/18 – 12/18 No class Nov 27 (13 weeks)	9:30 – 10:20 am	Let's Dance	Cont	10 – 11 yrs	Yvonne Spanos	4114D
		10:30 – 11:20 am	Let's Dance	Cont	11 – 13 yrs	Yvonne Spanos	4115D
		11:30 am – 12:15 pm	Dancin' Darlin's	Beg/Cont	4 – 5 yrs	Yvonne Spanos	4116D

Early Bird Registration by Aug 31st:
\$123 R/\$133 NR

Registration Starting Sept 1st:
\$133 R/\$143 NR

Please note: Includes Costume Fee

A payment plan is available for dance classes. To set up a payment plan, please contact Clare Fagan at 630-595-9333.

LESSONS

Private Dance Lessons by Ms. Ruby

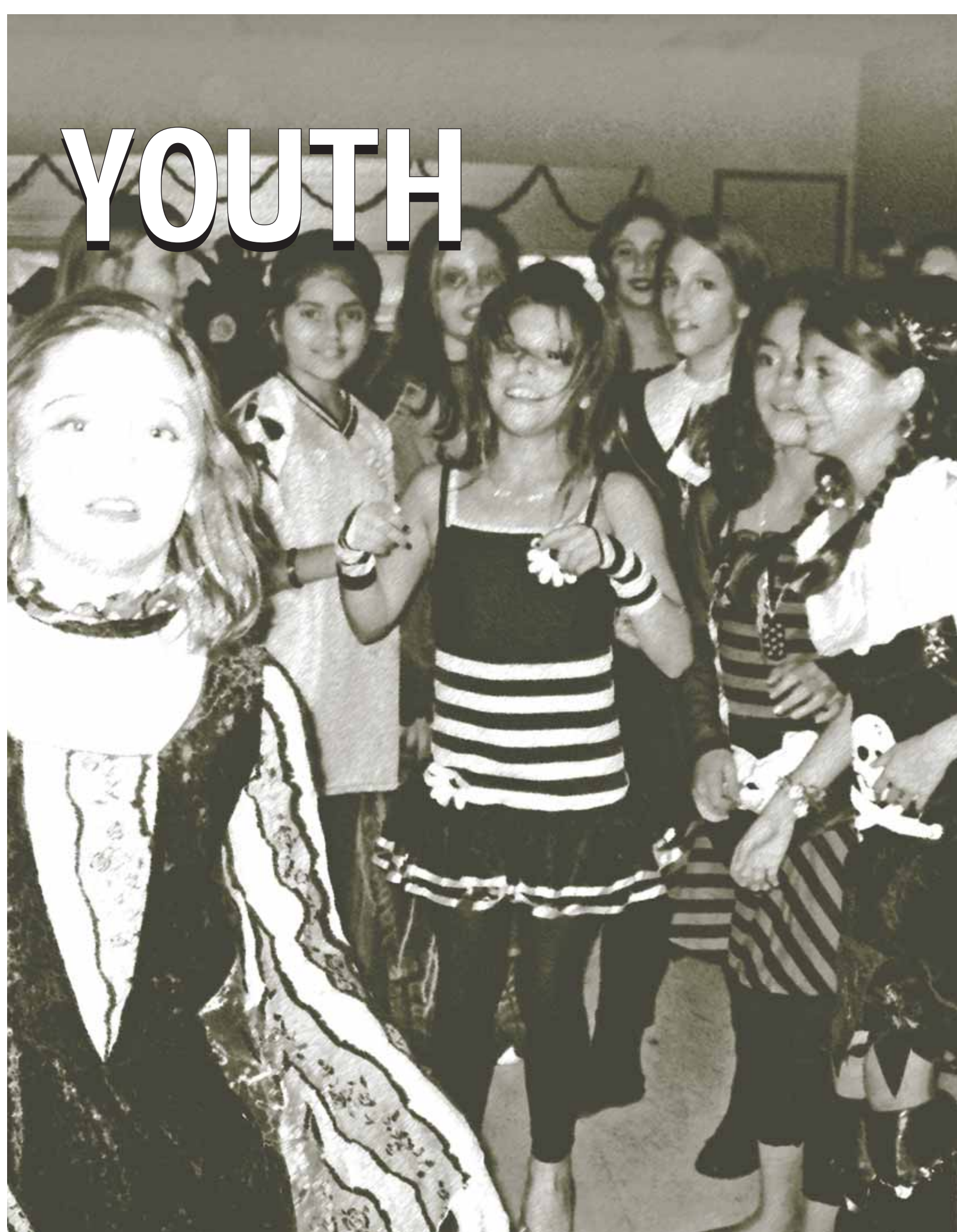
Brush up your dance steps by attending private lessons. Students participating in a private, 45 minute lesson will have the opportunity to work on routines and enhance their skills through individual attention from the instructor. Participants will be contacted by Ms. Ruby to schedule lessons after registering.

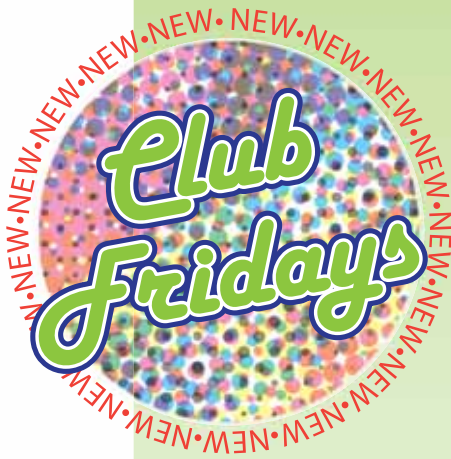
\$30 per 45-minute lesson

\$140 for 5, 45-minute lessons

Code: 4117D

YOUTH

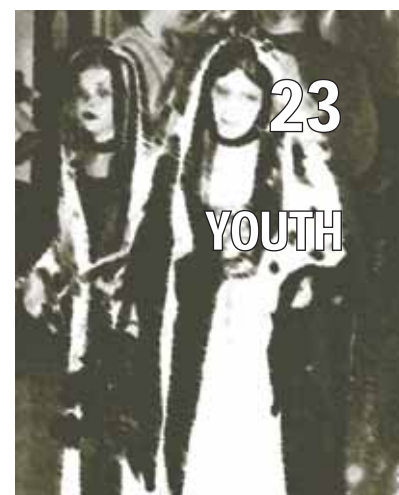




Drop on in for a fun-filled evening at the Wood Dale Park District. Club Friday will be held on the first Friday of every month. Each night will have a special themed-activity for participants to enjoy, in addition to board games, pool, ping pong, foosball and mini hoops. Permission slips will be distributed through school, available at the Recreation Complex and online at www.wooddaleparkdistrict.org. *Pre-registration is strongly recommended. If the registration minimum is not met by 12 pm on the day of the program, it will be cancelled.*

Date	Theme	Code
10/1	Build-Your-Own Sundae Participants will create a delicious treat with a variety of toppings.	44201
11/5	Pizza Party Participants will personalize their own mini pizzas.	44201A
12/3	Holiday Cookie Creations Cut out, decorate and bake your own cookies to enjoy.	44201B

1st – 5th Grades
6:00 – 8:00 pm
\$5 in advance/\$7 at door
Wood Dale Park District Rec. Complex
Min: 10 Max: 30



Wood Dale Park District Rec. Complex

Halloween



Party

\$5 in advance
\$7 at the door

Put on your Halloween costumes and join your friends for an evening filled with singing and dancing to your favorite songs. Everyone in costume will receive a door prize. A costume contest will be held and prizes awarded for a variety of categories. A signed permission slip with a parent signature is required. Forms will be distributed through school prior to the dance.

Grades	Day	Date	Time	Code
3rd – 5th	Fri	10/29	7:00 – 8:30 pm	44203

Funtastic Fridays

Children enjoy an evening filled with fun, while mom or dad have some time for themselves! Participants will create a simple seasonal craft, play games and have a light snack and drink. The evening will conclude with a children's movie. Pre-registration is required for this program.

Age	Day	Date	Time	Code
4 – 6 yrs	Fri	9/17	6:00 – 8:00 pm	44004A

\$5 R/\$7 NR

Wood Dale Park District Rec. Complex

Min: 8 Max: 30

Child Babysitting and Safety Program

The number one priority of this program is to keep the babysitter and the children they care for safe. Babysitting is not just "watching" the children, but being responsible for their safety and well-being. Participants will learn about basic care, first aid and CPR concepts. Students will have a lunch break during the program. Please bring a baby-like doll, pencil, paper, sack lunch and drink to class.

Age	Day	Date	Time	Code
11 – 15 yrs	Sat	10/16	9:00 am – 2:00 pm	44258

Michele Silver, *AHSA certified instructor*

Wood Dale Park District Rec. Complex

\$25 R/\$31 NR

Min: 5 Max: 10

Magic Class

Children are guaranteed to have a great time as they learn fascinating tricks from a professional magician! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age-appropriate. Additionally, you can sign up for this class again and again as brand new tricks are always taught at each session!

Age	Day	Date	Time	Code
5 – 12 yrs	Fri	10/1	6:45 – 7:40 pm	44204A
5 – 12 yrs	Wed	12/8	6:45 – 7:40 pm	44204B

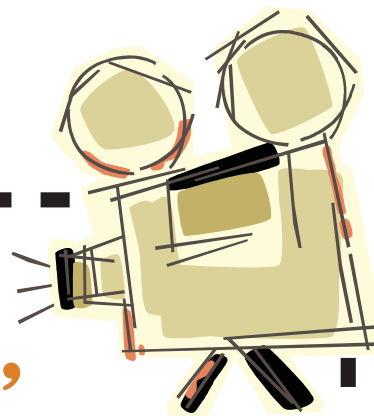
Magic Team of Gary Kantor

Itasca Park District, 350 Irving Park Rd.

\$19 R/\$23 NR

Min: 5 Max: 30

**LIGHTS,
CAMERA,
ACTION!
NEW!!!**



Bring your Webkinz™ and join us as we create our very own Webkinz™ Film Festival.

You will create your very own movie using special digital movie making cameras and software. As writers, directors and producers you will work in teams to create your own story and script, design and create backgrounds and film your own movie using graphic editing techniques and stop motion animation. You can add your own voices or your favorite music to your movie and show it at a private screening on the last day of class. All students will get a copy of their movie for home screenings, after class is complete.

Age	Day	Date	Time	Code
6 – 7 yrs	Wed	9/15 – 10/20	5:15 – 6:15 pm	44266A

Computer Explorers Staff

Wood Dale Park District Rec. Complex

\$90 R/\$100 NR

Min: 4 Max: 12

Chess Lessons

Learn one of the most popular games around the world! Chess is a wonderful game that anyone can learn, and the skills acquired will last a lifetime. This structured class is taught by an experienced chess professional. Learn the basics of chess through hands-on play, in-class instruction and study materials. Players of all skill levels, from beginner to accomplished, are welcome. All supplies are included. At the end of this program, we guarantee you will be a much better chess player!

Age	Day	Date	Time	Code
6 yrs+	Mon (5 wks)	9/13 – 10/11	6:00 – 7:00 pm	44259A

Joe Splinter, USCF Rated Expert, *Instructor*
Wood Dale Park District Rec. Complex
\$44 R/\$52 NR
Min: 6 Max: 20



Fashion Design

Design your own clothes while learning a little about the fashion industry! Samples of model drawings, (boy and girl), will be provided. Participants will design, color and accessorize their own fashion creations! Each week will feature a different theme. Markers, colored pencils, crayons, glitter glue and textiles will be used. Next stop Paris! **No class November 25.**

Session 1	Grades	Day	Time	Code
9/23 – 10/21	1st – 3rd	Th (5 wks)	7:00 pm – 7:45 pm	44264C

Session 2	Grades	Day	Time	Code
11/4 – 12/9	1st – 3rd	Th (5 wks)	7:00 pm – 7:45 pm	44264D

Jeanna Matuszewski, *Instructor*
Wood Dale Park District Rec. Complex
\$38 R/\$46 NR
Min: 5 Max: 12



Art Expressions

Girls and boys... EXPRESS yourself through art. Each week, participants will experience art using various mediums to create with, while learning interesting facts about art. We will draw, paint, color, be crafty and more! **No class November 25.**

Session 1	Grades	Day	Time	Code
9/23 – 10/21	K – 3rd	Th (5 wks)	6:00 pm – 6:45 pm	44264A

Session 2	Grades	Day	Time	Code
11/4 – 12/9	K – 3rd	Th (5 wks)	6:00 pm – 6:45 pm	44264B

Jeanna Matuszewski, *Instructor*
Wood Dale Park District Rec. Complex
\$38 R/\$46 NR
Min: 5 Max: 12



Guitar Lessons

Guitar lessons are offered to students of any skill level. Utilizing the Mel Bay Method books, students will learn to read music and perform songs. Basic technique and skills will be taught using songs that are appropriate for the student's skill level. As students progress, more advanced techniques will be taught using additional popular music handouts. Instruction in the following styles is available: acoustic, classical and electric. Students must have their own guitar to participate. **No class November 26.**

Age	Day/Date	Time	Code	Time	Code
8 yrs+	Fri (12 wks) 9/17 – 12/10	4:00 – 4:30 pm	44223	5:30 – 6:00 pm	44226
		4:30 – 5:00 pm	44224	6:00 – 6:30 pm	44227
		5:00 – 5:30 pm	44225	6:30 – 7:00 pm	44228

Richard Kuehl, *Instructor*
Wood Dale Park District Rec. Complex
\$120 R/\$130 NR
Min: 2 Max: 2

Piano Lessons

No matter what level of experience you have, we have a piano class just right for you. Students will be taught to read and perform pieces from the John W. Schaum piano book. Instruction will be based upon the skill level of each student. Additionally, students will study music theory through the Schaum Notespeller. A piano book is included in the fee. Students may register for only one time slot. **No class October 11, November 22 and 26.**

Age	Day/Date	Level	Day	Time	Code
6 yrs+	Mon (12 wks) 9/13 – 12/13	Pre A/Level A	Mon	4:00 – 4:30 pm	44205
		Level A	Mon	4:30 – 5:00 pm	44206
		Level B	Mon	5:00 – 5:30 pm	44207
		Private	Mon	5:30 – 5:50 pm	44208
				5:50 – 6:10 pm	44209
				6:10 – 6:30 pm	44210
	Fri (12 wks) 9/17 – 12/10	Levels A & B	Fri	6:30 – 6:50 pm	44211
				4:00 – 4:30 pm	44212
				4:30 – 5:00 pm	44213
				5:00 – 5:30 pm	44214
				5:30 – 6:00 pm	44215
				6:00 – 6:30 pm	44216
				6:30 – 7:00 pm	44217

Madelyn Kuehl, *Instructor*
Wood Dale Park District Rec. Complex
Semi-Private: \$120 R/\$130 NR Private: \$130 R/\$140 NR
Min: 2 Max: 2 Min: 1 Max: 1



26

YOUTH

Drum Lessons

Chicago's # 1 Drum Lessons is here, ready to make you the drummer you always wanted to be. If it is just for fun, or to make it big in the music business, we can do it! With being featured on CLTV news, to having commercials on major cable networks.

Chicago's # 1 Drum Lessons

will teach Beginner through Advanced drum students, the following: taught technique, drum separation, timing, stick control, double bass, soloing, patterns, workouts and exercises, original fills and beats. Students are also taught to read beginner sheet music. **All lessons are recorded on professional video** to take home. Students will need to bring a blank tape each week. Private lessons are available at an additional fee. "New" Students will need to bring \$15.00 for a music book to be ordered at the first class.

No class November 26.

Session 1

Age	Day/Date	Time	Code
5 yrs+	Fri (8 wks) 8/20 – 10/8	6:00 – 6:30 pm	44222A
		6:30 – 7:00 pm*	44222B
		7:00 – 7:30 pm	44222C
		7:30 – 8:00 pm*	44222D
		8:00 – 8:30 pm	44222E
		8:30 – 9:00 pm*	44222F

Session 2

Age	Day/Date	Time	Code
5 yrs+	Fri (8 wks) 10/22 – 12/17	6:00 – 6:30 pm	44222G
		6:30 – 7:00 pm*	44222H
		7:00 – 7:30 pm	44222I
		7:30 – 8:00 pm*	44222J
		8:00 – 8:30 pm	44222K
		8:30 – 9:00 pm*	44222L

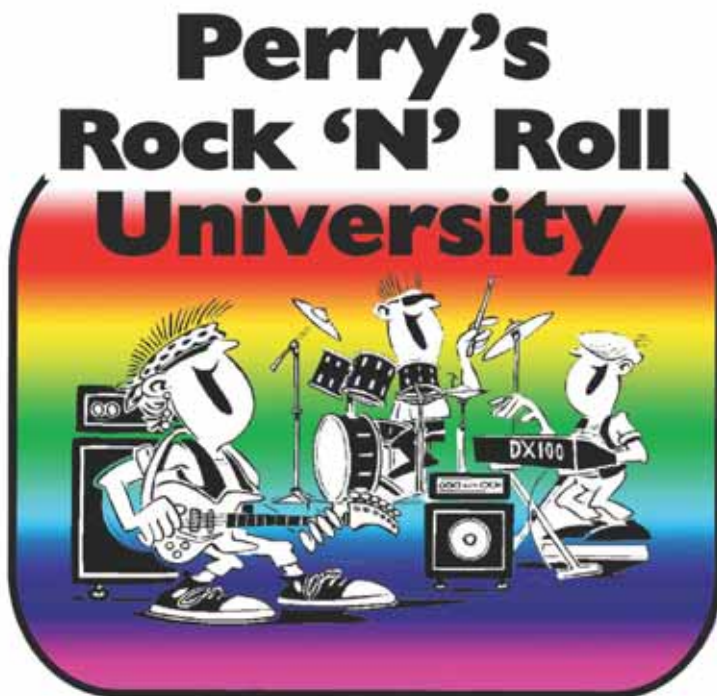
Chicago's # 1 Drum Lessons Staff

Wood Dale Park District Rec. Complex

Semi-Private: \$65 R/\$75 NR *Private: \$116 R/\$125 NR

Min: 2 Max: 2 Min: 1 Max: 1

Please note: Semi-private lessons may be shortened to 15 minutes if only 1 person is registered in that time slot.



If you sing, drum, play guitar or keyboard and want to learn how to perform in a rock band, this program is ideal for you. Perry's Rock 'N' Roll University is a ten week, one hour per week, band format Rock class. Registered students of similar age and ability will be brought together by members of our expert teaching staff and taught a minimum of two popular songs and one original to be performed in front of an audience. The concert performance will be held approximately one week after graduation at a local venue. Each student will be given at graduation, a professionally recorded CD of their original song and a free Perry's Rock 'N' Roll University T-shirt. A professionally recorded live DVD of the graduation performance will be available for sale two weeks after the concert performance. We have a limited number of Sunday classes, so spots will fill up quickly. Please sign up early to ensure you will be a part of this wonderfully, fun and educational class. **Concerts will be scheduled for November 7th at Elmhurst Park District and a Graduation Concert on December 12th, location TBA. Additional rehearsal days may become available to try and accommodate the wait list. No refunds will be issued after class starts. No class October 10, 31 and November 28.**

Age	Day	Date	Time	Code
8 – 18 yrs	Sun (10 wks)	9/19 – 12/12	12:00 – 7:00 pm Practices will be scheduled for 1 hour between	44222

Perry's Music Staff

\$224 R/\$234 NR

Perry's Music, 154 E. St. Charles Rd., Villa Park

Min: 1 Max: 10

NEW!!!

YOUTH ATHLETICS



28

YOUTH
ATHLETICSBeginning
Baton &
Pom Pon

Baton twirling and pom pon dancing is an excellent way to develop coordination, poise and confidence. This class will introduce participants to the art of baton twirling and the basics of pom pon dancing. Simple

skills and routines will be taught. A baton and a set of pom pons are required for class. A baton of the correct length can be ordered from the instructor at the first class. This is a great opportunity to have fun and learn a new skill! In addition to this session, there will be a Winter/Spring session and a Spring recital. The recital costume will cost \$45 and will be purchased in December. **No class November 25.**

Age	Day	Date	Time	Code
4 – 10 yrs	Thurs (10 wks)	9/23 – 12/2	4:00 – 4:45 pm	44232A

Stephanie Hinchley, *Instructor*
Wood Dale Park District Rec. Complex
\$38 R/\$46 NR
Min: 6 Max: 15

Intermediate
Baton & Pom Pon

Upon completion of all beginner skills, students will be promoted into this class by the instructor. Beginning skills will be reinforced and new skills will be introduced to challenge the participants. In addition to this session, there will be a Winter/Spring session and a Spring recital. The recital costume will cost \$45 and will be purchased in December. **No class November 25.**

Age	Day	Date	Time	Code
4 – 10 yrs	Thurs (10 wks)	9/23 – 12/2	4:45 – 5:30 pm	44232B

Stephanie Hinchley, *Instructor*
Wood Dale Park District Rec. Complex
\$38 R/\$46 NR
Min: 6 Max: 15

Team A Baton and Poms

Upon completion of all continuing skills, students will be promoted into this class by the instructor. Continuing skills will be reinforced and new skills will be taught to challenge the participants. In addition to this session, there will be a Winter/Spring session and a Spring recital. The recital costume will cost \$45, and will be purchased in December. **No class November 25.**

Age	Day	Date	Time	Code
4 – 10 yrs	Thurs (10 wks)	9/23 – 12/2	5:30 – 7:00 pm	44234

Mary Hinchley, *Instructor*
Wood Dale Park District Rec. Complex
\$94 R/\$104 NR
Min: 6 Max: 15

Baton Private Lessons

Fine tune your twirling skills by attending private lessons. Students participating in private lessons will have the opportunity to work on routines and enhance their skills through individual attention from an instructor. Students should contact Mary Hinchley to schedule a 30-or 45-minute weekly lesson. **No class November 24 and 25.**

Age	Location	Day	Date	Time
4 – 10 yrs	OakBrook Elementary	Wed	9/22 – 12/1	4:00 – 9:00 pm
	Wood Dale Park District Rec. Complex	Thurs	9/23 – 12/2	2:30 – 4:15 pm

Wood Dale Stars Baton &
Pom Pon Team

The Wood Dale Stars is a competitive baton and pom pon corp. which promotes self-confidence and responsibility in its members. In addition to practice, the Wood Dale Stars participate in several competitions both locally and out-of-state. The instructor's approval is required in order to participate on the team. The Wood Dale Stars have won many group titles, including the National Title in 2006. Besides winning awards, the members have a great time!

Day	Date	Time	Code
Thurs (39 wks)	9/23/10 – 7/14/11	6:00 – 8:30 pm	4056C

Mary Hinchley, *Instructor*
Wood Dale Park District Rec. Complex
\$450 R/\$462 NR
Payment Plan: \$150 R/\$154 NR × 3 payments
1st payment at registration
2nd payment – Jan 13, 2011
3rd payment – April 14, 2011

No class November 25, December 23, 30 and March 31, 2011.
Additional Hours: 20 hours



Kid's Karate Club & Safety Program

Want to be the next Karate Kid? You can, with The Kid's Karate Club Program. This progressive martial arts program teaches the basics in karate, self-defense, sparring and safety. This high energy program is specifically designed for children ages 4 through 14. Parents may participate with their children at no additional cost as part of our Parent Helper Program. Family involvement and respect are key elements, and children are encouraged and motivated to do their best in all aspects of their lives. Karate uniforms are required and are available from the instructor for \$35.

Age	Day	Date	Time	Code
4 – 14 yrs	Wed (11 wks)	9/8 – 11/10	6:00 – 6:45 pm	44245 Beginning
4 – 14 yrs	Wed (11 wks)	9/8 – 11/10	6:45 – 7:30 pm	44246 Intermediate

Sensei Frank Lena and Staff
Wood Dale Park District Rec. Complex
\$55 R/\$65 NR
Min: 5 Max: 25

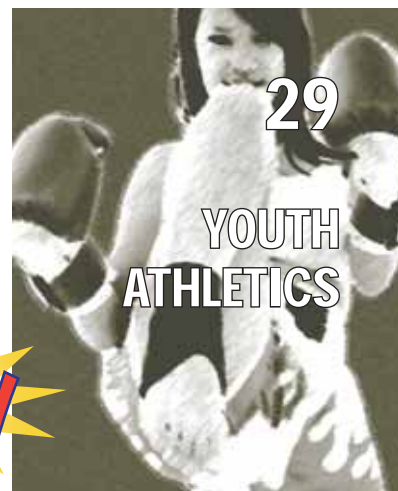
Kids Kickboxing

Kids Kickboxing will teach kids technique, self-defense, self-discipline, focus while building confidence. During Kids Kickboxing you will learn a **NEW** unique Mixed Martial arts technique designed to maximize physical and mental fitness. Kids Uniforms are \$30.

Parents can learn with their child at no cost, but we do ask all parents to purchase an Adult uniform (\$35) if participating.

Age	Day	Date	Time	Code
10 – 14 yrs	Mon (10 wks)	9/13 – 11/15	5:00 pm – 6:00 pm	44559A

Fight Fit Staff
Wood Dale Park District Rec. Complex
\$45 R/\$55 NR
Min: 5 Max: 25



Olympic Tae Kwon Do

Tae Kwon Do, one of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Olympic Tae Kwon Do emphasizes speed and competition. Students have the opportunity to improve concentration and self esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G.Master Ki Hong Kim* (8th Dan World Tae Kwon Do Federation.) **A \$45.00 uniform fee is required at the first class.** Belt testing is offered through The K.H. Kim's Tae Kwon Do at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gears. Visit us at www.khkimtkd.com



Little Dragons (4-5 yrs)

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

Early Tae Kwon Do (6-7 yrs)

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



Youth Tae Kwon Do (8-13 yrs)

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

R-Resident Corp-Corporate NR-Non-Resident

Adult Tae Kwon Do (14 yrs and older)

Restricted to high school students and older, this program concentrates on Tae Kwon Do techniques through the study of forms, stances, and the skills of punching, kicking, and blocking. **No class November 25th.**

All Belt Levels

Dates	Class	Time	Min/Max	Code
9/9 – 12/16	Little Dragon (4 – 5 yrs)	4:00 – 4:40 pm	5/12	31147A
	Early (6 – 7 yrs)	4:45 – 5:30 pm	6/20	31147B
	Youth (8 – 13 yrs)	5:35 – 6:20 pm	6/20	31147C
	Parent/Child (7 yrs+)	6:25 – 7:15 pm	5/20	31147D
	Adult (14 yrs+)	7:20 – 8:10 pm	5/20	31147E

K H Kim's Tae Kwon Do Staff
Wood Dale Park District Rec. Complex
\$98 R/\$108 NR



30

YOUTH
ATHLETICS

Little Hoops

Our instructional/team program prepares the future WIBA player. Participants will learn fundamental skills, basic techniques and improvement of motor skills required for the game of basketball in a team environment. Players will use junior sized balls and shorter hoops to build confidence.

Games will take place on Saturday mornings in Wood Dale, Itasca or Medinah. Teams will practice on Friday's at 5:15 pm or 6:00 pm. Game schedules will be handed out the first or second week of practices. Team t-shirts will be provided. Volunteer coaches and assistant coaches are needed for our program to run. Please indicate on the registration form if you are interested in coaching. This program is a cooperative program with the Itasca and Medinah Park Districts. First 10 kids registered will be guaranteed a spot; if there are additional kids interested and there are enough enrollments, another team will be added. **No practice November 26.**

Age	Day	Date(s)	Time	Code
4 – 6 yrs	Fri (8 wks)	10/22 – 12/17	5:15 or 6:00 pm	44022A
4 – 6 yrs	Fri (8 wks)	1/14 – 2/26	5:15 or 6:00 pm	44022B

Wood Dale Park District Rec. Complex
\$50 R/\$60 NR
Min: 7 Max: 10

Youth Ping Pong

During this class, Maria, (a top rated U.S. player), will demonstrate and teach many different techniques such as forehand, backhand, volley, chop, top spin and serves. **No class November 25.**

Age	Day	Date	Time	Code
7 – 15 yrs	Thurs (8 wks)	9/9 – 10/28	6:00 – 7:30 pm	44247A
7 – 15 yrs	Thurs (6 wks)	11/4 – 12/16	6:00 – 7:30 pm	44247B

Maria Kretschmer, *Instructor*
Wood Dale Park District Rec. Complex
8 weeks – \$36 R/\$44 NR
6 weeks – \$27 R/\$33 NR
Min: 1 Max: 6

SAVE 30% WHEN YOU SIGN UP FOR OUR
SPOTLIGHT
Program of the Week 
Visit our Website, Front Desk or Marquee

www.wooddaleparkdistrict.org ~ 630-595-9333

Tumbling

Participants will develop coordination, flexibility and strength as they are introduced to basic gymnastic skills. Skills taught at the **BEGINNING** level include: front and back rolls, cartwheels, one-handed cartwheels, handstands, round-offs, backbend with progression to limbers and backbend kick-overs. Skills taught at the **INTERMEDIATE/ADVANCED** level include: working on skills from the beginning level to more advanced such as handstand rolls, back extension rolls, front and back walkovers, front limbers, front handsprings, round-off rebounds, starting flip flops and putting 2 – 3 skills together in a row. *Please note: To register for the Intermediate/Advanced program, students must have completed the Beginning level and instructors will test the first night of class.*

Age	Day	Date	Time	Code
6 – 13 yrs	Tues (6 wks)	9/14 – 10/19 (6 wks)	6:30 – 7:30 pm	44149A Beginning
		11/2 – 12/7 (6 wks)	7:30 – 8:30 pm	44150A Intermediate/Advanced
6 – 13 yrs	Tues (6 wks)	9/14 – 10/19 (6 wks)	6:30 – 7:30 pm	44149B Beginning
		11/2 – 12/7 (6 wks)	7:30 – 8:30 pm	44150B Intermediate/Advanced

Sandy Aichele, *Instructor*
Wood Dale Park District Rec. Complex
\$36 R/\$44 NR
Min: 8 Max: 15

Cheer Tumbling

Jump, round-off and back handspring your way to cheerleading tryouts this year. After taking Cheer Tumbling, you will be familiar with the tumbling and basic gymnastics skills needed to WOW the crowd! This class will progress slowly. All levels of experience are welcome. Dress comfortably and bring your SPIRIT!

Age	Day	Date	Time	Code
6 – 13 yrs	Tues (6 wks)	9/14 – 10/19 (6 wks)	6:30 – 7:30 pm	44151A
	Tues (6 wks)	11/2 – 12/7 (6 wks)		44151B

Sandy Aichele, *Instructor*
Wood Dale Park District Rec. Complex
\$36 R/\$44 NR
Min: 8 Max: 15

All Tumbling Classes
are held at the
Wood Dale Park District
Rec. Complex

Gymnastics

Participants will develop coordination, flexibility and strength as they are introduced to simple gymnastic skills. Skills taught at the **PRESCHOOL** level will assist in developing self confidence, courage and a sense of accomplishment. Basic beginning gymnastics and tumbling skills will be taught on preschool equipment. Skills taught at the **BEGINNER** level will take a slow approach to demonstrate skills on uneven bars, balance beam, vaulting and floor exercises. **INTERMEDIATE** level will enhance skills that participants must be able to perform on their own. The following skills are required to have been completed: Tumbling-backbend, Round-off and handstand; Uneven Bars-glide, cast on low bar and back hip over low bar; Balance Beam-cartwheel and round-off dismount; Vault-tucks and straddles. It is recommended that you wear comfortable clothing (shorts and t-shirt). **No class November 25.**

3 – 6 years, Preschool Gymnastics

Day	Date	Time	Code
Tues (8 wks)	8/24 – 10/12	1:15 – 2:00 pm	44252A
Thurs (8 wks)	8/26 – 10/14	10:15 – 11:00 am	44252B
Tues (7 wks)	10/19 – 12/7	1:15 – 2:00 pm	44252C
Thurs (7 wks)	10/21 – 12/9	10:15 – 11:00 am	44252D

Elk Grove Gymnastics Staff
Elk Grove Gymnastics
775 Bonnie Lane, Elk Grove Village
8 weeks – \$68 R/\$78 NR
7 weeks – \$60 R/\$70 NR
Min: 8 Max: 15

Please note: To register for the Intermediate program, students must have completed the Beginning level class AND be able to perform the skills listed by themselves.



All Gymnastic Classes are held at Elk Grove Gymnastics, 775 Bonnie Lane, Elk Grove

From the Wood Dale Recreation Complex, take Wood Dale Road (North) to Landmeier. Turn right onto Landmeier. Continue to Bonnie Lane and turn left. The facility is located approximately 2 blocks on the right side of the street.

6 – 13 years, Gymnastics

Day	Date	Time	Code
Thurs (8 wks)	9/9 – 10/28	6:30 – 7:30 pm	44152A Beginning
			44153A Intermediate
Thurs (5 wks)	11/4 – 12/9		44152B Beginning
			44153B Intermediate

Sandy Aichele, *Instructor*
Elk Grove Gymnastics
775 Bonnie Lane, Elk Grove Village
8 weeks – \$68 R/\$78 NR
5 weeks – \$43 R/\$51 NR
Min: 4 Max: 8

R-Resident Corp-Corporate NR-Non-Resident

Starbursts Optional Gymnastics Team

This team focuses on refining gymnastic skills and abilities. The team competes in the IPDGC which consists of over twenty park districts.

Competition consists of one, all or a combination of the following: Beam, Bars, Floor Exercises and Vault. The fee includes staffing, five invitational meets, contractual fees with Elk Grove Gymnastics, IPDGC membership dues and uniforms. Participants are required to pay their installments by each due date listed below (see deadline dates.) For further questions, please call (630) 595-9333. **Please be aware that these fees DO NOT cover state meets, sectional meets or leotards.**

Age	Day	Date	Time	Code
6 – 13 yrs	Thurs	Sept – May 2011	7:30 – 8:30 pm	44071A

Sandy Aichele, *Instructor*

Elk Grove Gymnastics, 775 Bonnie Lane, Elk Grove Village
\$125 R/\$150 NR

Min: 8

Three equal installments. **1st Payment** due by September 1st.

2nd Payment due by January 1st.

3rd Payment due by March 1st.

Introduction To Volleyball

This class is designed to teach boys and girls the fundamentals of volleyball. For those looking to play volleyball in Junior High, this is a great beginning class to get your son or daughter ready for play. Passing, setting, serving, some defensive and offenses will be covered in this 7-week class. Please wear athletic shoes, knee pads are recommended but not required. Playtime is included!

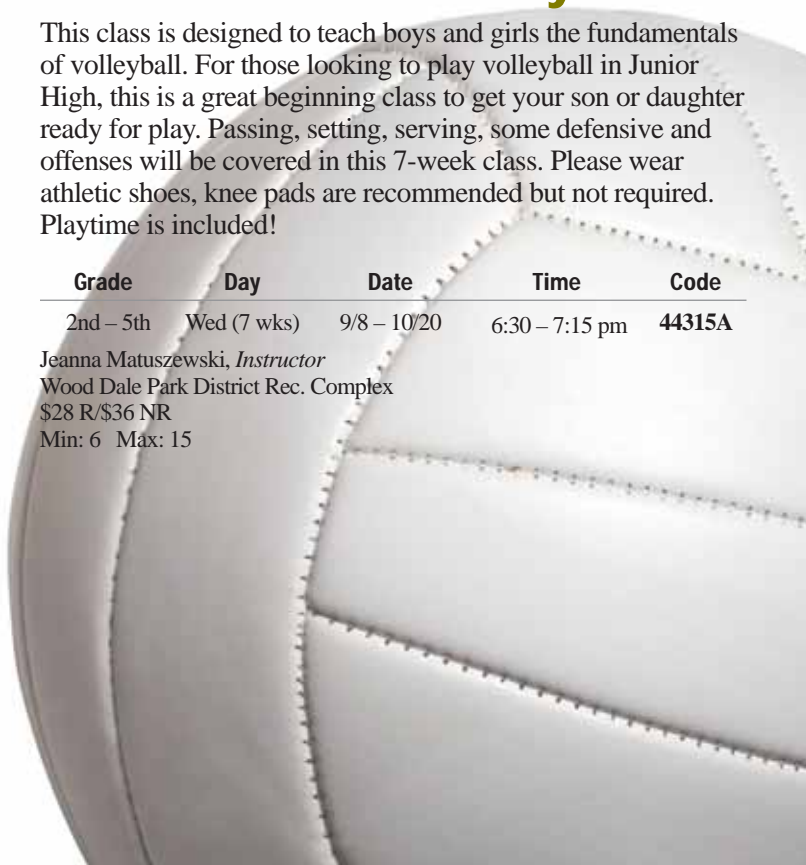
Grade	Day	Date	Time	Code
2nd – 5th	Wed (7 wks)	9/8 – 10/20	6:30 – 7:15 pm	44315A

Jeanna Matuszewski, *Instructor*

Wood Dale Park District Rec. Complex

\$28 R/\$36 NR

Min: 6 Max: 15



32

YOUTH
ATHLETICSSporting
Encounters

Encounter a variety of sports movements in a fun and safe environment. Boys and girls can learn the basic skills for sports, including T-ball, basketball, floor hockey, tennis, soccer and more. Classes are designed to teach children sports skills as well as overall physical development.

Age	Day	Date	Time	Code
3 – 5 yrs	Tues (4 wks)	9/14 – 10/2	4:30 – 5:30 pm	33124A

SportsKids Staff
Wood Dale Park District Rec. Complex
\$60 R/\$70 NR
Min: 5 Max: 20

Archery

Enjoy participating in a sport with a member of your family. Learn and help your child learn technique and participate in a variety of games. Arrows, Bows and Target are furnished. This program is run cooperatively with Itasca Park District.

Age	Day	Date	Time	Code
3 – 4 yrs	Wed	9/8 – 9/29	7:00 – 8:00 pm	44249A

SportsKids Staff
Itasca Park District, 350 E. Irving Park Rd.
\$45 R/\$55 NR
Min: 5 Max: 20



Indoor Soccer League

The Wood Dale Park District is partnering with the Sports Hub in Glendale Heights to offer indoor, recreational soccer. Games will be played on Saturdays; season begins November 6th and runs through mid-December. Each team will receive one hour practice time at the Wood Dale Park District Recreation Complex. **Volunteer coaches and assistant coaches are needed for our program to run. Please indicate on registration form if you are interested in coaching.** Registration is limited; the first 15 kids at each level will be guaranteed to play. All other registrants will be placed on a waitlist. Practice to begin immediately following Fall season.

Age	Res Fee	Code	Min/Max
U8	\$50 R/\$60 R	44301A	10/15
U10	\$50 R/\$60 R	44302A	10/15
U12	\$50 R/\$60 R	44303A	10/15
U14	\$50 R/\$60 R	44304A	10/15

HURRY UP
AND SIGN UP FOR FALL
SOCCER BEFORE IT
FILLS UP! SOME
LEAGUES
COULD
ALREADY BE
WAITLISTED.





WIBA BASKETBALL

REGISTRATION DEADLINE:

Sunday, October 3rd, 2010

The Wood Dale and Itasca Park Districts are cooperatively offering a youth basketball league specifically for children currently enrolled in 1st – 8th grades. This league was created to provide a healthy basketball environment, with the objective of developing basic basketball skills while providing the opportunity for all players to participate equally in a team atmosphere. Further, it is the objective of the league to promote an atmosphere of fun, teamwork, and good sportsmanship as the players learn basic skills and improve on existing skills.

WIBA IN-HOUSE BASKETBALL

2010-2011 League Offering:

Grade	Kind	Code
1st & 2nd	Co Ed	44308
3rd & 4th	Boys	44309
5th & 6th	Boys	44310
7th & 8th	Boys	44311

Fees:

1 child	\$140
2 children	\$225 (\$112.50 each child)
3 children	\$300 (\$100 each child)
4 children	\$365 (\$91.25 each child)

WIBA GIRLS INTER-VILLAGE BASKETBALL

This in-house, 10 game season, recreational girl's basketball league will consist of the following towns: Addison, Bensenville, Bloomingdale, Glendale Heights, Itasca, Medinah and Wood Dale Park District's.

2010-2011 League Offering:

Grade	Kind	Code
3rd & 4th	Girls	44309A
5th & 6th	Girls	44310A
7th & 8th	Girls	44311A

Fees:

1 child	\$100
2 children	\$180
3 children	\$240
4 children	\$280

TRAVEL LEAGUE

2010-2011 League Offering:

Grade	Kind
5th – 8th	Boys

Fees: \$300 R/\$325 NR

Important Dates for ALL LEAGUES:

Registration Deadline (NO EXCEPTIONS)	Oct 3rd
Player Observation	week of Oct 11th
Coaches Draft	week of Oct 18th
All Coaches Meeting/ NYSCA TRAINING	week of Oct 25th
Practices Start (Days & Times TBA)	week of Nov 1st
League Games Start (Schedules TBA)	weekend of Dec 4th
Picture Day (SEE COACH FOR TIMES)	TBA (Nov)

* Exact dates are to follow; Please look for flyers throughout schools for exact dates and on website.*

Important Registration Info:

- Uniforms are INCLUDED in the registration fees.
- Looking for both Head & Assistant Coaches – if interested, please indicate on registration form.
- Games will be held on weekends unless there are make-up games. Coaches will contact players for all dates.
- You are responsible for transporting your child to and from each game and practice.
- Uniforms will consist of a jersey and shorts. All uniforms will be distributed to the Coach of your child, who will then distribute uniforms at a practice.
- Absolutely NO FOOD OR DRINK ALLOWED in any of the gyms for practices or games!
- All leagues are drafted by coaches. No player requests.

More Information to Come After Oct 25th:

- What team your child is on & his/her coach
- What day and time practices will be on
- Game schedule(s)

JR HIGH

TEEN XTREME ZONE

Stop by the Recreation Complex after school on Mondays and Wednesdays to play pool, foosball, air hockey, ping pong or PS2! All activities are FREE! You may enter and leave as you wish, but must follow directions given by Teen Center Supervisors. The Xtreme Zone is available for Wood Dale School District #7 and Holy Ghost students only and will be open only on days when school is in session. The Teen Center is not open on school days off, school holidays or half-days off.



Monday and Wednesday

3:00 – 5:00 pm (school days only)

Jr. High Open Gym Pass

Jr. High students will now be able to purchase an open gym pass valid through the 2010-11 school year. This pass will allow participants the use of the gym during after school hours. Parents **MUST** sign an agreement and waiver prior to their child using the gym. Signs will be posted if gym is closed for the day. Participants will not be allowed in the gym without parental consent. Participants will get into scheduled open gym at no charge!

GYM WILL NOT BE OPEN ON THURSDAY'S

Grades	Day	Date	Time
6th – 8th	Mon – Fri	School Days Only	3:00 – 5:00 pm

\$85 Open Gym Pass – valid through the last day of school

\$3 Day Pass – Parents MUST sign waiver prior to use.

Afterschool Jr. High Programs 3 – 5 pm

MON Teen Center

TUES Open Gym

WED Teen Center





BABYSITTING

Babysitting Services

This service is available for parents participating in select classes or during select hours the Fitness Studio is open. Babysitting is available for children 3 months – 10 years old. Parents must remain in the Recreation Complex while using the babysitting service. Parents are responsible for changing their child's diapers. **Staff is not allowed to change diapers.**

Punch Cards

Punch cards can be purchased at the front desk. When there is more than one child from the same household using the babysitting service, the additional child receives a discount. **Cards will be punched per child, per hour.** The punch card expires after 1 year from date of purchase. **Please Note: Reservations are required in advance for evening hours.**

Nursery Punch Card Fees

# of Visits	1st Child	Add'l Child	Item
Daily	\$3.00	\$1.75	1022
6 visits	\$16	\$10	1023
12 visits	\$31	\$19	1024
20 visits	\$41	\$31	1025

BABYSITTING HOURS:

Monday – Friday 9:00 – 11:00 am

Evening Hours by Reservation Only, 630-595-9333 x14

Babysitting **will be closed** on these dates: September 6, October 11, 12, November 11, November 22 – 26 and December 20, 2010 – January 2, 2011. *Please Note: Reservations are required in advance for evening hours.*

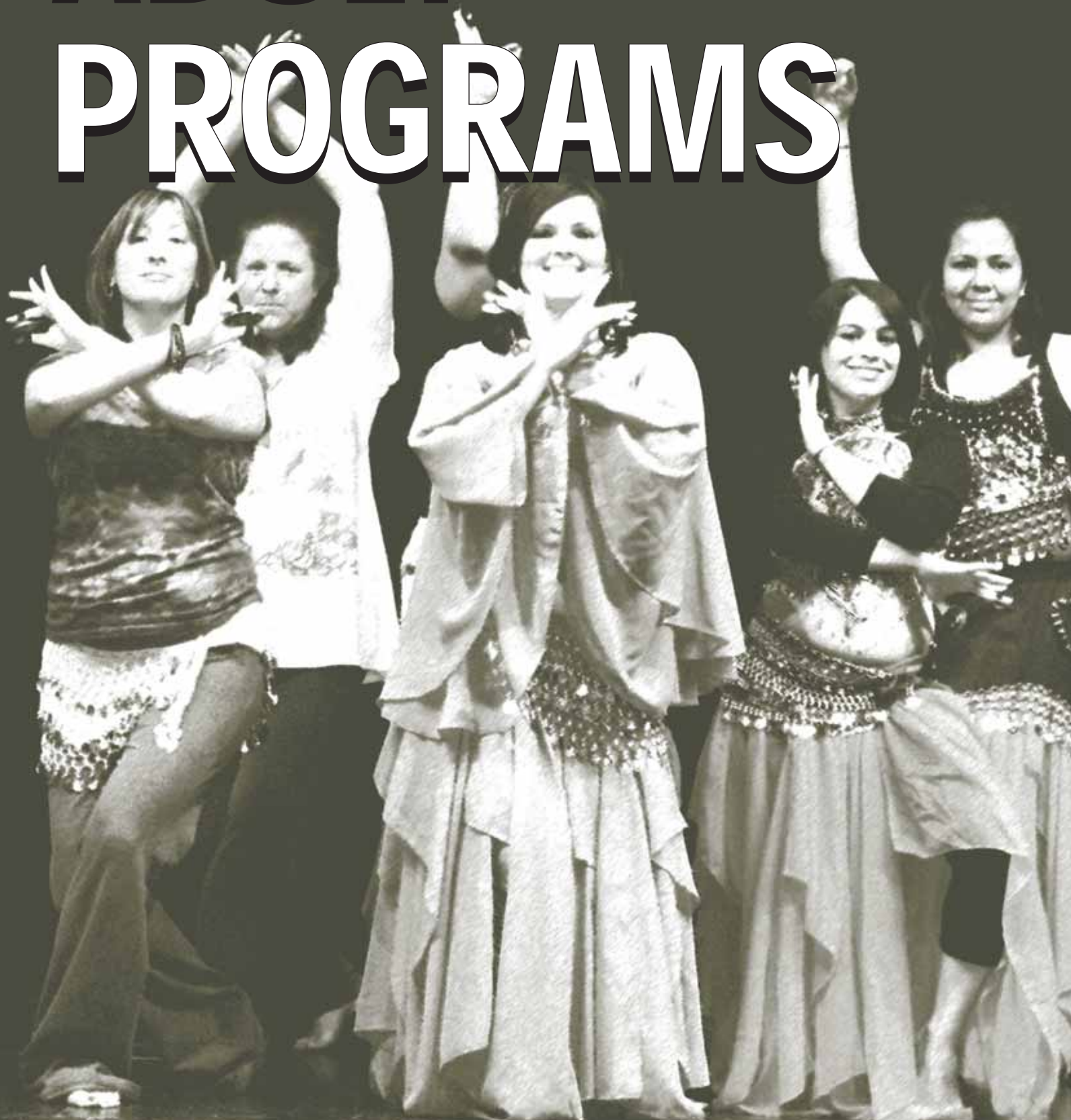
Reservation Only:

To make a reservation, please call 630-595-9333 and ask for Clare Fagan. If you call during non-office hours, choose Ext. 14. Reservations must be made 1 business day in advance.

Reservation Cancellation Policy:

Reservations must be cancelled by 4:30 pm on the day prior to your reservation. If you are canceling an evening reservation, please call no later than 12:00 pm (noon) the day of your reservation. To cancel a reservation, call 630-595-9333 and ask for Clare Fagan. Please do not make a cancellation with anyone else. **If cancellations have not been received by the deadline (12 pm), you will be charged a visit for each child.**

ADULT PROGRAMS



Belly Dance Fusion

Explore Middle Eastern dance, along with other world dance forms, while strengthening and toning your body! Belly dance increases your flexibility, grace, posture and self-confidence. Move and feel like a goddess. You will learn a new choreographed dance each session, along with technique and movement drills. Teacher Mari has been studying world dance since 1995. Our class is like a “girls night out”! Come and have fun while getting in shape! Bare feet, socks or ballet slippers. Bring a towel or mat for floor stretching, if desired. **No class November 24.**

Session 1	Age	Day	Time	Code
9/8 – 10/20	16 yrs+	Wed (7 wks)	8:00 – 9:00 pm	41416A
Session 2	Age	Day	Time	Code
10/27 – 12/15	16 yrs+	Wed (7 wks)	8:00 – 9:00 pm	41416B

Mari Peckham, *Instructor*
\$46 R/\$51 Corp/\$56 NR
Wood Dale Park District Rec. Complex
Min: 5 Max: 15



Adult Ping Pong

Learn from a pro! Maria is a top rated U.S. player who will teach you various techniques for indoor table tennis. You will learn, through demonstration and practice, the forehand, backhand, volley, chop, topspin and serves.

No class November 25.

Session 1	Age	Day	Time	Code
9/9 – 10/28	16 yrs+	Thurs (8 wks)	7:30 – 9:00 pm	44501A
Session 2	Age	Day	Time	Code
11/4 – 12/16	16 yrs+	Thurs (6 wks)	7:30 – 9:00 pm	44501B

Maria Kretschmer, *Instructor*
Wood Dale Park District Rec. Complex
8 weeks – \$40 R/\$44 Corp/\$48 NR
6 weeks – \$35 R/\$39 Corp/\$43 NR
Min: 1 Max: 8

Open Gym

The Wood Dale Park District’s gym is open for basketball at select times during the season. Schedules will be posted throughout the building at the Rec. Complex and are available, upon request, at the front desk. All participants should bring their own basketball. Proper I.D. should accompany all participants. Open Gym is FREE to all Fitness Studio members with I.D.

Age	Day	Time
Adults (16 yrs. & older*)	Tues	5:00 – 7:00 pm
Youth (13 – 15*)	Tues	3:00 – 5:00 pm
Everyone	Sun	11:00 am – 2:30 pm

* Under 18 must have parental signature.
\$3 (per visit)

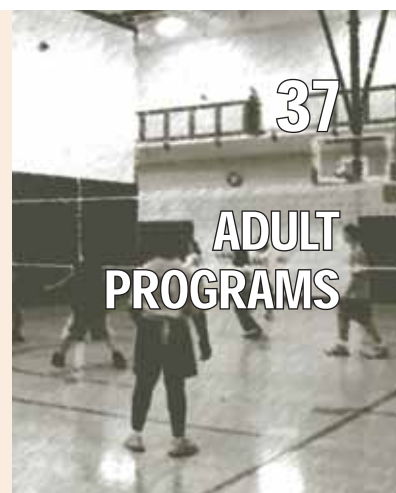
R-Resident Corp-Corporate NR-Non-Resident

Splendid Ballroom & Swing

Discover the wonderful world of ballroom dancing. Improve your skills, learn new steps and how to lead and follow in this introductory session. You will have fun learning the sophisticated Waltz, Cha Cha and swinging Swing. Join us for these enjoyable dances that are simply timeless. Couples are recommended, but not necessary. Couples will not rotate partners. Singles are not guaranteed a partner. Please wear comfortable clothing and shoes.

Age	Day	Date	Time	Code
16 yrs+	Fri	10/8 – 10/29 (4 wks)	7:30 – 9:00 pm	44404A

Dance Techs Staff
\$46 R/\$51 Corp/\$56 NR
Medinah Park District, 22W130 Thorndale Ave.
Min: 8 Max: 30

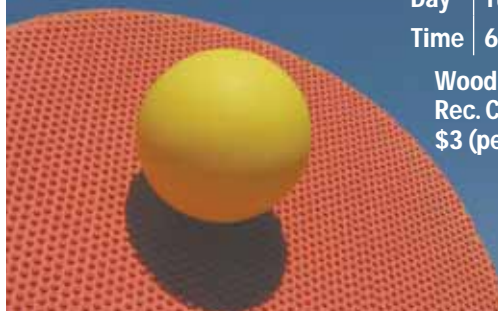


37
ADULT
PROGRAMS

Open Ping Pong

Show off your skills or challenge your friends! Our doors will be open for you and other local table tennis players every Tuesday and Friday night.

Age	All Ages
Day	Tue/Fri
Time	6:00 – 9:30 pm
Wood Dale Park District Rec. Complex \$3 (per visit)	



Adult Open Volleyball – Program Modification

The Wood Dale Park District will now be open for volleyball on Monday evenings. Schedule will be posted throughout the building or will be available upon request. Please call ahead to ensure the court will be set up as the park district reserves the right to cancel.

Adults (16 yrs. & older*) Monday 7:00 – 9:30 pm
* Under 18 must have parental signature.
\$3 (per visit)

Computer Basics

This class will introduce students to the basic components of a computer system. Students will learn how to work in the Windows environment and learn about the Start Menu; Taskbar; Programs; Folders & Files; keyboard features and moving through text; editing;

saving and opening documents; backing up files & folders, downloading and sending Email attachments. **Laptops are provided for class.**

Age	Day	Date	Time	Code
25 yrs+	Tues (3 wks)	9/28 – 10/12	9:30 – 11:00 am	44417A

Total PC Services
Wood Dale Park District
\$60 R/\$70 NR
Min: 4 Max: 8

Quick Fixes & Computer Tips

Windows has many built-in tools to keep a computer running smoothly and to troubleshoot and fix computer problems. Most people just don't know about them. You will learn tools for cleaning up, backing up and maintaining files; updating software programs, troubleshooting hardware/software problems, what to do if your computer won't start normally, how to work in Safe Mode, and more! Laptops are provided for class.

Age	Day	Date	Time	Code
25 yrs+	Tues	10/19	7:00 – 8:30 pm	44417B

Total PC Services
Wood Dale Park District
\$20 R/\$24 NR
Min: 4 Max: 8



Digital PhotoFun

Students will learn how to import photos from his/her digital camera (need to bring USB cord) or photo CD into a free software program that they can use at home. Then they will organize their photos into an album and learn tools to edit photos, add text & special effects, and create photo collages. Students will learn about the Windows My Picture folder and how to copy photos to a CD. Each student will take home a CD containing a copy of their edited photo album and a slideshow. CD plays in Windows Media Player. Skills learned in this class can be applied to many other photo software programs. (If bringing a camera, bring photos on a CD also). **Laptops are provided for class.**

Age	Day	Date	Time	Code
25 yrs+	Thurs	10/21	7:00 – 9:00 pm	44417C

Total PC Services
Wood Dale Park District
\$33 R/\$39 NR
Min: 4 Max: 8

My Computer & Control Panel

This class will give an overview of Windows My Computer and Control Panel features. Students will learn about their computer's hard disk and file system; how to change settings on hardware, folders, taskbar & start menu, how to schedule tasks, and change internet options, and more!

Laptops provided for class.

Age	Day	Date	Time	Code
25 yrs+	Mon (3 wks)	11/8 – 11/22	7:00 – 8:30 pm	44417D

Total PC Services
Wood Dale Park District
\$20 R/\$24 NR
Min: 4 Max: 8



"No Fear! Age is Just a Number"

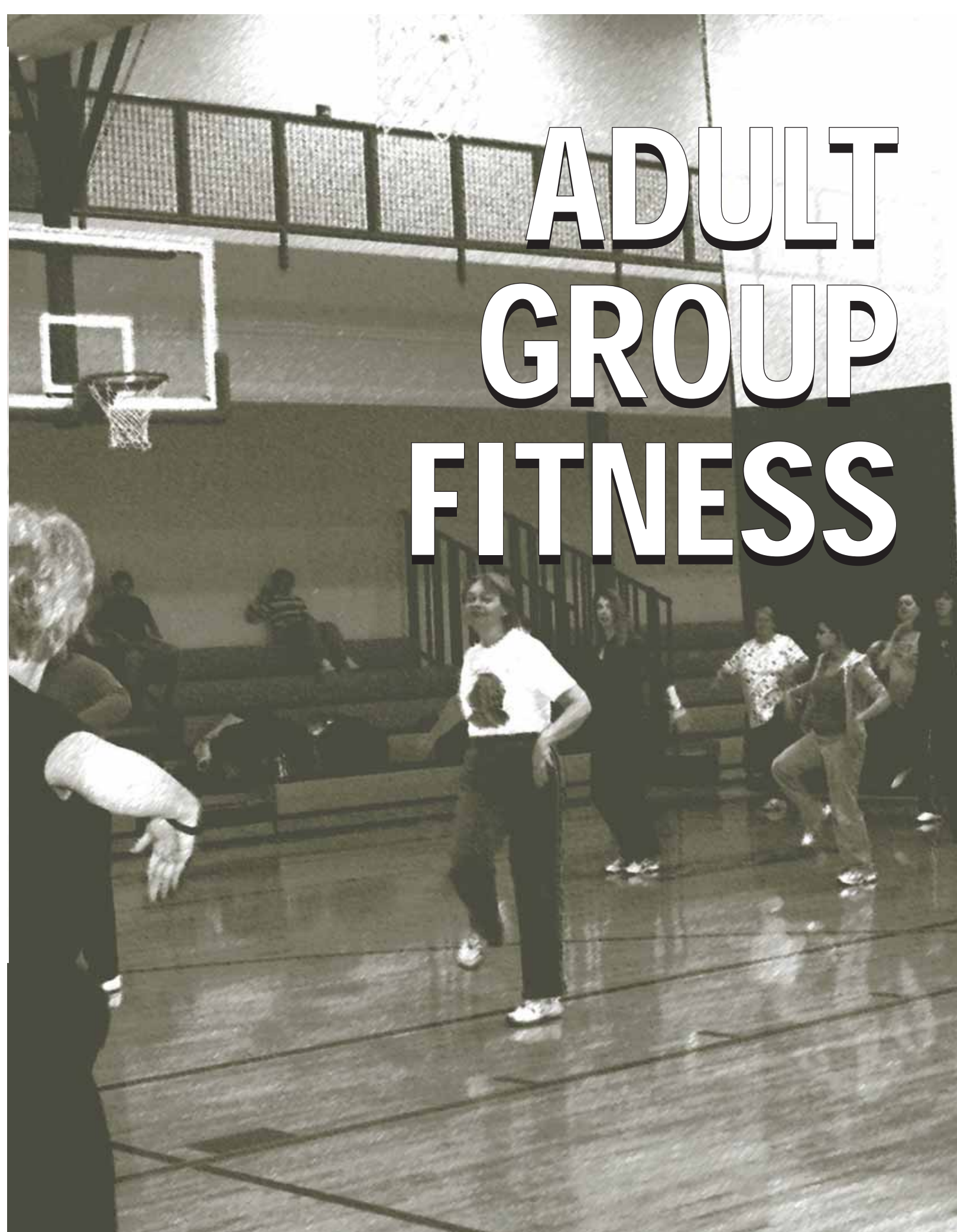
What does it mean to age? What kind of fears do we face as we age? How do we deal with the challenges of aging in a youth obsessed culture? Attitudes, body changes and tips on how to "age well" are all explored in this upbeat and informative presentation. Jody Kanikula is a licensed Social Worker and the Coordinator for In-Home Senior Respite at Metropolitan Family Services, DuPage. Metropolitan Family Services, DuPage has served families in the DuPage community since 1930, providing social services to more than 8,000 families and individuals a year.

Age	Day	Date	Time	Code
40 yrs+	Wed	9/15	1:00 – 2:00 pm	44780A

Wood Dale Park District Rec. Complex
FREE
Min: 5 Max: 50

ALL NEW CLASSES

ADULT GROUP FITNESS



40

ADULT
GROUP
FITNESSReady, Set,
Spin

Dim lights, mood-boosting music and adrenaline infused motivation will lead you up hills, along sprints and through stationary jogs. This class is never boring and will blast calories while strengthening legs and increasing endurance. Each

class ends with a cool down and stretches. Don't forget your towel and water bottle! **No class November 25.**

Age	Day	Date(s)	Time	Code	Session
18 yrs+	Tues & Thurs (4 wks)	9/7 - 9/30	5:30 - 6:30 pm	44558A	1
		9/7 - 9/30	6:30 - 7:30 pm	44558B	1
	Sat (4 wks)	9/11 - 10/2	8:00 - 9:00 am	44558C	1
	Tues & Thurs (4 wks)	10/5 - 10/28	5:30 - 6:30 pm	44558D	2
		10/5 - 10/28	6:30 - 7:30 pm	44558E	2
	Sat (4 wks)	10/9 - 10/30	8:00 - 9:00 am	44558F	2
	Tues & Thurs (4 wks)	11/2 - 12/2	5:30 - 6:30 pm	44558G	3
		11/2 - 12/2	6:30 - 7:30 pm	44558H	3
	Sat (4 wks)	11/6 - 12/4	8:00 - 9:00 am	44558I	3

Sue Turco, *Instructor*
Wood Dale Park District Rec. Complex
Tues/Thurs: \$56 R/\$61 Corp/\$66 NR
Sat: \$28 R/\$31 Corp/\$34 NR
Min: 5 Max: 10



Women on Weights

Just for women who are looking to get lean, speed up your metabolism and improve your bone density, which helps prevent osteoporosis. Also experience the benefits of a Certified Personal Trainer, for a quarter of the price. Exercises will include cardio work and strength training. This program utilizes the Fitness Studio to create the optimal workout you are looking for! **No class November 25.**

Age	Day	Date(s)	Time	Code
18 yrs+	Tues/Thurs (6 wks)	9/7 - 10/14	9:30 - 10:30 am	44563C
	Tues/Thurs (6 wks)	10/26 - 12/9	9:30 - 10:30 am	44563D

Nikki Bittner, *Instructor*
Wood Dale Park District Rec. Complex
6 weeks - \$90 R/\$95 Corp/\$100 NR
Min: 3 Max: 5

SAVE 30% WHEN YOU SIGN UP FOR OUR

SPOTLIGHT

Program of the Week

Visit our Website, Front Desk or Marquee

www.wooddaleparkdistrict.org ~ 630-595-9333

Circuit Breaker

A challenging circuit workout utilizing strength training machines and cardio conditioning. Located in the Fitness Studio, you will experience the benefits of working with a Certified Personal Trainer in a friendly group environment. **No class November 25.**

Age	Day	Date	Time	Code
18 yrs+	Tues/Thurs (6 wks)	9/7 - 10/14	6:00 - 7:00 pm	44563A
	Tues/Thurs (6 wks)	10/26 - 12/9	6:00 - 7:00 pm	44563B

Nikki Bittner, *Instructor*
Wood Dale Park District Rec. Complex
6 weeks - \$90 R/\$95 Corp/\$100 NR
Min: 3 Max: 5

Butt Seriously 

Get your body in motion with this fat burning workout infused with strength training-sure to tone those troublesome areas. A cross-training approach will be taken to challenge your body at an individual level. Come with friends and have a blast. Bring a water bottle to replenish after your hard work. **No class November 24.**

Age	Day	Date	Time	Code
16 yrs+	Wed (8 wks)	9/8 - 10/27	6:45 - 7:45 pm	44552A
	Wed (6 wks)	11/3 - 12/15	6:45 - 7:45 pm	44552B

Alice Lively, *Instructor*
Wood Dale Park District Rec. Complex
8 weeks - \$36 R/\$40 Corp/\$44 NR
6 weeks - \$27 R/\$30 Corp/\$33 NR
Min: 5 Max: 15

30 Minute Burn 

Demolish the opportunities for self criticism. This class will make you look better while ensuring you feel better. We will blast away all that jiggles using a variety of equipment and exercises. Be prepared to feel the burn while having fun. This class is adaptable for all ability levels. Each class includes a warm-up and a relaxing cool-down. Please bring a mat and water bottle. **No class November 24.**

Age	Day	Date(s)	Time	Code
16 yrs+	Wed (8 wks)	9/8 - 10/27	6:00 - 6:30 pm	44553A
	Wed (6 wks)	11/3 - 12/15	6:00 - 6:30 pm	44553B


Alice Lively, *Instructor*
Wood Dale Park District Rec. Complex
8 weeks - \$18 R/\$20 Corp/\$22 NR
6 weeks - \$14 R/\$16 Corp/\$18 NR
Min: 5 Max: 15

Jazzercise

The original dance exercise phenomenon! Each 60-minute class offers a blend of jazz dance and exercise science to your favorite music - Top 40, jazz, country, funk and classics. Easy-to-follow, fun choreography includes a gentle warm-up, 30 minute aerobic workout, muscle toning and strengthening segment with weights and stretch finale.

Registration is taken at class. Registrants may start at any time! There is a \$25.00 one-time joining fee and then \$37.00 per month on EFT.

First class FREE!



Day	Time
Mon/Wed	7:45 – 8:45 am
Mon/Wed/Fri	9:00 – 10:00 am
Tues/Thurs	7:45 – 8:45 pm
Sat	9:15 – 10:15 am

Wood Dale Park District Rec. Complex



“Dance away your worries” to Zumba’s high energy Latin music. The Zumba workout was designed to be “FUN AND EASY TO DO,” allowing participants to keep their own pace and achieve long term goals. This class is for all ages and sizes. Gather a water bottle, towel and friends and come enjoy the party! **No class November 24 and 25.**

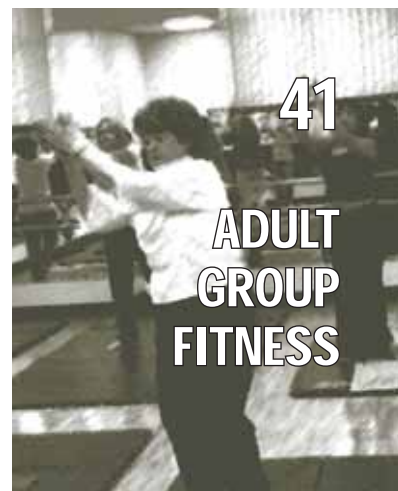
Age	Day	Date	Time	Code
16 yrs+	Mon & Wed (8 weeks)	9/13 – 11/3	5:30 – 6:30 pm	44564A
	Tues & Thurs (8 weeks)	9/14 – 11/4	4:15 – 5:15 pm	44564B
	Mon & Wed (5.5 weeks)	11/8 – 12/15	5:30 – 6:30 pm	44564D
	Tues & Thurs (5.5 weeks)	11/9 – 12/16	4:15 – 5:15 pm	44564E

Coleen Regalmuto, *Instructor*, Mon/Wed
Kajanda Love, *Instructor*, Tues/Thurs
8 weeks – \$72 R/\$77 Corp/\$82 NR
5.5 weeks – \$50 R/\$55 Corp/\$60 NR
Wood Dale Park District Rec. Complex
Min: 6 Max: 40 (Mon/Wed Class)
Min: 6 Max: 15 (Tues/Thurs Class)



Hatha Yoga

Hatha Yoga is an ancient method of body conditioning which we have updated into the ultimate fitness program. This class will focus on postures, breathing and concentration which can rejuvenate the vital organs and glands and rebalance the systems of the body. Experience an increase of energy, body consciousness and balance.



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**ADULT
GROUP
FITNESS**

Age	Day	Date(s)	Time	Code
18 yrs+	Mon (7 wks)	9/13 – 10/25	7:00 – 8:15 pm	44556A
	Mon (7 wks)	11/1 – 12/13	7:00 – 8:15 pm	44556B

Universal Spirit Yoga
Wood Dale Park District Rec. Complex
\$63 R/\$68 Corp/\$73 NR
Min: 5 Max: 18

FITNESS CONNECTION




NEW!! FREE!!

Having problems motivating yourself to workout? Looking for a running/walking/workout friend? Let us be the middle person to achieve your goals. All you have to do is fill out a brief questionnaire at the park district or online. The park district staff will then try to match up people based on goals, ability, age, time, and interests, etc. Don't worry if you are not a fitness member or group fitness participant, we understand it is not for everyone, we just want to help everyone live a healthy life.

**Questions? Please contact
Keith Schmerer
at 630-595-9333.**

42

ADULT
GROUP
FITNESSTwilight
Walking Club

Get up and Go!  This class is a great way to spice up the old evening stroll. Walking in a group provides motivation, extra safety and chat time with new friends. Distance increases as the club progresses, offering

a well-rounded view of Wood Dale. Register early, tell a friend and hit the pavement! Sign up for both time slots and receive \$5 off registration. No dogs or strollers!

Age	Day	Date(s)	Time	Code
18 yrs+	Mon (6 wks)	9/13 – 10/18	6:00 – 7:00 pm	44084A
	Wed (6 wks)	9/15 – 10/20	6:00 – 7:00 pm	44084B

Joy Sermonti, *Instructor*
\$16 R/\$18 Corp/ \$20 NR
Wood Dale Park District Rec. Complex
Min: 6 Max: 20

Senior Sit &
Stand Class
NEW!!!

Increase your strength, balance and vitality while sitting. Our Senior Sit and Stand class will create movement, stretching and balance; it will also help increase your heart rate. Each exercise involves a series of slow movements. When we stand, we will use the chair for both balance and as a tool for exercise.

Age	60 yrs+
Day	Wed (8 wks)
Date	9/8 – 10/20
Time	10:30 – 11:30 am
Code	44572

Stacey Macri, *Instructor*
\$75 R/\$80 Corp/\$85 NR
Wood Dale Park District Rec. Complex
Min: 5 Max: 15



Extreme, high intensity, cardio workout! Unleash the sweat and burn calories in this new workout program. Current participants of Fight Fit have burned on average over 700 calories within 45 minutes. This workout consists of basic combo drills, focus mitts, kicking and punching set to high intensity music. Fight Fit is a great way to burn calories, tone, and lose weight.

Age	Day	Date	Time	Code
18 yrs+	Mon	9/13 – 10/18	7:50 – 8:50 pm	44558A

Fight Fit Staff
\$55 R/\$60 Corp/\$65 NR
Wood Dale Park District Rec. Complex
Min: 5 Max: 12

T'ai Chi for Health

T'ai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do, energizing and deeply relaxing; it brings health and vitality to all who practice it. The movements are all done naturally and gently. The gentle rocking motions and stretching movements improve circulation and digestion; and reduce physical tension. The controlled breathing reduces stress and anxiety, helping calm the mind. It helps regulate heart rate and blood pressure, boosting energy. The exercises are very effective and easy to learn. Students may choose to sit or stand as needed; making this class suitable for all ages and abilities.



Age	Day	Date(s)	Time	Code
16 yrs+	Thurs (6 wks)	8/26 – 9/30	10:30 – 11:30 am	44571A
	Thurs (6 wks)	10/14 – 11/18	10:30 – 11:30 am	44571B
	Thurs (6 wks)	12/2 – 1/6/11	10:30 – 11:30 am	44571C

John Robertson, *Instructor*
\$40 R/\$50 NR – Senior Discount (60+)
\$60 R/\$65 Corp/\$70 NR
Wood Dale Park District Rec Complex
Min: 8 Max: 16

Chinese Health Balls



Discover the secrets of Chinese Health Balls; an exercise system that has been in use for 2,000 years. They can improve strength, flexibility, dexterity and circulation in the fingers, hands and wrists. They can relieve joint stiffness and soreness, relax muscles and joints. Their use can reduce the risk of carpal tunnel syndrome, tendonitis, repetitive strain injury, rheumatism and arthritis. They are deeply relaxing, can help reduce stress, improve overall health, stimulate the mind and reduce your risk of cognitive decline, dementia and Alzheimer's. Each class participant will receive one free set of Health Balls.

Age	Day	Date	Time	Code
16 yrs+	Sat	10/2	1:00 – 2:00 pm	44571E

John Robertson, *Instructor*
\$20 R/\$22 Corp/\$24 NR
Wood Dale Park District Rec Complex
Min: 8 Max: 16

FALLS: They don't have to happen to you

Falls are the leading cause of injury death for Americans age 65 and older. This year, one in three people over that age will fall. Even those who are not injured may then develop a fear of falling which may cause them to limit their activities, reducing mobility and physical fitness, increasing the actual risk of falling. Learn the risk factors, causes and consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling; what to do if you do fall; and what steps you can take to improve your balance. Stay after this class and get a free sample of our Tai Chi for Health Class.

Age	Day	Date	Time	Code
16 yrs+	Thurs	10/7	9:00 – 10:00 am	44571F

John Robertson, *Instructor*
FREE R/\$2 Corp/\$5 NR
Location: Wood Dale Park District Rec Complex
Min: 8 Max: 16

Group Fitness Drop In!

The One Day Group Fitness Pass is an exciting new approach to fitness. It allows you to alternate your classes and fit them into your schedule.* Choose from Zumba, Twilight Walking Club, Butt Seriously or 30 min burn. Please contact the front desk for more details. *Note: If we have not reached maximum capacity you will be allowed to participate in class.

The Magic of the Pendulum

NEW!!!

Deep in our subconscious we have access to a huge body of knowledge about the world around us, about others and ourselves, and about how things work. By interpreting the movements of a swinging pendulum, you can communicate with the depths of your subconscious mind and tune into your intuition. The pendulum is a highly effective tool that bridges the gap between your logical left brain and your intuitive right brain. Learn how to program and use your pendulum and tap the unlimited potential of your own mind. Pendulums will be available to purchase, or bring your own.

Age	Day	Date	Time	Code
16 yrs+	Sat	10/2	9:00 am – 12:00 pm	44571D

John Robertson, *Instructor*
\$45 R/\$50 Corp/\$55 NR
Wood Dale Park District Rec Complex
Min:8 Max:16

Pure Pilates

Are you looking to get lean without using dumbbells, barbells, or working out with heavy bulky equipment? Discover how you can transform your body with Pilates. This class uses a variety of small equipment, designed specifically for Pilates. You will see the results of the long, lean look of Pilates even faster. Pilates strengthens muscles as well as improves flexibility, balance, and posture. Watch your body tone and re-form with each class.



Age	Day	Date	Time	Code
16 yrs+	Mon (7 wks)	9/13 – 10/25	9:20 – 10:20 am	44555A
	Mon (6 wks)	11/8 – 12/13	9:20 – 10:20 am	44555B

Sue Garcia, *Instructor*
7 weeks – \$63 R/\$68 Corp/\$73 NR
6 weeks – \$54 R/\$59 Corp/\$64 NR
Wood Dale Park District Rec Complex
Min: 8 Max: 16

Did you know
that the Wood Dale Park
District Recreation Complex
now offers FREE wireless
internet access!



Quick Reference Adult Group Fitness Schedule

Monday

Time	Class
7:45 am	Jazzercise
9:00 am	Jazzercise
9:20 am	Pure Pilates
5:30 pm	Zumba
6:00 pm	Twilight Walking Club
7:00 pm	Hatha Yoga

Tuesday

Time	Class
9:45 am	Women on Weights
5:30 pm	Ready, Set, Spin
6:00 pm	Circuit Breaker
6:30 pm	Ready, Set, Spin
7:45 pm	Jazzercise

Wednesday

Time	Class
7:45 am	Jazzercise
9:00 am	Jazzercise
10:30 am	Senior Sit & Stand
5:30 pm	Zumba
6:00 pm	Twilight Walking Club
6:00 pm	30 Minute Burn
6:45 pm	Butt Seriously
7:50 pm	Kickboxing

Thursday

Time	Class
9:45 am	Women on Weights
10:30 am	T'ai Chi for Health
5:30 pm	Ready, Set, Spin
6:00 pm	Circuit Breaker
6:30 pm	Ready, Set, Spin
7:45 pm	Jazzercise

Friday

Time	Class
9:00 am	Jazzercise

Saturday

Time	Class
8:00 am	Ready, Set, Spin
9:15 am	Jazzercise

Features

One-Month Referral

Refer a friend or family member to the Fitness Studio and receive a **free month** on your membership!

To receive this benefit, please have your friend place your name on his/her registration form. Only one referral per year is allowed for each member!

Excludes Corporate Members.

New Member Orientation

Sign up for a Fitness Studio Membership of 6 months or more and receive a FREE Fitness Studio orientation from a Certified Personal Trainer. During your orientation, you will receive a personal health assessment, as well as learn how to use all of the machines in the Fitness Studio. Feel free to ask any health/fitness related questions during this time.

In order to receive this benefit, please visit the Front Desk and leave your name and phone number. A Certified Personal Trainer will call you within 3 business days to schedule the appointment.

Ready to serve your fitness needs

The FITNESS STUDIO is a 1,900 square foot facility with state-of-the-art fitness cardiovascular equipment. Televisions are available with Broadcast Vision monitoring system to enhance your workout.

This facility will appeal to a variety of ages and fitness levels. The FITNESS STUDIO is located in the Wood Dale Park District Recreation Complex.

Open Gym

Monday – Friday	Corporate Members	11:30 am – 1:30 pm
Tuesday	Youth (13 – 15*)	3:00 – 5:00 pm
	Adult (16+)	5:00 – 7:00 pm
Sunday	All Ages*	11:00 am – 2:30 pm

* **Under 18** years of age must have parental signature. **Under 16** years of age must have a parent present.

\$3 (per visit)

Discounts

45

Fitness Classes

A wide range of group fitness classes are available throughout the day in our Aerobic Studio.

- Fitness Studio Members will receive a **10% discount** on all fitness classes highlighted with the Fitness Studio  logo.
- Seniors (60+) receive a **15% discount** for those fitness classes highlighted with a “key”  logo.

Please Note: Both discounts cannot be redeemed at the same time. (Participants may choose one discount or the other.)



Corporate Memberships

Have a work group of 5 or more? Join the Fitness Studio as a Corporate Membership and receive extreme discounts! Corporate members enjoy regular hours and receive free entry during Open Gym times.

Resident Policy

Those Wood Dale addresses not in the taxing district of the Wood Dale Park District can pay a yearly “Membership Tax”. The fee of \$50 per year per household enables you to receive the same resident benefits that a Wood Dale Park District resident receives for all programs at the Recreation Complex (excludes Salt Creek Golf Club).

Walking/Jogging Track

The rubber cushioned track has an open view of the gymnasium below. It has three lanes and a stretching area. The two outside lanes are for running while the inside lane is for walking and is wide enough for two people to walk side-by-side. 17 laps on the inside track is equal to 1 mile. Free to the public.

Hours (Times are subject to change)

Monday – Friday	6:00 am – 10:00 pm
Saturday	7:00 am – 3:00 pm
Sunday	7:00 am – 3:00 pm
Labor Day, Sept. 6th	CLOSED
Thanksgiving, Nov. 25th	8:00 am – 12:00 pm
Xmas Eve, Dec. 24th	6:00 am – 1:00 pm
Xmas Day, Dec. 25th	CLOSED
New Year's Eve, Dec. 31st	6:00 am – 1:00 pm
New Year's Day	CLOSED

Fitness Studio

Cardiovascular Equipment

- 4 Elliptical without arms
- 2 Elliptical with arms
- 5 Treadmills
- 1 Upright Cycle
- 2 Recumbent Stratus Cycle
- 2 Stair Climbers
- 1 Rowing Machine

Fitness Equipment

- Icarian Chest
- Icarian Abench Pro
- Leg Extension
- Leg Press
- Leg Curl
- Inner/Outer Thigh
- Bicep Curl
- Lat Pulldown
- Seated Row
- Weight Assisted Chin/Dip
- Lower Back
- Seated Chest
- Vertical Butterfly
- Multi Hip
- Abdominal
- 2 Flat/Incline Bench with wheels
- Bent Knee situp board
- Straight knee situp board
- Dip machine
- Rubber dumbbell (3-85 lbs.)
- Curl Bar with free weights
- Stability Balls
- Medicine Balls
- Rear Delt

Membership Rates

		Resident	Non-Resident
1 Year	Individual	\$155	\$205
1 Year	Household of 2	\$245	\$310
	Each Additional	\$75	\$90
1 Year	Seniors (60+) Full-time College High School Student Jr. High Student	\$95	\$150
1 Year	Corporate	\$180	
6 Month	Individual	\$95	\$120
3 Month	Individual	\$60	\$70
1 Month	Individual	\$30	\$40
Daily Fee	Guest (18+)	\$6	\$8

Fitness passes are non-refundable. Daily pass users under 18 years of age must be accompanied by a parent.

Open Gym is FREE to all Fitness Center Members

Household: Persons permanently residing at one address

College: Full-time student current school I.D. and proof of full-time enrollment.

High School: 14 – 18 years of age and under with current school I.D.

Jr. High: 12 – 14 years of age with current school I.D.
Hours 3 – 5 pm or Sat am or with parent

Resident: Rate applies to those who reside within Wood Dale Park District boundaries.

www.wooddaleparkdistrict.org ~ 630-595-9333

Personal Training

Personalize your workout experience! Registering for a Personal Trainer should be your next move on a path to healthy living. Your Trainer will offer a health assessment your first session, enabling the two of you to build an exercise routine specifically designed to meet your needs. Whether you are a daily gym-goer or new to the fitness scene, you will experience quicker results with the aid of a Personal Trainer. A variety of training packages are available, but you must be a Fitness Studio member to register.

Session*	Fee	Membership
Single Session	\$40	998
Package A (4 sessions)	\$160	998A
Package B (6 sessions)	\$228	998B
Package C (8 sessions)	\$280	998C
Package A (4 sessions for 2 people)	\$240 (\$120 each)	998D
Package B (6 sessions for 2 people)	\$342 (\$171 each)	998E

Session length is 60 minutes.

Amenities

Locker Rooms

We offer both men's and women's locker rooms with shower facilities. Members should provide their own locks and towels for daily use. Our locker rooms are available to Fitness Studio members and fitness program participants only. All locks must be removed at the conclusion of your workout and not kept overnight. If you wish to rent a locker, please see below.

Locker Rentals

Sign up for an assigned lock and locker in our locker room and experience the relief of always having your workout shoes and towel on hand. Rental lockers enable you to leave your workout gear at the Recreation Complex overnight on a monthly or annual basis. Large and small lockers are for rent throughout the year. Ask the front desk for more information today!

Babysitting

Available during select hours or by reservation for evening hours. Refer to page 35 for details.



Park District Staff often takes photos at programs and events. The photos are used in brochures, flyers and on our website. Photographers from local newspapers may also take photos. While most people enjoy seeing themselves and their family in promotional material, some do not. If you prefer not to have photos taken, please call the Wood Dale Park District at 630-595-9333.

A high-contrast, black and white close-up portrait of an elderly woman. Her face is the central focus, with her eyes looking slightly to the left. Her skin is wrinkled, and her hair is short and light-colored. The lighting is dramatic, with strong highlights on the right side of her face and deep shadows on the left. The background is dark and out of focus.

ADULT TRIPS

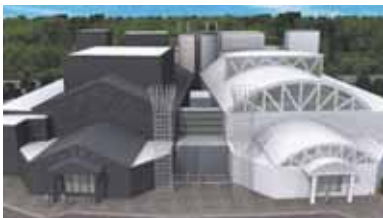
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ADULT
TRIPSIllinois
Holocaust
Museum

The Zev and Shifra Karkomi Permanent Exhibition tells the story of the Holocaust, from pre-war German life through ghetto life and concentration camps to

eventual liberation and resettlement throughout the world, with a special focus on post-war life in Israel and Skokie. More than 500 artifacts, documents

and photographs help illustrate the narrative of the Holocaust while testimonies from local survivors add personal detail. A German Rail Car,



of the type used in Nazi deportation programs, sits in the cleave of the building. As you pass, feel free to enter the rail car. The exhibition concludes with a summary film in the Pritzker Theater that connects the lessons of the Holocaust with other Genocides.

This trip includes a two and a half self-guided tour. Lunch will be on your own at a local restaurant, after the tour. **Registration deadline is September 16th.**

Day	Date	Time	Code
Thurs	9/23	9:00 – 2:30 pm	44741A

45 years and better
Skokie, IL
\$15 R/\$17 NR
Min: 8 Max: 10

Grand Victoria Casino

Forget every casino you ever visited! Prepare for something entirely different. Transportation provided by the Park District. Lunch is on your own. **Registration deadline is November 3rd.**



Day	Date	Time	Code
Wed	11/10	9:30 am – 3:30 pm	44713A

55 years and better
Elgin, IL
\$13 R/\$15 NR
Min: 10 Max: 28

Lake Geneva Boat Tour and
Ice Cream Social **NEW!**

The Grand Belle of Geneva glides along the shoreline viewing the fall colors and giving a historical narration as you enjoy a vanilla sundae with all the toppings served to you by the

staff. Lunch and shopping will be on your own before we set sail. This is a cooperative trip with Itasca Park District and transportation is provided by Wood Dale Park District. **Registration deadline is September 8th.**

Day	Date	Time	Code
Tues	10/5	9:45 am – 5:45 pm	44781A

52 years and better
Lake Geneva, WI
\$31 R/\$37 NR
Min: 8 Max: 10

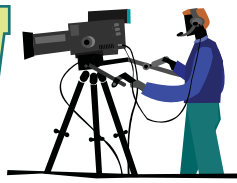
Kickin' Up Your Heels—
Statewide Senior Luncheon!

Saddle up for a knee-slappin' good time. Enjoy a day of line-dancing fun with seniors from across the State of Illinois. Enjoy a plated meal of minestrone soup, spinach salad, pasta rigatoni, bread and chocolate mousse for dessert. Hot beverages are included in the price. Soft drinks are available for an extra fee on your own. After lunch, learn the newest country line-dances taught by a professional line dance instructor. Then, kick up your heels on the dance floor. Singles are welcome-partners are not necessary. **Registration deadline is September 17.**

Day	Date	Time	Code
Tues	9/28	10:45 am – 3:15 pm	44783A

50 yrs+
Cadillac Ranch
Bartlett, IL
\$32 R/\$38 NR
Min: 10 Max: 20

Chicago Film Tour **NEW**



In less than 2 hours, we'll take you over 30 miles, venturing from Chinatown to Uptown, Lakeview to Downtown and everything inbetween. The Chicago Film Tour hits more than 30 sites, where over 50 movies were shot. Movies range from Hollywood blockbusters like *The Dark Knight* and *The Fugitive*, Chicago favorites like *Ferris Bueller's Day Off* and *The Blues Brothers*, and movie classics like *North by Northwest* and *The Sting*.

Hop on a luxury motor coach and you'll see the city from the director's chair. At each location, watch scenes come to life on our multiple video screens while getting up close and personal with these memorable locations. Whether you're a film buff, a movie lover or just a couch potato, the Chicago Film Tour has something for you.

Lunch is on your own at the Rock N Roll McDonald's or Portillo's before boarding the film tours bus. Transportation provided by Bensenville Park District as this is a cooperative trip with them. **Registration deadline is September 28th.**

Day	Date	Time	Code
Sat	10/16	11:00 am – 4:00 pm	44782A

45 years and better
Chicago, IL
\$42 R/\$47 NR
Min: 2 Max: 10

"No Fear! Age is Just a Number"



What does it mean to age? What kind of fears do we face as we age? How do we deal with the challenges of aging in a youth obsessed culture? Attitudes, body changes and tips on how to "age well" are all explored in this upbeat and informative presentation. Jody Kanikula is a licensed Social Worker and the Coordinator for In-Home Senior Respite at Metropolitan Family Services, DuPage. Metropolitan Family Services, DuPage has served families in the DuPage community since 1930, providing social services to more than 8,000 families and individuals a year.

Age	Day	Date	Time	Code
40 yrs+	Wed	9/15	1:00 – 2:00 pm	44780A

Wood Dale Park District Rec. Complex
FREE
Min: 5 Max: 50

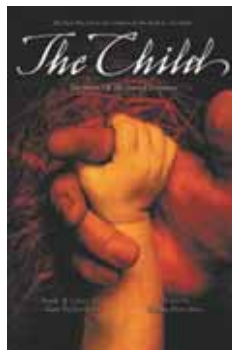
R-Resident Corp-Corporate NR-Non-Resident

Fireside Christmas – The Child New!

A Fireside Christmas featuring the World Premier of a Brand New Musical – THE CHILD. This season

marks the return of The Fireside's wildly popular musical revue format in this unique and special Christmas offering. Act One of our show is A FIRESIDE CHRISTMAS – the name that patrons, young and old, have come to know and love from 16 years of new and different Christmas revues. It's all there again –

the beautiful gowns, the colorful costumes, the breath-taking dances, the exciting medleys of beloved Christmas songs in a fast-paced, jolly, delightful potpourri of holiday cheer. In Act Two of this unforgettable Christmas show we are proud to present the world premiere of a brand new musical by the creators of THE ROCK AND THE RABBI and THE WITNESSES entitled THE CHILD.

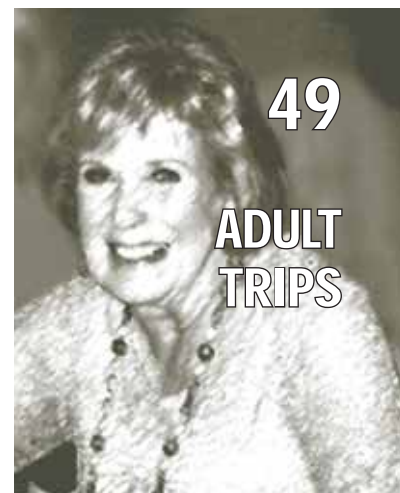


Through a wonderful combination of intimate storytelling and acoustic music, you'll experience the first Christmas. Written especially for The Fireside by the creative team behind "The Rock & The Rabbi," this new show allows us to see the birth of "The Child" through the eyes of Joseph, Mary's husband. All new parents are full of feelings of wonder and inadequacy ... and Joseph and Mary were no exception. The original music by Danny Hamilton and storytelling by Gary Richardson will thrill your soul and deepen your appreciation of Christmas.

This is a cooperative trip with the Itasca Park District. Transportation provided by the Wood Dale Park District bus. If registration is low, we will still go, however, transportation will be in the Park District van.

Day	Date	Time	Code
Sat	12/18	8:15 am – 5:45 pm	44730B

25 years and better
The Fireside Theatre
Ft. Atkinson, WI
\$81 R/ \$91 NR
Min:10 Max:14



OLDER ADULTS (50+)




Senior Citizen Club


Residents of the Wood Dale Park District who are 55 years of age and older, are invited to join the club. The Senior Club offers many fun activities such as guest speakers, entertainment, bingo, door prizes, blood pressure testing, discussion of community issues, and an opportunity to socialize with friends.

Regular monthly meetings are held at the Wood Dale Park District Recreation Complex in the Senior Room on the 1st Wednesday of each month from 10:30 am – 2:00 pm. You may bring a sack lunch if you'd like (on non-lunch serving months), coffee will be provided.

There is a \$12.00 membership fee per year as voted and approved by the general membership in April 2001. The membership runs from May through April. This fee is to be paid to the Senior Club at a Senior Club Meeting only.

Older Adults Fitness Discount

All older adults, age 60 and better, are eligible to receive 15% off of a fitness program. Look for programs with a  next to the class to see if a discount is available.

Please note: one discount is allowed per program. The  and  may NOT be used at that same time.

Senior Newsletter

Wood Dale Park District residents, 55 and better, are able to receive our monthly senior newsletter "The Sequoia." If you are interested in receiving the newsletter, please call the park district to place your name on the mailing list.

Scrabble Club

Love to play scrabble? Join other Scrabble enthusiasts for a fun afternoon playing this challenging word game. Coffee and refreshments will be available. **Pre-registration is required.**

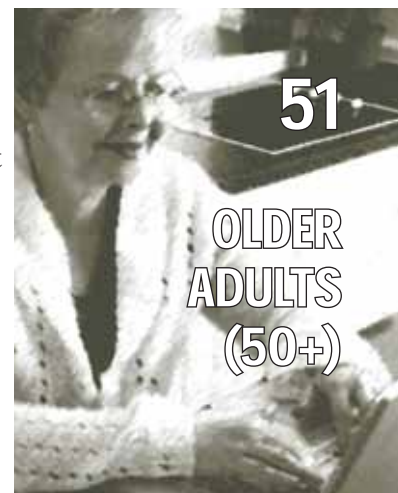
Day	Date	Time	Code
Tues	10/26	1:00 – 3:00 pm	44709A

50 yrs and better
Wood Dale Park District Rec. Complex
\$2 R/\$4 NR
Min: 8 Max: 12

Pinochle Club

Here is your chance to get out of the house and join friends for an afternoon of cards. Come with friends or by yourself and meet new friends during the fun. Bring desserts and snacks to share, as coffee will be provided.

Every Thursday, FREE
12:00 pm – 4:00 pm



B-I-N-G-O

The Park District will once again offer Bingo to the Senior Club. Bingo prizes will be given. You **MUST** be a member of the Senior Club in order to participate. Please bring a canned good or non-perishable item that will be donated to the local food pantry.

October Senior Club Meeting
Wednesday, October 6
12:00 pm – 2:00 pm



Rules of the Road Review Course

If it's time for you take the Driver's License Examination and you have questions about the vision and driving ability tests, then here is the perfect opportunity. A current Rules of the Road Manual will be provided for you to keep. This course is very helpful for passing the exams.

Pre-registration is required.

Day	Date	Time	Code
Tues	10/26	10:00 am – 12:00 pm	44700

55 yrs and better
Wood Dale Park District Rec. Complex **FREE**
Min: 2 Max: 12

Accuquest Hearcare Centers

We are proud to welcome the Bloomingdale Family Hearcare Center to the Wood Dale Park District. Specialists from the Center will be available to conduct **FREE** hearing screenings on the first Wednesday of each month. This service is by appointment or drop-in.

Wednesday, September 1st and October 6th
9:30 am – 12 noon (15 minute appointments)
Call 630-595-9333 for an appointment.

Holiday Party

Wednesday, December 1st
4:00 pm – 6:30 pm Salt Creek Golf Club

Help ring in the holiday spirits with friends, food and entertainment as the Park District hosts this Annual event for those 55 years of age and better. You DO NOT have to be a member of the Senior Club to attend this party. However, you must be a Wood Dale or Wood Dale Park District Resident.

Pre-registration is required!

Important Registration Procedures:

All registrations must be submitted at the Wood Dale Park District Recreation Complex.

Due to the large, anticipated attendance for this party, we will be taking registration for this event. **Registration is FREE and will begin on Monday, November 1st on a first-come, first-serve basis.** You may register for a spouse, but not a friend. Registrations will continue after November 1st until filled. You will receive a ticket to the event that **MUST** be presented at the door of the event. **Seats are**

limited. NOTE: If you are not registered, you will be turned away at the door.

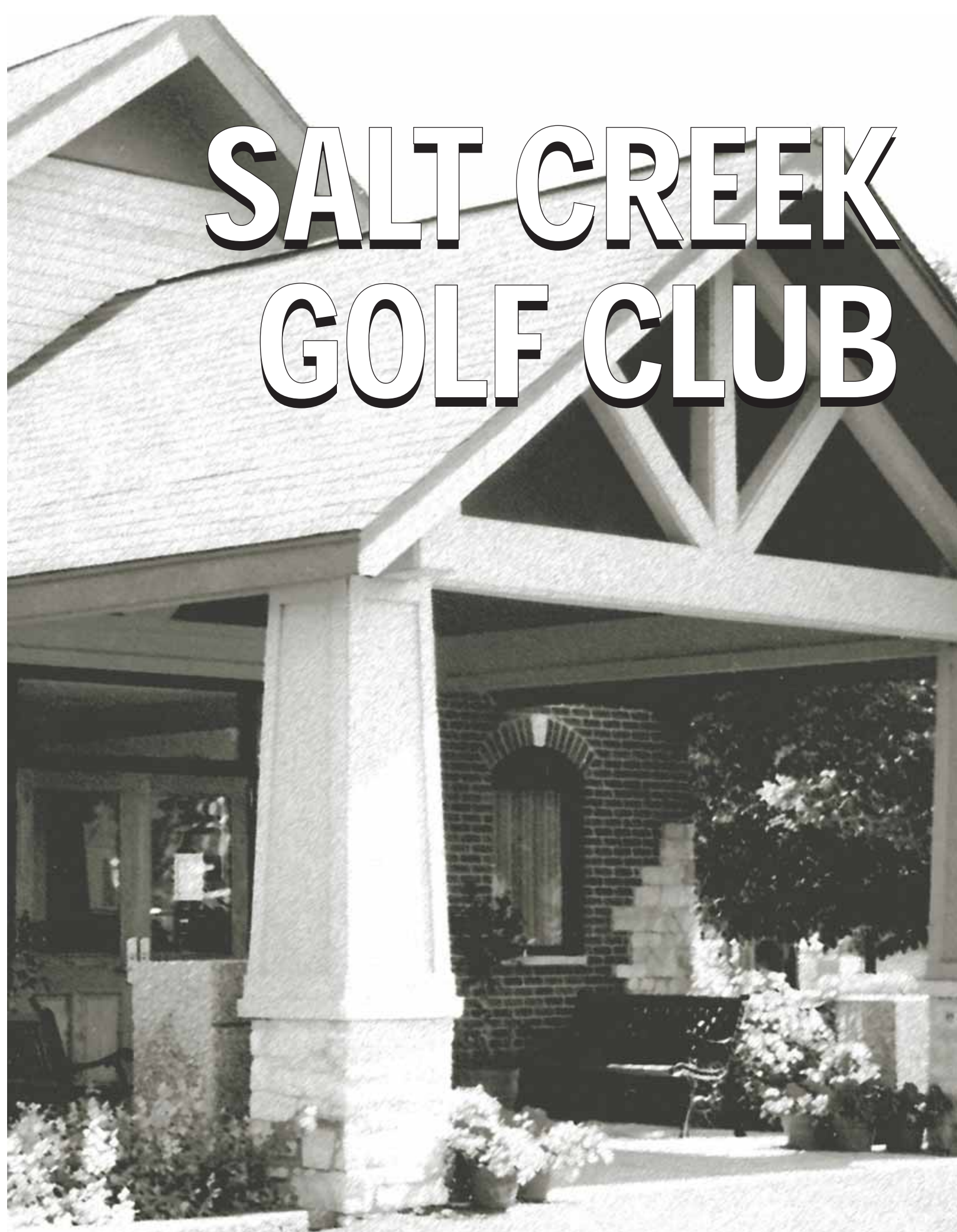
If you are registered for this event and unable to attend, you **MUST** notify the park district within 48 hours of the event so we can call off of the wait list. **Substitutions are not permitted. Transportation is not available.**

The Salt Creek Golf Club will be sponsoring the event.

DOORS WILL OPEN AT 4:00 pm – please plan arriving after this time due to limited space inside the building.

55 and better
Salt Creek Golf Club
701 Thorndale
Wednesday, December 1st
4:00 pm – 6:30 pm
Code: 44710

SALT CREEK GOLF CLUB



SALT CREEK GOLF CLUB

Salt Creek Golf Club

Let the Wood Dale Park District's Salt Creek Golf Club be your home away from home. The golf course first built in 1956 has received a number of upgrades over the years. Our Blue Course is laid out around the perimeter of our property, it now plays at 2,151 yards and has a

par of 32. The 8th hole on the Blue Course features an island green. The newly remodeled 9th hole has water on both sides of the fairway and an elevated green. The White Course is in the center of our property and measures 1,795 yards and par is 31. The 9th hole on the White Course has water on two sides and an undulating green. Our park like atmosphere and abundance of trees create the ideal setting for all levels of golfers. We are also a participating member of the Audubon International.

Our facility hosts various types of golf events and outings ranging from an Illinois Junior Golf Association Tournament to Nite-Lite golf outings. Salt Creek G.C. is also the home course for a number of local High School golf teams. The carefully manicured grounds and clubhouse at Salt Creek G.C. are the perfect back drop for any type of golf event. Our experienced and professional staff can customize a menu to meet all of your event needs.

With beautiful views of our golf course, patio, Pergola and fireplace our facility can also meet all of your banquet needs. Please visit our website at www.saltcreekgolfclub.com to see panoramic views of our banquet room and our facility.

Another recent addition is TopGolf. TopGolf is a state of the art driving range facility and 18 hole miniature golf course. TopGolf is operated by TopGolf USA and not the Wood Dale Park District. If you have any questions about TopGolf they can be reached at 630-595-GOLF(4653).

The Management Team at Salt Creek Golf Club will continue to improve both our services and amenities to make sure our facilities become your home away from home. We understand that you have a choice and we appreciate your continued patronage.

Golfer's Grill & Bar

The Salt Creek Golf Club's Grill Room serves breakfast from 7:00 – 11:00 am and lunch from 11:00 am until 2:30 pm (call 630-773-0184 for closing hours, they vary depending on the time of year and weather conditions). If you are looking for a great lunch at reasonable prices, Salt Creek Golf Club is where you want to be. Our lunch buffet is all-you-can-eat and features hot entrees, salads, desserts, soup and a beverage. A very popular item with our frequent visitors is our punch cards. We have two cards – purchase 12 buffets and the 13th buffet is free or 12 meals over \$6.50 and your 13th meal is

free (up to \$6.50). Give us your email address and we will keep you updated with the daily entrees on our salad bar.

Our Sports Bar opens at 10:00 am until close daily and weekends weather permitting (call 630-773-0184 for closing hours, they vary depending on the time of year). Our relaxing bar area is the ideal place to relax and have a beverage anytime. Ask our bartender about our daily summer drink special or start out with one of our delicious Homemade Bloody Mary's.

Golf Specials

Weekday Special

12:00 pm – 3:00 pm

2 players with motor cart, 9 holes, \$30.00

Weekend Special

3:00 pm – Dusk

2 players with motor cart, 9 holes, \$35.00

Specials not available for league or outing play. Carts are on a first-come, first-serve basis.



Golf Outings

The Salt Creek Golf Club is host to many outings. A number of our outings have been loyal customers for over 20 years. Let one of our professional staff members assist you with all your outing needs.

Clubhouse Packages and Amenities:

- 9 or 18 holes of golf
- Tournament Scoring
- Food and Beverage Packages
- Cook-Out on the patio
- 43 motor carts with sun tops and windshields
- Nite LITE Golf Outing with dinner
- Pro Shop Prizes
- Locker room with shower facilities
- Club Rental (13 sets)
- Hand carts

2010 Golf Rates

See our 2010 rates at: www.saltcreekgolfclub/Golf/rates.html or call us at 630-773-0184.

	Resident with pass	Non-Resident
Weekday	\$9.50	\$12.50
Replay	\$7.25	\$10.25
Weekend	\$10.00	\$13.50
Replay	\$7.75	\$11.25
*Senior	\$9.00	\$11.50
Replay	\$6.75	\$9.25
*Junior	\$9.25	\$11.75
Replay	\$7.00	\$9.50

* Senior (60+) & Junior (ages 6 – 18) rates apply only Monday thru Friday until 3:00 p.m.

Equipment Rental

9 Holes	Fee
Motor Carts (photo ID required)	\$14.00
Hand Carts (\$2.00 cash deposit required)	\$3.00
Club Rental (photo ID required)	\$3.50

Resident I.D.

To purchase a new Resident I.D. the charge will be \$12.00. The renewal fee for passes purchased last year will be \$7.00. All passes must be purchased or renewed at Salt Creek Golf Club beginning April 1, 2010. If you have any questions please call at 630-773-0184.



Gift Cards

Gift cards can be used throughout the Salt Creek Golf Club facility. If you are looking for the perfect gift for any occasion Salt Creek Golf Club gift cards can be purchased in the Pro Shop in person or by calling 630-773-0184 ext. 3. If it's golf equipment or apparel you are interested in, visit our Pro Shop.



Banquets

Our spacious Banquet Room with a view of the beautiful landscaped grounds can accommodate groups from 50 – 200 guests for all occasions from showers to weddings to business meetings. The entire staff at the Golf Club takes pride in each and every event making it a very memorable occasion. Our professional event consultants can help to select your menu as well as the perfect wine to compliment your meal. They will also assist in selecting hor d'oeuvres, wedding cake and pastries, as well as choice of linen.

R-Resident Corp-Corporate NR-Non-Resident

Upcoming Events

Mark your calendars!

Oktoberfest

Friday, October 15th

14th Annual

Turkey Trot

Saturday, October 30th

Veteran's Breakfast

Saturday, November 6th

Brunch with Santa

Sunday, December 5th

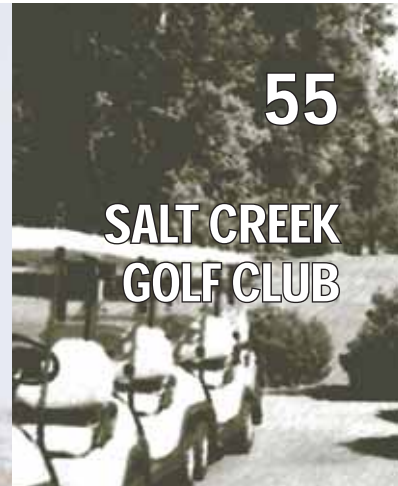
TopGolf Wood Dale

TopGolf is a points scoring golf game created by a British Company, World Golf Systems. The technology which took years to design includes a tiny micro chip that is fitted into the center of a golf ball. The game is played with real clubs with players aiming at a dart board type of target ranging from 25 yards to 240 yards. Each player's score is tabulated by how close your shot is to the center of each target. TopGolf is set up to reward golfers with accurate shots, along with consistency. The TopGolf facility will also allow golfers to just practice hitting balls without the use of the micro chip technology. The facility includes an 18 hole miniature golf course. What a great addition to the community of Wood Dale and only one of three in the USA at this time. For more information please call TopGolf directly at 630-595-GOLF (4653).



55

**SALT CREEK
GOLF CLUB**





Salt Creek
Golf Club

TopGolf Academy schools & schedules



Pricing

- **TopGolf Schools:** \$125 per school per person
- **Junior Get Into Golf Program:**
\$75 for (1) 60-min class once a week for 6 weeks
or \$125 per month for unlimited access to all classes

Beginners School

(Schools consist of 6 sessions, each session is 60 minutes in duration)

Sundays | 11am - 12pm | Dates: Sept. 5th to Oct. 10th

Tuesdays | 7pm - 8pm | Dates: Aug. 31st to Oct. 5th

Intermediate School

(Schools consist of 4 sessions, each session is 90 minutes in duration)

Saturdays | 3:30pm - 5pm | Dates: Sept. 18th to Oct. 9th

Wednesdays | 6:30pm - 8pm | Dates: Sept. 22nd to Oct. 13th

Short Game School

(Schools consist of 4 sessions, each session is 90 minutes in duration)

Wednesdays | 6:30pm - 8pm | Dates: Sept. 16th to Oct. 7th

Ladies School

(Schools consist of 6 sessions, each session is 60 minutes in duration)

Thursdays | 7pm - 8pm | Dates: Sept. 18th to Oct. 9th

Saturdays | 10am - 11am | Dates: Sept. 22nd to Oct. 13th

Junior Get Into Golf

(Once enrolled, come to any 60-minute class during the week)

Monday - Friday | 5pm - 6pm

Saturday - Sunday | 12pm - 1pm

For more information or to enroll, contact the Academy at
630.595.4653 x1033 or visit TopGolf.com

Reinventing the game

TopGolf | 699 W. Thorndale Ave., Wood Dale, IL 60191 | p. 630.595.4653 | TopGolf.com

Salt Creek Golf Course | 701 W. Thorndale Ave., Wood Dale, IL 60191 | p. 630.773.0184 | SaltCreekGolfClub.com

GENERAL INFORMATION

Wood Dale Park District

The Wood Dale Park District is a separate municipal agency established for the purpose of providing parks, facilities, and recreational programs for the community. The Park District is responsible for the maintenance, operation and administration of parks and park facilities under its jurisdiction. The Park District is governed by five elected commissioners, who set policies for the operation of the Park District. Regular Park Board meetings are held on the fourth Tuesday of each month at 7:00 pm, in the Recreation Complex at 111 E. Foster Ave. Residents are invited to attend and are welcome to make suggestions or constructive comments to improve the programs or facilities that we can offer to you.

Resident Policy

Those Wood Dale addresses not in the taxing district of the Wood Dale Park District can pay a yearly "Membership Tax". The fee of \$50 per year per household enables you to receive the same resident benefits that a Wood Dale Park District resident receives for all programs at the Recreation Complex (excludes Salt Creek Golf Club).



Corporate Rate Policy

As of August 2008, the Park District Board has approved a corporate rate policy on Fitness Classes, some adult classes, camps, and pool individual adult memberships. To receive the corporate rates listed in the selected programs, individuals must supply the following upon registration: must have a company residing within the Wood Dale Park District or City of Wood Dale boundaries, verified employment on company letterhead and a valid photo id. We are pleased to offer this discounted rate to our Wood Dale businesses and corporations so you may take advantage of our quality programs and facilities. Registration for corporations/businesses will begin on the same day as the Non-Resident registration dates for each seasonal brochure.

Insurance Policy

Wood Dale Park District assumes no responsibility for personal injuries or loss of personal belongings while using District facilities or parks. It is recommended that anyone enrolled in a specialized program, sports activity, or using the facilities and parks provide this coverage within their own family insurance program.

Americans With Disabilities Act

It is the practice of the Wood Dale Park District not to discriminate against any person from participating in Park District services, programs and activities on the basis of a disabling condition. If you or a family member has a disability and are interested in participation in or attending

a Park District program or activity, or if you or a family member require publications or other materials of the Park District in special format (e.g., Braille, audio cassette, large print), please advise our staff. To assist the Park District in making these accommodations, we invite any person with a special need to contact the Park District Staff prior to you or your family member's intended participation or attendance to discuss the necessary accommodation(s). This will help lead to a smooth inclusion. Besides the programs listed in our brochure, the Park District also provides additional specialized services for people with disabilities through NEDSRA (Northeast DuPage Special Recreation Association). Feel free to call them at 630-620-4500.

Equal Access for Persons with Disabilities and Special Accommodations

We are working cooperatively with the Northern DuPage Special Recreation Association (NEDSRA) to offer equal access to all recreation programs for persons with disabilities. If you or a member of your family are interested in one of our programs or need some assistance or modifications, NEDSRA may provide a trained Leisure Buddy to assist in your inclusion in our program. For special needs, the support and encouragement provided by the Leisure Buddy may be the key to enjoyment and successful participation in one of our programs.

For more information on the Leisure Buddy Service in Wood Dale Park District programs, call NEDSRA at 630-620-4500.

Special services or accommodations will be provided to participants on an "as needed" basis. Please let us know in advance of your special need. We will contact you directly.

Parents/Volunteers/Spectators Code of Conduct

Parents, volunteers and spectators are expected to exhibit appropriate behavior at all times while participating in any program, event or activity with the Wood Dale Park District. It is recommended that parents discuss with their children that activities are planned for groups and while their child may wish not to participate in a specific activity, he/she is still expected to make an effort to be a part of the program. The following guidelines are designed to provide safe and enjoyable activities for all participants. Additional rules may be developed for particular programs and athletic programs as deemed necessary by staff. Parents/Volunteers/Spectators shall:

1. Show respect to all participants and staff, and take directions from staff.
2. Refrain from using abusive or foul language.



3. Refrain from causing bodily harm to self, other participants or staff.
4. Show respect to equipment, supplies and facilities.
5. Take direction from program staff and supervisors.

The Wood Dale Park District, its instructors, supervisors and administrative staff, reserves the right to suspend, expel or deny participation in or viewing of any program, event or facility to any person whose behavior materially interferes, or disrupts the quality of those offerings, the enjoyment of them by other participants, or the ability of staff to conduct or manage the activities or facility.

Participant Code of Conduct

Wood Dale Park District promotes the concept of "equal fun for everyone." No eligible participant shall, on the basis of race, sex, creed, national origin or disability be denied equal access to programs, activities, services or benefits, or be limited in the exercise of any right, privilege, advantage or opportunity.

However, Wood Dale Park District participants are expected to exhibit appropriate behavior at all times. The Park District's behavior code has been developed for specific programs and athletic leagues as deemed necessary by staff. Participants shall:

1. Show respect to all participants and staff, and take directions from staff.
2. Refrain from using abusive or foul language.
3. Refrain from causing bodily harm to self, other participants or staff.
4. Show respect to equipment, supplies and facilities.

Participants who do not conform to these rules may be asked to leave the program or could be dropped from the class.



Park District Resident

A Wood Dale Park District resident is someone who has their permanent residence within the Park District boundaries. Even though you may own property within the Park District boundaries, you are not considered a Park District resident unless you reside therein. If you are a first time registrant, you will need to provide proof of residency that you reside within the Park District boundaries to receive Resident status. A house contract, personal check, utility bill, etc are acceptable forms of proof.

Non-Resident Registration Policy

Program participants residing outside the boundaries of the Wood Dale Park District are required to pay an additional registration fee for trips and programs. There is a specified date that non-residents are allowed to register.

Non-Resident Fee Structure

Resident fee	Non-Resident Fee
Up to \$14.00	+ \$ 2.00
\$15.00 – \$24.00	+ \$ 4.00
\$25.00 – \$34.00	+ \$ 6.00
\$35.00 – \$44.00	+ \$ 8.00
\$45.00 and above	+ \$ 10.00

Parent/Staff Program Responsibility

The Wood Dale Park District Staff are responsible for program participants during designated program hours ONLY. Parents should be prompt in both drop-off and pick-up times.

Return Check Policy

We will gladly accept personal checks in payment of registration fees. If for any reason a check is returned to our office marked "NSF" we will contact you, you will then be required to submit a full cash payment, as well as a \$15.00 bookkeeping fee. Class privileges will be suspended and new registrations will not be accepted until payment is received. Checks will not be sent through a second time. If the Park District receives a second "NSF" check from the same person, checks will no longer be accepted as payment.

www.wooddaleparkdistrict.org ~ 630-595-9333

Class Refund Policy

Full refunds are granted without penalty for:

- A refund initiated by the Park District (i.e. canceled program, low enrollment)
- Injury or illness with a doctor's note prior to the start of the program. Once a program has met, a pro-rated refund will be issued. A doctor's note must be received within 7 days of the date of the missed class.
- Report to military duty. A note must be received within 10 days of the date of the notice.

Refunds will be granted if received at least one (1) working day (Mon – Fri) prior to the scheduled starting date of the program minus a \$2.00 processing fee. If the refund request is submitted less than 24 hours prior to the start of a class/program, a pro-rated fee minus a \$2.00 processing fee will be issued.

Once a program has begun (per approval of the supervisor), refunds will be granted, minus a \$2.00 processing fee and only a pro-rated fee will be issued for classes that have not already been held.

After the midpoint of a program, no refunds will be issued except in the case of illness/injury, when accompanied by a doctor's note.

Once a program has concluded, NO REFUNDS will be issued.

Preschool, camps, league deposits, membership payments, contracted programs, extended school programs or trips are considered separately. Please call 630-595-9333 for specific policies. Refunds DO NOT apply to the golf course, food and beverages, golf banquet deposits, pool passes, fitness passes and facility rentals.

Refund request forms may be completed at the Recreation Complex. You may also phone in a refund request at 630-595-9333. Please allow up to three (3) weeks for processing.

Trip Refund Policy

If you wish to cancel out of any trips, you must give the Park District at least one (1) week notice. At that point if the Park District is able to resell your ticket you will be issued a refund minus a \$2.00 processing fee. If the Park District is unable to resell your ticket you forfeit your complete registration fee.

Vandalism

Vandalism certainly is not a unique problem to our community, but with your help and support the solution to the problem could be forthcoming. What is needed is your involvement in curbing the problems. Become an interested citizen and call your Park District OR Police Department if you see any acts of vandalism occurring. So many times people just sit back and say they do not want to get involved. Possibly if you knew how much of your tax dollar goes for vandalism repair, you would want to get involved.

In addition to calling and reporting vandalism, what can you do? You can teach your children to respect the property of others. Know where your children are and what they are doing. Set a curfew for your children, and enforce it!

Any vandals caught will be prosecuted and required by law to reimburse the Park District for damage.

Cabin Nature Center, White Oaks Nature Trail and Dog Park

The Cabin Nature Center is located at 111 S. Wood Dale Road on the corner of Wood Dale Road and Montrose Avenue.

The White Oaks Nature Trail is available for you to enjoy the natural surroundings as you walk, jog or bike on the interpretive loop trail. You can experience the flora and fauna of two ecosystems. Open daily from dawn to dusk.

Our Cabin campground area (outside only) is available for rent. The fee includes use of the campfire and/or campgrounds. Please call the Recreation Complex at 630-595-9333 for pricing and availability. Please be sure to stop by our Dog Park. This park is open daily from dawn to dusk and allows interactive play while off-leash.



4 WAYS TO REGISTER

**Resident Registration
BEGINS AUGUST 9TH**

**Non-Resident &
Corporate Registration
BEGINS AUGUST 16TH**

If you have not registered for a program since December 2006 you must register in-person at the Recreation Complex prior to using on-line registration. We will not sell e-mail addresses to other organizations. They will be used for the purposes of promoting our programs only.

Certain programs, memberships and leagues are not available for on-line registration. For a list of all programs refer to the brochure.



Walk-In Please have your registration form completed when you arrive to help speed the process.*

Walk-In Registration Hours:
Monday – Friday, 8:30 am – 10:00 pm
Saturday, 7:30 am – 3:00 pm
Sunday, 8:00 am – 3:00 pm



Online at www.wooddaleparkdistrict.org
Enjoy the convenience of registration from your home 24/7!



Fax your registration to the
Rec. Complex at 630-595-9699*.

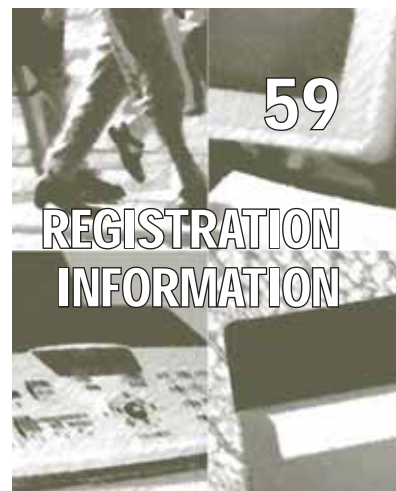


Mail In Make checks payable to:
Wood Dale Park District and send to
Wood Dale Park District, 111 E. Foster Ave.,
Wood Dale, IL 60191

Mail-in registration will not be accepted for Rainbow Playschool, Extended School, Fitness Studio, Pool Passes, Swim Team, and Athletic Leagues. There may be special registration dates and registration forms for these programs.

* The Wood Dale Park District accepts Visa/MasterCard/Discover for walk-in, fax or mail-in registration.

• We reserve the right to request proof of residency at any time.



FACILITY MAP

Park Rules for Your Protection

- State and city laws apply in all parks.
- Parks close at dusk.
- Weapons of all types are prohibited on park property.
- Alcoholic beverages are not permitted in any park area or facility.
- Drive and park in designated areas only.
- Fires are restricted to picnic grills only.
- Pets must be leashed and must not be brought into posted areas (except at White Oaks Dog Park)
- Golfing is prohibited in the parks.

① Salt Creek Golf Club

701 Thorndale
Wood Dale, IL 60191
(630) 773-0184
Fax Number: (630) 773-0484
www.saltcreekgolfclub.com

② Terrace Park

③ Community Park

④ Franzen Grove

651 N. Wood Dale Road

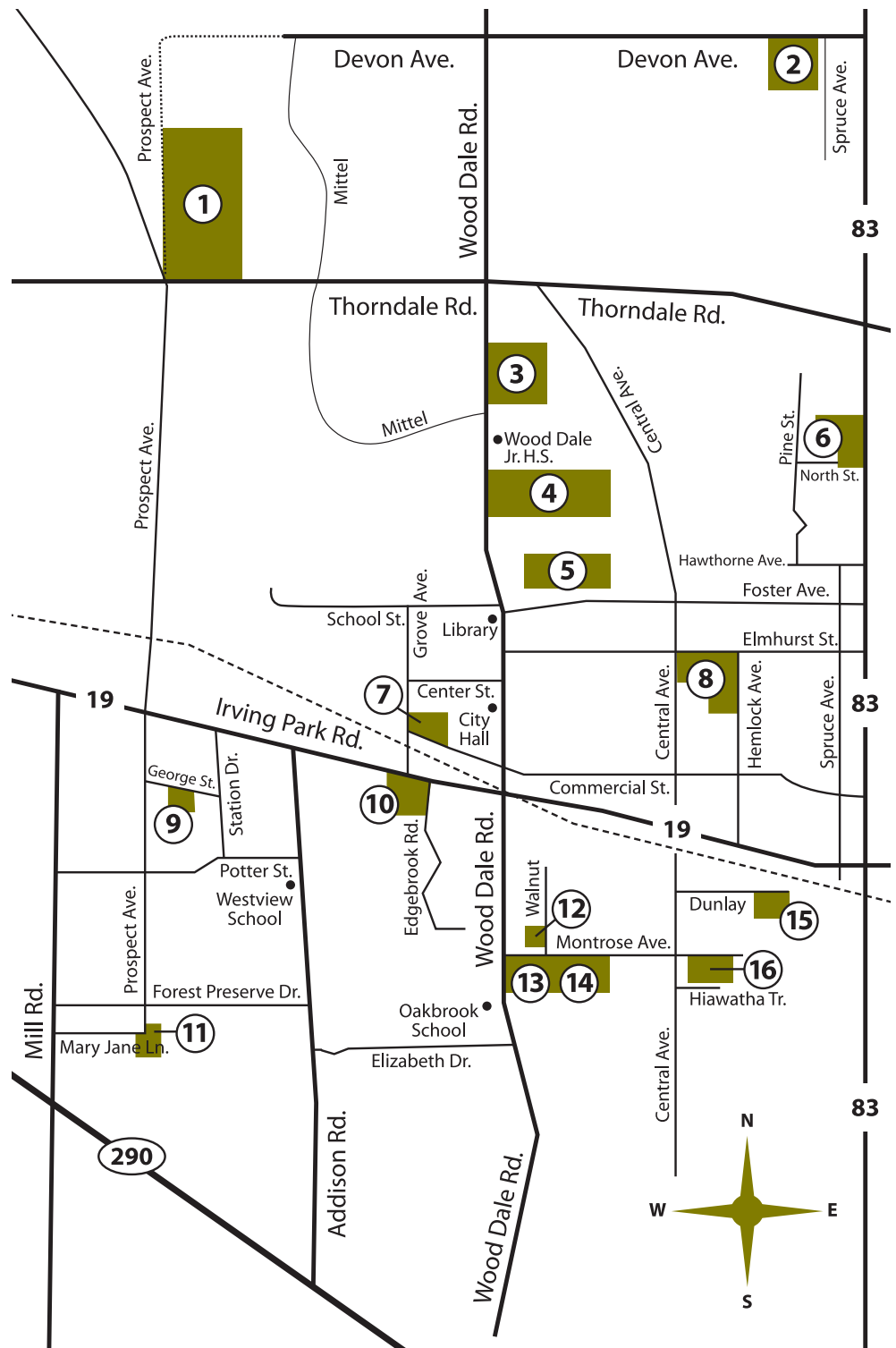
⑤ Recreation Complex

111 E. Foster Ave.
Wood Dale, IL 60191
(630) 595-9333
Fax Number: 630-595-9699
www.wooddaleparkdistrict.org

⑥ Mohawk Manor Park

⑦ Wood Dale Water Park

"The Beach"
161 W. Commercial



⑧ Central Park

⑨ Georgetown Park

⑩ Lionwood Park

⑪ Brookwood Park

⑫ Calvary Park

⑬ Cabin Nature Center/White Oaks Nature Trail/Dog Park

111 S. Wood Dale Rd. (corner of Wood Dale Rd. and Montrose Ave.)

⑭ Maintenance Garage

50 E. Montrose Ave.

⑮ Ash Woods Park

⑯ Lake Mini-Ha-Ha

Don't let a disability slow you down!



If you or someone you know has a disability, contact NEDSRA today for information about recreation programs and services!

All ages and ability levels served.

First-time participants: Receive a \$15 discount towards your first program registration with this ad!

Fall 2010
Programs start
in September!



A Service of the Wood Dale Park District

www.nedsra.org or email nedsra@nedsra.org

Phone 630-620-4500 TDD/TTY 630-620-7477

62 REGISTRATION FORM



Wood Dale Park District Recreation Complex
111 E. Foster Ave. • Wood Dale, IL • 60191
630-595-9333 • Fax 630-595-9699
www.wooddaleparkdistrict.org

For Office Use		
Receipt # _____	Total Payment _____	Employee Initial _____

Family Last Name _____ ☐ Resident ☐ Non-Resident

Address _____ City _____ Zip _____

Home Phone _____ Cell Phone _____

Emergency Phone _____ Emergency Name _____

Email _____

For mail-in and fax registration only

Visa/MasterCard No. _____ Exp. Date _____ Total \$ _____

Card Holder Name (Print) _____ Authorized Signature _____

Code #	Program Name	Fee	Participant's First Name	M/F	Birthdate	Discount (key or fitness studio icon)



Special Accommodations

Special services or accommodations will be provided to participants on an "as needed" basis. Please let us know in advance of your special needs.

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with an associated with this program/activity (including transportation services and vehicle operations when provided).

I recognize and acknowledge that there are certain risks of physical injury associated with participating in this program/activity, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity, that I or my child/ward may sustain as a result of such participation. I fully understand and agree that all exercises including aerobic activities, the use of weights, number of repetitions, and use of any and all machinery, equipment and apparatus designed for exercising shall be at my or my minor child/ward's sole risk.

Notwithstanding any consultation or instruction on exercise programs which may be provided by the Wood Dale Park District, it is hereby understood that the selection of exercise program, methods and types of equipment shall be my or my child/ward's entire responsibility, and that the Wood Dale Park District, including its officials, employees, agents and volunteers (hereinafter collectively "District") shall not be liable for any claims, demands, injuries, damages, or loss to person or property arising out of or in connection with the use of the services and facilities contemplated by this agreement.

I further agree to waive and relinquish all claims I or my child/ward may have or which may accrue to me and/or my child/ward as a result of participation in this program/activity.

I do hereby fully release and forever discharge the District from any and all claims for injuries, damages or loss that I or my child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering for programs via fax or on-line through the internet, my facsimile or electronic signature shall substitute for and have the same legal effect as an original form signature.

Signature of Adult/Parent/Guardian 18 years old and older

Date

Signature of Adult/Parent/Guardian 18 years old and older

Date

SAVE throughout the Season!

NEW at the Wood Dale Park District. Use the coupons below to save on select classes and programs. Only Original Coupons will be accepted. You must present coupon at time of registration or purchase (*Some exclusions may apply*). And don't forget to look for our Spotlight Program of the Week online at www.wooddaleparkdistrict.org or at the Rec. Complex. You can save 30% on the spotlight class when you sign up! Enjoy the savings and we look forward to seeing you at the Wood Dale Park District!

FITNESS
Studio

FREE Fitness Day Pass

Use our Fitness Studio, equipment and track for one day, during regular Rec. Complex/Fitness Studio hours, at no cost!

Expires 12/31/10

1-Day FREE TRIAL on any Group Fitness Class

(As space permits. If class is at maximum, then pass is not valid.)

Expires 12/31/10



10% OFF Group Exercise Classes!



Choose from Zumba, Twilight Walking Club, Butt Seriously or 30-Minute Burn.

Expires 12/31/10

Halloween Scare Walk

October 23, 2010
6–9 pm

\$2 off Admission

Valid for 1 person only. Expires 10/23/10

10% OFF

Baton and Pom
*Beginning or Intermediate
Classes Only*

Expires 12/31/10



10% OFF Piano or Guitar Lessons

Expires 12/31/10



This coupon is good only at the Wood Dale Park District located at 111 E. Foster Ave, Wood Dale, IL 60191.

Only original coupons will be accepted.

No copies will be allowed. You must present coupon at time of registration or purchase. Some exclusions may apply. Questions? Call us at 630-595-9333 or visit our website at www.wooddaleparkdistrict.org.



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NOVEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3 Sr. Club Meeting 10:30 am - 2 pm TBD		5 Club Friday Pizza Party 6 - 8 pm Rec. Complex	6 Veteran's Breakfast Salt Creek Golf Club
			10		13 Winter Indoor Craft & Rummage Sale 9 am - 2 pm Rec. Complex	
14 		16 			19	
	22			25 Thanksgiving Rec. Complex & Fitness Studio Open 8 am - 12 pm		
28	29 					

Wood Dale Park District

Recreation Complex

111 E. Foster Ave.

Wood Dale, IL 60191

(630) 595-9333

Fax Number: 630-595-9699

www.wooddaleparkdistrict.org

Salt Creek

Golf Club

701 Thorndale

Wood Dale, IL 60191

(630) 773-0184

Fax Number: (630) 773-0484

www.saltcreekgolfclub.com

DECEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Senior Holiday Party 4 - 6 pm Salt Creek Golf Club 55 yrs+		3 Club Friday Holiday Cookie Creations 6 - 8 pm Rec. Complex	4
5 Brunch with Santa Salt Creek Golf Club		7		9		
	13 Letters to the North Pole due at the Rec. Complex		15		18 Fireside Xmas- The Child 8:15 am - 5:45 pm 25+	
19	20			23	24 Christmas Eve Rec. Complex & Fitness Studio Open 6 am - 6 pm	25 Christmas Rec. Complex & Fitness Studio Closed
		28	29		31 New Year's Eve Rec. Complex & Fitness Studio Open 6 am - 1 pm	1 New Year's Day Rec. Complex & Fitness Studio Closed

Wood Dale Park District
111 E. Foster Ave.
Wood Dale, IL 60191

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Permit No. 2

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students taught by employees.

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Elk Grove Village, Addison, Roselle,
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helping bring communities together.

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through the Women's Initiative program.

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