

## Gymnastics at PVCC

Gymnastics classes are available at Prairie View Community Center under the direction of Pam Foerch, Head Women's Gymnastics Coach at Niles West High School.

**Note:** All classes are Co-ed. Please wear comfortable clothing. No Jeans.

**Instructor:** Pam Foerch and Staff

**Min/Max:** 6/12

**No. Weeks:** 6



### GYMNASTICS

<u>CLASS/LEVEL</u>	<u>CLASS #</u>	<u>DAY</u>	<u>TIME</u>	<u>DATE</u>	<u>R/NR</u>	<u>LOCATION</u>
Parent & Me 2-4 Yrs	2047-5	Sa	9:15-10:00am	8/21-10/09	\$43	PVCC
	2047-6	Sa	9:15-10:00am	10/23-12/04	\$43	PVCC
Tumbling Tots 4-5 Yrs	2047-7	Tu	5:30-6:30pm	8/17-9/21	\$43	PVCC
	2047-8	Sa	10:00-11:00am	8/21-10/09	\$43	PVCC
	2047-9	Tu	5:30-6:30pm	10/05-11/09	\$43	PVCC
	2048-0	Sa	10:00-11:00am	10/23-12/04	\$43	PVCC
Beginners 6-10 Yrs	2018-1	Tu	6:30-7:30pm	8/17-9/21	\$43	PVCC
	2018-2	Sa	11:00am-Noon	8/21-10/09	\$43	PVCC
	2018-4	Tu	6:30-7:30pm	10/05-11/09	\$43	PVCC
	2018-5	Sa	11:00am-Noon	10/23-12/04	\$43	PVCC
Intermediate II 8-12 Yrs	2018-9	Tu	7:30-8:30pm	8/17-9/21	\$43	PVCC
	2019-0	Sa	12:00-1:00pm	8/21-10/09	\$43	PVCC
	2019-4	Tu	7:30-8:30pm	10/05-11/09	\$43	PVCC
	2019-5	Sa	12:00-1:00pm	10/23-12/04	\$43	PVCC

**No classes September 4 & 25, and November 27.**

**Note:** Niles West High School Gymnastics area is under construction.  
All classes will be held at the Prairie View Community Center.

*Did You Know?*

*gymnastics provides flexibility,  
coordination and determination .*

### Camp S'More - August 9 - 13th

Join us for one more week of fun. Activities include: free swim (weather permitting), sports, games, crafts, and one field trip. Campers should bring a swimsuit, towel and sack lunch daily, unless otherwise noted.

**Time:** 9:00am - 3:00pm

**No. Of Weeks:** 1

Location: National/Harrer

Code #	Grade	Day	Res/NR	M/M
4142-3	K- 2	M-F	\$127/\$171	5/20
4142-4	3rd-8th	M-F	\$127/\$171	5/20
4142-5	K - 2	MWF	\$81/\$109	1/5
4142-6	3rd-8th	MWF	\$81/\$109	1/5

### Camp S'More Before Care

All children participating in Camp S'More are eligible for this program. Staff will keep your child involved in low-key activities until the start of camp. A cereal breakfast is included.

S'More Before Care Monday-Friday - National Park

Code #	Grade	Time	Res/NR	M/M
4184-2	K-8th	7:00-9:00am	\$40/\$54	5/20

### Camp S'More Extended Care

All children participating in Camp S'More are eligible to sign up for this program. Campers will be able to choose a variety of activities such as sports, crafts, board games and more. Daily snack and drink provided.

S'More Extended Care Monday-Friday - National Park

Code #	Grade	Time	Res/NR	M/M
4174-2	K-8th	3:00-6:00pm	\$51/\$68	5/20

### Camp Flex Pass

We are now offering the Flexible Camp Flex Pass for the Morton Grove Park District's Summer Rise N Shine or Extended Care Program! This pass is good for 5 days of childcare that can be used anytime throughout our 9 weeks of camp offered during the summer of 2010. Purchase your Camp Flex Pass at the Prairie View Community Center. Each box on the card is valid for one child per session. If you need **Rise N Shine and Extended Care** on a specific day that counts for two sessions. Your card will be kept at the main camp site and marked off by the Camp Director. **You must notify both the Park District and your Camp Site Director at least 24 hours in advance if your child needs to attend the program.** This pass is non-refundable and cannot be carried over to the following summer.

**Fee:** \$55 (good for 5 visits)

All passes will expire on August 13, 2010.

### End of Summer Fun - GAP Program

**NEW! Expanded Days** - Join us for the last week of summer before school starts. We will enjoy time together doing sports, arts and crafts and field trips. Children should bring a lunch each day and come dressed for fun and fitness!



Program will run on a day-to-day basis. **Registration deadline for Week 1 is Wednesday, August 11 by 5:00pm. Deadline for Week 2 is Wednesday, August 18.**

**Age:** Gr K-6

**Fees:** \$42 per day

**Dates:** 8/16-8/20 and 8/23-8/24

**Time:** 7:00am-6:00pm

**Min/Max:** 10/25

**Location:** PVCC - Community Room

#### Monday 8/16 - Sports Day - Code# 8197-0

**Schaumburg Sports Park:** Always one of our favorite destinations! We will enjoy a variety of sports (TBA) in a great facility that is always fun! Bring a lunch for extra energy.

#### Tuesday 8/17 - Nature Discovery - Code# 8197-1

**Wildwood Nature Center:** Join us today for a trip to a local Nature center. We'll enjoy the great outdoors and enjoy a picnic lunch al fresco! Bring a lunch today.

#### Wednesday 8/18 - Animal House - Code# 8197-2

**Lincoln Park Zoo:** Join as we talk to the animals! Bring a lunch to enjoy at the zoo as we take in the sights together. Lions, Tigers and Bears - Oh My!

#### Thursday 8/19 - Water Fun - Code# 8197-3

**Water Park:** Let's enjoy a final splash this summer as we visit a nearby water park. We haven't decided where yet, but we're sure it will be fun! Bring a bagged lunch today.

#### Friday 8/20 - Pizza, Pizza, Pizza! - Code# 8197-4

**Pizza Hut:** A delicious way to end the week! We'll be busy in the gym and outdoors, make our own pizza lunch and enjoy a sweet treat at the end of the day.

#### Monday 8/23 - Hollywood-Here I Come! - Code# 8197-5

**Movie Theatre:** Join us today for an afternoon at the movies! You bring a lunch, we'll buy the movie ticket and a popcorn.

#### Tuesday 8/24 - Fun With Food - Code# 8197-6

**Hot Dogs & Ice Cream:** A delicious way to end the summer! We'll be busy in the gym and outdoors, make our own hot dog lunch and enjoy a sweet treat at the end of the day.

**Dates and events are subject to change.**

**A minimum of 10 children is required for all days.**

**Karate**

All classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four-time National Champion, U.S. Karate National Coach and former National Faculty Member of ASEP (American Sport Education Program).

**Pre-Karate**

Through a variety of fun and creative activities, young children will develop coordination, strength and personal safety skills in a well-supervised setting. This program will give your child the lead she/he needs in developing memory and agility skills necessary to be successful in school and other sports.

**Youth Karate**

Karate skills help build coordination, strength and poise as well as personal safety skills all in a well-supervised setting. The confidence gained through karate helps foster a strong positive self-image, builds self-confidence, control and discipline while the physical aspect is both enjoyable and beneficial. Karate can improve your child's sports, school and social activities.

**Adult Karate**

This program offers a variety of benefits for all. For the business person, the program is ideal for releasing tension and developing cardiovascular fitness. The self-defense skills learned through karate are invaluable. Karate movements develop poise and agility while improving overall muscle tone.

**Location:** Monday classes - National Park Fieldhouse, 9325 Marion  
 Wednesday classes - Golf Middle School, 9401 Waukegan (Multi-Purpose Room)

**Min/Max:** 6/15

**No. of Weeks:** 15

**Note:** On 11/24 & 12/22 classes will meet at National Park Fieldhouse.  
 On Monday, November 1 class will be held at Howard Leisure Center, 6676 W. Howard St., Niles

<u>CLASS/LEVEL</u>	<u>CLASS #</u>	<u>DAY</u>	<u>TIME</u>	<u>DATE</u>	<u>R/NR</u>
Pre-Karate 5-7 Yrs					
<b>Beg</b>	2126-0	W	4:00-4:45pm	9/15-12/22	\$124/\$167
<b>Cont</b>	2126-1	W	4:50-5:35pm	9/15-12/22	\$124/\$167
<b>Int/Adv</b>	2126-2	W	5:45-6:30pm	9/15-12/22	\$124/\$167
Youth Karate 7-14 Yrs					
<b>Beg</b>	2125-0	M	4:30-5:30pm	9/13-12/20	\$124/\$167
<b>Cont/White</b>	2125-1	M	5:30-6:30pm	9/13-12/20	\$124/\$167
<b>Int/Org-Yell</b>	2125-2	M	6:30-7:30pm	9/13-12/20	\$124/\$167
<b>Adv/Blue+</b>	2125-3	M	7:30-8:30pm	9/13-12/20	\$124/\$167
Youth Karate 8-14 Yrs					
<b>Int/Org-Blue</b>	2125-4	W	6:30-7:30pm	9/15-12/22	\$124/\$167
<b>Adv/Grn+</b>	2125-5	W	7:30-8:30pm	9/15-12/22	\$124/\$167
Adult Karate 15+ Yrs					
<b>Beg/Cont</b>	2125-6	M	8:30-9:30pm	9/13-12/20	\$124/\$167
<b>Int/AdvYell+</b>	2125-7	M	8:30-10:00pm	9/13-12/20	\$173/\$234

**Note:** Beginning students will not be permitted to register into the current session after the second class has met. Registration for Continuing through Advanced students will be accepted after the start date; however the full class fee will be required. Uniforms and Belt Testing are options available through the ISKC instructor.

**Park School Cooperative**

Through a cooperative agreement between Morton Grove and Skokie Park Districts, and School District 219, a joint program has been formed to provide the very best swim learning experience in the Chicago area. Swim America is a national learn to swim program operated by the American Swimming Coaches Association. It's the state of the art learn to swim program in the world today and is brought to you by the same people who have brought you the most successful sport team on the planet, the USA Olympic Swimming Team. Registration begins August 15. Skokie Park District registration forms may be obtained off the website. Get on the mailing list for more information at Skokie Park District, Aquatics Mailing List, 9300 Weber Park Place, Skokie, IL 60077 or call 847-674-1500 Ext 2741 or contact the web site at [www.skokieparkdistrict.org](http://www.skokieparkdistrict.org)

**Learn to Swim Program - Swim America - Niles West High School**

What is taught teaching people to set world records is what we use to teach new swimmers to enjoy swimming with the best techniques in the world. Lessons will be taught at Niles West High School, September 13 - November 9 for a total of 8 weeks and cost of \$56 per class. Open to kids ages 5-14.

**Update Information**

Due to the nature of the venue, programs may be cancelled on short notice.

Phone: 1-847-674-1500 X3200

email address: [www.skokieparkdistrict.org](http://www.skokieparkdistrict.org)

to check availability 24 hours in advance.

**Golf Cooperative**

Through a cooperative agreement between the Morton Grove Park District and the Skokie Park District, Morton Grove residents will be allowed to sign up for golf lessons advertised at the Skokie Park District's Sports Park at the resident rate. To view the golf programs and other features of the Skokie sports Park please visit: [www.skokieparkdistrict.org](http://www.skokieparkdistrict.org) or contact Marc Rita at 847-674-1500 x 3125.



**Indoor Tennis Lessons**

Through a cooperative agreement with the Skokie Park District, Morton Grove residents are able to register for indoor tennis lessons at the resident rate. For more information please contact Bob DeLeonardis at 847-674-1500.

**Central Suburban Youth Flag Football League (CSL)**

Join us for our 2nd season of the Central Suburban Youth Flag Football League (CSL). This instructional program is led by trained coaches who will develop players' flag football skills. The co-ed fall program is scheduled to begin the weekend of September 4 and run through November 6. This program is affiliated with the following agencies:

- |                              |                          |
|------------------------------|--------------------------|
| Morton Grove Park District   |                          |
| Maine East High School #207  | Golf-Maine Park District |
| Niles North High School #219 | Skokie Park District     |
| Niles West High School #219  | Village of Lincolnwood   |

**Free Players Clinic**  
**Sunday, August 22**  
**2:00-4:00pm**  
**Niles North High School**  
**9800 N. Lawler, Skokie**

The last day to register for this program will be Friday, August 27th.

**Code#:** 1215-0  
**Fee:** \$85 per child  
**Dates:** 9/04-11/06  
**Location:** Oakton Park  
 7800 Kenneth Ave., Skokie

For more information on the Central Suburban Youth Flag Football League, please call Kevin at 847-965-1200.

**Teens in Charge**

All students in fifth through eighth grade are invited to join the Teens in Charge group. You will need to purchase a Teens in Charge I.D. for \$5 which are valid until students graduate from eighth grade and to be admitted to monthly teen special events. I.D.'s can be purchased at any teen special event held at Prairie View Community Center.

**All Junior High Students...**

living in Morton Grove and/or from the following schools are invited to participate in TEENS IN CHARGE activities: Gemini, Nelson, Melzer, Golf, Jerusalem Lutheran, Park View, Lincoln, MCC Full Time School, Old Orchard and Plato Academy.

**Become Involved...**

Join the fun! Call 847-965-1200 for more information.

**Teen Theme Nights**

Teen ID, school ID or pool pass must be presented for teen events.

**BACK TO SCHOOL BASH**

**Friday, August 13**  
**Harrer Pool**  
**5:30-7:30pm**  
**Admission \$5**

Teens entering grades 5-9 are invited to join us for swimming, games, contests and more. A DJ will be spinning tunes on the pool deck. Concession stand will be open for refreshments.

**Time for Teens**

Teen nights is a time for 5-8 graders to meet new friends and have fun with old friends. These events are held on Friday & Saturday nights, from 7-9pm at the Prairie View Community Center. Teen Nights offer different activities every month which may include: DJ, Ping Pong, DDR, Baggo, Wallyball, Open Gym and much more. Admission is \$3 with a Teens in Charge I.D.

**TEEN NIGHTS**

- September 10**
- October 15**
- November 12**

**Halloween Party Volunteers**

Calling all energetic and enthusiastic Junior High students!  
 We need your help on Saturday, October 30 at our annual Halloween Festival.

Call Sue Braubach at 847-965-1200.

**Teen Trips**

**Fright Fest on Columbus Day!**

It is that time of year again when Six Flags Great America transforms into a park filled with ghosts, goblins, chills and thrills! Monster roller coasters and scary creatures are waiting for you! **Registration deadline is Friday, October 1.**

**Code#:** 8275-2  
**Age:** Gr 6-8  
**Date:** Monday, October 11  
**Time:** 9:00am-7:00pm  
**R/NR Fees:** \$60/ticket, transportation, supervision \$25/transportation/supervision only  
**Min/Max:** 4/10  
**Depart:** Levy Center  
 300 Dodge Ave., Evanston (847-448-8250)

**Soldiers Field Tour/Dave & Busters**

Spend your day off school taking a tour of Soldier Field, the home of the Chicago Bears. The tour includes visits to the United Club, the historic Doughboy Statue and Colonnades, Sky Suites, Visitor's Locker Room, West Den and every level of the stadium. For lunch we will visit Dave & Busters. Fee includes transportation, supervision, lunch and participants will receive a \$10 game card. Bring extra money to purchase additional game card points and souvenirs. **Registration deadline is September 26.**

**Code#:** 8275-1  
**Age:** Gr 6-8  
**Date:** Tuesday, November 11  
**Time:** 10:00am-4:00pm  
**R/NR Fees:** \$50/\$60  
**Min/Max:** 4/10  
**Depart:** Oakton Community Center  
 4701 Oakton St., Skokie

**Some trips are planned with the Park Ridge, Lincolnwood, Evanston and Skokie Park Districts. Adult chaperones will be provided.**

**NEW! Yoga for "Teens"**

Mind Body Fun - Enjoy breathing techniques, movement, music and relaxation to increase your focus and confidence. Bring a friend and learn to link breath with movement to ease you into beginning, moderate and advanced yoga poses. Yoga will build strength, flexibility and peace of mind. Join us today! Feel free to bring your own mat, borrow one of ours or purchase one for \$10 from the instructor.

**Instructor:** Yoga Bash Staff  
**Age:** Gr 8-12  
**Day:** Wednesday  
**R/NR Fees:** \$72/\$95  
**Min/Max:** 5/12  
**No. of Weeks:** 6  
**Location:** PVCC - Activity Room

Code#	Time	Dates
2296-2	5:30-6:15pm	9/15-10/20
2296-3	5:30-6:15pm	11/03-12/15



## Piano Lessons

Children at the beginning and intermediate levels will learn proper techniques and theory from our outstanding teachers! *No piano classes September 18, October 30, November 22 - 27 and December 20 - January 2.*

**Age:** 8 Yrs+

**No. of Weeks:** 18

**Location:** PVCC - Music Room

**Instructor:** Kevin Cline

**Day:** Monday

**R/NR Fees:** \$378/\$510

**Dates:** September 13 - January 31

**Time:** 1/2 hour classes 3:30-8:00pm

**Day:** Tuesday

**R/NR Fees:** \$378/\$510

**Dates:** September 14 - February 1

**Time:** 1/2 hour classes 3:30-8:00pm

**Day:** Wednesday

**R/NR Fees:** \$378/\$510

**Dates:** September 15 - February 2

**Time:** 1/2 hour classes 3:30-8:00pm

**Age:** 5+ Yrs

**Instructor:** Jennifer McCabe

**Day:** Monday

**R/NR Fees:** \$378/\$510

**Dates:** September 13 - January 31

**Time:** 1/2 hour classes 3:30-8:00pm

**Day:** Wednesday

**R/NR Fees:** \$378/\$510

**Dates:** September 15 - February 2

**Time:** 1/2 hour classes 3:30-8:00pm

**Day:** Thursday

**R/NR Fees:** \$378/\$510

**Dates:** September 16 - February 3

**Time:** 1/2 hour classes 3:30-6:00pm

**Age:** 4+ Yrs

**Instructor:** Lia Corinth

**Day:** Saturday

**R/NR Fees:** \$378/\$510

**Dates:** September 11 - February 5

**Time:** 1/2 hour classes 8:00am-11:00am and  
11:45am-2:45pm

**NOTE:** Students may be requested to move class times to close "gaps" in schedules as necessary. Thank you in advance for your cooperation.

## Guitar

Private guitar lessons are designed for beginners to advanced students. All levels welcome. Styles include rock, alternative, blues, folk, jazz, metal and classical. Guitar rentals are available through Ultimate School of Guitar. Call Hollis at 773-508-9443.

*No class September 6 and November 26.*

**Instructors:** Ultimate School of Guitar Staff

**Age:** 8 Yrs-Adult

**No. of Weeks:** 9

**Location:** PVCC - Music Room

**Instructor:** Dan Chernow

**Day:** Monday

**R/NR Fees:** \$185/\$250

**Dates:** 8/30-11/01

**Time:** 1/2 hour classes 3:30-8:00pm

**Day:** Friday

**R/NR Fees:** \$185/\$250

**Dates:** 9/10-11/05

**Time:** 1/2 hour classes 4:00-6:30pm

### Mini-Session

**No. of Weeks:** 5

**Instructor:** Dan Chernow

**Day:** Monday

**R/NR Fees:** \$103/\$139

**Dates:** 11/25-12/20

**Time:** 1/2 hour classes 3:30-8:00pm

**Day:** Friday

**R/NR Fees:** \$103/\$139

**Dates:** 11/12-12/17

**Time:** 1/2 hour classes 4:00-6:30pm



Learn to play all types of music on the guitar with Instructor Dan Chernow

**You must register in person at the Prairie View Community Center to choose the day and time of the piano or guitar lesson.**

## Did You Know?

*Our music instructors are professional musicians and may have to reschedule classes from time to time due to performance opportunities.*