

## Birthday Parties!

All parties (except Tot-Land) are 2 hours long. 1-1/4 hour will be spent with the "theme" of the party; the balance will be spent enjoying your food choice and other activities as time permits. All parties include 1 to 2 hosts to facilitate, set-up, serve and clean-up, decorations, juice and a choice of either pizza or cake. Invitations are available at no extra charge. In addition, the birthday child will receive a special gift.

**Note: All parties MUST be booked 3 weeks in advance.**

**Location:** Prairie View Community Center

**Fee/Max:** Up to 15 children.

Each child over 15 people is \$10/child

**Day/Time:** Contact Liz Goodwin for available days and times.



## Parties Available:

### Tot-Land

**Ages:** 6 months-4 Yrs **R/NR Fee:** \$172/\$232



You asked for it-now we have it! This 1-1/2 hour party is designed for our littlest party animals! From crawlers to walkers - they will all enjoy the tunnels and tumbling toys that we set

out for them to enjoy. Parents must accompany their toddler to the party.

### Your Majesty

**Ages:** 2-6 Yrs **R/NR Fee:** \$222/\$300

This party is for the little princess or prince in your life. We'll have royal fun as we play games, make a craft and enjoy a parade of the birthday child's royal court!

### Dino-Dynamics

**Ages:** 4-9 Yrs **R/NR Fee:** \$222/\$300

Is your child crazy about dinosaurs? If so, then this party is for them! Crafts and games will provide a pre-historic good time!

### Old Fashioned Fun!

**Ages:** 4-12 Yrs **R/NR Fee:** \$222/\$300

Activities to bring back the memories of your childhood. The fun includes Pin the Tail on the Donkey, Musical Chairs, Hot Potato and more...you choose!

### Pirate Party

**Ages:** 4-9 Yrs **R/NR Fee:** \$222/\$300

Ahoy there Mateys! Are Ye ready for some swashbuckling fun? If you like adventure, treasures and lots of "ARRRRGH", this party's for you! We'll enjoy high seas fun with games and activities for the whole crew!

### Amazing Adventures

**Ages:** 5-9 Yrs **R/NR Fee:** \$222/\$300

You choose: African Safari or Under the Sea. Either way, it will be a great time as we play various games, make a craft and have an amazing good time!

### Tropical Luau

**Ages:** 5-10 Yrs **R/NR Fee:** \$222/\$300

Join us for an island adventure! We'll hula dance, hula hoop, limbo and create a tropical craft.

### Sports Galore

**Ages:** 5-12 Yrs **R/NR Fee:** \$222/\$300

Our sports-themed party includes a variety of activities from basketball, relay races to pillow polo and more!



**NEW!**

### Get Your Groove On!

**Ages:** 5-15 Yrs **R/NR Fee:** \$270/\$365

It's time to get your groove on! Join us for a party your child's going to LOVE! It's a Dancing with a DJ party! Come and enjoy an hour of fun that includes lots of fun dancing and funky moves. Our DJ will touch on line dances, free-form, and maybe a little hip hop too! This party is NOT for couch potatoes! We want you to get up and move. After you're done busting your moves, then it's time to "get down" on some party treats like pizza or ice cream along with Happy Birthday wishes!

**Please note this party is only available for times before 1:00pm.**



## Hot Shots Sports

**Min/Max:** 4/15  
**No. of Weeks:** 8/7

### Adult-Tot Sports

Parents are an integral part of helping their tots develop basic sports movement and motor skills. Motor skills activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide your child through an introduction to organized sports. *No class November 24.*

**Age:** 2-4 Yrs  
**Day:** Wednesday  
**Location:** PVCC - Gymnasium

Code#	Time	Dates	R/NR
1937-7	2:30-3:15pm	9/01-10/20	\$80/\$108
1936-8	2:30-3:15pm	10/27-12/15	\$70/\$95

### Sports and More

Children are introduced to the fundamentals of such sports as soccer, T-ball, football, basketball, floor hockey and other sports and group games. The program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship. *No class September 9 & November 25.*

**Age:** 3-5 Yrs  
**Day:** Thursday  
**Location:** PVCC-Gymnasium

Code#	Time	Dates	R/NR
1937-2	3:15-4:00pm	9/02-10/21	\$70/\$95
1936-0	3:15-4:00pm	10/28-12/16	\$70/\$95

### Pee Wee Basketball

Develop early basketball skills such as shooting, dribbling and passing along with the basic rules of the game. A lower basket and a smaller ball are used. This class is for the basketball beginner looking to understand the game, learn new skills and have a ball! *No class November 26.*

**Age:** 4-6 Yrs  
**Day:** Friday  
**Location:** PVCC-Gymnasium

Code#	Time	Dates	R/NR
1937-4	2:00-2:45pm	9/03-10/22	\$80/\$108
1936-4	2:00-2:45pm	10/29-12/17	\$70/\$95

### Did You Know?

*participation in athletics  
teaches self-discipline,  
independence and life-long skills*

## Pee Wee Soccer

Let your child's early soccer experience be a great one. Players develop not only their soccer skills but also gain confidence, coordination, motor skills and communication. The program uses age-appropriate drills and exercises to teach players kicking, ball control, dribbling, shooting and more. Each class is designed to develop endurance, promote good sportsmanship and teamwork. *No class November 24 & 26.*

**Age:** 3-5 Yrs  
**Location:** PVCC-Gymnasium

**Day:** Wednesday

Code#	Time	Dates	R/NR
1937-5	3:15-4:00pm	9/01-10/20	\$80/\$108
1936-9	3:15-4:00pm	10/27-12/15	\$70/\$95

**Day:** Friday

Code#	Time	Dates	R/NR
1937-6	2:45-3:30pm	9/03-10/22	\$80/\$108
1936-5	2:45-3:30pm	10/29-12/17	\$70/\$95

**Age:** 4-6 Yrs  
**Location:** PVCC-Gymnasium

**Day:** Friday

Code#	Time	Dates	R/NR
1937-0	3:30-4:15pm	9/03-10/22	\$80/\$108
1937-1	3:30-4:15pm	10/29-12/17	\$70/\$95

### Floor Hockey

Early fundamental hockey skills are developed including stick handling, passing and shooting. Basic offensive and defensive strategies are introduced. Game strategies are covered as well as safety rules. Children will have a chance to use these skills during in-class scrimmages. *No class September 9 & November 25.*

**Age:** 4-6 Yrs  
**Day:** Thursday  
**Location:** PVCC-Gymnasium

Code#	Time	Dates	R/NR
1938-2	4:00-4:45pm	9/02-10/21	\$70/\$95
1936-3	4:00-4:45pm	10/28-12/16	\$70/\$95

### Intro to Flag Football

Participants learn the fundamentals of Football in this non-contact class. Fundamentals include stance, passing, catching, running as well as the basic rules and strategy of offense and defense. Children participate in skill enhancing drills and participate in class scrimmages.

**Age:** 4-6 Yrs  
**Day:** Tuesday  
**Location:** Harrer Park Field #3

Code#	Time	Dates	R/NR
1937-3	3:15-4:00pm	8/31-10/12	\$70/\$95

## Dance Classes

**All classes begin September 11.**

Dance Recital tentative date is May 22, 2011. One dance costume fee is included in the cost of the program. There will be no classes on:

**Yom Kippur - September 18, 2010**

**Columbus Day - October 11, 2010**

**Halloween Festival - October 27-30, 2010**

**Thanksgiving - November 22-27, 2010**

**Winter Break - December 20-January 1, 2011**

**Spring Break - March 26-April 2, 2011**

**Eggstravaganza - April 22, 2011**

**No. Weeks:** 30

**Location:** PVCC - Dance Studio/Community Room

**Note:** Ages are a guideline; Instructors reserve the right to place dancers according to ability.

## Jazz

### Jazz & Tap I

Learn the basic jazz steps and floor routines to popular music. Flexibility, coordination, strength and free movement are incorporated. In tap the dancers will learn basic steps, rhythms and combinations in center work and moving across the floor.

**Age:** 7-8 Yrs

### Jazz & Tap II

Level II class must have completed Jazz/Tap I or similar class.

**Age:** 8-9 Yrs

**NEW!**

### Jazz/Ballet I

Learn the basic jazz steps and floor routines to popular music. Flexibility, coordination, strength and free movement are incorporated with the inclusion of ballet. The dancers will learn basic positions and combinations in center work and moving across the floor.

**Age:** 8-9 Yrs

## Street Dance/Hip Hop

Jazz movements with an urban style. Hip Hop is a fast paced energetic freestyle dance form.

**Adv Street I**

**Age:** 10-12 Yrs

**Adv Street II**

**Age:** 11-13 Yrs

**\*Adv Street III/IV**

**Age:** 12+ Yrs

\*Instructor Approval

### Boys Hip Hop

You asked for it - here it is - a boys only dance class. The energetic hip hop dance style is ideal for the male dancer who wants to express himself and look cool doing it! Class will focus on hip hop style and will incorporate other techniques for style and form.

**Age:** 6-8 Yrs or 9-11Yrs

## Variety

Quick learning and performing is required of our variety dance participants. All registrants must have completed advanced dance classes. New students need instructor's approval.

**Age:** 9-10 Yrs

## Repertoire

Experience tap and jazz in our repertoire program which focuses on each dancer choreographing their own dance piece for the annual recital. Prior dance training is required. New students need instructor's approval.

**Pre-Repertoire**

**Age:** 10-11 Yrs

**Repertoire**

**Age:** 11-13 Yrs

## Creative Dance

### Beginning Creative Dance

This program is for children who love to move their bodies. Classes will introduce ballet and some tumbling as well as other dance movements.

**Age:** 3-4 Yrs

### Advanced Creative Dance

Continuation of ballet and tap moves introduced in entry level classes. This active class is ideal for boys & girls who like to move. No experience necessary to join the fun.

**Age:** 4-5 Yrs

### Showbiz Dance

This class is an introduction to theatrical dance which includes tap and ballet. You will be dancing to popular movie soundtracks and musicals that will keep you moving.

**Age:** 4-5 Yrs

### Combination Dance

This tap dance class emphasizes musical rhythm that is applied to contemporary music in a high energy fun way.

**Age:** 5-6 Yrs

### Tappin' Kids

Shuffle, ball, change, toe, heel, stop. Children will improve their coordination and rhythm as they learn tap combinations and a show stomping routine.

**Age:** 5-6 Yrs

### Rhythm Tappers

This class is designed to introduce advanced dancers to the more intricate steps and movements of tap and jazz movement.

**Age:** 6-7 Yrs

### Musical Theatre

Dance will incorporate characterization and movement to a popular musical. Skill development in tap, ballet, and beginning jazz.

**Age:** 6-7 Yrs

## Starbound

### Starbound Jazz/Tap

Starbound Company is for advanced dancers who want to perform and be involved in competition. The dancers will work with different choreographers and guest teachers. The focus will be on jazz and tap. Most students will be high school age (minimum age 13 years). By invitation only.

**Age:** 13+ Yrs

### Starbound Lyrical/Pointe

By invitation only. The syllabus for both lyrical and pointe ballet will include barre work, advanced progressions and combinations. They will perform two dances and be in competition with the selected routine. Dancers must have solid ballet foundations for this class. Subject to instructor approval. Dancers will have performance opportunities throughout the year, plus have a guest teacher and attend a workshop.

**Age:** 13+Yrs

**NEW!**

### Jr. Starbound Company

This new Company will compete in Hip Hop/Jazz and is for advanced skill level dancers. Dancers must have minimum one year Spotlight or equivalent experience, one year pointe ballet and instructor invitation/approval.

Schedule: Hip Hop, Beginning/Intermediate Pointe and Tap (11:00am-1:15pm). Register for three classes.

**Age:** 13+ Yrs

**NEW!**

### Spotlight Company

First year Company dancers with three years dance experience including tap, jazz and ballet. Admittance to Company is by instructor invitation/approval. All Company dancers must take ballet.

Schedule: Intermediate Ballet, Hip Hop and Tap (11:00am-1:15pm). Spotlight Company does not attend competition.

**Age:** 13+ Yrs

**Note:** Jr. Starbound and Spotlight Companies will be combined for Tap.



## Ballet

### Tot Ballet

Your child will be introduced to the art of ballet and some tumbling.

**Age:** 3-4 Yrs

**NEW!**

### Budding Ballerinas

Don't let the title fool you - this class is for **all** budding dancers. Ballet technique is essential for all forms of dance. This class will continue with introduction of positions and move to combinations at center.

**Age:** 4-5 Yrs

### Ballet II

This class will introduce dancers 8 years and older to more advanced ballet techniques and skills. Ballet is the cornerstone for well rounded dancers for poise, flexibility, expression and posture.

**Age:** 8-9 Yrs

### Lyrical Ballet

Lyrical combines ballet and jazz techniques to use motion to interpret music and express emotion. Ballet teaches body alignment and control which is essential for a well rounded dancer.

**Age:** 9-11 Yrs

**NEW!**

### Intermediate Ballet

Dancers must be 12 years of age or older and should have 2 years of ballet experience. The class is the prerequisite for Beginning/Intermediate Pointe dancers. Advanced combinations and movement across the floor is continued. The class will develop core and overall strength necessary to advance up to Pointe.

**Age:** 12+ Yrs

### Contemporary Dance

Incorporation of modern and ballet techniques will be included in class. Through continuation of ballet dancers develop core strength for movement and power.

**Age:** 10-14 Yrs

**NEW!**

### Beginning/Intermediate Pointe

Dancers must be 13 years of age or older and have minimum of 2 years of ballet experience to enroll in this advanced class. Students will not start out in pointe shoes. Instructor will inform dancers when they are ready to go up on pointe shoes. Dancers will work on strengthening their bodies and correct technique. Previous experience in Pointe required.

**Age:** 13+ Yrs

## Did You Know?

*Benefits of dance improves coordination, balance and memory.*

# DANCE

<b>CLASS</b>	<b>CLASS #</b>	<b>DAY</b>	<b>TIME</b>	<b>DATE</b>	<b>R/NR FEE</b>	<b>INST</b>	<b>M/M</b>	<b>LOCATION</b>
Beginning Creative 3-4 Yrs	5145-3	W	4:15-5:00pm	9/15-5/11	\$287/\$387	LS	6/12	ADS
	5145-4	Sa	10:15-11:00am	9/11-5/14	\$287/\$387	LA	6/12	ADS
Tot Ballet 3-4 Yrs	5175-0	F	12:15-1:00pm	9/10-5/13	\$287/\$387	HL	6/10	ADS
Showbiz Dance 4-5 Yrs	5145-0	F	1:00-1:45pm	9/10-5/13	\$287/\$387	HL	6/12	ADS
Budding Ballerinas 4-5 Yrs	5175-7	W	6:00-6:45pm	9/15-5/11	\$287/\$387	LS	6/15	CR
Combination Dance 5-6 Yrs	5145-6	Tu	5:45-6:30pm	9/14-5/10	\$287/\$387	HL	6/12	ADS
Tappin' Kids 5-6 Yrs	5145-2	Th	4:15-5:00pm	9/16-5/12	\$287/\$387	HL	6/12	ADS
Musical Theatre 6-7 Yrs	5145-1	Tu	4:15-5:00pm	9/14-5/10	\$287/\$387	HL	6/12	ADS
Rhythm Tappers 6-7 Yrs	5145-7	W	5:00-5:45pm	9/15-5/11	\$287/\$387	LS	6/10	ADS
Boys Hip Hop 6-8 Yrs	5165-9	M	4:45-5:30pm	9/13-5/09	\$287/\$387	LS/LA	6/12	CR
Jazz & Tap I 7-8 Yrs	5165-2	Th	5:00-5:45pm	9/16-5/12	\$287/\$387	HL	6/12	ADS
Ballet II 8-9 Yrs	5175-1	M	6:15-7:00pm	9/13-5/09	\$287/\$387	LS/LA	6/12	CR
Jazz & Tap II 8-9 Yrs	5165-3	Tu	5:00-5:45pm	9/14-5/10	\$287/\$387	HL	6/12	ADS
Jazz/Ballet I 8-9 Yrs	5165-7	W	6:45-7:30pm	9/15-5/11	\$287/\$387	LS	6/12	CR
Boys Hip Hop 9-11 Yrs	5165-8	M	7:00-7:45pm	9/13-5/09	\$287/\$387	LS/LA	6/12	CR
Variety 9-10 Yrs	5185-6	Th	5:45-6:30pm	9/16-5/12	\$287/\$387	HL	6/12	ADS
Lyrical Ballet 9-11 Yrs	5175-2	Th	6:30-7:15pm	9/16-5/12	\$287/\$387	HL	6/12	ADS
Pre-Repertoire 10-11 Yrs	5155-0	Th	7:15-8:00pm	9/16-5/12	\$287/\$387	HL	6/12	ADS
Repertoire 11-13 Yrs	5155-1	Tu	7:15-8:15pm	9/14-5/10	\$319/\$432	HL	6/15	ADS
Advanced Street I 10-12 Yrs	5165-5	Sa	1:15-2:00pm	9/11-5/14	\$287/\$387	CG	6/15	CR
Advanced Street II 11-13 Yrs	5165-6	Sa	9:30-10:15am	9/11-5/14	\$287/\$387	CG	6/15	ADS
Contemporary 11-14 Yrs	5175-4	Tu	6:30-7:15pm	9/14-5/10	\$287/\$387	HL	6/15	ADS
Advanced Street III/IV 12+Yrs	5165-4	Sa	10:15-11:00am	9/11-5/14	\$287/\$387	CG	6/15	CR
Int Ballet 12+ Yrs	5175-6	Sa	11:00-11:45am	9/11-5/14	\$287/\$387	CG	6/15	ADS
Beg/Int Pointe 13+ Yrs	5175-5	Sa	11:45-12:30pm	9/11-5/14	\$287/\$387	CG	6/15	ADS

CLASS	CLASS #	DAY	TIME	DATE	R/NR FEE	INST	M/M	LOCATION
Spotlight Hip Hop 13+ Yrs	5195-2	Sa	11:45am-12:30pm	9/11-5/14	\$244/\$329	LA	6/15	CR
Spotlight/Jr Starbound 13+ Yrs	5195-3	Sa	12:30-1:15pm	9/11-5/14	\$244/\$329	LA	6/15	ADS
Jr Starbound/Hip Hop 13+ Yrs	5195-5	Sa	11:00-11:45am	9/11-5/14	\$244/\$329	LA	6/15	CR
Starbound Dance Hip Hop & Tap 13+ Yrs	5195-4	Sa	12:30-2:00pm	9/11-5/14	\$488/\$659	LA/CG	6/15	ADS/CR
Starbound Lyrical/ Pointe 13+ Yrs	5195-6	Sa	2:00-3:15pm	9/11-5/14	\$402/\$543	LA	6/15	ADS

**Locations: Aerobic Dance Studio - ADS/Community Room - CR**

**Dance Instructors: Helen Lazicki- HL, Lindsay Skarbek - LS, Carla Garippo - CG, Lori Anel - LA**



*Anxious to go on stage at annual recital*



*Instructors Lindsay Skarbek, Helen Lazicki, Lori Anel & Carla Garippo*

**All dancers should wear dance clothing to class (i.e. leotard, dance pant) - absolutely NO JEANS. There are no cell phones, food, drink or chewing gum permitted in the dance studio.**

The proper footwear is required for the following:

Combination, Showbiz, Tappin' Kids, Musical Theatre, Advanced Creative & Rhythm Tappers - Pink Ballet Slippers & Black Tap Shoes

Creative & Ballet - Pink Ballet Slippers

Variety & Repertoire - Black Tap Shoes & Black Jazz Shoes

Tap - Black Tap Shoes

Starbound & Spotlight Jazz/Tap - Black Tap Shoes & Black Hip Hop Shoes

Jazz/Hip Hop - Black Hip Hop Shoes

Pointe - Lyrical Shoes

Starbound Lyrical/Pointe - Lyrical and Toe Shoes

**\*Any combination of classes Jazz/Tap - need shoe for each type of dance**

**\*\*Male dancers can black ballet slippers in place of pink**

## Dancing Duos

Accompany your toddler to dance for movement and fun. The goal is to develop balance, increase body awareness, improve listening and gross motor skills and of course have fun! **This class does not participate in annual recital. No class October 11.**

**Instructor:** Lindsay Skarbek/Lori Anel

**Age:** 2-3 Yrs with parent

**Day:** Monday

**R/NR Fees:** \$53/\$71

**Min/Max:** 6/12

**No. of Weeks:** 8

**Location:** PVCC - Community Room

Code#	Time	Dates
5146-0	5:30-6:15pm	9/13-11/08

### Payment Plans

Payment plans are available through our Check Free system. An automatic debit is processed on a monthly basis over a period of 8 months from either a checking or credit card account. A \$25 refundable service fee will be required for new participants to utilize this service. For further information contact the Registration Coordinator at 847-965-1200.

**NEW!** **Young Explorers**

Join Miss Donna as we explore science each week in a fun and creative way. This class is geared for 1st-3rd graders with an interest in learning the basics of scientific exploration. Each session will introduce several topics for discussion, investigation and experimentation. This class is hands-on learning! *No class November 24.*

**Instructor:** Donna Schutz  
**Age:** Gr 1-3  
**Day:** Wednesday  
**R/NR Fees:** \$41/\$57 (includes a \$10 materials fee per person)  
**Min/Max:** 6/10  
**No. of Weeks:** 6  
**Location:** Oketo Park Fieldhouse

Code#	Time	Dates
7185-2	7:00-8:00pm	9/15-10/20
7185-3	7:00-8:00pm	11/03-12/15

**Art Explosion!**

We welcome your school age child with an exciting art class designed just for them! Our own very talented Laura Frisch will indulge your child in a multi-media experience. Join us for sculpture, painting and drawing using a variety of themes and materials. Your child will expand their imagination each week as they explore new dimensions of art. *No class November 25.*

**Instructor:** Laura Frisch  
**Age:** Gr 1-5  
**Day:** Thursday  
**R/NR Fees:** \$41/\$57  
**Min/Max:** 6/10  
**No. of Weeks:** 6  
**Location:** PVCC - Community Room

Code#	Time	Dates
6345-0	4:45-5:45pm	9/16-10/21
6345-1	4:45-5:45pm	11/04-12/16

**Checkmates Chess Academy**

We will explore chess tactics such as pins, forks and skewers while playing chess related games such as "Take Me" and "Crazy Queens"! Skills such as mathematics, improved concentration, critical thinking, long-term planning and improved self-esteem are part of the benefits that your child will gain as a result of learning this game. Students will rise through 8 levels of skill, earning prizes all along the way! There is an end of session tournament where the child will be able to show off their new skills. Enrichment is offered through both workbook and online support to enhance each lesson.

**Instructor:** Checkmates Chess Academy Staff  
**Ages:** K-6 Gr  
**Day:** Tuesday  
**R/NR Fees:** \$60/\$81  
**Min/Max:** 6/12  
**No. of Weeks:** 6  
**Location:** PVCC - Activity Room



Code#	Time	Dates
6412-6	5:30-6:30pm	9/14-10/19
6412-7	5:30-6:30pm	11/09-12/14

**NEW!** **Cricket**

Join us as we partner up with Golf Maine Park District and the American Cricket Conference and now offer youth classes and clinics on Golf Maine's new pitch facility! Cricket is an ideal sport for all ages and abilities, improving hand-eye coordination and increased physical fitness. Cricket also has a strong strategy and thinking aspect.

**Youth Cricket Class**

Participants in this class will learn how the game is played; rules, terminology and strategy. This will also include learning the proper technique when batting, pitching and playing in the field.

**Day:** Thursday  
**Fee:** \$30  
**Min/Max:** 5/15  
**No. of Weeks:** 6  
**Location:** Dee Park, 9229 Emerson, Des Plaines

**Age: 8-10 Yrs**

Code#	Time	Dates
2035-0	5:00-6:00pm	9/09-10/14

**Age: 11-14 Yrs**

Code#	Time	Dates
2035-1	6:00-7:00pm	9/09-10/14

**Youth Cricket Clinic**

This is a one-day introductory clinic for those who are interested in seeing what the sport of cricket is all about. Participants will learn how to play cricket, game strategy and proper mechanics for playing the sport.

**Day:** Sunday  
**Fee:** \$10  
**Min/Max:** 5/15  
**No. of Weeks:** 1  
**Location:** Dee Park, 9229 Emerson, Des Plaines

**Age: 8-14 Yrs**

Code#	Time	Dates
2035-2	Noon-2:00pm	October 3

**NEW!** **Yoga for "Tweens"**

Mind Body Fun - Enjoy breathing techniques, movement, music and relaxation to increase your focus and confidence. This class will link breath with movement to ease you into beginning, moderate and advanced yoga poses. This is a great way to introduce you and your friends to a great workout and lifestyle. Feel free to bring your own mat, use one of ours or purchase one for \$10 from the instructor.

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



Code#	Time	Dates
2296-0	4:30-5:15pm	9/15-10/20
2296-1	4:30-5:15pm	11/03-12/15



### Hot Shots Sports

**Min/Max:** 4/15  
**No. of Weeks:** 8/7  
**Location:** Prairie View Park/  
 PVCC-Gymnasium

#### Soccer Skills Clinic 101

Children are introduced to the fundamentals of soccer tactics such as passing the ball, attack and defense moves keeping the ball away from and taking the ball from the opposing team. Children learn to score and prevent goals. Physical endurance and fitness is emphasized while touching the ball. At this age the focus starts to change from simple games to organized, tactical, competitive games.  
*No class November 24 & 26.*

**Age:** 5-7 Yrs

**Day:** Friday

Code#	Time	Dates	R/NR
1936-2	4:15-5:15pm	9/03-10/22	\$80/\$108
1938-3	4:15-5:15pm	10/29-12/17	\$70/\$95

**Age:** 6-9 Yrs

**Day:** Wednesday

Code#	Time	Dates	R/NR
1938-4	5:00-6:00pm	9/01-10/20	\$80/\$108
1938-5	5:00-6:00pm	10/27-12/15	\$70/\$95

#### Total Sports

Total Sports not only teaches children the basic skills of playing a particular sport, it also teaches them skills needed to work with one another as teammates, and to accept each individual as a valuable player. Some of the sports taught and played include soccer, kickball, football, baseball, floor hockey, basketball and more.  
*No class November 24.*

**Age:** 6-9 Yrs

**Day:** Wednesday

**Location:** PVCC-Gymnasium

Code#	Time	Dates	R/NR
1937-8	4:00-5:00pm	9/01-10/20	\$80/\$108
1937-9	4:00-5:00pm	10/27-12/15	\$70/\$95

### Hot Shots Baseball

**Min/Max:** 6/15  
**No. of Weeks:** 7  
**Location:** Harrer Park Field #3

#### Baseball 101

This beginner's baseball class gives players a full introduction to the great sport of baseball. Players are instructed on all aspects of the game in a fun and safe learning environment. This program teaches the fundamentals of stretching, base running, throwing and catching, hitting off a tee and from live pitching, playing various positions in the field, game play and strategy, and at home practice tips. Participants should bring their own bats and gloves.

**Age:** 6-8 Yrs

**Day:** Tuesday

Code#	Time	Dates	R/NR
1938-0	4:00-5:00pm	8/31-10/12	\$70/\$95

#### Baseball 202

This program is designed to allow players to build on their current skills. Our instructors provide all players with assessments of their current skills and offer each player tips and drills to improve their overall skills. This program features; stretching, running form, hitting mechanics, pitching mechanics, infield & outfield footwork, baserunning, game play & strategy. Participants should bring their own bats and gloves.

**Age:** 8-11 Yrs

**Day:** Tuesday

Code#	Time	Dates	R/NR
1938-1	5:00-6:00pm	8/31-10/12	\$70/\$95



### CSL Youth Basketball Leagues

Skill development, competition and fun are the main features of this action-packed basketball program. If you are interested in signing up your child for this program contact Kevin

at 847-965-1200 or visit [www.quickcores.com/csl](http://www.quickcores.com/csl)

Registration Deadline is November 22.

Are you creative?

Love working with children ?

Have a really good idea you want to share?

The Morton Grove Park District is always looking for new ideas and experienced instructors.

Please contact Liz Goodwin at (847)965-0487 for additional information and requirements.

## Gymnastics at PVCC

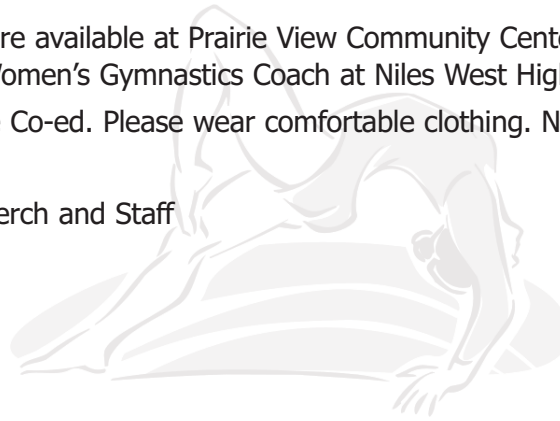
Gymnastics classes are available at Prairie View Community Center under the direction of Pam Foerch, Head Women's Gymnastics Coach at Niles West High School.

**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 .*

## 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
<b>Note:</b> 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.

## 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.*

## Adult Leagues

### Fall Softball (Co-Rec 14" or Men's 12")

Fall Softball Leagues include:

**Men's 12" - Wednesdays**

**Co-Rec 14" - Fridays**

**Date:** Begins tentatively week of August 23

**\*Fees:** All League fees are due in full at time of registration. Fees include a \$50 refundable forfeit fee. **Registration Deadline:** August 9.

\$530 - 12"

\$650 - 14"

Call Kevin at 847-965-1200 for information.

### Sunday Winter Basketball Leagues

**Men's 6 ft and Under**

**(10:00am, 11:00am, Noon Games)**

**Women's League**

**(1:00pm, 2:00pm, 3:00pm Games)**

**Men's "B" League**

**(4:00pm, 5:00pm, 6:00pm Games)**

**Men's "Open" League**

**(7:00pm, 8:00pm, 9:00pm Games)**

**Minimum # of teams:** 6

**Date:** Begins December 5

**Fees:** \$874 (includes \$50 refundable forfeit fee)

All leagues feature: Double Round Robin Schedule + Playoffs for top 4 teams.

**Deadline:** for returning teams - September 9  
for new teams - September 20  
for all teams - November 11

**Competitive Athletic League Application Forms may be picked up at the Prairie View Community Center or on-line.**

**\*Payments may be made by cash, check, Visa, Mastercard or Discover.**

## Co-Rec Volleyball

Enjoy an evening of non-competitive recreational volleyball. Teams and games will be formed at the start of each class depending on present players.

**Coordinator:** Bruce Tarpey

**Age:** 18+ Yrs

**Day:** Tuesday

**R/NR Fees:** \$37/\$55

**Min/Max:** 12/20

**No. of Weeks:** 14

**Location:** Park View School, 6200 Lake Street

Code#	Time	Dates
1918-0	7:00-9:00pm	9/14-12/14

### Co-Rec Volleyball Passes

5 class passes are available for our Co-Rec Volleyball program. Call Kevin at 847-965-1200 for more information.

## Chicago Table Tennis Club

### Drop-In Table Tennis



Join us at the Prairie View Community Center for an evening of Table Tennis! Eight tables will be available for drop in play and information about local tournaments will be available.

This program is open to ALL ages. Children under 8 yrs must be accompanied by an adult. *No class on September 6.*

**Instructor:** Englebert Solis  
2001 Illinois State Champion

**Location:** PVCC - Gymnasium

### Fall Pass:

Code#/Resident Fee: 2135-2 \$45

Code#/Non-Res Fee: 2135-3 \$60

Daily Drop-In Fee: \$5

### Monday

Dates: 8/16-11/05

Time: 5:00-10:00pm

### Thursday

Dates: 8/19-10/28

Time: 5:30-10:00pm

### Sunday

Dates: 8/22-11/21

Time: 2:00-7:00pm



The Morton Grove Park District is now posting all League Applications, Adult League Schedules and League Standings online! Just go to our website at [www.mortongrovecparks.com](http://www.mortongrovecparks.com).

Click on the link at the bottom of the page that says Adult Athletic League Standings/Schedules. Information regarding all adult leagues will be posted on this site as well as to notify captains of registration deadlines and captain meeting dates.