

Downers Grove Park District **RECREATION GUIDE**

AUTUMN 2020



(630.960.7500 •  INFO@DGPARKS.ORG •     • DGPARKS.ORG

RESIDENT REGISTRATION • JULY 20
NON-RESIDENT REGISTRATION • JULY 27

REGISTRATION DATES

- JULY 20 RESIDENT REGISTRATION OPENS
- JULY 27 NON-RESIDENT REGISTRATION OPENS

WHAT'S INSIDE...

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FACILITY DIRECTORY

LINCOLN CENTER

935 Maple Ave., Downers Grove
630.963.1300

DOWNERS GROVE GOLF CLUB

2420 Haddow Ave., Downers Grove
630.963.1306

DOWNERS GROVE MUSEUM

831 Maple Ave., Downers Grove
630.963.1309

DOWNERS GROVE RECREATION CENTER & 4500 FITNESS

4500 Belmont Ave., Downers Grove
630.960.7250

LYMAN WOODS NATURE CENTER & PRESERVE

901 31st St., Downers Grove
630.963.9388

MINER MIKE'S ADVENTURE GOLF

McCullum Park, 6801 Main St., Downers Grove
630.963.8793

PARK DIRECTORY

For all park locations, visit dgparks.org

DOERHOEFER PARK: 41st & Saratoga

EBERSOLD PARK: 59th & Main

FISHEL PARK: 1036 Grove St.

HUMMER PARK: 4833 Fairview Ave.

McCOLLUM PARK: 6801 Main St.

3 EASY WAYS TO REGISTER



ONLINE



IN PERSON



DROP OFF

DETAILS ON PGS. 106-107

BOARD OF PARK COMMISSIONERS



PRESIDENT | CATHY MAHONEY
CMAHONEY@DGPARKS.ORG



VICE PRESIDENT | SANDRA MCDONNELL
SMCDONNELL@DGPARKS.ORG



SECRETARY | LIZZ HELLINGA
LHELLINGA@DGPARKS.ORG



TREASURER | JON DAHLSTROM
JDAHLSTROM@DGPARKS.ORG



COMMISSIONER | BOB KOTULA
BKOTULA@DGPARKS.ORG



WELCOME BACK!

Turn the page to view the Downer Grove Park District's 'Together Again: Welcome Back Plan' and learn about the steps we are taking to keep the community safe while continuing to have FUN!



The Downers Grove Park District is excited for the community to be together again to enjoy recreation-based programs, services and experiences this fall! Throughout the COVID-19 health crisis, the Downers Grove Park District has been proud to continue serving the community while following the established guidelines under each phase of the Restore Illinois Plan.

The District continues to adhere to the guidelines and ongoing updates outlined by the Illinois Department of Commerce and Economic Development (DCEO), the Centers for Disease Control and Prevention (CDC), Illinois Department of Public Health (IDPH) and the Park District Risk Management Association (PDRMA) to ensure the health and safety of our patrons and staff. As our region moves through each phase of the Restore Illinois Plan, updates to our procedures and guidelines will be shared with participants and posted on our Together Again: Welcome Back Plan portal available at dgparks.org.

Dozens of virtual programs and events were introduced over the summer and will continue through the fall for those who prefer an at-home experience. For those who are ready to rejoin our onsite programs this fall as the guidelines allow, we want to share the preventative measures and cleaning guidelines that we will follow to help prevent the spread of COVID-19.

Visitors can expect the following when visiting indoor facilities:

- Social distancing of 6 feet from others is strongly encouraged.
- Face coverings will be required as outlined in state guidelines.
- Signage and floor markings are posted to assist with social distancing.
- Protective shields have been installed at registration desks.
- Online registration and cashless transactions are strongly encouraged.
- Hand sanitizer is available to visitors throughout the facilities.
- Indoor restrooms will be cleaned as outlined in the state guidelines.
- Program equipment and supplies used by participants will be sanitized before and after each use.
- Highly touched surfaces within the facilities or programs, such as countertops, door knobs and railings will be cleaned several times each day.
- Staff has been trained on good hygiene practices and will practice social distancing.
- Staff will wear face coverings while interacting with customers and has been trained on how to provide friendly customer service while wearing them.
- Class sizes and facility capacity will be reduced as required by state guidelines.
- Programs will be offered outdoors when possible following state guidelines.
- Virtual programs and events will continue to be offered.
- Increased staffing for children’s programming to encourage safety

Please note, our operations and procedures are subject to changes as guidelines evolve under the Restore Illinois Plan.

SPECIAL EVENTS

BBQ BOLT RUN/WALK

Celebrate the end of summer with the second annual BBQ Bolt Run/Walk event on Saturday, Aug. 29! Starting and finishing at McCollum Park, the BBQ Bolt brings the community together for fun and fitness followed by a post-race Picnic in the Park featuring BBQ, beverages and festivities! Choose to participate in the 5K run/walk or the 1-mile walk. Both distances are open to all ages, strollers and dogs (must be on leash). Groups of 4 or more can create a team to receive a \$5 discount per person! Registration is available online only at bbqbolt.org.

RACERS RECEIVE:

- Finisher's medal
- Short-sleeve technical T-shirt (guaranteed if registered by Aug. 7)
- Post-race Picnic in the Park including BBQ meal (or vegetarian option), beer and lemonade
- 5K only: Awards will be given to the overall top 3 male and female finishers
- 5K only: Age category awards for the top 3 male and female finishers in eight age divisions
- No awards will be given for 1-mile course

COURSE DETAILS:

5K Run/Walk

- Chip timed
- Open to runners and walkers
- Participants must keep at least a 16-minute pace
- Course begins and ends at McCollum Park and takes place in the neighborhood east of the park

1-mile Walk

- Not timed
- Open to walkers only
- Course will take place on the path that loops around McCollum Park

Age	Day	Date	Start Time	Location
All	SA	8/29	8:00am	McCollum Park

Race	Through June 20	June 21 to Aug. 27	Aug. 28 to 29
5K	\$35	\$40	\$45
1M	\$30	\$35	\$40

LYMAN WOODS SCARECROW CONTEST

Take part in our "Scarecrow Contest" at Lyman Woods! This contest is open to all organizations, civic groups, families and businesses, so rally up your Scout Troop, local club or office mates. Groups can choose to construct either a traditional scarecrow or a sharecrow—a scarecrow made with wildlife-friendly edible ingredients. Prizes will be available in different categories, and scarecrows will be displayed along the trails at Lyman Woods from Oct. 5 to Nov. 13 for all to see! Please visit lymanwoods.org for contest rules, prize information and application. For questions, contact us at lymanwoods@dgparks.org or call 630.963.9388.

Applications available: July 10 to Oct. 4 **On display at Lyman Woods:** Oct. 5 to Nov. 13



SPECIAL EVENTS



SPECTERS & SPIRITS

Join us for a spirited exploration of the allegedly haunted Downers Grove Museum and Main Street Cemetery while enjoying a spook-filled evening of some adult fun. Enjoy some light appetizers, before heading on a search for signs of spirits with paranormal experts using paranormal detection equipment. Fee includes light appetizers and a non-alcoholic beverage.

Age: 18+ R/NR: \$35/\$40

Location: Downers Grove Museum

Class #	Day	Date	Time
4700G15-01	F	10/9	7:00-10:00pm

HALLOWEEN CANDYHUNT

FREE! Kids, come dressed in your favorite costume and get a head start on your trick or treat for candy! This is a free event for kids to stand up. Parent/guardian supervision is required. Participants with allergies may be exposed to allergens.

CANCELED

Age	Day	Date	Time	Location
3+	SA	10/24	10:00am	Fishel Park

MERRY & BRIGHT

FREE! Join us for a celebration of the season at this free family event! Learn about Victorian Christmas traditions, tour the holiday-decorated Victorian Bldg, house and taste Victorian-era carols, and while warming up around a campfire and visit with Santa! Holiday snacks and hot cocoa will be available for purchase to enhance the holiday cheer.

CANCELED

Age	Day	Date	Time	Location
All	SA	12/12	3:00 - 6:00pm	Downers Grove Museum



NERF GUN NIGHT

We will transform the gym into an arena for kids to battle and play fun competitive games. We will have an all-out battle to end the night. Participants must provide their own Nerf gun (no semi-automatic and high-velocity eye-vest or safety glasses). Nerf gun must use elite darts and mega or rival rounds.

Age: 7-12 Min/Max: 10/48

R/NR: \$10/\$15

Location: Downers Grove Rec Center

Class #	Date	Day	Time
4395E00-01	11/19	TH	6:00-7:30pm
4395E00-02	12/17	TH	6:00-7:30pm





SANTA'S HOLIDAY EXPRESS

All aboard Santa's Holiday Express! (formerly the Polar Express Storytime Train). Take a ride on our Holiday Express (coach bus) as storytellers read "The Polar Express" by Chris Van Allsburg. We'll start our trip at the Downers Grove Park District's Lincoln Center with ticket pick up and an activity for the children. Then we'll board Santa's Holiday Express and travel to the North Pole (Downers Grove Golf Club). Once at the North Pole, families will head inside for a visit with Santa before heading over to Mrs. Claus to enjoy a hot chocolate bar and cookies. The Holiday Express will return families back to the Lincoln Center Children's Center 11 months and under can travel for free on an adult's lap. Children 11 months and under must be accompanied by an adult and should dress for the weather. Strollers cannot be accommodated.

CANCELED

REGISTRATION INFORMATION:

- Resident Registration Begins 10/17/2020. Children 11 months and under must purchase a ticket
- Non-resident Registration Begins 10/17/2020. Ticket refunds before noon on Nov. 7 will be assessed a 10% service charge per ticket
- A maximum of six children per household may be purchased. No refunds after noon on Nov. 7

Day	Date	Trip	Time	R/NR
SA	11/21	Trip 1	8:30-10:30am	\$40/\$50
SA	11/21	Trip 2	9:00-11:00am	\$40/\$50
SA	11/21	Trip 3	9:30-11:30am	\$40/\$50
SA	11/21	Trip 4	10:00am-12:00pm	\$40/\$50
SA	11/21	Trip 5	10:30am-12:30pm	\$40/\$50
SA	11/21	Trip 6	11:30am-1:30pm	\$40/\$50
SA	11/21	Trip 7	12:00-2:00pm	\$40/\$50
SA	11/21	Trip 8	12:30-2:30pm	\$40/\$50

NEW YEAR'S EVE COUNTDOWN TO NOON

Join us to ring in the New Year at noon. We'll celebrate with party favors, DJ Coach Josh, a photo booth, games, bounce houses, a balloon drop and more! Parents must stay and supervise their children. Children under two are welcome to ride. A waiver must be signed at check-in (children under 2). Space is limited, register today. Participants with food allergies may be exposed to allergens.

Age: 2-10 Location: Downers Grove Recreation Center
R/NR through Dec. 26: \$15/\$23
R/NR starting Dec. 27: \$20/\$30

Class #	Date	Day	Time
4720A00-01	12/31	TH	10:00am-12:00pm



**Downers Grove
Golf Club**



Est. 1892

GOLF PROGRAMS

2420 HADDOW AVE. DOWNERS GROVE, IL | 630.963.1306 | DOWNERSGROVEGOLFCLUB.ORG

2020 Greens Fees

If the weather is good, the course is open! Open hours are dependent on the weather. Please check the course weather status before visiting. Reserve your tee time up to seven days in advance by calling 630.963.1306, booking in person at the Clubhouse or using our online reservation system. Reservations for single golfers are welcome and can be made by calling the Clubhouse!

Green Fees	Resident	Non-Resident
Weekday Mon - Thu	\$20	\$24
Mon - Fri - Junior/Senior	\$17	\$21
Weekend - Sat, Sun, Holiday	\$22	\$26
Twilight	\$15	\$15
Replay	\$15	\$15
Motorized Cart	\$11	\$11
Motorized Cart for replay	FREE	FREE
Pull Cart	\$3	\$3
Pull Cart for Replay	FREE	FREE

Family Golf Rates

The best time to be out on the course with your family is at twilight as the sun is going down. Most of the golfers have gone home for the day and it is the perfect time to introduce the game of golf to the family. Parents or guardians pay only a \$15 greens fee and up to 3 children (ages 17 and under) can play for free. Tee times will be available for the family golf rates 2 hours before sunset June through August. Family golf rates are available Monday thru Sunday. Tee times are required. Contact the Clubhouse for more details at 630.963.1306.

Twilight Rates

Golf for just \$15! Times vary. For details, visit downersgrovegolfclub.org.

CLUBHOUSE RENOVATION!

Visit our newly remodeled Dan A. Cermak Clubhouse featuring a fresh look and expanded Proshop with merchandise from Srixon, Cleveland Golf, Footjoy, Callaway, Under Armor and Titleist.

FOOD & BEVERAGE

Stop in after your round or bucket and enjoy the view of the course from our 4,000 sq. ft. Clubhouse. Relax and choose from our traditional sandwiches and snacks. Cool off with a variety of soft drinks; domestic, imported and craft beer; mixed drinks and wine.



DRIVING RANGE SHELTER

OPEN YEAR ROUND!



WEATHER UPDATES WITH
RAINOUTLINE
VISIT DGPARKS.ORG AND CLICK ON
"WEATHER STATUS"

Driving Range

Swing into the Downers Grove Golf Club to practice year round at our covered and heated Driving Range Shelter! As the season comes to and end and the days get shorter do not worry about not having enough time to finish your bucket of balls. Take advantage of our lighting system that provides just enough light at the end of the day. The shelter covers 10 of the 22 driving range hitting stations and features infrared heaters, lights and ceiling fans for comfortable golfing in every season. For more info, visit downersgrovegolfclub.org.

Buckets may be purchased directly at the ball dispenser using a credit card during open and closed Clubhouse hours. We are happy to provide loaner clubs for use on the range by golfers of all ages.

Bucket Size	Number of Balls	Fee
Small	30	\$6
Medium	60	\$9
Large	90	\$12
X-Large	120	\$15



CLUBHOUSE RENTALS

The newly remodel Dan Cermak Clubhouse at Downers Grove Golf Club offers a park-like setting and a scenic panorama for social gatherings, group meetings or corporate functions. Comfortably seating up to 60 guest take advantage of the new drink menu and décor. Contact the clubhouse at 630.963.1306 for details and available dates.

THERE'S MORE TO EXPLORE!

GOLF LESSONS

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Golf Lessons

Improve your skills with lessons from our certified golf professionals, Tom Olms and Jim Festle. Private, semi-private and group lessons are available. Golf balls are included with each lesson. Call 630.963.1306 for more information on our golf professionals and how to schedule lessons.

Private Lessons (30 minutes)	Adult	Junior (18 years & under)
Single	\$50	\$40
3 lessons	\$145	\$115
6 lessons	\$265	\$205
9 lessons	\$370	\$290
12 lessons	\$460	\$350

Semi-Private Lessons (1 hour)	Adult & Junior
2 students	\$45 each
3 students	\$40 each
4 students	\$35 each
5 students	\$30 each

On-Course Playing Lesson (1 hour) Includes Greens Fee	Adult & Junior
Private	\$100
2 students	\$60 each
3 students	\$70 each

Junior Golf Camps

This class is a continuation of our popular summer camps and designed to keep young golfers engaged during the off-season. Young golfers will learn solid fundamentals with an emphasis on golf technique and swing mechanics. Taught in our heated driving range shelter at Downers Grove Golf Club and instructed by Golf Professional, Tom Olms.

Min/Max: 4/8 **Fee: \$55**
Location: Downers Grove Golf Club
Instructor: Tom Olms

Class #	Age	Date	Day	Time
4250R00-01	4-7	9/30 - 10/21	W	3:30-4:15pm
4250R00-02	8-12	9/30 - 10/21	W	4:30-5:15pm
4250R00-03	4-7	10/28 - 11/18	W	3:30-4:15pm
4250R00-04	8-12	10/28 - 11/18	W	4:30-5:15pm



DOWNERS GROVE OPEN

SATURDAY, SEPT. 26 • 11AM

Attention all golfers! To end the season, we will be hosting a new tournament – Downers Grove Open. The tournament will feature 9-hole stroke play format and is open to golfers ages 18 and up. Tee times begin at 11:00 am and continue until all of the golfers have teed off. Participants must be checked in at the 1st tee 15 minutes prior to tee time.

Play governed by USGA rules and as amended by the tournament committee. Tournament committee will pair golfers and all golf course policies are in effect.

Prizes are awarded for all competitions and for tournament flights! Other contests include Longest Drive, Longest Putt, Closest to the Pin and more. Register by calling the Clubhouse at 630.963.1306.

Min/Max: 30/60 **Location: Downers Grove Golf Club** **Age: 18+**



MINER MIKE'S ADVENTURE GOLF

AFFORDABLE FAMILY FUN!

- **\$5 per round**
Ages 3 & under free with a paying adult
- **18-hole adventure golf**
- **Reserve a tee time at:**
www.picktime.com/DGPDminermikesminigolf

Open through August 16

	THROUGH AUG. 16
Monday-Friday	12:00-6:00pm
Saturday	12:00-8:00pm
Sunday	12:00-7:00pm

HOLIDAY HOURS

Labor Day: Sept. 7 from 12:00-6:00pm

WEEKLY SPECIALS

Active Adult Mondays

One Active Adult (age 55+) is FREE with a paying round.

Two-For-Tuesday

Two play for the price of one!

6801 S. MAIN ST. | 630.963.8793
MINERMIKESMINIGOLF.ORG



SEASPAR (the South East Association for Special Parks And Recreation) provides recreational programs and services for individuals with disabilities served by the **Downers Grove Park District** and eleven other communities.

Look for our
Fall 2020
Program
Guide later
this season.



Learn more about SEASPAR's new multi-sensory room coming to Western Springs.

Visit SEASPAR.org for details.

SEASPAR • 4500 Belmont
Road, Downers Grove, IL 60515
630.960.7600 • 630.960.7605 TDD



SEASPAR.org

YOUR HEALTHY CONNECTION

4500 FITNESS



RECREATION CENTER | 4500 BELMONT AVE. DOWNERS GROVE, IL | 630.960.7250

MONDAY - FRIDAY: 5AM - 10PM | SATURDAY: 6AM-7PM | SUNDAY: 7AM-6PM
Hours are subject to change

At 4500 Fitness, you'll find friendly and knowledgeable staff who will help you meet your fitness goals; a wide array of group classes for every interest and to fit every schedule; open gyms that let you hit the court running and other opportunities to learn more about healthy living.

MEMBERSHIP BENEFITS

Updated cardio machines featuring personal TVs and Bluetooth capabilities!

- 40+ Cardio Machines
- 3-lane Indoor Track
- Free Weights
- Newly Remodeled Locker Rooms
- Steam Rooms & Towel Service
- Equipment Orientation
- Reduced Rates on Personal Training
- Reduced Rates on Premier & Group Fitness Classes

2020 MEMBERSHIP RATES*

Get one month FREE when you pay for a year in full!

ENROLLMENT FEE: \$30 FOR FIRST MEMBER / \$20 FOR EACH ADDITIONAL

MEMBERSHIP TYPE	RESIDENT RATES		NON-RESIDENT RATES	
	PAID IN FULL	MONTHLY PAYMENT PLAN	PAID IN FULL	MONTHLY PAYMENT PLAN
ADULT	\$297	\$27 (\$324 annually)	\$363	\$33 (\$396 annually)
ADULT ADD ON	\$231	\$21 (\$252 annually)	\$286	\$26 (\$312 annually)
STUDENT (15-23 YEARS)	\$231	\$21 (\$252 annually)	\$286	\$26 (\$312 annually)
SENIOR (62 YEARS+)	\$231	\$21 (\$252 annually)	\$286	\$26 (\$312 annually)
SENIOR ADD ON (62 YEARS+)	\$143	\$13 (\$156 annually)	\$176	\$16 (\$192 annually)
MILITARY	\$231	\$21 (\$252 annually)	\$286	\$26 (\$312 annually)
BUSINESS	\$297	\$27 (\$324 annually)		
GOLD MEMBERSHIP	\$240	Membership + \$20	\$240	Membership + \$20

RATE INFORMATION

- Gold Memberships include group exercise classes. Fitness Membership required to obtain Gold Pass.
- Fee is per person.
- Rates are subject to change. We reserve the right to cancel or change membership options.
- Household members must live at same address.
- All members must be a minimum of 15 yrs of age or older.

Indoor Track

Free! No matter the weather, come enjoy use of the indoor track! The indoor track is FREE to all visitors ages 13 years and up. Ages 7 to 12 may use track with parent/guardian supervision. Sign in at the check-in table in the main lobby before using track.



Teen Fitness University

BECOME A MEMBER BEFORE AGE 15!
RESIDENT: \$70 | NON-RESIDENT: \$100
AGES 12-14 YEARS

Get certified with a nationally certified personal trainer! Pay NO ENROLLMENT FEE for a Fitness Membership within 30 days of completing the program. Forms available at 4500fitness.org. A 24-hour cancellation is required to avoid a \$25 fee.

Group Exercise Classes

Purchase punch card or add-on to your 4500 Fitness Membership. View the group exercise schedule at 4500fitness.org.

GROUP EXERCISE CLASSES INCLUDE:
BODY PUMP | CYCLE | YOGA | ZUMBA
PILATES | BOOT CAMP | STEP & TONE

PUNCH CARDS			
VISITS	FITNESS MEMBER*	RESIDENT	NON-RESIDENT
ONE CLASS	\$8	\$10	\$15
FIVE CLASSES	\$35	\$45	\$67
TEN CLASSES	\$60	\$80	\$120

GOLD PASS ADD-ON		
MEMBERSHIP TYPE	PAID IN FULL*	PAYMENT PLAN
INDIVIDUAL MEMBER	\$240	\$20 PER MONTH

Join any class on the Group Exercise Class schedule. All participants must be 15 years and up. *Fee is per person on the membership.

Work in Downers Grove?

With proof of employment, you can receive resident rates on the following:

- **FITNESS MEMBERSHIP**
- **DAILY FITNESS CENTER GUEST PASS**
- **GROUP EXERCISE DAILY PASSES**
- **OPEN GYM**

KIDZONE CHILD CARE CENTER

CHILDREN AGES 12 WEEKS - 12 YEARS

We'll keep an eye on your children in the KidZone Childcare Center while you work out! Our staff are CPR and First Aid certified. Visit 4500fitness.org for the latest schedules, hours of operation and information about using KidZone.

MEMBERSHIP TYPE	PAID IN FULL	PAYMENT PLAN
ONE CHILD	\$204	\$17/MONTH
TWO CHILDREN**	\$288	\$24/MONTH
THREE OR MORE CHILDREN**	\$384	\$32/MONTH

*All children must be in the same household of the attached active fitness member.

FITZONE

CHILDREN AGES 5-12 YEARS

Presented by KidZone, FitZone gives your kids the chance to get some exercise while you work out. Kids can participate in supervised open gym including games and activities at the Recreation Center. KidZone Daily, Unlimited KidZone or KidZone punch card visits are accepted for Fitzone. Visit the Registration Desk for details or call 630.960.7250.

DATE	TIME	FEE
OCTOBER 12	8:30 AM - 12:00 PM	\$7/CHILD
OCTOBER 23	8:30 AM - 12:00 PM	\$7/CHILD
NOVEMBER 25	8:30 AM - 12:00 PM	\$7/CHILD
DECEMBER 21-23	8:30 AM - 12:00 PM	\$10/CHILD
DECEMBER 28-30	8:30 AM - 12:00 PM	\$10/CHILD

PERSONAL TRAINING

Get real results with a fitness plan custom designed for your goals with a Nationally Certified Personal Trainer. Call 630.960.7250 to make an appointment. Sessions expire 6 months after purchase.

30-MINUTE SESSIONS

Number of Sessions	Individual Fitness Member	Partner Training Fitness Member
5	\$137	\$165
10	\$250	\$301

1-HOUR SESSIONS

Number of Sessions	Individual Fitness Member	Partner Training Fitness Member
1	\$50	\$80
5	\$240	\$390
10	\$460	\$760

MEET OUR TRAINERS



ANNA AQUINO

Anna is certified by the American Council of Exercise and is eager to help you experience the physical and emotional benefits of fitness. Her goals are to educate and motivate you and to help you define and achieve your fitness goals and maintain a healthy, active lifestyle.



PETE WILT

Pete is certified by the American Council on Exercise and is dedicated to providing you with the knowledge and motivation to achieve and maintain your fitness or sports performance objectives. Pete incorporates the latest health information and techniques into your customized training plan.



LUANNE SPIROS

Luanne is certified by the American Council on Exercise and incorporates a holistic approach to her client sessions, targeting multiple dimensions of health and wellness. Her focus on teaching proper posture, mobility, and balance allow her clients to develop confident body awareness while exercising.



TAISHA SELBY

Taisha is a National Academy of Sports Medicine Performance Enhancement Specialist. With a Bachelor's in Exercise Science she is well equipped to educate you as she helps you navigate along your fitness journey. Her goals are to motivate you and assist you in reaching your fitness goals.

Renew Active

In a partnership between 4500 Fitness and Healthy Contributions, Renew Active is a fitness membership benefit for those who qualify through United Healthcare, or AARP-branded Medicare plans. Renew Active allows a fitness membership at no cost to the member. To see if you qualify please contact your insurance provider.

SilverSneakers Program

4500 Fitness is a proud partner with Tivity SilverSneakers Fitness Program. With SilverSneakers, you can get fit when, where and how you want. The program, for older adults, is available through many healthcare plans. To check if you are eligible, visit silversneakers.com.

Prime Memberships

Prime is a well-being benefit that is offered by most employers as part of a health insurance plan. Contact your insurance carrier to see if you qualify for this benefit.

NIHCA Rewards

Blue Cross and Blue Shield of Minnesota members can visit myBlueCross in the member self-service center at www.bluecrossmn.com to find out if they are eligible. Members can click on the "Plan Details" tab and select "Health Programs and Discounts" and finally, select "find a fitness center." Members must be at least 18 years old to participate in the fitness discounts program.

ZOOM FITNESS

Virtual - Yoga

Enjoy yoga from the comfort of your own home! Important instructions will be emailed to you before the start of your program to join the class via Zoom. This class will be a moderate class for all levels. Modifications are offered to accommodate joint limitations. Learn yoga poses with correct form, posture and alignment and begin to improve your strength, balance and flexibility.

Age: 15+ Min/Max: 8/100 FM/R/NR: \$25/\$40/\$60

Location: Virtual Instructor: TBD

Class #	Date	Day	Time
4301J80-01	9/14 - 10/19	M	6:00-7:00pm
4301J80-02	11/2 - 12/7	M	6:00-7:00pm

Virtual - HIIT

High-intensity interval training (HIIT) is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. Important instructions will be emailed to you before the start of your program to join the class via Zoom.

Age: 15+ Min/Max: 8/100 FM/R/NR: \$25/\$40/\$60

Location: Virtual Instructor: TBD

Class #	Date	Day	Time
4301J84-01	9/9 - 10/14	W	6:00-7:00pm
4301J84-02	10/28 - 12/9	W	6:00-7:00pm

PREMIER FITNESS CLASSES

Yoga Essentials

This class introduces fundamental yoga poses and breathing techniques to achieve a calm mind and body. Modifications are offered to accommodate joint limitations. Learn yoga poses with correct form, posture and alignment and begin to improve your strength, balance and flexibility. No class Nov. 11.

Age: 15+ Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: Vicki Klimkiewicz

Class #	Date	Day	Time	FM/R/NR
4301J11-01	9/14 - 10/19	M	5:30-6:25pm	\$38/\$50/\$75
4301J11-02	9/2 - 10/21	W	5:00-5:55pm	\$50/\$67/\$97
4301J11-03	10/26 - 12/14	M	5:30-6:25pm	\$50/\$67/\$97
4301J11-04	10/28 - 12/16	W	5:00-5:55pm	\$44/\$59/\$88

Chair Yoga

Practice yoga in a chair. Gently strengthen your spine and core, while also increasing flexibility and mobility. Takeaways will be relaxation and balance.

Age: 18+ Min/Max: 6/15 Location: Lincoln Center

Instructor: Eileen Johnson

Class #	Date	Day	Time	FM/R/NR
4301J04-01	9/1 - 10/20	TU	9:00-9:55am	\$50/\$67/\$97
4301J04-02	9/1 - 10/20	TU	10:00-10:55am	\$50/\$67/\$97
4301J04-03	10/27 - 12/15	TU	9:00-9:55am	\$50/\$67/\$97
4301J04-04	10/27 - 12/15	TU	10:00-10:55am	\$50/\$67/\$97



STROLLER STRIDES

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! You'll leave class feeling connected, successful and energized! No more mama guilt! This class is all about self-care in a supportive and encouraging environment with kiddo(s) happily in the stroller! Class requires adequate strollers with support for baby's head. Umbrella strollers are discouraged. We encourage you to follow the owner's manual per your stroller regarding exercise and movement.

Sign up at www.oakbrookhinsdale.fit4mom.com or email beckykostelny@fit4mom.com

Pilates with MELT Rollers

Find your center of gravity by using a MELT roller, a 36-inch soft roller. Experience a posture change by re-hydrating and lengthening techniques done with the MELT moves and learn challenging Pilate exercises that strengthen the core. Instructor is Stott Pilates certified and MELT Neuro-Strength trained. No class Nov. 11.

Age: 15+ Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: Linda Ruff

Class #	Date	Day	Time	FM/R/NR
4301J13-01	9/14 - 10/19	M	8:05-9:00pm	\$48/\$64/\$94
4301J13-02	10/26 - 12/14	M	8:05-9:00pm	\$64/\$84/\$114

Pilates with Ease

Build muscle strength and mobility that are crucial when performing everyday tasks and maintaining coordination through the entire body. This is a mat-based program and exercises start off at a basic level and gradually increase to a more challenging intensity. Movements will challenge the core with resistance coming from a number of directions. Resistance may be body weight alone, or props such as hand weights or bands.

Age: 40+ Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: Linda Ruff

Class #	Date	Day	Time	FM/R/NR
4301J07-01	9/3 - 10/22	TH	4:00-4:45pm	\$50/\$67/\$97
4301J07-02	10/29 - 12/17	TH	4:00-4:45pm	\$44/\$59/\$88

Restorative Yoga

Learn to relax and rest deeply and completely with gentle yoga. Use props in some poses to support the body as it eases into relaxation and balance. Learn nourishing poses designed to restore and revitalize your body and mind. Please bring a 12 x 12 pillow and blanket to class.

Age: 15+ Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: Shiree Bhargava

Class #	Date	Day	Time	FM/R/NR
4301J52-01	9/1 - 10/20	TU	4:15-5:10pm	\$50/\$67/\$97
4301J52-02	10/27 - 12/15	TU	4:15-5:10pm	\$50/\$67/\$97

Balance & Strength

We can train and slow down the aging process by focusing on mental health, cardiovascular conditioning, strength training, flexibility and fall prevention and balance. Enjoy practical exercises and approaches for training brains and bodies. No class Nov. 28.

Age: 40+ Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: Denise Dimpfl

Class #	Date	Day	Time	FM/R/NR
4301J05-01	9/14 - 10/19	M	4:00-4:45pm	\$38/\$50/\$75
4301J05-02	9/3 - 10/22	TH	11:15am-12:00pm	\$50/\$67/\$97
4301J05-03	10/26 - 12/14	M	4:00-4:45pm	\$50/\$67/\$97
4301J05-04	10/29 - 12/17	TH	11:15am-12:00pm	\$44/\$59/\$88

Confident Core

Learn strengthening exercises to deal with incontinence. A strong core is important in balance and movement and the pelvic floor muscles provide support to the internal organs that lie on it. Develop strength and sync the pelvic floor and abdominal muscles through the practice of activation and strengthening core muscles through poses, exercises and breathing.

Age: 15+ Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: Rita Meier

Class #	Date	Day	Time	FM/R/NR
4301J10-01	10/21	W	6:05-7:00pm	\$10/\$14/\$21
4301J10-02	10/28	W	6:05-7:00pm	\$10/\$14/\$21



Tai Ji Quan for Health: Beginning & Continuing

Experience the many health benefits of this traditional Chinese exercise and martial art. Exercises help you improve concentration, reduce mental stress, stimulate circulation and breathing, and develop better balance, flexibility and strength. Ideal for all fitness levels, individuals can modify the exercise to be as gentle or vigorous as desired. Expect 30 minutes of warm-up and cool down exercises, 30 minutes of Yang Short Form. If taking the extended time option with instructor approval, there is 30 minutes of Yang Long Form with focus on improving coordination, rooting and energetics.

Age: 18+ Min/Max: 6/12

Location: Lincoln Center Instructor: Judy Kline

Class #	Date	Day	Time	FM/R/NR
4301J01-01	9/1 - 11/3	TU	7:00-7:55pm	\$63/\$84/\$114
4301J01-02	9/1 - 11/3	TU	8:00-8:30pm	\$25/\$35/\$55
4301J01-03	11/10 - 12/15	TU	7:00-7:55pm	\$38/\$50/\$75
4301J01-04	11/10 - 12/15	TU	8:00-8:30pm	\$15/\$21/\$32

Intro to Cycle

An introduction to cycle that is low-impact and gentle on your joints. Improve your fitness by building muscle, improving cardiovascular, and boost your energy. Receive instruction for proper indoor cycle bike set-up and learn correct cycle bike techniques that will keep your joints safe. The time spent on the bike will increase over the duration of the class sessions. Exercises and stretches off the bike will be included. No class Nov. 28 and 29.

Age: 15+ Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: Luanne Spiros

Class #	Date	Day	Time	FM/R/NR
4301J15-01	9/3 - 10/22	TH	9:15-10:00am	\$50/\$67/\$97
4301J15-02	9/4 - 10/23	F	5:30-6:15pm	\$50/\$67/\$97
4301J15-03	10/29 - 12/17	TH	9:15-10:00am	\$44/\$59/\$88
4301J15-04	10/30 - 12/18	F	5:30-6:15pm	\$44/\$59/\$88

Intro to Powerlifting-Optimal

Powerlifting (PL) is a form of weightlifting that builds muscle, skeletal health and reduces fat and consists of squat, bench press and deadlift exercises. This introduction program will focus on good form, technique and optimal (not maximal) strength as participants need to lift without a spotter. Improvement in body composition with measurable results are a win-win combination. Purchasing knee sleeves and a PL belt is recommended for those desiring extra support for stability in the knees, core and spine. Instructor is a State Powerlifting Champion and American Council on Exercise certified instructor.

Age: 15+ Min/Max: 4/4

Location: Downers Grove Recreation Center

Instructor: Luanne Spiros

Class #	Date	Day	Time	FM/R/NR
4301J51-01	9/3 - 10/22	TH	5:15-6:10am	\$96/\$128/\$158
4301J51-02	10/29 - 12/17	TH	5:15-6:10am	\$84/\$112/\$140

Weight Training for Women

Recent studies show weightlifting two times a week can reduce overall body fat by three percentage points in just 10 weeks, while increasing bone density! A certified personal trainer provides resistance training, proper form, personal program design and muscle training theory. No class Nov. 11.

Age: 15+ Min/Max: 3/10

Location: Downers Grove Recreation Center

Instructor: Cari Zalesiak

Class #	Date	Day	Time	FM/R/NR
4301J00-01	9/14 - 10/19	M	7:10-8:00pm	\$38/\$50/\$88
4301J00-02	9/2 - 10/21	W	7:10-8:00pm	\$50/\$67/\$97
4301J00-03	9/2 - 10/21	M/W	7:10-8:00pm	\$78/\$103/\$133
4301J00-04	10/26 - 12/14	M	7:10-8:00pm	\$50/\$67/\$97
4301J00-05	10/28 - 12/16	W	7:10-8:00pm	\$44/\$59/\$88
4301J00-06	10/26 - 12/16	M/W	7:10-8:00pm	\$83/\$110/\$140

TRX FORMATS

The type of strength used in TRX, unlike any other, requires controlled movement in a destabilized environment. The ability to apply this strength performance is even more essential to the quality of life.

TRX®30 (Ages 15+)

A class duration of 30 minutes using the TRX to strengthen both upper and lower body while improving core strength.

TRX® for Strength (Ages 40+)

The TRX Suspension Trainer is an effective way to decrease or manage the risk of falling. Strengthen and lengthen the major muscles of the lower body and upper body as well as increasing mobility of the ankle, hip, spine and shoulder.

TRX® & Rip Trainer® (Ages 18+)

Improve core strength and rotational power while boosting endurance with a cardio element. Use the TRX to leverage body weight and the Rip Trainer to boost rotational power. These elements will build power, strength, flexibility, balance and mobility.

TRX® Rip Golfer (Ages 18+)

Train yourself to stay firmly connected to the ground as you rotate from back swing to downswing. Use the TRX straps to strengthen muscle function in key areas such as the glutes, hips and core and the Rip trainer to boost rotational power and power transfer.

TRX for Kids & Teens (Ages 10-14)

This class introduces fundamental posture alignment goals for squats, lunges, and planks using the TRX to assist in holding body weight. Participants will have fun bending and twisting as they build core awareness and strength.

Class #	Age	Date	Day	Time	FM/R/NR
TRX 30					
4301J09-01	15+	9/14 - 10/19	M	5:30-6:00am	\$36/\$48/\$72
4301J09-04	15+	9/1 - 10/20	TU	6:25-6:55pm	\$48/\$64/\$94
4301J09-09	15+	10/26 - 12/14	M	5:30-6:00am	\$48/\$64/\$94
4301J09-12	15+	10/27 - 12/15	TU	6:25-6:55pm	\$48/\$64/\$94
TRX for Strength					
4301J09-02	15+	9/1 - 10/20	TU	12:45-1:40pm	\$96/\$128/\$158
4301J09-03	40+	9/1 - 10/20	TU	5:25-6:20pm	\$96/\$128/\$158
4301J09-07	40+	9/3 - 10/22	TH	5:00-5:55pm	\$96/\$128/\$158
4301J09-10	15+	10/27 - 12/15	TU	12:45-1:40pm	\$96/\$128/\$158
4301J09-11	40+	10/27 - 12/15	TU	5:25-6:20pm	\$96/\$128/\$158
4301J09-15	40+	10/29 - 12/17	TH	5:00-5:55pm	\$84/\$112/\$142
TRX RIP Trainer					
4301J09-05	18+	9/2 - 10/21	W	6:00-6:55pm	\$96/\$128/\$158
4301J09-08	18+	9/3 - 10/22	TH	7:00-7:55pm	\$96/\$128/\$158
4301J09-13	18+	10/28 - 12/16	W	6:00-6:55pm	\$84/\$112/\$142
4301J09-16	18+	10/29 - 12/17	TH	7:00-7:55pm	\$84/\$112/\$142
TRX RIP Golfer					
4301J09-06	18+	9/2 - 10/21	W	7:00-7:55pm	\$96/\$128/\$158
4301J09-14	18+	10/28 - 12/16	W	7:00-7:55pm	\$84/\$112/\$142

No class Nov. 11 and 27.

Min/Max: 5/10

Location: Downers Grove Recreation Center

Instructor: Staff

RECEIVE A 10% DISCOUNT FOR EARLY REGISTRATION!

- Register by Aug. 25 for the September session start.
- Register by Sept. 19 for the October session start.



KIDS FITNESS

Yoga for Little Kids

This class combines exercise with imagination, games and a story. Kids will have the opportunity to be silly, release energy and relax. It introduces a formal way of using their body at a young age. Kids should dress in comfortable clothes. No class Nov. 29.

Age: 3-6 **Min/Max: 6/12**
Location: Downers Grove Recreation Center
Instructor: Carrie Santucci

Class #	Date	Day	Time	FM/R/NR
4301J02-01	9/15 - 10/20	TU	4:30-5:15pm	\$32/\$41/\$61
4301J02-02	9/16 - 10/21	W	10:15-11:00am	\$32/\$41/\$61
4301J02-03	9/18 - 10/23	F	10:15-11:00am	\$32/\$41/\$61
4301J02-04	9/18 - 10/23	F	11:10-11:55am	\$32/\$41/\$61
4301J02-05	10/27 - 12/15	TU	4:10-4:55pm	\$37/\$48/\$72
4301J02-06	10/28 - 12/16	W	10:15-11:00am	\$37/\$48/\$72
4301J02-07	10/30 - 12/18	F	11:10-11:55am	\$37/\$48/\$72

Yoga for Kids & Teens

Give your child the skills to better handle life's ups and downs through yoga. Children will learn a combination of poses that will spike energy as well as bring energy down. Yoga improves flexibility, strength and self-confidence. Kids should dress in comfortable clothes. No class Nov. 27.

Min/Max: 6/12 **Location: Downers Grove Recreation Center**
Instructor: Eileen Johnson

Class #	Age	Date	Day	Time	FM/R/NR
4301J03-01	6-9	9/15 - 10/20	TU	5:30-6:15pm	\$32/\$41/\$61
4301J03-02	10-14	9/15 - 10/20	TU	6:30-7:15pm	\$32/\$41/\$61
4301J03-03	6-9	10/27 - 12/15	TU	5:30-6:15pm	\$37/\$48/\$72
4301J03-04	10-14	10/27 - 12/15	TU	6:30-7:15pm	\$37/\$48/\$72

Cardio & Strength for Kids

This class is geared to be fun and effective using cardio and strength exercises. Kids will go through a routine that will keep them moving and engaged. Proper form will be taught and exercises will be repeated in the sequences to challenge the body strength and cardio. No class Nov. 11.

Age: 10-14 Min/Max: 6/12
Location: Downers Grove Recreation Center
Instructor: Carrie Anslow

Class #	Date	Day	Time	FM/R/NR
4301J12-01	9/14 - 10/19	M	5:00-5:45pm	\$48/\$64/\$96
4301J12-02	10/26 - 12/14	M	5:00-5:45pm	\$64/\$85/\$115

BADGE WORK

MIN/MAX: 8/25 FEE: \$6/PARTICIPANT
LOCATION: RECREATION CENTER
PLEASE CALL 630.960.7250 TO SCHEDULE YOUR GROUP.

K & 1ST GRADE GIRLS

Scouts can work toward the Respect Myself & Others badge as they learn the importance of self-care, the benefits of quiet exercises and how to quiet their minds. By teaching games and poses to fellow Scouts, girls will learn how to lead and respect others.

2ND & 3RD GRADE GIRLS

Work toward the Dancer badge by learning to dance with Latin and International music that we call Zumba. Scouts will discover new ways to move their feet and arms through fast and slow rhythms in this effective fitness class.

4TH & 5TH GRADE GIRLS

Scouts will work toward their Staying Fit badge in this class that teaches different types of exercise such as Zumba, Step, Boot Camp, Yoga and more!

Age: 6-15 Min/Max: 8/20 Fee: \$12
Instructor: Martine Henry

Class #	Date	Day	Time
4301J16-02	11/8	F	6:30-7:25pm



8.29.20
MCCOLLUM PARK
5K • 1M

POST-RACE PICNIC IN THE PARK
BBQ, BEER AND MORE!

**INFO AND
REGISTRATION**

BBQBOLT.ORG

OPEN GYM

HOW TO USE OPEN GYM

CHECK OPEN GYM TIMES ON THE ONLINE CALENDAR | DGPARKS.ORG

ARRIVE EARLY

Admission is available on a first-come, first-served basis. No reservations are necessary or accepted (except for batting cages).

CANCELED

PAY FOR YOUR OPEN GYM SESSION ONE OF THREE WAYS

- 1 PAY THE DAILY FEE**
Resident: \$4 | Non-Resident: \$6
- 2 BECOME A 4500 FITNESS MEMBER**
Membership includes free basketball, volleyball, badminton & pickleball open gym.
- 3 PURCHASE A RESIDENT PLAY PASS***
Verification of residency or employment within Downers Grove Park District boundaries must be provided to receive resident rates.

PLAY PASS

Number of Visits	R/NR
10	\$30/\$60
20	\$60/\$120

*PLAY PASSES CANNOT BE SHARED AND VISITS EXPIRE ONE YEAR FROM DATE OF PURCHASE. NOT AVAILABLE FOR BATTING CAGES.

GET YOUR WRISTBAND

Wristbands help us prevent overcrowding at the gym and must be worn for the whole open gym session. Anyone not wearing a wristband will be asked to leave. A wristband will not be allowed to be returned until full payment is made. Each paid admission allows entry into the gymnasium only for one specific open gym program and use of the locker rooms adjacent to the gym.

NOTE: The Downers Grove Park District reserves the right to cancel or change open gym days and times.

CANCELED

PARENT/CHILD OPEN GYMNASTICS

AGE: 10 MOS. - 7 YEARS & PARENT

Let your kids burn off some energy on gymnastics equipment, including the preschool balance beam and uneven bars.

- Balls/smaller equipment available for toddlers
- Parents supervise
- Check online calendar for times

VOLLEYBALL

AGE: 17 YEARS & UNDER (YOUTH)

AGE: 18 YEARS + (ADULT)

- Volleyballs are available
- Separate youth & adult sessions
- Check online calendar for times

BASKETBALL

AGE: 17 YEARS & UNDER (YOUTH)

AGE: 18 YEARS + (ADULT)

- Please bring your own basketball
- Separate youth & adult sessions
- Check online calendar for times

BADMINTON

AGE: 14 YEARS +

Played on 4 badminton courts in the Recreation Center.

- Racquets and birdies are available
- Courts are set up for singles or double play
- Check online calendar for times

PICKLEBALL

AGE: 18+

Played on existing pickleball courts in the Recreation Center.

- Paddles and balls are available
- Courts set up for singles or double play
- Check online calendar for times

BATTING CAGES

FEE (PER 1/2 HOUR):

RESIDENT: \$15 | NON-RESIDENT: \$20

Cages can be reserved for 30-minute time blocks for up to one hour. Pitching machine must be operated by the participant, and batters must supply a helmet and bat.

- Pitching machine and balls provided
- Reservations must be made 24-hours in advance; Reservations available on Sundays

Get Active!

YOUTH SPORTS

RECREATION CENTER | 4500 BELMONT AVE. DOWNERS GROVE, IL | 630.960.7250

ALL STAR SPORTS T-ball

Develop basic baseball skills such as hitting, fielding, throwing, catching and running the bases. Fun drills and games are played each week. Please bring your own glove to class. No class Sept. 7, Oct. 10, Oct. 12 and Nov. 25 to 28.

MinMax: 6/12

Instructor: All Star Sports

Class #	Age	Date	Day	Time	R/NR	Location
4396F06-01	3-4	8/31 - 10/19	M	12:00-12:45pm	\$67/\$97	McCullum Park
4396F06-02	4-6	8/31 - 10/19	M	12:45-1:45pm	\$67/\$97	McCullum Park
4396F06-03	3-4	8/31 - 10/19	M	4:00-4:45pm	\$67/\$97	McCullum Park
4396F06-04	5-7	8/31 - 10/19	M	4:45-5:45pm	\$67/\$97	McCullum Park
4396F06-05	3-4	9/3 - 10/15	TH	9:00-9:45am	\$76/\$106	McCullum Park
4396F06-06	4-6	9/3 - 10/15	TH	9:45-10:45am	\$67/\$97	McCullum Park
4396F06-09	3-4	9/5 - 10/17	SA	3:00-3:45pm	\$67/\$97	Herrick MS
4396F06-10	4-6	9/5 - 10/17	SA	3:45-4:45pm	\$67/\$97	Herrick MS
4396F06-11	3-4	10/26 - 12/14	M	12:00-12:45pm	\$86/\$116	Rec Center
4396F06-12	4-6	10/26 - 12/14	M	12:45-1:45pm	\$86/\$116	Rec Center
4396F06-13	3-4	10/26 - 12/14	M	4:00-4:45pm	\$86/\$116	Rec Center
4396F06-14	5-7	10/26 - 12/14	M	4:45-5:45pm	\$86/\$116	Rec Center
4396F06-15	3-4	10/29 - 12/17	TH	9:00-9:45am	\$76/\$106	Rec Center
4396F06-16	4-6	10/29 - 12/17	TH	9:45-10:45am	\$76/\$106	Rec Center

ALL STAR SPORTS Multi-Sports

Children have the opportunity to try a variety of sports such as basketball, hockey, soccer, baseball and football and learn the importance of sportsmanship and teamwork.

Min/Max: 6/12

Location: Downers Grove Recreation Center

Instructor: All Star Sports

Class #	Age	Date	Day	Time	R/NR
4396F08-01	3-5	9/1 - 10/13	TU	9:45-10:30am	\$76/\$106
4396F08-02	3-5	10/27 - 12/15	TU	9:45-10:30am	\$86/\$116

ALL STAR SPORTS Parent & Tot Super Sports

Children improve simple motor skills and have fun while learning a variety of sports including soccer, basketball, hockey, t-ball and more. Bring a glove and a soccer ball to class. No class Nov. 28.

Age: 2-3 Min/Max: 6/12

Location: Herrick Middle School (HMS);

Recreation Center (RC) Instructor: All Star Sports

Class #	Date	Day	Time	R/NR	Location
4396F16-01	9/1 - 10/13	TU	9:00-9:45am	\$76/\$106	RC
4396F16-02	9/5 - 10/17	SA	12:00-12:45pm	\$67/\$97	HMS
4396F16-03	10/27 - 12/15	TU	9:00-9:45am	\$86/\$116	RC
4396F16-04	11/7 - 12/19	SA	12:00-12:45pm	\$67/\$97	HMS

ALL STAR SPORTS Baseball Skills

Our top notch baseball trainers will cover the importance of proper throwing mechanics, rotational hitting, bunting, fielding, pitching and catching. Speed and agility will be added to increase core strength and mobility for added bat speed, range in the field and linear speed for base running. In-game strategies will be taught to increase each player's overall knowledge. Please bring a water bottle and glove (may bring own bat). No class Sept. 7, Oct. 10, Oct. 12 and Nov. 25 to 28.

Age: 8-10 Min/Max: 6/16

Location: McCollum Park (MC);

Recreation Center (RC) Instructor: All Star Sports

Class #	Date	Day	Time	R/NR	Location
4396F23-01	8/31 - 10/19	M	5:45-6:45pm	\$67/\$97	MP
4396F23-02	10/26 - 12/14	M	5:45-6:45pm	\$86/\$116	RC

ALL STAR SPORTS Kids Soccer

Have fun and gain coordination and self-esteem while learning the fundamentals of this popular team sport. Basics such as passing, shooting and dribbling are taught. Please bring a soccer ball to class. No class on Sept. 7 and Oct. 12, Oct. 10 and Nov. 25 to 28.

Min/Max: 4/16

Instructor: All Star Sports

Class #	Age	Date	Day	Time	R/NR	Location
4396F11-01	3-4	8/31 - 10/19	M	10:00-10:45am	\$67/\$97	McCollum Park
4396F11-02	3-4	9/2 - 10/14	W	5:45-6:30pm	\$76/\$106	McCollum Park
4396F11-03	3-4	9/2 - 10/14	W	4:00-4:45pm	\$76/\$106	McCollum Park
4396F11-04	4-6	9/2 - 10/14	W	4:45-5:45pm	\$76/\$106	McCollum Park
4396F11-05	3-4	9/3 - 10/15	TH	11:15am-12:00pm	\$76/\$106	McCollum Park
4396F11-06	4-6	9/3 - 10/15	TH	12:00-1:00pm	\$76/\$106	McCollum Park
4396F11-09	3-4	9/4 - 10/16	F	12:00-12:45pm	\$76/\$106	Recreation Center
4396F11-10	4-6	9/4 - 10/16	F	12:45-1:45pm	\$76/\$106	Recreation Center
4396F11-11	3-4	9/5 - 10/17	SA	1:00-1:45pm	\$67/\$97	Herrick MS
4396F11-12	4-6	9/5 - 10/17	SA	1:45-2:45pm	\$67/\$97	Herrick MS
4396F11-13	3-4	10/26 - 12/14	M	10:00-10:45am	\$86/\$116	Recreation Center
4396F11-14	3-4	10/28 - 12/16	W	5:45-6:30pm	\$76/\$106	Recreation Center
4396F11-15	3-4	10/28 - 12/16	W	4:00-4:45pm	\$76/\$106	Recreation Center
4396F11-16	4-6	10/28 - 12/16	W	4:45-5:45pm	\$76/\$106	Recreation Center
4396F11-17	3-4	10/29 - 12/17	TH	11:15am-12:00pm	\$76/\$106	Recreation Center
4396F11-18	4-6	10/29 - 12/17	TH	12:00-1:00pm	\$76/\$106	Recreation Center
4396F11-21	3-4	10/30 - 12/18	F	12:00-12:45pm	\$76/\$106	Recreation Center
4396F11-22	4-6	10/30 - 12/18	F	12:45-1:45pm	\$76/\$106	Recreation Center
4396F11-23	3-4	11/7 - 12/19	SA	1:00-1:45pm	\$67/\$97	Herrick MS
4396F11-24	4-6	11/7 - 12/19	SA	1:45-2:45pm	\$67/\$97	Herrick MS

All Star Sports Little Pint Hoops

Introduce your children to the game through instructions in passing, shooting and dribbling. Lower hoops are used to accommodate young players. No class Sept. 7, Oct. 10, Oct. 12 and Nov. 25 to 28.

Min/Max: 6/12

Instructor: All Star Sports

Class #	Age	Date	Day	Time	R/NR	Location
4396F12-01	3-4	8/31 - 10/19	M	11:00-11:45am	\$67/\$97	McCullum Park
4396F12-02	3-4	9/1 - 10/13	TU	11:15am-12:00pm	\$76/\$106	Recreation Center
4396F12-03	4-6	9/1 - 10/13	TU	12:00-1:00pm	\$76/\$106	Recreation Center
4396F12-04	3-4	9/1 - 10/13	TU	4:00-4:45pm	\$76/\$106	Recreation Center
4396F12-05	4-6	9/1 - 10/13	TU	4:45-5:45pm	\$76/\$106	Recreation Center
4396F12-06	3-4	9/1 - 10/13	TU	5:45-6:30pm	\$76/\$106	Recreation Center
4396F12-07	3-4	10/26 - 12/14	M	11:00-11:45am	\$86/\$116	Recreation Center
4396F12-08	3-4	10/27 - 12/15	TU	11:15am-12:00pm	\$86/\$116	Recreation Center
4396F12-09	4-6	10/27 - 12/15	TU	12:00-1:00pm	\$86/\$116	Recreation Center
4396F12-10	3-4	10/27 - 12/15	TU	4:00-4:45pm	\$86/\$116	Recreation Center
4396F12-11	4-6	10/27 - 12/15	TU	4:45-5:45pm	\$86/\$116	Recreation Center
4396F12-12	3-4	10/27 - 12/15	TU	5:45-6:30pm	\$86/\$116	Recreation Center
4396F12-13	3-4	11/7 - 12/19	SA	3:00-3:45pm	\$67/\$97	Herrick MS
4396F12-14	4-6	11/7 - 12/19	SA	3:45-4:45pm	\$67/\$97	Herrick MS

ALL STAR SPORTS

Kids Volleyball

Get an introduction to the basics of the game of volleyball including bumping, setting and serving with an emphasis on having fun. Basic team strategies and skills to improve footwork and coordination are also taught. No class Sept. 7, Oct. 10, Oct. 12 and Nov. 25 to 28.

Min/Max: 6/12 R/NR: \$76/\$106

Location: Downers Grove Recreation Center

Instructor: All Star Sports

Class #	Age	Date	Day	Time
4396F07-01	8-10	9/4 - 10/16	F	4:00-5:00pm
4396F07-02	10-12	9/4 - 10/16	F	5:00-6:00pm
4396F07-03	8-10	10/30 - 12/18	F	4:00-5:00pm
4396F07-04	10-12	10/30 - 12/18	F	5:00-6:00pm

ALL STAR SPORTS Camps

In this camp, skills will be advanced along with teamwork and a positive mental attitude. The camp will run for three days, two hours a day. Each day will consist of stretching and warm ups, drills and skills and strategy session.

Age: 6-10 Min/Max: 10/18 R/NR: \$65/\$95

Location: Downers Grove Recreation Center

Instructor: All Star Sports

Class #	Date	Day	Time
4396F09-01	12/21 - 12/23	M-W	4:00-6:00pm
4396F09-02	12/21 - 12/23	M-W	6:00-8:00pm

ALL STAR SPORTS

Floor Hockey

Play the fastest game in the world! Understand the value of teamwork and sportsmanship while learning the basic skills of passing, shooting and stick handling. Children must bring a bike helmet and gloves. No class Sept. 7, Oct. 10, Oct. 12 and Nov. 25 to 28.

Min/Max: 6/16

R/NR: \$76/\$106

Location: Downers Grove Recreation Center

Instructor: All Star Sports

Class #	Age	Date	Day	Time
4396F15-01	5-7	9/3 - 10/15	TH	4:00-5:00pm
4396F15-02	8-10	9/3 - 10/15	TH	5:00-6:00pm
4396F15-03	3-4	9/4 - 10/16	F	10:00-10:45am
4396F15-04	4-6	9/4 - 10/16	F	10:45-11:45am
4396F15-05	5-7	10/29 - 12/17	TH	4:00-5:00pm
4396F15-06	8-10	10/29 - 12/17	TH	5:00-6:00pm
4396F15-07	3-4	10/30 - 12/18	F	10:00-10:45am
4396F15-08	4-6	10/30 - 12/18	F	10:45-11:45am

Fencing

Fencing is the Olympic sport of swordplay. You always thought fencing scenes in movies were exciting, now you can try it too! Fencing is an excellent sport for children and adults. It combines coordination of relaxed and explosive moves, and critical thinking between attack and defensive strategies. Skill level of fencers will be managed by coach. Parents are encouraged to participate with their children. Register with family members or friends to increase the fun! Additional family members can receive a 50% discount when registering together. Instructor considers the height and ability of each fencer.

NEW FENCING EQUIPMENT PROCEDURE:

Fencing is one of the few sports that already practices social distancing. However, to help prevent the spread of COVID-19, all fencers must rent personal equipment for the session or purchase their own basic set (\$140). To rent a personal set of equipment, contact Fencing Sports Club on our voice-only number at 630.678.0035 to share body size. Please note, a perfect fitting is not guaranteed. Rented equipment will be distributed at the first class. The set given to your fencer is at the discretion of the instructor. Safety in the sport of fencing is paramount. If you prefer to purchase a personal beginner set, the Club is happy to quickly assist with ordering from Blue Gauntlet. Participant must attend first class with their new set in hand. At the end of session, you may offer the Club to buy your equipment at 50% of purchase price.

Age: 8+ Min/Max: 8/16 R/NR: \$72/\$102 Location: Lincoln Center Instructor: Fencing Sports Club

Class #	Date	Day	Time
4396F44-01	9/15 - 10/20	TU	7:15-8:00pm
4396F44-02	9/15 - 10/20	TU	6:30-7:30pm
4396F44-03	10/27 - 12/8	TU	7:15-8:00pm
4396F44-04	10/27 - 12/8	TU	6:30-7:30pm

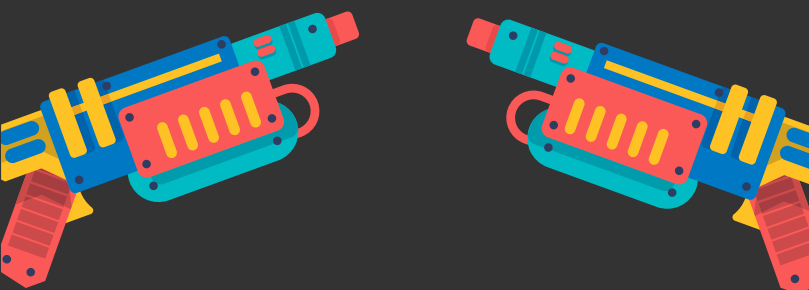
NERF GUN NIGHT

We will transform the gym into an arena for kids to battle and play fun competitive games. We will have an all-out battle to end the night. Participants must provide their own Nerf gun (use automatic) and have protective gear of some kind. Nerf gun must use standard darts only, no mega or rival rounds.

Age: 7-12 Min/Max: 10/48 R/NR: \$10/\$15

Location: Downers Grove Recreation Center

Class #	Date	Day	Time
4395E00-01	11/21	TH	6:00-7:30pm
4395E00-02	12/19	TH	6:00-7:30pm



WHERE EVERY GIRL PLAYS!



ILLINOIS GIRLS LACROSSE ASSOCIATION

LET'S PLAY

GIRLS LACROSSE CAMPS, CLINICS & LEAGUES

ALL SKILL LEVELS • 8U-14U

THE ILLINOIS GIRLS LACROSSE ASSOCIATION WAS CREATED TO OFFER ALL GIRLS THE OPPORTUNITY TO LEARN AND PLAY THE SPORT OF LACROSSE.

REGISTER TODAY AT IGLAX.ORG

Tennis


These classes introduce the game of tennis in a fun way. Hand-eye and racket skills are developed along with stroke development.

Min/Max: 4/12 R/NR: \$96/\$126

Location: McCollum Park Instructor: Thunder and Lightning Sports Staff

Class #	Age	Date	Day	Time
4396F26-01	5-7	9/12 - 10/24	SA	9:15-10:00am
4396F26-02	8-11	9/12 - 10/24	SA	10:00-11:00am
4396F26-03	12-15	9/12 - 10/24	SA	11:00am-12:00pm
4396F26-04	16-99	9/12 - 10/24	SA	12:00-1:00pm

YOUTH WRESTLING



6 - 14 YEARS OLD

PRACTICES: NOVEMBER - FEBRUARY

TUESDAYS & THURSDAYS | 6:30 - 8PM

REGISTER AT

WWW.DGWRESTLINGCLUB.COM

WRESTLING

Elementary School Wrestling Clinic

This clinic provides an introduction to wrestling where kids will learn fundamental body movements, basic wrestling techniques and engage in games and activities that will build their wrestling foundation. Practices will be run by coaches and wrestlers from Downers Grove North or South High School and wrestlers will compete in an intramural event at the conclusion of the camp.

Age: 6-12

Fee: \$15

Class #	School	Date	Day	Time
4395D00-01	El Sierra	11/3 - 11/6	TU-F	3:00-4:30pm
4395D00-02	Indian Trail	11/3 - 11/6	TU-F	3:45-5:15pm
4395D00-03	Fairmount	11/3 - 11/6	TU-F	3:30-4:30pm
4395D00-04	Kingsley	11/3 - 11/6	TU-F	3:45-5:15pm
4395D00-05	Lester	10/1	TH	3:15-4:15pm
4395D00-06	Hillcrest	10/15	TH	3:15-4:15pm

Middle School Wrestling Clinic

Never wrestled before? No problem. Wrestlers of all abilities will benefit from the instruction of Downers Grove North and South High School coaches. This two-week clinic will introduce O'Neill and Herrick students to the sport of wrestling in a safe and fun environment. The clinic will take place at each student's middle school and will end with a Herrick vs. O'Neill tournament at Downers Grove North High School. The tournament will take place the weekend after the clinic concludes.

Age: 11-14

Fee: \$15

Class #	School	Date	Day	Time
4395D01-01	Herrick	10/27 - 11/6	TU-F	3:30-5:00pm
4395D01-02	O'Neill	10/27 - 11/6	TU-F	3:30-5:00pm



GET YOUR WEATHER UPDATES WITH

RAINOUTLINE

This is the District's notification system for users to learn the status of our programming and facilities. Areas included are fields, diamonds, outdoor leagues, group fitness classes, the Downers Grove Golf Club and Miner Mike's Adventure Golf.

VISIT DGPARKS.ORG AND CLICK ON "WEATHER STATUS"



West Suburban Sports Complex

(formerly known as the Bulls/Sox Academy)

6200 River Bend Dr., Lisle, Illinois

Visit whitesox.com/play for more information

Little Sluggers

White Sox Little Sluggers camp allows players to work on fundamentals of baseball, throwing, hitting and fielding while having FUN! Open to both boys and girls.

Incrediball League

A mini-field, with 30-foot bases and a home run fence, will be set up inside the Lisle Academy to help teach the kids the basic fundamentals during each week's game. Instructors will be on hand to explain the proper hitting, throwing, fielding and base running techniques in game situations.

FUNdamentals

Baseball players big and small strive to be a 5-tool player—someone who is great in the following baseball abilities: hitting for power, hitting for average, fielding ability, throwing ability and speed. Our FUNdamentals program takes the basic skills of hitting, throwing and fielding taught in our Little Slugger FUNdamentals programming and progresses your child in all aspects of the game. This program incorporates more advanced techniques, position-specific drills, as well as base running. Our instructors are committed to taking your child's game to the next level and putting them in the best position for success to try and become the next 5-tool player.

Little Sluggers/Incrediball Combo

The first part of the day allows players to work on beginning baseball fundamentals while having FUN! The second part of the camp includes playing games on a mini-field with 30 foot bases and a home run fence. This will be set up inside the Lisle Academy to help teach the kids the basic fundamentals during each week's game.

Hitting Club

This club will give each participant a foundation to become a great hitter. The club will focus on plate coverage and stance, striding into a hitting position, swing plane/hand path, footwork and balance.

Pitching Club

If you are a pitcher looking to throw harder with better control and keep your skills sharp during the season, then you'll want to take advantage of this Pitching Club. Each session will build on the previous class in order to teach the basic fundamentals of pitching as well as throwing.

Holiday Camps

The White Sox want to remind you that while you're at home taking a break, the competition is practicing! Before you know it, Spring Break and the baseball season will be here. Will you be ready? Start getting ready with one of our day-off camps: Columbus Day, Thanksgiving Camp and Holiday Camp. These camps will cover all things baseball such as hitting, fielding, throwing and catching. Players will also participate in fun games to put their new skills to the test.

Min/Max: 1/10 Location: West Suburban Sports Complex Instructor: West Suburban Sports Complex

Class #	Class	Age	Date	Day	Time	R/NR
4396F45-01	Little Sluggers	5-6	9/26 - 10/17	SA	9:00-10:00am	\$69/\$99
4396F45-02	Little Sluggers	5-6	10/24 - 11/14	SA	9:00-10:00am	\$69/\$99
4396F45-03	Incrediball League	5-6	9/26 - 10/17	SA	10:00-11:00am	\$69/\$99
4396F45-04	Incrediball League	5-6	10/24 - 11/14	SA	10:00-11:00am	\$69/\$99
4396F45-05	Little Sluggers/Incrediball Combo	5-6	9/26 - 10/17	SA	9:00-11:00am	\$129/\$159
4396F45-06	Little Sluggers/Incrediball Combo	5-6	10/24 - 11/14	SA	9:00-11:00am	\$129/\$159
4396F45-07	FUNdamentals	7-8	10/24 - 11/14	SA	11:00am-12:00pm	\$100/\$130
4396F45-08	Hitting	8-10	10/6 - 10/27	TU	6:00-7:00pm	\$100/\$130
4396F45-09	Hitting	8-10	11/24 - 12/15	TU	6:00-7:00pm	\$100/\$130
4396F45-10	Pitching	8-10	10/6 - 10/27	TU	7:00-8:00pm	\$100/\$130
4396F45-11	Pitching	8-10	11/24 - 12/15	TU	7:00-8:00pm	\$100/\$130
4396F45-12	Columbus Day Camp	5-14	10/12	M	9:00am-12:00pm	\$55/\$83
4396F45-13	Thanksgiving Camp	5-14	11/27 - 11/28	F/SA	9:00am-12:00pm	\$115/\$145
4396F45-15	Little Sluggers	5-6	11/21 - 12/19	SA	9:00-10:00am	\$69/\$99
4396F45-16	Incrediball League	5-6	11/21 - 12/19	SA	10:00-11:00am	\$69/\$99
4396F45-17	Little Sluggers/Incrediball Combo League	5-6	11/21 - 12/19	SA	9:00-11:00am	\$129/\$159
4396F45-18	FUNdamentals Club	7-8	11/21 - 12/19	SA	11:00am-12:00pm	\$100/\$130



Join a team!

YOUTH LEAGUES

DOWNLOAD PARENT MANUALS & SCHEDULES AT DGPARKS.ORG

NFL FALL Youth Flag Football League

Learn the basics of the game in this 6 v 6 league on a 30 x 70 football field. Players receive a NFL logo jersey and a flag belt. Games will be played on Sundays and there will be one practice during the week. This league is both for girls and boys who enjoy the game of football. Volunteer coaches are needed and if interested, please call 630.960.7250.

REGISTRATION INFORMATION

- Registration Begins: May 18
- Registration Deadline: July 14

LEAGUE INFORMATION

- Games Begin: Aug. 16
- R/NR: \$92/\$122
- Location: Downers Grove North & South High Schools

Class #	Grade	Date	Day	Time
4425C00-01	Kindergarten	8/3 - 10/25	SU	8:00am-5:00pm
4425C00-02	1st	8/3 - 10/25	SU	8:00am-5:00pm
4425C00-03	2nd	8/3 - 10/25	SU	8:00am-5:00pm
4425C00-04	3rd	8/3 - 10/25	SU	8:00am-5:00pm
4425C00-05	4th	8/3 - 10/25	SU	8:00am-5:00pm
4425C00-06	5th	8/3 - 10/25	SU	8:00am-5:00pm
4425C00-07	6th	8/3 - 10/25	SU	8:00am-5:00pm
4425C00-08	7th	8/3 - 10/25	SU	8:00am-5:00pm
4425C00-09	8th	8/3 - 10/25	SU	8:00am-5:00pm

NFL FALL High School Flag Football League

NEW! Learn the basics of the game in this 6 v 6 league on a 30 x 70 football field. Players receive a NFL logo jersey and a flag belt. Games will be played on Sundays and there will be one practice during the week. This league is both for girls and boys who enjoy the game of football. Volunteer coaches are needed and if interested, please call 630.960.7250.

REGISTRATION INFORMATION

- Registration Begins: May 18
- Registration Deadline: July 14

LEAGUE INFORMATION

- Games Begin: Aug. 16
- R/NR: \$92/\$122
- Location: Downers Grove North & South High Schools

Class #	Grade	Date	Day	Time
4425C01-01	9th	8/3 - 10/25	SU	8:00am-5:00pm
4425C01-02	10th	8/3 - 10/25	SU	8:00am-5:00pm
4425C01-03	11th	8/3 - 10/25	SU	8:00am-5:00pm
4425C01-04	12th	8/3 - 10/25	SU	8:00am-5:00pm

NEW WAVE LACROSSE Top Flight University

Lacrosse has been exploding in popularity and is now being played on most college and high school campuses across the country! Athletes of all abilities are encouraged to play lacrosse this fall! Newbies and experienced players will be challenged by the professional coaches at New Wave Lacrosse. This in-house program encourages skill development, high repetitions, positional work and fun. Our 60-minute practice itineraries are tailored to ensure players are focused, engaged and learning from start to finish. All players will benefit from low player-to-coach ratio, quality and consistent instruction, structured itineraries to encourage player development and small-sided competitions and scrimmages. New Wave Lacrosse will send out "Welcome Letters" prior to the start of the season. Please contact Director Alek Szmajda at Alek@newwavelax.com with any questions or concerns. Rental gear will be available prior to the start of the program.

Min/Max: 12/50 Location: Ebersold Park

Instructor: New Wave Lacrosse Time: 5:00-6:00pm

Class #	Age	Date	Day	R/NR
4396F30-01	Boys 5-8	9/10 - 10/15	TH	\$85/\$115
4396F30-02	Boys 8-14	9/10 - 10/20	TU/TH	\$140/\$170
4396F30-03	Girls 5-8	9/10 - 10/15	TH	\$85/\$115
4396F30-04	Girls 8-14	9/10 - 10/20	TU/TH	\$140/\$170



PLAY BALL!

DOWNERS GROVE YOUTH BASEBALL
PROUD AFFILIATE OF THE DOWNERS GROVE PARK DISTRICT

Appropriately Competitive Organized Baseball
All skill levels • Ages 6 to 16 • Recreational Leagues • Travel Leagues
Downers Grove award-winning parks for practice and games
Off-season clinics at the Downers Grove Recreation Center

DON'T WAIT—REGISTRATION FILLS QUICKLY!

FOR INFORMATION, VISIT DGYB.ORG

The mission of the Downers Grove Youth Baseball is to provide baseball for any child who wishes play regardless of experience or skill level.

YOUTH BASKETBALL LEAGUE

Volunteer coaches introduce participants to the fundamentals of playing basketball through practices and weekend games. The league emphasizes proper techniques, knowledge of the rules, team strategy, participation and fun.

TEAM ASSIGNMENT NOTE

Teams are created according to the following criteria:

1. School attended
2. Grade
3. Mutual Friend Request*
4. Balance of Gender
5. Roster Size

*A non-mutual friend request or coach request will not be guaranteed.

In general, our goal is to keep players from the same school on the same team. Should enrollment numbers and roster maximums not accommodate this practice, schools may be combined to form teams. Team maximums are based on enrollment numbers at the time of the registration deadline. Leagues may be combined or split by gender depending on enrollment numbers at the registration deadline.

FALL REGISTRATION INFORMATION

- Registration Begins: July 27 (mail-in, drop-off and online)
- Registration Deadline: Sept. 8
- To be eligible for the early registration fee, registration must be received by Aug. 24. After this date, the regular registration fee will be charged.
- Each season new teams are formed and grouped as specified below.
- Returning players are not guaranteed the same team from season to season.
- Leagues may be combined or split by gender depending on enrollment numbers at the registration deadline.

JERSEY INFORMATION

- All players will receive a jersey new jersey with their registration fee.
- Players will receive their jersey from their head coach by their first scheduled game.
- The jersey is good to wear for the Fall 2020 season AND the Winter 2021 season.

FALL PRACTICE & GAME INFORMATION

- Practices Begin: Week of Oct. 5
- Games Begin: Weekend of Oct. 17
- Teams will practice on a weekday evening once per week.
- Kindergarten to 4th Grade Leagues will play games on Saturdays from 8:00am to 6:00pm.
- 5th to 8th Grade Leagues will play games on Sundays 12:00 to 6:00pm.
- All games will be played at the Lincoln Center (Kindergarten) or the Recreation Center (1st-8th).
- School sites for practices are to be determined by the Park District. Because not every District 58 school is available for practices, some teams may practice at a neighboring school rather than the school attended by team members.
- Please note: A weekly practice will be scheduled for each team but is not always guaranteed and is dependent on facility availability. Some teams may share gym space at a District 58 school with another team for practices depending on availability and school schedules.

Class #	Grade	Date	Day	R/NR
4445C00-01	Kindergarten	10/17 - 12/19	SA	\$93/\$129
4445C00-02	1st Grade Co-ed	10/17 - 12/19	SA	\$99/\$129
4445C00-03	2nd Grade Girls	10/17 - 12/19	SA	\$99/\$129
4445C00-04	2nd Grade Boys	10/17 - 12/19	SA	\$99/\$129
4445C00-05	3rd Grade Girls	10/17 - 12/19	SA	\$99/\$129
4445C00-06	3rd Grade Boys	10/17 - 12/19	SA	\$99/\$129
4445C00-07	4th Grade Girls	10/17 - 12/19	SA	\$99/\$129
4445C00-08	4th Grade Boys	10/17 - 12/19	SA	\$99/\$129
4445C00-09	5th Grade Girls	10/18 - 12/20	SU	\$99/\$129
4445C00-10	5th Grade Boys	10/18 - 12/20	SU	\$99/\$129
4445C00-11	6th Grade Girls	10/18 - 12/20	SU	\$99/\$129
4445C00-12	6th Grade Boys	10/18 - 12/20	SU	\$99/\$129
4445C00-13	7th Grade Girls	10/18 - 12/20	SU	\$99/\$129
4445C00-14	7th Grade Boys	10/18 - 12/20	SU	\$99/\$129
4445C00-15	8th Grade Girls	10/18 - 12/20	SU	\$99/\$129
4445C00-16	8th Grade Boys	10/18 - 12/20	SU	\$99/\$129

WINTER REGISTRATION INFORMATION

- Registration Begins: Oct. 5 (mail-in, drop-off and online)
- Registration Deadline: Dec. 8
- To be eligible for the Early Registration Fee, registration must be received by Nov. 3. After this date, the regular registration fee will be charged.
- Each season new teams are formed and grouped as specified below.
- Returning players are not guaranteed the same team from season to season.
- Leagues may be combined or split by gender depending on enrollment numbers at the registration deadline.

JERSEY INFORMATION

- All players who did not play in Fall 2020 will receive a new jersey with their registration fee.
- Any player who participated in the Fall 2020 season will receive a \$20 discount on their Winter 2021 registration.
- Players will receive their jersey from their head coach by their first scheduled game.
- The jersey is the same jersey worn during the Fall 2020 season.

WINTER PRACTICE & GAME INFORMATION

- Practices Begin: Week of Jan. 4
- Games Begin: Jan. 9 & 10
- Teams will practice on a weekday evening once per week.
- Kindergarten to 4th Grade Leagues will play games on Saturdays from 8:00am to 6:00pm.
- 5th to 8th Grade Leagues will play games on Sundays 12:00 to 6:00pm.
- All games will be played at the Lincoln Center (Kindergarten) or the Recreation Center (1st-8th).
- School sites for practices are to be determined by the Park District. Because not every District 58 school is available for practices, some teams may practice at a neighboring school rather than the school attended by team members.
- Please note: A weekly practice will be scheduled for each team but is not always guaranteed and is dependent on facility availability. Some teams may share gym space at a District 58 school with another team for practices depending on availability and school schedules.

Class #	Grade	Date	Day	R/NR
1445C00-01	Kindergarten	1/9 - 3/13	SA	\$92/\$122
1445C00-02	1st Grade Co-ed	1/9 - 3/13	SA	\$99/\$129
1445C00-03	2nd Grade Girls	1/9 - 3/13	SA	\$99/\$129
1445C00-04	2nd Grade Boys	1/9 - 3/13	SA	\$99/\$129
1445C00-05	3rd Grade Girls	1/9 - 3/13	SA	\$99/\$129
1445C00-06	3rd Grade Boys	1/9 - 3/13	SA	\$99/\$129
1445C00-07	4th Grade Girls	1/9 - 3/13	SA	\$99/\$129
1445C00-08	4th Grade Boys	1/9 - 3/13	SA	\$99/\$129
1445C00-09	5th Grade Girls	1/10 - 3/14	SU	\$99/\$129
1445C00-10	5th Grade Boys	1/10 - 3/14	SU	\$99/\$129
1445C00-11	6th Grade Girls	1/10 - 3/14	SU	\$99/\$129
1445C00-12	6th Grade Boys	1/10 - 3/14	SU	\$99/\$129
1445C00-13	7th Grade Girls	1/10 - 3/14	SU	\$99/\$129
1445C00-14	7th Grade Boys	1/10 - 3/14	SU	\$99/\$129
1445C00-15	8th Grade Girls	1/10 - 3/14	SU	\$99/\$129
1445C00-16	8th Grade Boys	1/10 - 3/14	SU	\$99/\$129



WINTER HIGH SCHOOL BASKETBALL LEAGUE

Our high school basketball league is for players who want to participate in a traditional open-paced league. Each team plays an eight-game season followed by an end of the season tournament. League play is governed by IHSA rules and regulations with local exceptions adopted.

REGISTRATION INFORMATION

- Registration Begins: Oct. 5
- Registration Deadline: Dec. 22
- All players must complete a Registration Form and pay their individual League Fee.
- Teams will be formed at the High School Basketball Meeting on Thursday, Jan. 7, at 7:00pm.
- All players must be registered and attend the meeting in order to participate in the league.
- Any player who plays on their high school basketball team cannot participate in the DGPD High School Basketball League.
- Once the season begins, all Team Rosters and IDs will be checked each week before games.

JERSEY INFORMATION

- All players will receive a jersey with their registration fee.
- Jerseys will be distributed to players by their first schedule game.

LEAGUE INFORMATION

- Games will begin Jan. 14 and go no later than March 18.
- Games will be played on Thursdays at the Recreation Center (4500 Belmont Road) between 6:30 and 10:00pm.
- League will consist of eight regular season games followed by an end of the season tournament.
- Rosters will be 10 to 12 players per team.

Grades: 9-12

R/NR: \$80/\$110

Location: Downers Grove Recreation Center

Class #	Date	Day	Time
1445C02-01	1/7 - 3/18	TH	6:30-10:00pm

Sports Affiliates

DOWNERS GROVE YOUTH BASEBALL (DGYB)

Traditional recreational focused baseball. All players ages six to 16. Spring, summer and fall leagues. Babe Ruth League plays ages 13 to 16. Chicago White Sox sponsored uniforms. Pre-season indoor camp offering.

For information, visit dgyb.org or email info@dgyb.org.

PANTHER JUNIOR FOOTBALL AND CHEER ASSOCIATION

The Panther Jr. Football and Cheer Association is a program committed to teaching quality football and cheer for the youth of Downers Grove and neighboring communities.

For information, call 630.375.7730 or visit pantherjrfootball.org.

D.O.L.L.S. - DOWNERS OWN LITTLE LASSIES SOFTBALL

The D.O.L.L.S. fast-pitch softball program provides teams for girls from kindergarten to 18 years of age, with levels of play ranging from recreational to highly competitive. It is open to ages 6 to 14 (but not yet entering high school).

For information, visit dgdolls.com.

DOWNERS GROVE ROADRUNNERS SOCCER CLUB

Roadrunners has a staff of professional, licensed coaches who follow training outlined by the US Soccer Federation's National Curriculum. A travel soccer club for boys and girls ages 4 to 18 that competes against other Chicago area competitive teams including some of the top teams in the state.

For information, call 630.619.5133 or visit roadrunnersc.com.

Community:
we're **stronger**
together.

At BMO Harris Bank, we're proud to be part of the community and are committed to providing our support through various initiatives.

1201 Ogden Ave
Downers Grove, IL
630-353-6300





GET YOUR WEATHER
UPDATES WITH

RAINOUTLINE

This is the District's notification system for users to learn the status of our programming and facilities. Areas included are fields, diamonds, outdoor leagues, group fitness classes, the Downers Grove Golf Club and Miner Mike's Adventure Golf.

VISIT DGPARKS.ORG AND CLICK ON "WEATHER STATUS"

ADULT SPORTS & LEAGUES

ADULT LEAGUE REGISTRATION INFORMATION

- Teams may register at the Recreation Center, Lincoln Center or online at dgparks.org.
- Registrations are accepted on a first-come, first-served basis until all slots are filled.
- Full league fees are due upon registration. No down payments are accepted.
- Rosters will be submitted through an online form. Details will be sent after teams are registered.
- Teams who provide full rosters with 60% of team members who pay taxes to the Park District or are employed in Downers Grove will be refunded \$100 after the first game is played.
- Individuals wishing to sign up as a free agent should sign up at www.teamsideline.com/dgparks.

Men's Basketball League

Our Men's Basketball League is for players who want to participate in a traditional open-paced league. Each team plays at least 10 games on Monday or Tuesday nights. A single-elimination playoff follows the regular season for the top seeds in each league. League play is governed by I.H.S.A. rules and regulations with local exceptions adopted.

FALL 2020

- Registration Opens: July 6 at 8:00 am
- Registration Deadline: Aug. 31
- League Fee: \$750

Location: Downers Grove Recreation Center

Class #	League	Date	Day	Time
4445C01-01	35+	9/7 - 12/14	M	6:30-10:00pm
4445C01-02	B-League	9/8 - 12/15	TU	6:30-10:30pm
4445C01-03	C-League	9/8 - 12/15	TU	6:30-10:00pm

WINTER 2021

- Registration Opens: Nov. 2 at 8:00am
- Registration Deadline: Jan. 5, 2021
- League Fee: \$750

Location: Downers Grove Recreation Center

Class #	League	Date	Day	Time
1445C01-01	35+	1/11 - 4/12	M	6:30-10:30pm
1445C01-02	B-League	1/12 - 4/13	TU	6:30-10:30pm
1445C01-03	C-League	1/12 - 4/13	TU	6:30-10:30pm

Fall Adult Softball League

Couldn't get enough softball excitement this summer? Don't worry because Adult Softball is returning to McCollum Park this fall! All teams will play an eight-game season with the top teams competing in an end of the season tournament. Games will be officiated following A.S.A. rules with some local exceptions adopted. League play is scheduled to begin in early-mid August depending on when the spring/summer league ends. Due to unexpected fall weather, teams will play double headers on selected days.

FALL 2020

- Registration Opens: June 1 at 8:00am
- Registration Deadline: July 27
- Start Date: After Spring/Summer League concludes
- Regular League Fee: \$610
- Double Header League Fee: \$850

Age: 18+ Location: McCollum Park

League	Class #	Day	Time
Men's Rec B	4420D00-01	M	6:30-9:30pm
Men's Doubleheader	4420D00-02	TU	6:30-9:30pm
Co-Rec B Tier 1	4420D00-04	W	6:30-9:30pm
Co-Rec B Tier 2	4420D00-05	W	6:30-9:30pm
Men's Rec B Tier 1	4420D00-06	TH	6:30-9:30pm
Men's Rec B Tier 2	4420D00-07	TH	6:30-9:30pm
Men's Rec B	4420D00-08	F	6:30-9:30pm

Adult Volleyball League

Get a group of friends together and join a Downers Grove Park District league this fall. There are Men's, Women's and Co-Rec leagues that will fit any ability or competitiveness. Each division will play a 10-game season followed by a single-elimination playoff for the top seeds in each division. All games are officiated with USVA rules.

FALL 2020

- Registration Opens: June 15 at 8:00 am
- Registration Deadline: Aug. 30
- League Fee: \$480

Age: 18+ Location: Downers Grove Recreation Center

League	Class #	Date	Day	Time
Men's AA	4450D00-01	9/14	M	6:30-9:30pm
Men's A	4450D00-02	9/14	M	6:30-9:30pm
Women's Comp AA	4450D00-03	9/16	W	6:30-9:30pm
Women's Comp A1 N	4450D00-04	9/16	W	6:30-9:30pm
Women's Comp A1 S	4450D00-05	9/16	W	6:30-9:30pm
Women's Comp A2	4450D00-06	9/16	W	6:30-9:30pm
Women's Recreation	4450D00-08	9/16	W	6:30-9:30pm
Co-Rec A1 N	4450D00-09	9/18	F	6:30-9:30pm
Co-Rec A1 S	4450D00-10	9/18	F	6:30-9:30pm
Co-Rec B	4450D00-11	9/18	F	6:30-9:30pm

WINTER/SPRING 2021

- Registration Opens: Nov. 2 at 8:00 am
- Registration Deadline: Dec. 28
- League Fee: \$480

Age: 18+ Location: Downers Grove Recreation Center

League	Class #	Date	Day	Time
Men's AA	1450D00-01	1/11	M	6:30-9:30pm
Men's A	1450D00-02	1/11	M	6:30-9:30pm
Women's Comp AA	1450D00-03	1/13	W	6:30-9:30pm
Women's Comp A1 N	1450D00-04	1/13	W	6:30-9:30pm
Women's Comp A1 S	1450D00-05	1/13	W	6:30-9:30pm
Women's Comp A2	1450D00-06	1/13	W	6:30-9:30pm
Women's Rec	1450D00-08	1/13	W	6:30-9:30pm
Co-Rec A1 N	1450D00-09	1/15	F	6:30-9:30pm
Co-Rec A1 S	1450D00-10	1/15	F	6:30-9:30pm
Co-Rec B	1450D00-11	1/15	F	6:30-9:30pm

ADULT SOCCER

This adult soccer program is a great way to meet new people. Open to all skill levels, this program provides an excellent combination of fun and exercise. Class consists of ten minutes of warm-ups followed by pickup style games ranging from small side to full field matches.

Age: 18+ Location: Doerhoefer Park

Season	Date	Day	Time	Fee
Fall	9/2 - 10/28	W	8:00-10:00pm	\$10 Drop-in
Winter	11/4 - 12/16	W	8:00-10:00pm	\$10 Drop-in





BATTING CAGES

**DOWNERS GROVE
RECREATION CENTER**
FEE (PER 1/2 HOUR):
RESIDENT: \$15
NON-RESIDENT: \$20

Cages can be reserved for 30-minute time blocks for up to one hour. Pitching machine must be operated by the participant, and batters must supply a helmet and bat.

- Pitching machine and balls provided
- Reservations must be made 24-hours in advance
- Reservations available on Sundays



AUG. 29
MCCOLLUM PARK
5K • 1M
**BBQ, BEER &
MORE!**



**REGISTER AT:
BBQBOLT.ORG**



WOODLAKE FAMILY DENTAL

A MULTI-SPECIALTY PRACTICE FOR ALL AGES

At Woodlake Family Dental the priority is to deliver quality care in a comfortable and convenient setting. The practice was established by Dr. Anita Verma and Dr. Amit Sud in 2007. Dr. Sud and Dr. Verma graduated from New York University College of Dentistry. They have a state-of-the-art dental practice that utilizes the latest technology. Over the years Woodlake Family Dental has added all dental specialties to its staff, so that patients have the opportunity to have all their dental needs addressed under one roof. All of the specialists at the practice are in-network providers with most major insurance carriers. The specialists are Dr. Amit Sud, general and cosmetic dentistry; Dr. Anita Verma, general and cosmetic dentistry; Dr. Kenny Robles, general and cosmetic dentistry; Dr. Punita Shukla, general and cosmetic dentistry; Dr. Tanvi Mehta, general and cosmetic dentist; Dr. Anthony J Reganato, board-certified periodontist; Dr. Saleem Siddiqui, board-certified pediatric dentist; Dr. Parth Nanavati, endodontist; Dr. Parimal Sapovadia, board-certified oral surgeon;

Dr. Haitao Li, board-certified orthodontist; and Dr. Zak Messieha, dental anesthesiologist. The doctors and staff are highly trained and dedicated in the work they do. Woodlake Family Dental believes that informed patients are better prepared to make decisions regarding their health and well being. There is an extensive section on the practice's website that covers a full array of topics associated with dental diagnoses and treatments. There are also articles about the latest trends in dentistry, some of which are written by the doctors on staff. The website also offers scheduling requests and downloadable patient forms. Evening and weekend appointments available. For more information please visit the website www.woodlakefamilydental.com or the Facebook page at www.facebook.com/woodlakefamilydental.



LOCATIONS

**2879 W. 95th Street, Suite 131
Naperville, IL 60564**
(630) 753-9955

**3253 S. Harlem Ave., Suite 1C
Berwyn, IL 60402**
(708) 788-4444

Newest Location
2309 63rd Street
Woodridge, IL 60517
(630) 869-0063
www.woodlakefamilydental.com



GYMNASTICS

LET'S GET READY TO TUMBLE!

Rock 'n' Rollers

Run, jump, stretch! This high-energy, interactive program promotes important gross motor development combined with the use of gymnastic equipment. Structured and unstructured activities are included. Kidzone is available for siblings that are not age appropriate for class. No class Sept. 7 and Nov. 23 to 26.

Rock 'n' Rollers I: Ages 18 to 30 months with parent

Rock 'n' Rollers II: Ages 30 months to 3.5 years with parent

Min/Max: 6/12

Instructor: DGPD Staff

Location: Downers Grove Recreation Center

Class #	Level	Date	Day	Time	R/NR
4410A00-01	I	8/31 - 10/5	M	9:00-9:30am	\$29/\$44
4410A00-02	I	8/31 - 10/5	M	9:40-10:10am	\$29/\$44
4410A00-03	I	9/1 - 10/13	TU	9:50-10:20am	\$40/\$60
4410A00-04	I	9/3 - 10/15	TH	9:00-9:30am	\$40/\$60
4410A00-05	II	8/31 - 10/5	M	5:30-6:10pm	\$38/\$57
4410A00-06	II	9/1 - 10/13	TU	9:00-9:40am	\$53/\$80
4410A00-07	II	9/2 - 10/14	W	10:20-11:00am	\$53/\$80
4410A00-08	II	9/3 - 10/15	TH	9:40-10:20am	\$53/\$80
4410A00-09	I	10/26 - 12/14	M	9:00-9:30am	\$40/\$60
4410A00-10	I	10/26 - 12/14	M	9:40-10:10am	\$40/\$60
4410A00-11	I	10/27 - 12/15	TU	9:50-10:20am	\$40/\$60
4410A00-12	I	10/29 - 12/17	TH	9:00-9:30am	\$40/\$60
4410A00-13	II	10/26 - 12/14	M	5:30-6:10pm	\$53/\$80
4410A00-14	II	10/27 - 12/15	TU	9:00-9:40am	\$53/\$80
4410A00-15	II	10/28 - 12/16	W	10:20-11:00am	\$53/\$80
4410A00-16	II	10/29 - 12/17	TH	9:40-10:20am	\$53/\$80

Cartwheelers

Young gymnasts are introduced to balance beams, uneven bars and vaulting. The tumbling component includes skill-building activities to develop rolls, cartwheels and handstands. No class Sept. 7 and Nov. 23 to 26.

Cartwheelers I: 3 1/2- and 4-year-olds with little or no gymnastics experience

Cartwheelers II: 4-year-olds with previous Cartwheelers I experience and instructor's approval

Min/Max: 4/8

Location: Downers Grove Recreation Center

Instructor: DGPD Staff

Class #	Level	Date	Day	Time	R/NR
4410A01-01	I	8/31 - 10/5	M	10:25-11:05am	\$38/\$57
4410A01-02	I	8/31 - 10/5	M	11:20am-12:00pm	\$38/\$57
4410A01-03	I	8/31 - 10/5	M	6:20-7:00pm	\$38/\$57
4410A01-04	I	9/1 - 10/13	TU	10:35-11:15am	\$53/\$80
4410A01-05	II	9/1 - 10/13	TU	4:05-4:55pm	\$67/\$97
4410A01-06	II	9/2 - 10/14	W	9:15-10:05am	\$67/\$97
4410A01-07	II	9/3 - 10/15	TH	10:35-11:25am	\$67/\$97
4410A01-08	I	10/26 - 12/14	M	10:25-11:05am	\$53/\$80
4410A01-09	I	10/26 - 12/14	M	11:20am-12:00pm	\$53/\$80
4410A01-10	I	10/26 - 12/14	M	6:20-7:00pm	\$53/\$80
4410A01-11	I	10/27 - 12/15	TU	10:35-11:15am	\$53/\$80
4410A01-13	II	10/27 - 12/15	TU	4:05-4:55pm	\$67/\$97
4410A01-14	II	10/28 - 12/16	W	9:15-10:05am	\$67/\$97
4410A01-15	II	10/29 - 12/17	TH	10:35-11:25am	\$67/\$97

Monster Mash DANCE PARTY

Calling all monsters, ghouls, and costumed kids! Kick off Halloween by learning some fun dance moves to classic spooky Halloween songs! When the party starts winding down, grab your candy collecting basket to snag a few treats before bidding everyone farewell

Min/Max: 5/20 R/NR: \$8/\$12

Location: Lincoln Center

Class #	Age	Date	Day	Time
4162K57-01	3.5-6	10/24	SA	1:30-2:30pm
4162K57-02	6-10	10/24	SA	2:45-3:45pm

Swingers

Boys and girls with little or no gymnastics experience. Learn forward rolls, backward rolls, cartwheels, handstands, round-offs and basic maneuvers on equipment. No class Nov. 24 to 26.

Swingers I: Ages 5-6 (Boys & Girls)

Swingers II: Ages 7-9 (Girls)

Min/Max: 4/8

Location: Downers Grove Recreation Center

Instructor: DGPD Staff

Class #	Level	Date	Day	Time	R/NR
4410A02-01	I	9/1 - 10/13	TU	5:05-6:05pm	\$79/\$109
4410A02-02	I	9/3 - 10/15	TH	4:15-5:15pm	\$79/\$109
4410A02-03	I	10/27 - 12/15	TU	5:05-6:05pm	\$79/\$109
4410A02-04	I	10/29 - 12/17	TH	4:15-5:15pm	\$79/\$109
4410A02-05	II	9/2 - 10/14	W	4:10-5:10pm	\$79/\$109
4410A02-06	II	10/28 - 12/16	W	4:10-5:10pm	\$79/\$109

Gliders

Designed for girls with previous gymnastics experience who can execute cartwheels and handstands, gymnasts focus on one-handed cartwheels, round-offs and bridges and begin working on limbers and walkovers. Note: Training on gymnastics apparatus is also included. No class Sept. 7, Nov. 23 and 25.

Age: 6-9 Min/Max: 4/8

Location: Downers Grove Recreation Center

Instructor: DGPD Staff

Class #	Date	Day	Time	R/NR
4410A03-01	8/31 - 10/5	M	4:15-5:15pm	\$56/\$84
4410A03-02	9/2 - 10/14	W	5:00-6:00pm	\$79/\$109
4410A03-03	10/26 - 12/14	M	4:15-5:15pm	\$79/\$109
4410A03-04	10/28 - 12/16	W	5:00-6:00pm	\$79/\$109

Leapers

Designed for girls with gymnastics experience who can execute handstands, cartwheels, round-offs and backbends. Gymnasts focus on round-off rebounds, back walkovers, front limbers and handstand-forward rolls. Training on gymnastics apparatus is also included. No class Nov. 25.

Age: 6-13 Min/Max: 4/8 Instructor: DGPD Staff

Location: Downers Grove Recreation Center

Class #	Date	Day	Time	R/NR
4410A06-01	9/2 - 10/14	W	5:00-6:00pm	\$79/\$109
4410A06-02	10/28 - 12/16	W	5:00-6:00pm	\$79/\$109

BY INVITATION ONLY

Junior Twisters

Junior Twisters is by invitation only. Participants must have a note from instructor to enroll. Designed for girls to work on advanced skills in preparation for the team level. Not available for online registration. No class Sept. 7 and Nov. 23.

Age: 5+ Min/Max: 4/10

Location: Downers Grove Recreation Center

Instructor: DGPD Staff

Class #	Date	Day	Time	R/NR
4410A07-01	8/31 - 10/5	M	7:15-8:30pm	\$71/\$101
4410A07-02	10/26 - 12/14	M	7:15-8:30pm	\$100/\$130

Flip Floppers

Participants must have a note from instructor to enroll. For girls who have mastered back walkovers, front limbers and round-off rebounds. Gymnasts master back extension rolls and handstand-forward rolls. Learn flip-flops, front handsprings and round-off flip-flops and continue developing skills on equipment. Not available for online registration. No class on Sept. 7 and Nov. 23.

Age: 7+ Min/Max: 4/8

Location: Downers Grove Recreation Center

Instructor: DGPD Staff

Class #	Date	Day	Time	R/NR
4410A05-01	8/31 - 10/5	M	7:15-8:30pm	\$71/\$101
4410A05-02	11/2 - 12/14	M	7:15-8:30pm	\$100/\$130

Twisters Team

This session focuses on competitive routines for winter meets. All gymnasts who wish to compete must participate in this session. Additional fees are required for meets, leotards and other team expenses. Parents are asked to volunteer for all home meets. Any new team member enrolled in this session will not be eligible for competition. Online registration is not available. No practice Nov. 22 to 29, Dec. 20 to Jan. 3 and Jan. 21.

Age: 5+ Min/Max: 4/20 Location: TBA

Instructor: DGPD Staff

Class #	Date	Day	Time	R/NR
4410A08-01	9/1 - 11/5	TU/TH	6:00-8:30pm	\$346/\$376
4410A08-02	11/10 - 2/18	TU/TH	7:00-9:00pm	\$332/\$362
4410A08-03	11/8 - 2/21	SU	12:00-2:00pm	\$152/\$182



TRICKS AND TREATS PARENT/TOT HALLOWEEN GYMNASTICS

Wear your costume to the gym for this Halloween event. Crawl, climb, jump and play on equipment. Our Tricks and Treats theme will have your child tumbling for a treat! This event consists of a combination of free play and structured activities. Parents must stay in the gym with their child during the event. Children with food allergies may be exposed to food allergens.

Age: 2-4 Min/Max: 8/15 R/NR: \$15/\$22 Location: Recreation Center

Class #	Date	Day	Time
4410A10-01	10/20	TU	9:15-10:00am
4410A10-02	10/20	TU	10:15-11:00am
4410A10-03	10/21	W	9:15-10:00am
4410A10-04	10/21	W	10:15-11:00am



ICE SKATING

Seven Bridges Ice Arena
6690 ROUTE 53, WOODRIDGE, IL



Seven Bridges Ice Arena has the basic philosophy that anyone can learn to ice skate if they try their best. All ice skating programs feature experienced instructors and free practice time. For practice times and further information, please contact Seven Bridges at 630.271.4400. No class Sept. 3 to 5. No class Sept. 3-5, Nov. 5-7, Nov. 26-28 and Dec. 3-5.

Parent/Tot:

This class is for children ages 3 to 5 with no previous formal instruction, and a parent to skate with them.

Tot I:

This class is for children ages 4 to 5 who have had no formal instruction. The skaters will learn coordination, balance and agility in a fun atmosphere.

Basic I:

This class is for children ages 6 to 13 who have had no formal instruction. The skaters will learn forward movement, gliding, swizzles, backward movement and beginning stops.

Teen/Adult:

This class is for ages 14 and older. It will tailor to the individual needs.

Little Hockey I:

This class is for children ages 3 to 5 who have had no formal instruction. The skaters will learn coordination, balance and agility in a fun atmosphere while introducing them to the world of hockey. Hockey skates and hockey helmet is required. (Hockey skates can be rented at the ice rink.)

Beginner Hockey I:

This class is for children ages 6 to 13 who have had no formal instruction. The skaters will learn forward movement, gliding, swizzles, backward movement and beginning stops while in hockey skates. Helmet and Hockey skates are required. (Hockey skates can be rented at the ice rink.)

Parent/Tot Hockey:

This class is for children ages 3 to 5 with no previous formal instruction, and a parent to skate with them. Helmets required.

Min/Max: 1/6

Class #	Age	Level	Date	Day	Time	R/NR
4396F25-00	3-5	Parent/Tot	8/22 - 10/10	SA	10:10-10:40am	\$165/\$195
4396F25-01	4-5	Tots I	8/20 - 10/8	TH	9:45-10:15am	\$150/\$180
4396F25-02	4-5	Tots I	8/21 - 10/9	F	5:40-6:10pm	\$150/\$180
4396F25-03	4-5	Tots I	8/22 - 10/10	SA	10:10-10:40am	\$150/\$180
4396F25-04	4-5	Tots I	8/22 - 10/10	SA	10:50-11:20am	\$150/\$180
4396F25-05	6-13	Basic I	8/21 - 10/9	F	5:40-6:20pm	\$165/\$195
4396F25-06	6-13	Basic I	8/22 - 10/10	SA	10:10-10:50am	\$165/\$195
4396F25-07	6-13	Basic I	8/22 - 10/10	SA	10:50-11:30am	\$165/\$195
4396F25-08	14+	Teen/Adult	8/20 - 10/10	TH	9:45-10:15am	\$165/\$195
4396F25-09	14+	Teen/Adult	8/21 - 10/9	F	5:40-6:20pm	\$165/\$195
4396F25-10	14+	Teen/Adult	8/22 - 10/10	SA	10:10-10:50am	\$165/\$195
4396F25-11	14+	Teen/Adult	8/22 - 10/10	SA	10:50-11:30am	\$165/\$195
4396F25-12	3-5	Little Hockey 1	8/21 - 10/9	F	4:40-5:10pm	\$150/\$180
4396F25-13	3-5	Little Hockey 1	8/22 - 10/10	SA	9:00-9:30am	\$150/\$180
4396F25-14	6-13	Beg Hockey I	8/21 - 10/9	F	4:40-5:20pm	\$165/\$195
4396F25-15	6-13	Beg Hockey I	8/22 - 10/10	SA	9:00-9:40am	\$165/\$195
4396F25-20	3-5	Parent/Tot	10/17 - 12/19	SA	10:10-10:40am	\$165/\$195
4396F25-21	4-5	Tots I	10/15 - 12/17	TH	9:45-10:15am	\$150/\$180
4396F25-22	4-5	Tots I	10/16 - 12/18	F	5:40-6:10pm	\$150/\$180
4396F25-23	4-5	Tots I	10/17 - 12/19	SA	10:10-10:40am	\$150/\$180
4396F25-24	4-5	Tots I	10/17 - 12/19	SA	10:50-11:20am	\$150/\$180
4396F25-25	6-13	Basic I	10/16 - 12/18	F	5:40-6:20pm	\$165/\$195
4396F25-26	6-13	Basic I	10/17 - 12/19	SA	10:10-10:50am	\$165/\$195
4396F25-27	6-13	Basic I	10/17 - 12/19	SA	10:50-11:30am	\$165/\$195
4396F25-28	14+	Teen/Adult	10/15 - 12/17	TH	9:45-10:15am	\$165/\$195
4396F25-29	14+	Teen/Adult	10/16 - 12/18	F	5:40-6:20pm	\$165/\$195
4396F25-30	14+	Teen/Adult	10/17 - 12/19	SA	10:10-10:50am	\$165/\$195
4396F25-31	14+	Teen/Adult	10/17 - 12/19	SA	10:50-11:30am	\$165/\$195
4396F25-32	3-5	Little Hockey I	10/16 - 12/18	F	4:40-5:10pm	\$150/\$180
4396F25-33	3-5	Little Hockey I	10/16 - 12/19	SA	9:00-9:30am	\$150/\$180
4396F25-34	6-13	Beg Hockey I	10/16 - 12/18	F	4:40-5:20pm	\$165/\$195
4396F25-35	6-13	Beg Hockey I	10/17 - 12/19	SA	9:00-9:40am	\$165/\$195

Notes:

- Make-up classes are allowed but must be made up in the same session. No make-ups will be allowed in another session.
- Classes that do not meet the minimum number of participants may be combined or cancelled.
- All classes are non-refundable.
- Gloves/mittens and helmets are recommended.
- Skate rentals are \$3 each or 11 for \$30.

MARTIAL ARTS

FOR YOUTH AND ADULTS



Shotokan Karate

Classes are taught by Illinois Shotokan Karate Club's expert instructors under the direction of John DiPasquale, four-time National Champion, U.S. Karate National Coach and president of the National Karate Federation of the US. Beginner students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but the full class fee is required. Youth, Parent/Child and Adult classes may train together. Please visit www.ISKC.com for more information or call us at 847-359-0666. Uniforms and belt testing are options available through the ISKC instructor. No class Nov. 28.

Pre-Karate (Beg./Cont.: Ages 4-7)

Young children develop flexibility, strength and coordination through fun, yet disciplined activities. This program is specifically designed to work with young minds and bodies to enhance memory and concentration.

Youth Karate (Ages 7-14)

Youth karate classes provide a good mix of strength training with cardiovascular and flexibility exercises. Children increase their coordination, agility and poise, as well as learn lasting personal safety skills.

Parent/Child Karate (Ages 7+)

This program provides quality time for you and your child in this class conditions. It is designed to improve coordination and improves fitness. Fee includes uniform and belt.

Adult Karate (Ages 15+)

Release tension, develop total body fitness and build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance and muscle tone, while improving core strength.

CANCELED

Min/Max: 8/17 Location: Downers Grove Recreation Center (RC), O'Neil Middle School (OMS)

Class #	Level	Age	Belt	Date	Day	Time	R/NR	Location
4415F01-01	Pre-Karate	4-7	Beg.-Cont.	9/8 - 12/15	TU	4:00-4:45pm	\$173/\$203	RC
4415F01-02	Pre-Karate	4-7	Beg.-Cont.	9/12 - 12/19	SA	9:30-10:15am	\$161/\$191	OMS
4415F01-03	Youth Karate	7-14	White-Red	9/8 - 12/15	TU	5:00-5:55pm	\$173/\$203	RC
4415F01-04	Youth Karate	7-14	Orange-Blue	9/8 - 12/15	TU	6:00-6:55pm	\$173/\$203	RC
4415F01-05	Youth Karate	7-14	Green-Black	9/8 - 12/15	TU	7:00-7:55pm	\$173/\$203	RC
4415F01-06	Youth Karate	7-14	White-Red	9/12 - 12/19	SA	10:20-11:20am	\$161/\$191	OMS
4415F01-07	Youth Karate	7-14	Orange-Blue	9/12 - 12/19	SA	11:30am-12:30pm	\$161/\$191	OMS
4415F01-08	Youth Karate	7-14	Green-Purple	9/12 - 12/19	SA	12:30-1:30pm	\$161/\$191	OMS
4415F01-09	Youth Karate	7-14	Brown-Black	9/12 - 12/19	SA	1:30-3:00pm	\$207/\$237	OMS
4415F01-10	Adult Karate	15+	White-Yellow	9/8 - 12/15	TU	8:00-9:00pm	\$173/\$203	RC
4415F01-11	Adult Karate	15+	Blue-Black	9/8 - 12/15	TU	8:00-9:30pm	\$221/\$251	RC
4415F01-12	Parent/Child	7+	White-Red	9/12 - 12/19	SA	10:20-11:20am	\$161/\$191	OMS
4415F01-13	Parent/Child	7+	Orange-Blue	9/12 - 12/12	SA	11:30am-12:30pm	\$161/\$191	OMS
4415F01-14	Parent/Child	7+	Green-Purple	9/12 - 12/12	SA	12:30-1:30pm	\$161/\$191	OMS
4415F01-15	Parent/Child	7+	Brown-Black	9/12 - 12/19	SA	1:30-3:00pm	\$207/\$237	OMS
4415F01-16	Parent/Child	7+	White-Red	9/8 - 12/15	TU	5:00-5:55pm	\$173/\$203	RC
4415F01-17	Parent/Child	7+	Orange-Blue	9/8 - 12/15	TU	6:00-6:55pm	\$173/\$203	RC
4415F01-18	Parent/Child	7+	Green-Black	9/8 - 12/15	TU	7:00-7:55pm	\$173/\$203	RC



ILLINOIS SHOTOKAN KARATE CLUBS



**IMPROVE
CONCENTRATION**

HAVE FUN!

**BUILD
CONFIDENCE**

**STAY
ACTIVE**



CLASSES OFFERED ON

**TUESDAYS
&
SATURDAYS**



Parent/Child (7yrs - Adult)



Adult (15yrs + Up)



Children (4-14yrs)

**REGISTER NOW TO RESERVE
YOUR SPOT!**

VISIT ISKC.COM or CALL 847-359-0666



LINCOLN LEARNING CENTER

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

REGISTER FOR THE 2020-21 SCHOOL YEAR

The Lincoln Learning Center provides a curriculum of developmentally appropriate experiences guided by the Illinois Early Learning Standards and designed to develop the whole child and enhance children creatively, intellectually, emotionally, socially and physically.

2-YEAR-OLDS

Must turn 2, but not yet 3 by Sept. 1

Help your child get ready for 3-year-old preschool. Class structure is consistent with the 3- and 4/5-year-old preschool program and participants receive priority registration for 3-year-old preschool the following school year. Independence and socialization are emphasized. Children are not required to be potty trained.

- Weekly themes
- Creative expression
- Circle time
- Large and fine motor skill development

3-TO 4-YEAR-OLDS

Must turn 3, but not yet 4 by Sept. 1

For the early learner or for those continuing from the 2.5-year-old program. Helps foster socialization and independence while introducing children to the classroom setting.

Children learn to follow directions, make new friends and share with others in a group through teacher-directed activities. Children must be potty trained.

- Creative arts
- Cutting and gluing
- Shape, number, letter and color recognition
- Large motor skill enhanced through gym, creative movement activities and outdoor play

4-TO 5-YEAR-OLDS

Must turn 4 or 5, but not yet 6 by Sept. 1

Experienced learners prepare for kindergarten in a program designed for continued enrichment.

Social skills and problem solving are enhanced through child directed play and teacher-directed group activities. Children explore the community through local field trips and community visitors. Children must be potty trained.

- Upper and lower-case letters
- Sound recognition
- Reading and writing activities
- Math concepts
- Color and shape review

2020-21 REGISTRATION INFORMATION

TUITION & SCHEDULE

Preschool begins after Labor Day, Sept. 8 and 9.
 Preschool ends May 20 and 21. Tuition will be drafted on the 15th of the month September through April.

2-YEAR-OLD PRESCHOOL

Age	Days	Times	Resident Annual	Non-resident Annual
2.5-3	M/W	9:00 - 11:00 am	\$945	\$1,276
2-2.5* NEW AGE GROUP	Tu/Th	9:00 - 10:30 am	\$975	\$1,316
2.5-3*	Tu/Th	11:00 am - 1:00 pm	\$975	\$1,316

*For students who turn 3 in September, October or December.

3-YEAR-OLD PRESCHOOL

Days	Times	Resident Annual	Non-resident Annual
M/W	8:45 - 11:15 am	\$1,284	\$1,733
Tu/Th	8:45 - 11:15 am	\$1,358	\$1,833
Tu/W/Th	12:00 - 2:30 pm	\$1,878	\$2,535
Tu/W/Th	8:45 - 11:15 am	\$1,878	\$2,535

4- TO 5-YEAR-OLD PRESCHOOL

Days	Times	Resident Annual	Non-resident Annual
M/W/F	8:45 - 11:15 am	\$1,808	\$2,440
Tu/Th	8:45 - 11:15 am	\$1,358	\$1,833
Tu/W/Th	8:45 - 11:15 am	\$1,878	\$2,535
Tu/W/Th	12:00 - 2:30 pm	\$1,878	\$2,535
Monday Add-on	8:45 - 11:15 am	\$588	\$794
	12:00 - 2:30 pm		

Child must be enrolled in the Tuesday/Thursday or Tuesday/Wednesday/Thursday 8:45-11:15am class in order to register for the Monday Add-on.

REGISTRATION PROCESS

1. Bring the completed registration form, a \$75 registration fee and resident information (a birth certificate, utility bill or tax bill) to the Lincoln Center, 935 Maple Ave.
2. You'll receive a letter in August announcing who your child's teacher will be as well as inviting parents to the Parent Orientation.



PARENT ORIENTATION

Sept. 1 - 2-year-old parents

Sept. 2 - Returning families

Sept. 3 - New families to 3 & 4/5 classes

6:30-7:30PM ■ LINCOLN CENTER ■ 935 MAPLE AVE.

LINCOLN LEARNING CENTER INFORMATION AT DGPARKS.ORG

- Registration Information & Documents Required
- Required Preschool Forms
- Meet the Teachers
- Weekly Calendars
- Supply Lists
- Optional Homework



EARLY CHILDHOOD

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

PRESCHOOL ENRICHMENT

Preschool Connection

This extension of the 3-year-old preschool experience emphasizes preschool concepts while reinforcing the importance of independence, communication, literacy, arts and sciences, social, emotional and physical development. Each week will cover relevant topics learned in preschool while introducing new projects and activities. Children must be 3 years old, but not yet 4 years old by September 1, 2020. Registration is only available to those children in the Lincoln Learning Center Preschool.

Min/Max: 5/18 **Location: Lincoln Center**
Instructor: Lincoln Learning Center Staff

Class #	Age	Date	Day	Time	R/NR
4180L01-01	3-4	9/11 - 10/16	F	8:45-11:15am	\$100/\$130
4180L01-02	3-4.5	10/23 - 12/4	F	8:45-11:15am	\$100/\$130

Ready, Set, Kindergarten

With all new activities offered this session, kids will have fun and learn Kindergarten readiness skills in a program that extends the preschool day. Qualified preschool teachers work with children in the areas of social literacy, communication, reading, emotional and physical development and art/science. Activities reinforce the importance of daily classroom routine. A small snack and drink are served during class. Children must be 4 years old by September 1, 2020. If your child is attending one of our preschool classes prior to this class, an escort will be provided from their class to Ready, Set, Kindergarten. Registration is only available to students enrolled in the Lincoln Learning Center Preschool. Ready Set Kindergarten is open only to those enrolled in our Preschool. No class Oct. 12.

Age: 4-5 **Min/Max: 10/18** **Location: Lincoln Center**
Instructor: Lincoln Learning Center Staff

Class #	Date	Day	Time	R/NR
4180L00-01	9/14 - 10/19	M	11:30am-12:30pm	\$88/\$118
4180L00-02	10/26 - 12/7	M	11:30am-12:30pm	\$105/\$135

Math

Are you looking for a class that will help your child develop early skills in math? Children will be introduced to sorting, counting and grouping by shape and colors, matching objects forwards and backwards, recognizing numbers 0 to 10. The class will discuss the concept of "more and less" through basic graphs. Cheerios and water will be served at the start of class.

Age: 4-5 Min/Max: 5/10 R/NR: \$90/\$120

Location: Lincoln Center

Class #	Date	Day	Time
4185L10-01	9/9 - 10/14	W	11:15am-12:15pm
4185L10-02	10/21 - 12/2	W	11:15am-12:15pm

Science

Do you have a child who is interested in exploring the world around them? Try to catch their interest through experiments and learning how things work? This class will introduce basic scientific inquiry and perform simple experiments. Measuring, comparisons and problem-solving skills will be used in recording data. Cheerios and water will be served at the start of class.

Age: 3-5 Min/Max: 5/10 R/NR: \$90/\$120

Location: Lincoln Center

Class #	Date	Day	Time
4185L11-01	9/10 - 10/15	TH	11:15am-12:15pm
4185L11-02	10/22 - 12/3	TH	11:15am-12:15pm

Math Plays Preschool Class

Designed for children who are ages 3 to 6 as their first class experience or as an extension of a current class/curriculum. Concepts may include colors, shapes, counting, one-to-one correspondence, matching, sorting and classifying, comparing, patterns, basic addition and subtraction and data/charts/graphs. Class activities may include themed math songs, felt board activities, free play of predetermined games/activities, whole group activities, written enrichment, a story and math craft.

Age: 3-6 Min/Max: 3/10 Location: Lincoln Center

Instructor: Math Plays

Class #	Date	Day	Time	R/NR
4270L24-01	9/8 - 9/29	TU	2:30-3:30pm	\$86/\$116
4270L24-02	10/6 - 10/27	TU	2:30-3:30pm	\$86/\$116
4270L24-03	11/3 - 12/8	TU	2:30-3:30pm	\$107/\$137

I Speak Spanish

NEW! Expand your child's world! Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music.

Age: 3-5 Min/Max: 6/12 R/NR: \$86/\$116

Location: Lincoln Center

Instructor: Language in Action, Inc.

Class #	Date	Day	Time
4270L19-01	9/8 - 10/13	TU	11:30am-12:15pm
4270L19-02	10/20 - 12/1	TU	11:30am-12:15pm

SANTA'S HOLIDAY EXPRESS SATURDAY, NOV. 21

All aboard Santa's Holiday Express! (formerly the Polar Express Storytime Train). Take a ride on our Holiday Express (coach bus) as storytellers read "The Polar Express" by Chris Van Allsburg. We'll start our trip at the Downers Grove Park station at Lincoln Center with ticket pickup and a complimentary hot chocolate for children. Then we'll board Santa's Holiday Express and travel to the North Pole (Downers Grove Ice Club). Once at the North Pole, families will head inside for a visit with Santa before heading over to Mrs. Claus' kitchen to enjoy a hot chocolate bar and cookies. The Holiday Express will return families back to the Lincoln Center. Children 11 months and under can travel for free on an adult's lap. Children must be accompanied by an adult and should dress for the weather. Strollers cannot be accommodated.

Trip	Time	R/NR
Trip 1	8:30-10:30am	\$40/\$50
Trip 2	9:00-11:00am	\$40/\$50
Trip 3	9:30-11:30am	\$40/\$50
Trip 4	10:00am-12:00pm	\$40/\$50
Trip 5	10:30am-12:30pm	\$40/\$50
Trip 6	11:30am-1:30pm	\$40/\$50
Trip 7	12:00-2:00pm	\$40/\$50
Trip 8	12:30-2:30pm	\$40/\$50



MUSIC & MOVEMENT

Music Together with Tiny Toes Music

Each week, babies, toddlers, preschoolers and the grownups who love them gather for 45 minutes of fun-filled family music time. In Music Together's mixed ages classes, everyone participates at their own levels. Babies vocalize, listen and observe; toddlers play and experiment; and preschoolers build confidence as they emerge as classroom leaders. Grownups are happy because everyone can come to class together! You'll take home the award-winning music used in class, along with an illustrated songbook and other resources. Fee includes parent and one child. For more information, visit TinyToesMusic.com.

Age: 0-6 Min/Max: 6/12 R/NR: \$197/\$217
Location: Lincoln Center Instructor: Tiny Toes Music

Class #	Date	Day	Time
4270L00-01	9/15 - 11/3	TU	4:30-5:15pm
4270L00-02	9/15 - 11/3	TU	5:30-6:15pm
4270L00-03	9/16 - 11/4	W	9:15-10:00am
4270L00-04	9/16 - 11/4	W	10:15-11:00am
4270L00-05	9/16 - 11/4	W	11:15am-12:00pm
4270L00-06	9/17 - 11/5	TH	9:15-10:00am
4270L00-07	9/17 - 11/5	TH	10:15-11:00am
4270L00-08	9/17 - 11/5	TH	11:15am-12:00pm
4270L00-09	9/17 - 11/5	TH	1:00-1:45pm

Tot Rock

Fee includes parent and one child. Wiggle and giggle to the Tot Rock beat! An introductory music and movement class with a large sensory component, tots will use hand-held rhythm instruments and play props to improve their motor skills and coordination, and learn new songs and rhymes. While kick starting your tot's imagination, each class will provide structured and unstructured time to explore. A different educational themes presented each session. Much more than a music class, join us to sing, dance, learn and play the Tot Rock way! For more info, visit rockitkids.com.

Age: 1 Min/Max: 4/12 R/NR: \$69/\$99
Location: Lincoln Center Instructor: Rock 'n' Kids

Class #	Date	Day	Time
4270L02-01	9/8 - 10/13	TU	9:15-9:55am
4270L02-02	10/27 - 12/8	TU	9:15-9:55am

Jingle Bell Time with Tiny Toes Music

Take a break from the hustle and bustle of the season! Have a holly jolly time with other Tiny Toes Music families as you sing and dance to your favorite songs in addition to well-known holiday classics. Get ready for festive songs, chants and finger plays, instrument activities with sticks, eggs and drums, as well as movement activities with scarves and dancing! Jingle Bell Time is the perfect class to get you in the holiday spirit. Fee includes parent and one child.

Age: 0-6 Min/Max: 6/15 R/NR: \$56/\$84
Location: Lincoln Center Instructor: Tiny Toes Music

Class #	Date	Day	Time
4270L18-01	12/1 - 12/15	TU	4:30-5:15pm
4270L18-02	12/1 - 12/15	TU	5:30-6:15pm
4270L18-03	12/2 - 12/16	W	9:15-10:00am
4270L18-04	12/2 - 12/16	W	10:15-11:00am
4270L18-05	12/2 - 12/16	W	11:15am-12:00pm
4270L18-06	12/3 - 12/17	TH	9:15-10:00am
4270L18-07	12/3 - 12/17	TH	10:15-11:00am
4270L18-08	12/3 - 12/17	TH	11:15am-12:00pm
4270L18-09	12/3 - 12/17	TH	1:00-1:45pm

Kid Rock

Music fun that can't be "beat!" Each Kid Rock class includes creative, energetic activities based on a new educational theme each session! Children learn new songs, rhymes and gross motor skills while using rhythm instruments and movement props. Your child's listening skills will develop, while fine motor and coordination improve through imaginative play and sensory integration. Much more than a music class, join us to sing, dance, learn and play the Kid Rock way! Learn more at rockitkids.com. Fee includes parent and one child.

Min/Max: 4/12 R/NR: \$69/\$99
Location: Lincoln Center Instructor: Rock 'n' Kids

Class #	Age	Date	Day	Time
Kid Rock I				
4270L03-01	2-3	9/8 - 10/13	TU	10:00-10:40am
4270L03-02	2-3	10/27 - 12/8	TU	10:00-10:40am
Kid Rock II				
4270L04-01	3-5	9/8 - 10/13	TU	11:30am-12:10pm
4270L04-02	3-5	10/27 - 12/8	TU	11:30am-12:10pm
Kid Rock III				
4270L05-01	1-5	9/8 - 10/13	TU	10:45-11:25am
4270L05-02	1-5	10/27 - 12/8	TU	10:45-11:25am

Kids In Motion

Do your kids need an indoor space to play and run around? Open gym time at the Lincoln Center will offer different equipment and days for the kids to play with indoors on Thursdays and Fridays. Students attending open gym will always have an adult present in the gym with them. Fee includes parent and one child.

Age: 1-5 Min/Max: 5/30 R/NR: \$30/\$45

Location: Lincoln Center

Class #	Date	Day	Time
4185L04-01	9/10 - 10/15	TH	11:00am-12:00pm
4185L04-02	9/11 - 10/16	F	11:00am-12:00pm
4185L04-03	10/22 - 12/3	TH	11:00am-12:00pm
4185L04-04	10/23 - 12/4	F	11:00am-12:00pm

Zumbini Parent

Created by Zumba and Baby First, Zumbini is an early childhood education program that uses original music, dance and educational tools to promote cognitive, social, fine/gross motor skills and emotional development experience for families where a participating parent or caregiver is paired with each child (unless siblings, in which case one caregiver can have multiple children with them). Each session includes a musical downloadable code to an original soundtrack and access to the Zumbini Time television show offered through the Zumbini app to continue the fun at home! Fee includes parent and one child.

Age: 0-4 Min/Max: 4/12 R/NR: \$75/\$105

Location: Lincoln Center Instructor: Zumbini

Class #	Date	Day	Time
4270L06-01	9/14 - 10/19	M	10:30-11:15am
4270L06-02	10/26 - 11/23	M	10:30-11:15am
4270L06-03	9/2-10/7	W	5:45pm-6:30pm
4270L06-04	10/14-11/18	W	5:45pm-6:30pm

Zumbini Preschool

Created by Zumba and Baby First, Zumbini is an early childhood education program that uses original music, dance and educational tools to promote cognitive, social, fine/gross motor skills and emotional development experience for preschoolers. Each session includes a musical downloadable code to an original soundtrack and access to the Zumbini Time television show offered through the Zumbini app to continue the fun at home!

Age: 2-5 Min/Max: 4/10 R/NR: \$60/\$90

Location: Lincoln Center Instructor: Zumbini

Class #	Date	Day	Time
4270L07-01	9/14 - 10/19	M	11:30am-12:00pm
4270L07-02	10/26 - 11/23	M	11:30am-12:00pm



Nurture your little sprout

**AGES
3-6**



LEARN MORE ON PG. 80

- 🌿 Outdoor Lessons
- 🌿 Nature Exploration
- 🌿 Creative Arts
- 🌿 Math & Science
- 🌿 Language

THERE'S MORE TO EXPLORE!

**DANCE
CLASSES**

Pages 101 - 102

JUST FOR FUN

Amazing Mondays

NEW! Amazing Mondays will take place every month with a different theme and projects. Each class will be taught by Early Childhood staff who will create lessons that review preschool skills. Classes will consist of a story, project, and some free play.

Age: 3-6 Min/Max: 6/15 R/NR: \$30/\$45

Location: Lincoln Center

Class #	Date	Day	Time	Theme
4185L03-01	9/14	M	9:00-11:00am	ABC & 123 of School
4185L03-02	9/21	M	9:00-11:00am	Fall is Fun
4185L03-03	10/5	M	9:00-11:00am	Pumpkin Patch
4185L03-04	10/19	M	9:00-11:00am	Ghostly Good Time
4185L03-05	11/2	M	9:00-11:00am	Digging for Dinos
4185L03-06	11/16	M	9:00-11:00am	Turkey Time
4185L03-07	12/7	M	9:00-11:00am	Winter Wonderland
4185L03-08	12/14	M	9:00-11:00am	Frosty Fun

Mad Science Wings, Fin and Paws!

NEW! This workshop will provide preschoolers with an opportunity to learn about different themes through hands-on learning.

Age: 3-6 Min/Max: 6/10 R/NR: \$146/\$176

Location: Lincoln Center Instructor: Mad Science

Class #	Date	Day	Time	Theme
4270L22-01	9/14 - 10/19	M	11:30am-12:30pm	Wiggly Worms
4270L22-02	10/26 - 12/7	M	11:30am-12:30pm	Animal Friends
4270L22-03	9/25 - 10/30	F	11:30am-12:30pm	Digging for Dinosaurs
4270L22-04	9/19 - 10/24	SA	10:00-11:00am	Butterflies
4270L22-05	9/15 - 10/20	TU	3:00-4:00pm	Sea, Sand & Surf
4270L22-06	10/27 - 12/8	TU	3:00-4:00pm	Human Body

Make your own Piñata Camp

NEW! Celebrate a Latin American Christmas tradition by making your very own Christmas tree piñata! Children will learn Spanish words, sing Christmas carols in Spanish, and learn about Christmas traditions in Latin America. All supplies provided.

Age: 3-6 Min/Max: 6/12 R/NR: \$43/\$65

Location: Lincoln Center

Instructor: Language in Action

Class #	Date	Day	Time
4270L25-01	12/15 - 12/17	TU-TH	10:00-11:30am

Spanish Fiesta Camp

NEW! Uno, dos, tres! It's a fiesta! Join us as we make our own maracas, sing Spanish songs, and play fun and exciting games all in Spanish! All supplies provided.

Age: 3-6 Min/Max: 6/12 R/NR: \$36/\$54

Location: Lincoln Center

Instructor: Language in Action

Class #	Date	Day	Time
4270L26-01	11/23 - 11/24	M/TU	10:00-11:30am

Drop & Shop: Preschool

NEW! Looking for a Saturday to do some shopping without children? Kids will stay busy while playing in the gym and creating a fun art project.

Age: 3-6 Min/Max: 8/1 R/NR: \$30/\$45

Location: Lincoln Center

Class #	Date	Day	Time
4185L06-01	11/21	SA	9:00am-12:00pm
4185L06-02	12/12	SA	9:00am-12:00pm

Preschool Parents Night Out

NEW! Looking for a night out? Drop your preschooler off at the Lincoln Center for a fun time. Kids will enjoy pizza, an art project, games, crafts and gym time. Parents will be treated to a special dinner.

Age: 3-6 Min/Max: 12/20 R/NR: \$30/\$45

Location: Lincoln Center

Class #	Date	Day	Time
4185L05-01	9/25	F	5:30-8:30pm
4185L05-02	10/23	F	5:30-8:30pm
4185L05-03	11/20	F	5:30-8:30pm
4185L05-04	12/18	F	5:30-8:30pm

ADULT & CHILD

Discovery Play

Discovery Play is designed for parent and child to participate together in a social play group. In sensory, language and fine and gross motor activities. The end of each class features social activities and circle time. Discover fun activities to enhance your child's development while sharing ideas and experiences with other parents. Parents and children should wear gym shoes and comfortable clothing. Fee includes parent and one child.

Age: 0.5-3 Min/Max: 5/15 R/NR: \$72/\$102

Location: Lincoln Center

Class #	Date	Day	Time
4185L00-01	9/11 - 10/16	F	9:00-10:00am
4185L00-02	10/23 - 12/4	F	9:00-10:00am

Parent Tot Spanish

Start the day with your toddlers singing and dancing to songs in Spanish! Learn Spanish greetings, colors, numbers, parts of the body, animals and food words.

Age: 0.6-2 Min/Max: 6/12 R/NR: \$69/\$99

Location: Lincoln Center

Instructor: Language in Action, Inc.

Class #	Date	Day	Time
4270L23-01	9/9 - 10/14	W	9:00-9:40am
4270L23-02	10/21 - 12/2	W	9:00-9:40am

Discovery Kids

Recommended for experienced "discoverers" these transitional classes help children develop learning skills, learn to follow directions and improve large and fine motor skills. Can also help children work through separation issues. Structured and unstructured play time is included. Children should wear gym shoes and comfortable clothing. All classes are without a parent.

Age: 2-3 Min/Max: 5/15 R/NR: \$84/\$114

Location: Lincoln Center

Class #	Date	Day	Time
4185L02-01	9/11 - 10/16	F	10:15-11:15am
4185L02-02	10/23 - 12/4	F	10:15-11:15am

Math Plays Tot Class

Designed for parents/guardians and young children to start using "math talk" as they participate in math concepts necessary for continued math success. Concepts may include colors, shapes, counting, one-to-one correspondence, matching, sorting and classifying. Fee includes parent and one child.

Age: 1.5-3 Min/Max: 3/10

Location: Lincoln Center Instructor: Math Plays

Class #	Date	Day	Time	R/NR
4270L10-01	9/8 - 9/29	TU	9:00-9:30am	\$40/\$60
4270L10-02	10/6 - 10/27	TU	9:00-9:30am	\$40/\$60
4270L10-03	11/3 - 12/8	TU	9:00-9:30am	\$50/\$75

SAFE KIDS AT HOME & AWAY

This interactive class focuses on thinking safely and making safe choices. Simple rules kids can use in many situations will be taught. Kids learn what to do in an emergency, when to call 911 and how to deal with strangers. Bicycle, skateboard and in-line skating safety, playground rules, water safety and more are covered. Each child receives a certificate of completion.

Age: 4-6 Min/Max: 5/10 R/NR: \$18/\$27

Location: Lincoln Center

Instructor: Tracy Gustello

Topic	Class #	Date	Day	Time
Safe Kids at Home and Away	4185M09-01	10/7	W	4:15-5:15pm
Safe Kids at Home and Away with First Aid	4185M09-02	10/7	W	5:30-6:30pm



Min/Max: 4/10 Location: Lincoln Center

Arts Playschool

Through this arts-enrichment program, your child will enhance their social emotional learning, practice mindfulness and broaden their social skills. Arts Playschool brings the love of the arts and learning into your child's life. Each class includes an art project along with creative movement, music and drama activities surrounding a social emotional learning theme. We support your child in discovering more about themselves, their peers and their community in a fun and creative way! Some of our class lessons include topics on Identity, Stress Relief, Mindfulness, Self-Esteem, Relationships, Emotions, Relaxation, Body Awareness and Community. Lincoln Learning students will bring a lunch and will eat before the Arts Playschool class begins. Lunch will be 11:15am to 12:00pm with a staff member from the Lincoln Learning Center.

Age: 3-6 R/NR: \$222/\$252

Class #	Date	Day	Time
4270L09-01	9/9 - 10/14	W	12:00-2:00pm
4270L09-02	10/21 - 12/2	W	12:00-2:00pm
4270L09-03	9/10 - 10/15	TH	12:00-2:00pm
4270L09-04	10/22 - 12/3	TH	12:00-2:00pm

Arts Playschool Camps

Through this arts-enrichment camp, your child will enhance their social emotional learning, practice mindfulness and broaden their social skills. Arts Playschool brings the love of the arts and learning into your child's life. Each class includes an art project along with creative movement, music and drama activities surrounding a social emotional learning theme. We support your child in discovering more about themselves, their peers and their community in a fun and creative way! Some of our class lessons include topics on Identity, Stress Relief, Mindfulness, Self-Esteem, Relationships, Emotions, Relaxation, Body Awareness and Community.

Age: 3-6

Class #	Date	Day	Time	R/NR
4270L08-01	11/23 - 11/25	M-W	9:00am-12:00pm	\$167/\$197
4270L08-02	12/14 - 12/17	M-TH	9:00am-12:00pm	\$222/\$252

COOKING

Sticky Fingers Cooking

Let your child release their inner chef! Students will prepare and eat healthy, globally-inspired recipes all while loving and learning to cook in a fun, engaging and irresistibly tasty way that will turn even the pickiest eaters into avid food explorers! Your kids will have a blast every week discovering how easy and fun it is to cook (and gobble-up!) tasty, healthy, American classics as well as globally-inspired Sticky Fingers Cooking recipes! We practice safe chopping, measuring and mixing skills, use a wide array of cooking utensils all while creating awesomely delicious recipes from the freshest ingredients. Full recipes will be created each class with our awesome master chef Sticky Fingers Cooking instructors.

Age: 4-6 Min/Max: 8/12 R/NR: \$162/\$192

Location: Lincoln Center

Class #	Date	Day	Time
4270L13-01	9/10 - 10/15	TH	11:30am-12:30pm
4270L13-02	10/29 - 12/10	TH	11:30am-12:30pm

Sticky Fingers Cooking Camps

Let your child release their inner chef! Students will prepare and eat healthy, globally-inspired recipes all while loving and learning to cook in a fun, engaging and irresistibly tasty way that will turn even the pickiest eaters into avid food explorers! Your kids will have a blast every week discovering how easy and fun it is to cook (and gobble-up!) tasty, healthy, American classics as well as globally-inspired Sticky Fingers Cooking recipes! We practice safe chopping, measuring and mixing skills, use a wide array of cooking utensils all while creating awesomely delicious recipes from the freshest ingredients. Full recipes will be created each class with our awesome master chef Sticky Fingers Cooking instructors.

Age: 4-6 Min/Max: 8/12 Location: Lincoln Center

Instructor: Sticky Fingers Cooking

Class #	Date	Day	Time	R/NR
4270L20-01	11/23 - 11/25	M-W	9:00-11:00am	\$150/\$180
4270L20-02	12/14 - 12/18	M-F	9:00-11:00am	\$250/\$280

VIRTUAL CLASSES

Virtual Marvelous Mondays

NEW! Virtual Monday will take place one to two times a month with different theme and projects every class. This class will be taught virtually by Early Childhood staff who will create lessons that review preschool skills. Virtual classes will be pre-recorded videos that will be emailed out on Friday. Participants will also receive a kit to complete the project in the lesson. Kits will be available for pickup at the Lincoln Center on Fridays. An email will be sent with pick-up times and instructions. Videos will consist of a story time and a song. Parents will need to assist children with the project and videos.

Age: 2-6 Min/Max: 3/10 R/NR: \$30/\$45

Location: Virtually pre-recorded videos

Instructor: Early Childhood Staff

Class #	Date	Day	Time
4185L12-01	9/21	M	9:00-10:00am
4185L12-02	9/28	M	9:00-10:00am
4185L12-03	10/12	M	9:00-10:00am
4185L12-04	10/26	M	9:00-10:00am
4185L12-05	11/9	M	9:00-10:00am
4185L12-06	11/23	M	9:00-10:00am
4185L12-07	12/14	M	9:00-10:00am

Virtual Jump into Literacy

This class will be offered virtually and will feature favorite preschool stories. Each week a pre-recorded video will be emailed to parents and will consist of a different story and project. Take-home kits will be available for pickup at the Lincoln Center. An email will be sent with pick up times. Parents will need to assist children with the project and videos.

Age: 2-6 Min/Max: 3/10 R/NR: \$30/45

Location: Virtual pre-recorded videos

Time: 10:00-11:00am

Class #	Date	Day	Book
4185L07-01	9/22	TU	Brown Bear Brown Bear
4185L07-02	9/29	TU	Chicka Chicka Boom Boom
4185L07-03	10/6	TU	Freight Train
4185L07-04	10/20	TU	Spooky the Sqaure Pumpkin
4185L07-05	11/3	TU	The Napping House
4185L07-06	11/17	TU	Dragons Love Tacos
4185L07-07	12/1	TU	Llama Llama Holiday Drama
4185L07-08	12/15	TU	Snowman at Night



**CHECK
IT OUT**

THERE'S MORE TO EXPLORE!

VIRTUAL PROGRAMS

- Fitness programs pg. 15
- Nature programs pg. 84



BEFORE & AFTER SCHOOL CARE

The LINK Program strives to encourage children entering grades K to 6 to **LAUGH, MAKE FRIENDS** and **BE ACTIVE** every day.



PERKS OF THE LINK PROGRAM

- Discount on select District programs
- LINK staff will connect participants to recreation programs offered at the Lincoln Center by walking them to and from the programs
- Priority registration for LINK Day Off Adventures and Traditional Summer Day Camps
- Sibling discount: 10% off monthly fees

MONTHLY FEES

- A \$60 non-refundable fee is required at time of registration.
- Remaining fees are divided into 10 equal monthly payments and are billed on the 15th of each month from August to May.
- Tuition may also be paid-in-full at the time of registration.

2020-2021 SCHOOL YEAR

DAYS	BEFORE CARE	AFTER CARE	BEFORE & AFTER CARE
3 DAYS	\$105	\$200	\$285
4 DAYS	\$125	\$255	\$355
5 DAYS	\$135	\$315	\$420



REGISTRATION INFORMATION

- Registration is on going.
- School District 58 students entering grades K-6th are eligible to enroll.
- In-person registration at the Lincoln Center is required with a \$60 non-refundable, non-transferable registration fee.
- Part-time enrollment must maintain consistent days.

PROGRAM HOURS

BEFORE SCHOOL: Monday-Friday: 6:30-8:15am
All students must arrive no later than 7:45am

AFTER SCHOOL:

Monday: 2:00-6:00pm
 Tuesday-Friday: 3:00-6:00pm

TRANSPORTATION

Children from all District 58 schools are welcome to register. Bus routes will be determined based on enrollment. Families will be notified which schools we will be servicing no later than mid-July.



DAY OFF ADVENTURES

OPEN TO ALL K-6TH GRADE STUDENTS & FROM ALL SCHOOL DISTRICTS!

The LINK Day Off Adventures offers field trips, special events or themed days and will be filled with sports, arts and crafts, group games and more.

All registrations are based on program space, staffing and enrollment. Be sure to enroll by the "Register By" date. Field Trip/Theme Day Schedule will be posted on dgparks.org by Sept. 14.

**ON ALL DAY OFF ADVENTURES, CHILDREN NEED:
 Back Pack • Sack Lunch • Water Bottle • Afternoon Snack Gym Shoes and Socks**

Program	Time	R/NR
LINK Day Off Adventure	9:00am-4:00pm	\$45/\$68 LINK Participant: \$40
Before Care	6:30-9:00am	\$10/\$15
After Care	4:00-6:00pm	\$10/\$15

DAY OFF ADVENTURE PROGRAM CODES

Date	Day Off Adventures	Before Care	After Care	Register By
10/12	4220M00-01	4220M00-02	4220M00-03	10/5
10/23	4220M00-04	4220M00-05	4220M00-06	10/16
11/25	4220M00-07	4220M00-08	4220M00-09	11/18
12/21	4220M00-10	4220M00-11	4220M00-12	12/14
12/22	4220M00-13	4220M00-14	4220M00-15	12/14
12/23	4220M00-16	4220M00-17	4220M00-18	12/14
12/28	4220M00-19	4220M00-20	4220M00-21	12/21
12/29	4220M00-22	4220M00-23	4220M00-24	12/21
12/30	4220M00-25	4220M00-26	4220M00-27	12/21



YOUTH INTEREST

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

Family Bingo Night

Calling all children, parents, grandparents, aunts and uncles! Join us for Family Bingo Night! The event includes bingo, pizza, dessert and a drink. Prizes will be given to adults and children after each round, as well as a prize for all children at the end of the event. Registration is per person so every adult and child attending must register.

Age: 5+ **Min/Max: 30/50** **R/NR: \$15/\$23**
Location: Lincoln Center

Class #	Date	Day	Time
4700B10-01	9/11	F	6:00-7:30pm

Magic Class

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks. Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading and more! Children are grouped by age and learn tricks that are age-appropriate. Brand new tricks are always taught at each session! All materials are provided. Each child receives a magic kit to take home.

Age: 5-12 **Min/Max: 10/20**
R/NR: \$22/\$33 **LINK Participant: \$20**
Location: Lincoln Center **Instructor: Gary Kantor**

Class #	Date	Day	Time
4270M14-01	9/30	W	6:45-7:40pm
4270M14-02	11/5	TH	4:00-4:55pm

Halloween Gore-Tastic Lab

Investigate what makes Halloween so chilling in this electrifying science workshop. Have fun with weird and horrifying Halloween concepts like puking pumpkins, static-powered witches, horrific Halloween pranks, blood and bruises, the science of a haunted fall carnival, creepy candy experiments and more ghoulish Halloween exploration! Kids will have such a blast; they won't even realize they are acquiring new science concepts! Themed souvenirs included.

Age: 6-12 **Min/Max: 7/15**
R/NR: \$27/\$41 **LINK Participant: \$25**
Location: Lincoln Center **Instructor: Lisa Lombardi**

Class #	Date	Day	Time
4270M43-01	10/20	TU	5:00-6:00pm

THERE'S MORE TO EXPLORE!
YOUTH NATURE PROGRAMS
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Autumn Outrageous OOBLECK Lab

Scent it, color it and experiment! Oobleck is an insanely fun science lab experience. It's perfect for kids who love working with test tubes and textures. Is it a liquid or a solid? It's both! We will celebrate the fall season as we mix ingredients to make our Oobleck smell like pumpkin pie, a crisp autumn evening, marshmallow fireside, caramel apples, and more fall sensational scents. Oobleck, named for a gooey substance that fell from the sky in a Dr. Seuss story, is wild and messy fun, so don't wear your Sunday best to this lab.

Age: 6-12 **Min/Max: 7/20**
R/NR: \$25/\$38 **LINK Participant: \$23**
Location: Lincoln Center **Instructor: Lisa Lombardi**

Class #	Date	Day	Time
4270M44-01	11/11	W	5:00-6:00pm

Grinch Goo-Tastic Slime Lab

Have the slime of your life creating seasonal slime with a Grinch-inspired theme. Slime continues to be all the rage with kids and this time our concoction lab will include all the colors of Christmas, hearts and ornaments as mix ins, along with winter scents that will make you feel like you are in the Grinch story! This is crazy fun to blow off some steam as kids get excited for winter break to arrive. Every participant will go home with the slime they made and one other prize. Kids must be able to follow directions well.

Age: 6-12 **Min/Max: 7/15**
R/NR: \$27/\$41 **LINK Participant: \$25**
Location: Lincoln Center **Instructor: Lisa Lombardi**

Class #	Date	Day	Time
4270M45-01	12/7	M	5:00-6:00pm

Amazing Gingerbread Houses

This class is meant to be a special family night to celebrate the holiday. Take the time out of your busy schedule to enjoy designing and decorating a special gingerbread house together. We will provide everything you need along with a special holiday snack and beverage. This class is sure to be a hit—sign up early! One gingerbread house per family. Please register the child only. Please note: One gingerbread house per family. If you would like more than one, please register an additional child.

Age: 3-12 with parent **Min/Max: 12/20**
R/NR: \$39/\$59 **Location: Lincoln Center**
Instructor: Ultimate Classes and Parties

Class #	Date	Day	Time
4270M07-01	12/3	TH	6:30-7:30pm

Holiday Glamour Hair

Moms, bring your daughters to this amazing class and learn the skills in order to create a variety of simple up dos and braids for the holidays. Forget going to the beauty shop every time she need her hair done for dance, cheer, gymnastics, school play or even the holidays. A variety of style will be taught to accommodate different age groups. Each girl will choose from a sparkly collection of clips and glitters to polish off their new glamour look. Goodie bags are included.

Age: 4-12 with parent **Min/Max: 10/25**
R/NR: \$43/\$65 **Location: Lincoln Center**
Instructor: Ultimate Classes and Parties

Class #	Date	Day	Time
4270M08-01	11/20	TH	6:30-7:30pm

CREATE A BOOK WORKSHOP!

NEW! Students will create their own unique and personalized holiday gift for a grandparent, aunt, uncle or other loved one. Using special editing software and digital cameras, students will create a personalized book for a loved one in this fun and creative class. Students will work on their projects for three weeks and will their get their book on the fourth week, just in time for the holidays. Your family member will be so excited to receive such special gift from your child! No class Nov. 24.

Age: 8-12 **Min/Max: 6/10** **R/NR: \$120/\$150** **LINK Participant: \$114** **Location: Lincoln Center**
Instructor: Computer Explorers

Class #	Date	Day	Time
4270M13-01	11/17 - 12/15	TU	4:30-6:00pm

Adorable Christmas Puppies

Kids, have you ever dreamed of owning a pet? Receive an adorable dog to stuff and bring it to life. Select a special name for your new puppy to fill out on its birth certificate. We will also decorate T-shirts, a rhinestone collar and a blanket to lie on. Children ages 3 to 6 must be accompanied by an adult.

Age: 3-12 Min/Max: 10/25 R/NR: \$39/\$59

Location: Lincoln Center

Instructor: Ultiamte Classes and Parties

Class #	Date	Day	Time
4270M09-01	12/10	TH	6:30-7:30pm

Amigos Youth Spanish Club

Learning Spanish is as easy as uno, dos, tres! In Afterschool Amigos Spanish Club, children learn numbers, colors, shapes, greetings, days of the week and more! We sing, clap and count our way towards learning the Spanish Language. No class Nov. 26.

Age: 5-10

Min/Max: 6/12

R/NR: \$115/\$145

LINK Participant: \$110

Location: Lincoln Center

Instructor: After School Enrichment

Class #	Date	Day	Time
4270M05-01	9/10 - 10/15	TH	4:00-5:00pm
4270M05-02	10/22 - 12/3	TH	4:00-5:00pm

Youth Spanish

NEW! Learning a second language can open a world of possibilities for your child. In this class, students will learn Spanish conversation and some Spanish grammar, reading and writing skills through interactive and engaging activities. No class Nov. 27.

Age: 6-11

Min/Max: 6/12

R/NR: \$86/\$116

LINK Participant: \$82

Location: Lincoln Center

Instructor: Language in Action Inc.

Class #	Date	Day	Time
4270M04-01	9/11 - 10/16	F	4:00-5:00pm
4270M04-02	10/23 - 12/4	F	4:00-5:00pm

Chess Scholars Camp

This camp is designed for both beginners and experienced young players. All participants will learn cool new strategies at the appropriate level from a renowned Chess Scholars coach. Each class will consist of a fun interactive teaching period and guided practice time. There will also be a chess competition with prizes! Each camper will take home a chess set and an award. Please bring your own snacks.

Age: 6-12 Min/Max: 5/20 R/NR: \$120/\$150

Location: Lincoln Center Instructor: Chess Scholars

Class #	Date	Day	Time
4270M06-01	12/28 - 12/30	M-W	9:00am-12:00pm

MATH PLAYS

NEW! Designed for students who are in 1st to 4th grade. Concepts for 1st and 2nd graders may include place value, ordering, comparing, and rounding numbers, addition and subtraction, length measurement, time and money. Concepts for 3rd and 4th graders may include place value, ordering, comparing and rounding numbers, multi-digit addition and subtraction, multiplication and division, and area and perimeter. Class activities may include instruction on new concepts, whole class activities, independent play of predetermined games/activities and written enrichment/homework help. No class Nov. 24.

Min/Max: 3/10

Location: Lincoln Center

Instructor: Math Plays

Class #	Grade	Date	Day	Time	R/NR
4270M41-01	1-2	9/8 - 9/29	TU	4:00-5:00pm	\$86/\$116 LINK Participant: \$82
4270M41-02	1-2	10/6 - 10/27	TU	4:00-5:00pm	\$86/\$116 LINK Participant: \$82
4270M41-03	1-2	11/3 - 12/8	T U	4:00-5:00pm	\$108/\$138 LINK Participant: \$103
4270M42-01	3-4	9/8 - 9/29	TU	5:00-6:00pm	\$86/\$116 LINK Participant: \$82
4270M42-02	3-4	10/6 - 10/27	TU	5:00-6:00pm	\$86/\$116 LINK Participant: \$82
4270M42-03	3-4	11/3 - 12/8	TU	5:00-6:00pm	\$108/\$138 LINK Participant: \$103

STEM-BASED FUN

Crazy Chemworks

NEW! Shake up a flask of fun in the lab and become a junior chemist! Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Check out the colors of chemistry with the power of pH paper and create a stopper-popping reaction. Probe the properties of light and discover some unusual applications of glow-in-the-dark technology.

Age: 5-10 **Min/Max: 12/20**
R/NR: \$146/\$176 **LINK Participant: \$139**
Location: Lincoln Center **Instructor: Mad Science**

Class #	Date	Day	Time
4270M33-01	9/17 - 10/22	TH	4:00-5:00pm

Brixology

NEW! Brixology sets the foundation for our next generation of makers! Children learn about different types of engineering and then team up to construct a different engineering-themed project using LEGO® bricks. We'll learn about aerospace engineering while assembling a space station. We'll explore mechanical engineering as we build boats. That's not all! From carnival rides to drawing machines to mechanical animals, your future engineer will build upon their creativity to solve real-world design challenges, while developing their problem-solving and team-building skills. Let the tinkering begin! No class Nov. 26.

Age: 6-11 **Min/Max: 12/20**
R/NR: \$146/\$176 **LINK Participant: \$139**
Location: Lincoln Center **Instructor: Mad Science**

Class #	Date	Day	Time
4270M46-01	11/5-12/17	TH	4:00-5:00pm

Robotics Adventures

NEW! With the LEGO® WeDo Robotics System, young children can build and program their own robotic creations. Designed by the experts at MIT, this unique system teaches children about simple machines, engineering, programming and so much more. Young imaginations soar! Students will work together in teams of two.

Age: 6-8 **Min/Max: 6/10** **R/NR: \$93/\$123**
LINK Participant: \$88 **Location: Lincoln Center**
Instructor: Computer Explorers

Class #	Date	Day	Time
4270M19-01	9/15 - 10/6	TU	4:30-6:00pm

JEDI Engineering Mission to Space Camp!

Join us on an adventurous journey through space! Build a world where rebels and the dark side start epic battles. Each day, students will learn about real-life space exploration during our engaging lessons. Then using our proprietary project kits and model plans, the students will use their engineering skills to build different moving models! We'll build motorized models that represent spacecraft from Star Wars and models related to the NASA space program. Our one-of-a-kind models incorporate beams, gears, axles, motors and battery packs! Each day will include loads of building, games, challenges and motorized creations that are sure to make you feel like you are JEDI in training! Some of the daily activities will include LEGO® technic motorized builds, mosaics, LEGO® ziplines, daily take home crafts and more!

Age: 5-9 **Min/Max: 8/18** **R/NR: \$158/\$188**
Location: Lincoln Center **Instructor: Bricks 4 Kidz**

Class #	Date	Day	Time
4270M29-01	12/28 - 12/31	M-TH	9:00am-12:00pm

RoboThink Fall After School Robotics Program

Build robots and have STEM-tastic fun! RoboThink offers academically oriented STEM programs focusing on robotics for budding, intermediate and advanced students. Armed with motors, sensors, gears and mainboards, students build robot creations of all shapes, sizes and functions! Each session, students are introduced to engineering concepts through our trained instructors. Students are in turn, asked to apply these concepts to solve challenges, provide solutions to problems and build creative robots in a fun environment. There are different curricula to adjust for different experience levels. No prior experience is required.

Age: 6-12 **Min/Max: 5/20** **R/NR: \$220/\$250** **Location: Lincoln Center** **Instructor: RoboThink**

Class #	Date	Day	Time
4270M10-01	9/14 - 11/2	M	5:00-6:30pm

LEGO® Engineering - Remote Control Mania!

Making it move is the name of the game in this exciting program! Kids will love to see their creations in motion using LEGO® motors, battery packs and wireless remote controls. Each week we will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, machines and more. As they enjoy the fun of building, students will understand the basic working principles of many ingenious devices that are part of our everyday lives. This program is loads of fun and learning for budding builders.

Age: 6-9 Min/Max: 8/18 R/NR: \$70/\$100
LINK Participant: \$67 Location: Lincoln Center
Instructor: Bricks 4 Kidz

Class #	Date	Day	Time
4270M26-01	9/9 - 9/30	W	4:30-5:30pm

LEGO® STEM Workshops – Jurassic Brick Land!

Are you ready for an adventure of a lifetime? Put on your hiking boots and camouflage...you're about to enter Jurassic Brick Land! Students will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T. Rex and more. Each week students will learn fascinating facts about amazing dinosaurs and other extinct animals that roamed the earth and swam the seas during the age of dinosaurs. Our proprietary kits and model plans incorporate gears, axles, motors, battery packs, remote controls and other technic Lego® components. Our specialized project kits and model plans are sure to challenge all grade and skill levels. Come learn, build, and play at Jurassic Brick land after school classes!

Age: 5-9 Min/Max: 8/18 R/NR: \$70/\$100
LINK Participant: \$67
Location: Lincoln Center Instructor: Bricks 4 Kidz

Class#	Date	Day	Time
4270M73-01	10/7-10/28	W	4:30-5:30pm

LEGO® Engineering Workshops - Amusement Park Adventures!

Delve into the history and mechanics of your favorite amusement park rides in this imaginative unit. Students will use our proprietary LEGO® technic kits to construct a Ferris Wheel, Carousel Swing, Swing Boat Ride, and a Merry Go Round. Our one-of-a-kind kits incorporate beams, axles, gears, motors and battery packs to make our creations come to life! Lessons incorporate principles of physics, described in a way children can understand, such as G-force inertia and momentum, as well as math concepts. These engaging lessons will give students an understanding of the physical forces they experience every day. No class Nov. 25.

Age: 5-9 Min/Max: 8/18 R/NR: \$70/\$100
LINK Participant: \$67 Location: Lincoln Center
Instructor: Bricks 4 Kidz

Class #	Date	Day	Time
4270M27-01	11/4 - 12/2	W	4:30-5:30pm

Lights, Camera, Action! Making Your Own Harry Potter® Movie

NEW! What's the next adventure for Harry Potter, Ron and Hermione? You decide! Create your own Harry Potter® movie using special movie making cameras and software. As directors and producers, work in teams to create a story and script, build various Harry Potter® LEGO® scenes and film a movie. We will use graphic editing techniques and stop motion animation, add background noise and music and show our movie at a private screening on the last day of class. All students will get a copy of their movie after class ends.

Age: 8-12 Min/Max: 6/10 R/NR: \$93/\$123
LINK Participant: \$88 Location: Lincoln Center
Instructor: Computer Explorers

Class #	Date	Day	Time
4270M72-01	10/20 - 11/10	TU	4:30-6:00pm

COOKING

iCook

iCook is a fun, hands-on after school cooking program for children. Our mission is simple: to help teach children to love everything about food including cooking, eating delectable and healthy dishes, and learning about the different cultures and stories behind the food. Our chefs-in-training will learn how to make delicious and nutritious recipes using fresh and colorful ingredients and will create two recipes every class! We will travel across the globe to learn about the cuisine and traditions of different countries and master how to cook safely while slicing, dicing, chopping, baking, zesting, mixing and more!

Age: 5-10 Min/Max: 10/20 R/NR: \$193/\$223
LINK Participant: \$184 Location: Lincoln Center
Instructor: iCook

Class #	Date	Day	Time
4270M15-01	9/8 - 10/13	TU	4:30-5:30pm
4270M15-02	10/20 - 11/24	TU	4:30-5:30pm

Sticky Fingers Cooking

NEW! Let your child release their inner chef! Students will prepare and eat healthy, globally-inspired recipes all while loving and learning to cook in a fun, engaging and irresistibly tasty way that will turn even the pickiest eaters into avid food explorers! Our fun, inspiring and creative chef instructors mix together a sense of engagement and excitement as they combine the love of cooking and fun nutritional facts (even a few bad jokes!), safe cooking skills and hygiene, geography, math skills, food culture and history to help instill a lifetime love of delicious, healthy family cooking. Your kids will have a blast every week discovering how easy and fun it is to cook (and gobble-up!) tasty, healthy, American classics as well as globally-inspired Sticky Fingers Cooking recipes! We practice safe chopping, measuring and mixing skills, use a wide array of cooking utensils all while creating awesomely delicious recipes from the freshest ingredients. Full recipes will be created each class with our awesome master chef Sticky Fingers Cooking instructors.

Age: 5-11 Min/Max: 8/12 R/NR: \$190/\$220
LINK Participant: \$180 Location: Lincoln Center
Instructor: Sticky Fingers Cooking

Class #	Date	Day	Time
4270M16-01	9/14 - 10/26	M	4:00-5:00pm
4270M16-02	11/2 - 12/14	M	4:00-5:00pm

PARENTS NIGHT OUT

Looking for a fun, safe environment while you enjoy a night out or have some time to yourself? Let the Downers Grove Park District provide your children with an evening of games, movies, crafts and pizza. Children must be toilet trained. Registration is required one week in advance.

Age: 5-12 Min/Max: 8/17 R/NR: \$25/\$38
LINK Participant: \$23 Location: Lincoln Center

Class #	Date	Day	Time
4270M03-01	10/23	F	6:00-9:00pm
4270M03-02	11/20	F	6:00-9:00pm
4270M03-03	12/18	F	6:00-9:00pm

DROP AND SHOP

We know the holidays can be a very busy time for parents. Let the Downers Grove Park District take care of your kids for a few hours while you shop or take care of chores. Children will have a morning of games, movies and crafts. Everyone should bring a water bottle and snack. Children must be toilet trained. Registration is required one week in advance.

Age: 5-12 Min/Max: 8/20 R/NR: \$25/\$38
Location: Lincoln Center

Class #	Date	Day	Time
4270M02-01	11/21	SA	9:00am-12:00pm
4270M02-02	12/12	SA	9:00am-12:00pm

HEALTH & SAFETY

CPR Skills for Babysitters

Further your skills and make yourself the most marketable babysitter in your neighborhood! Focus on rescue techniques for full arrest victims from newborn to 12 years of age. The course also covers conscious and unconscious choking, rescue breathing and AED use. Certification is valid for two years.

Age: 10-15 Min/Max: 8/15 R/NR: \$48/\$72
Location: Lincoln Center Instructor: Juli Wascher

Class #	Date	Day	Time
4700M04-01	10/22	TH	5:00-8:00pm

Babysitting for Success

Discussions, role-playing activities and practical experiences are all part of this class that covers diapering, feeding and playing with children, child development, emergencies and first aid. Bring a snack and a doll to each class. Resource materials are included. Students receive a certificate of completion for the eight-hour class.

Age: 10-16 Min/Max: 8/15 R/NR: \$55/\$83
Location: Lincoln Center Instructor: Tracy Gustello

Class #	Date	Day	Time
4700M06-01	M	11/2	5:00-8:00pm
	W	11/4	5:00-8:00pm
	M	11/9	5:00-7:00pm



Emerging Warriors

Welcome to Ninja Warrior! Using an integrated curriculum, this class is appropriate for beginner and advanced participants. Classes are structured to provide progressive growth over the course of the session, and participants will be able to challenge themselves with some of our beginner, intermediate and advanced obstacles aimed at building strength, agility and balance. Classes will typically include four circuits with 5 to 8 obstacles per circuit. Classes will be structured and very active. Ninjas will not stop moving and will leave tired and proud! Classes take place at Windy City Ninjas located at 684 W. Lake St. in Elmhurst. No class Nov. 26.

Age: 5-8 Min/Max: 8/15 R/NR: \$200/\$230
Instructor/Location: Windy City Ninja Elmhurst

Class #	Date	Day	Time
4270M11-01	9/10 - 10/22	TH	7:00-7:55pm
4270M11-02	10/29 - 12/17	TH	7:00-7:55pm

Ascending Warriors

Welcome to Ninja Warrior! Using an integrated curriculum, this class is appropriate for beginner and advanced participants. Classes are structured to provide progressive growth over the course of the session, and participants will be able to challenge themselves with some of our beginner, intermediate and advanced obstacles aimed at building strength, agility and balance. Classes will typically include four circuits with 5 to 8 obstacles per circuit. Classes will be structured and very active. Ninjas will not stop moving and will leave tired and proud! Classes take place at Windy City Ninjas located at 684 W. Lake St. in Elmhurst. No class Nov. 26.

Age: 9-13 Min/Max: 2/15 R/NR: \$200/\$230
Instructor/Location: Windy City Ninja Elmhurst

Class #	Date	Day	Time
4270M12-01	9/10 - 10/22	TH	7:00-7:55pm
4270M12-02	10/29 - 12/17	TH	7:00-7:55pm

FOR TEENS

You're Hired! Teen Life Coaching Workshop

Have a teen who will be interviewing for their first job or volunteer opportunity over the next year or so? If so, let's sharpen their "soft skills." This life coaching workshop will ignite excitement for your child who will soon enter the wonderful world of the job market. Whether it be camp counselor, lifeguard, or volunteering at the local 5K charitable walk, this power packed hour is a game changer! Mock interviews, image consulting, communication hacks, critical thinking challenges and teamwork scenarios will all be included in a fun manner to drive home the point. We will also address managing anxiety, protecting reputation, smashing negativity vibes and building self-esteem. This workshop content has a proven track record with this age range!

Age: 12-16 Min/Max: 7/20 R/NR: \$26/\$39

Location: Lincoln Center Instructor: Lisa Lombardi

Class #	Date	Day	Time
4270M17-01	9/21	M	5:00-6:00pm

Teen Trip to Statesville Haunted Prison

NEW! Get ready for a haunted house trip that will scare even the bravest of teens! Hop on our bus as we chauffeur you to one of Chicago's best haunted houses, Statesville Haunted Prison and City of the Dead. Fee includes a VIP ticket admission, transportation, and supervision. VIP tickets also include a fast pass so no waiting in long lines! Registration deadline is Sept. 27. Departs from Downers Grove Park District Lincoln Center.

Age: 11-16 Min/Max: 10/12 R/NR: \$60/\$78

Location: Meet at Lincoln Center

Class #	Date	Day	Time
4700M09-01	10/9	F	6:00-9:00pm



OUTDOOR RECREATION

Experience autumn splendor in our beautiful parks! The Downers Grove Park District offers outdoor biking, walking and running opportunities including mowed trails and paved walking paths at 10 locations. **View maps at dgparks.org.**

- Belmont Prairie
- McCollum Park
- Doerhoefer Park
- Patriots Park
- Ebersold Park
- Recreation Center
- Hoopers Hollow
- Walnut Park
- Lyman Woods
- Whitlock Park





ADULT INTEREST

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

Senior Bean Bag League

Let's get a little fun and exercising in before all of the holidays! Bean Bags (cornhole) is a lawn game in which players take turns throwing bags at a raised board with a hole in the far end. Depending on the weather, we will either play outside at the Lincoln Center at Constitution Park or inside in the Downers Grove Community Center gym. Register individually and we will pair you up on the first day. It's guaranteed to be a good time with plenty of great fun and laughs. No experience needed; guidance provided. Refreshments will be provided, along with a prize for the winners at the end of the season.

Age: 55+ Min/Max: 4/15 R/NR: \$20/\$30

Location: Lincoln Center

Class #	Date	Day	Time
4700B09-01	9/18 - 10/9	F	1:00-2:00pm
4700B09-02	10/23 - 11/13	F	1:00-2:00pm

Craft Club

Are you looking for a place to socialize, connect with old friends and meet new friends, all while learning new artistic skills? You have found the right place! Join us on Tuesday mornings for an afternoon of fun and creativity on our monthly art projects. Each month we focus on a new instructor-led project. Examples of projects may include: painting, home decor, holiday decor, mosaics and crafting. No previous art experience necessary. Pre-registration is required.

Age: 55+ Min/Max: 7/15 Location: Lincoln Center

Instructor: Nell Posmer

Class #	Date	Day	Time	AC/R/NR
4700B14-01	9/1 - 9/22	TU	9:00-11:00am	\$55/\$60/\$65
4700B14-02	10/6 - 10/27	TU	9:00-11:00am	\$55/\$60/\$65
4700B14-03	11/3 - 11/17	TU	9:00-11:00am	\$40/\$45/\$50
4700B14-04	12/1 - 12/15	TU	9:00-11:00am	\$40/\$45/\$50

Spanish for Adults

NEW! Have you always wanted to learn a foreign language, but never had the opportunity? In this relaxed, small-class environment you will learn Spanish conversation, grammar, and phonetics, which you can immediately begin using. This class will be tailored to fit the needs of the students enrolled.

Age: 18+ Min/Max: 6/15 R/NR: \$86/\$116

Location: Lincoln Center

Instructor: Language in Action, Inc.

Class #	Date	Day	Time
4700L15-01	9/8 - 10/13	TU	10:15-11:15am
4700L15-02	9/9 - 10/14	W	6:00-7:00pm
4700L15-03	10/20 - 12/1	TU	10:15-11:15am
4700L15-04	10/21 - 12/2	W	6:00-7:00p

Windy City Ninja Warrior

Welcome to Ninja Warrior! Working off an integrated curriculum, this class is appropriate for beginner and advanced participants. Classes are structured to provide progressive growth over the course of the session, and participants will be able to challenge themselves with some of our beginner, intermediate, and advanced obstacles aimed at building strength, agility, and balance. Classes will be structured and very active and will typically include four circuits with 5 to 8 obstacles per circuit. Ninjas will not stop moving and leave tired and proud! Classes take place at Windy City Ninjas located at 684 W. Lake St. in Elmhurst.

Age: 17+ Min/Max: 2/15 R/NR \$200/\$230

Location: Lincoln Center Instructor: Windy City Ninja

Class #	Date	Day	Time
4700L01-01	9/10 - 10/22	TH	7:00-7:55pm
4700L01-02	10/29 - 12/17	TH	7:00-7:55pm

COOKING

Super Soups for Lunch or Dinner

NEW! Simple or hearty, pureed or chunky, soups are the perfect fall meal. Let's get ready for fall. In this hands-on demonstration class, you will learn new soup recipes to serve just that purpose...white chicken chili soup, split pea and ham and creamy tomato basil. Sample each and take home the recipes. Then come fall, fire up the pot because these are soon to be family favorites.

Age: 18+ Min/Max: 4/8 R/NR: \$72/\$102
Location: Lincoln Center Instructor: Carol Segobiano

Class #	Date	Day	Time
4700L18-01	10/19	M	9:00-11:00am
4700L18-02	10/20	TU	9:00-11:00am
4700L18-03	11/9	M	9:00-11:00am

Italian Comfort Cooking

NEW! Longing for an authentic taste of Italy with all the glories of comfort food? In this hands-on demonstration, you will learn how to cook your own Bolognese sauce served over creamy polenta. Or, if you're craving creamy, cheesy goodness, learn how to make risotto from scratch, including seasonal and regional variations to adapt to your favorite foods. Leave with the recipes and the know how to make mouthwatering treats for your hungry family or guests.

Age: 18+ Min/Max: 4/8 R/NR: \$72/\$102
Location: Lincoln Center Instructor: Carol Segobiano

Class #	Date	Day	Time
4700L16-01	9/14	M	9:00-11:00am
4700L16-02	9/15	TU	9:00-11:00am
4700L16-03	9/22	TU	9:00-11:00am

THERE'S MORE TO EXPLORE!
ADULT NATURE
PROGRAMS
Pages 83-84

Crowd Pleasing Appetizers

NEW! Whether you're having a family holiday party or a neighborhood get-together, learn how to create easy, yet delicious appetizers, perfect for pleasing family members or guests. With a hands-on demonstration, discover baked herbed goat cheese with crostinis, Gougere (hot cheesy pastry from the Burgundy region of France) served with fresh fruit, and sausage stuffed mushrooms, a warm and satisfying finger food that can be served as a side dish as well. Leave with the recipes and the know how to make mouthwatering treats for your hungry guests.

Age: 18+ Min/Max: 4/8 R/NR: \$65/\$95
Location: Lincoln Center Instructor: Carol Segobiano

Class #	Date	Day	Time
4700L17-01	10/5	M	9:00-11:00am
4700L17-02	10/6	TU	9:00-11:00am
4700L17-03	11/2	M	9:00-11:00am

**ANNUAL HOLIDAY CELEBRATION**

We are back at the Lincoln Center for this annual holiday party with new entertainment! Valentine brings his Vegas-style "The Legends of Rock & Roll" show featuring music of Frank Sinatra, Franklin Varney, Bob Dylan, and Andy Williams to the stage. We'll be this lively performance will be by a delicious hot buffet and even try to win some fun door prizes.

Age: 55+ Min/Max: 30/50 R/NR: \$35/\$45
Location: Lincoln Center

Class #	Date	Day	Time
4700B20-01	12/16	W	11:30am-2:00pm

HEALTH & SAFETY

Medicare Update for 2021: The Great Debate

Learn about what's coming next year for Medicare. Learn how to distinguish between the two Medicare health plan options, discover "hidden" costs under the mechanics of Medicare plans, and with costs, co-pays, co-insurance, and more. Medicare education provides knowledge and peace of mind in making an informed Medicare health plan decision.

Age: 55+ Min/Max: 10/50 AC/R/NR: \$5/\$8/\$12

Location: Lincoln Center

Class #	Date	Day	Time
4700B03-01	11/6	F	1:00-2:00pm

Infant & Child CPR

Designed for childcare providers, teachers and parents. This course focuses on rescue techniques for full arrest victims from newborn to 12 years of age. The course also covers conscious and unconscious choking along with rescue breathing. The use of an AED is discussed. This certification is American Red Cross and is valid for two years.

Age: 16+ Min/Max: 10/15 R/NR: \$50/\$75

Location: Lincoln Center Instructor: Juli Wascher

Class #	Date	Day	Time
4700L06-01	11/5	TH	6:00-9:00pm

Adult CPR & AED Training

This course covers CPR for the adult victim (over twelve years of age) along with rescue techniques for conscious and unconscious choking victims. The course also covers the use of the AED. American Red Cross certification is valid for two years.

Age: 16+ Min/Max: 10/15 R/NR: \$50/\$75

Location: Lincoln Center Instructor: Juli Wascher

Class #	Date	Day	Time
4700L05-01	10/15	TH	6:00-9:00pm

First Aid Training

This course covers medical emergencies, hemorrhage control, splinting and environmental emergencies. This class also focuses on what to do before emergency medical services arrive. Certification is valid for two years.

Age: 18+ Min/Max: 11/15

R/NR: \$50/\$75

Location: Lincoln Center Instructor: Juli Wascher

Class #	Date	Day	Time
4700L02-01	9/10	TH	6:00-9:00pm

State of Illinois Mobile Driver's License Renewal Unit

This unit will enable you to renew, replace or correct a driver's license, buy vehicle stickers and provide information on organ and tissue donation. If you are age 65 or older, you may obtain a free, non-expiring state ID card. To renew a current Illinois Driver's License, ID card, a valid driver's license from another state presented. To apply for a corrected driver's license or ID card, the original identification must be presented. Check www.cyberdriveillinois.com for information on acceptable forms of identification and what applicable fees will be charged. Checks or credit cards will only be accepted on site; no cash. No appointment necessary.

Age: 55+ Location: Lincoln Center

Instructor: State of Illinois

Date	Day	Time
9/9	W	9:00am - 12:00pm

Healthy YOUiversity Series

This new series focuses on YOU and provides participants with the tools and knowledge to improve personal health inside and out! Through engaging, hands-on sessions, presented by health and wellness experts, participants will learn how to improve multiple facets of their life including nutrition, stress management, physical strength and balance, life planning and more! Refreshments will be served from 5:30 to 6:00pm with the presentation from 6:00 to 7:00pm.

Risks and Dangers of Poor Dental Health:

Oral health is so much more than just the health of the mouth, teeth and gums. Because the mouth is a primary entryway into the body, oral health can have negative consequences for the entire body. Learn these consequences and how they can be prevented or treated. This session is presented by Dr. Michael Cunningham of Grove Dental Associates.

Prescription Opioid Use and the Aging Population:

What is an opioid and why is it prescribed for both short term and long-term pain management? Dr. Ahsan from Good Samaritan Hospital will discuss the precautions that should be taken to prevent abuse/addiction, as well as the potential side effects that can occur when taking a prescription opioid. You will also learn about alternative methods for pain management. This session is presented by Maleeha Ahsan, MD, with Good Samaritan Hospital.

The Five Wishes Advanced Care Planning:

Advanced care planning is for everyone. A change in health or an accident can happen to any of us. Regardless of age or health, to have a plan that documents our health care wishes is important. Five Wishes is the beginning of how to talk about what matters most to you. This session is presented by AZ Health & Elder Law.

Nutrition:

For many people, "diet" is a four letter word, but that's not the way it should or has to be. In this presentation, we won't be focusing on trendy "eat this, avoid that" diet. Instead, we will discuss some of the most relevant, functional, and all-around healthy options to food and eating in health and wellness today. This session is presented by Hardy Health, LLC. This presentation was rescheduled from May 20.

Age: 18+ Min/Max: 10/40

R/NR \$10/\$15

Location: Lincoln Center

Class #	Date	Day	Time	Topic
3700B13-03	8/19	W	5:30-7:00pm	Risks and Dangers of Poor Dental Health
4700B13-01	9/16	W	5:30-7:00pm	The Five Wishes: Advanced Care Planning
4700B13-02	10/21	W	5:30-7:00pm	Prescription Opioid Use and the Aging Population
4700B13-03	11/18	W	5:30-7:00pm	Nutrition





ADULT CENTER

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

Play for Life!

Pursue fulfilling activities including recreation, education, health, nutrition and social service with programs designed for, but not limited to, adults 55 years and older. The Adult Center is located on the third level of Lincoln Center.

BECOME A MEMBER

The Downers Grove Park District Adult Center was established for active, fun-loving adults in the community and provides social service programs, informal seminars, health classes, entertainment and more. A wide variety of classes, parties, trips and clubs are offered to encourage friendship and social interaction and we are always looking to expand and improve the programs we offer. You have a great opportunity to become a member of the Adult Center and receive numerous benefits through that membership.

CANCELED

ANNUAL FEE: RESIDENTS: \$30 | NON-RESIDENTS: \$40

BENEFITS OF MEMBERSHIP:

- FREE subscription to Connections Newsletter Non-members: \$10/year
- FREE monthly Lunchtime BINGO
- FREE Popcorn Matinee
- Annual Membership Appreciation Party
- Discounts on local day trips
- Ability to register one week prior to regular resident registration for each seasonal guide

ADULT CENTER CLUBS

The Center offers many weekly activities including:

- Bridge
- Pinochle
- Poker
- Bunco
- Mah Jong
- Domino
- Chess
- Pokeno
- Canasta

LIFELONG LEARNING

- Rules of the Road
- Defensive Driving Class
- Volunteer Opportunities
- Red Hat Book Club

SERVICES & BENEFITS

- Golf (Discounted Rate)
- Income Tax Assistance (AARP)

SOCIAL CLUBS

- Craft Club (FREE)
- Red Hat Chapter

LEISURE ACTIVITIES & PROGRAMS

- Popcorn Matinee Movies/Concerts
- Bingo
- Summer Mini Golf League
- Senior Bean Bag League
- One-day and Extended Trips

Lunchtime Bingo

It's a bingo bonanza on the last Wednesday of each month! Get the party started early by joining for lunch! Social hour/lunch starts at 11:30am. Bingo starts at 12:30pm.

Age: 55+ Min/Max: 10/30

AC/R/NR: Free/\$1/\$2; Fee is paid at the door

Location: Lincoln Center

Date	Day	Time
9/30	W	11:30am-2:00 pm
10/28	W	11:30am-2:00 pm
11/25	W	11:30am-2:00 pm
12/30	W	11:30am-2:00pm

Popcorn Matinee

Enjoy feature films or concerts and back to school popcorn while you enjoy the movie on the 1st and 4th Thursday of the month. Movies are subject to change due to availability or date of showing.

Age: 14+ Min/Max: 10/50 AC/R/NR: Free/\$1/\$2

Location: Lincoln Center Day: TH Time: 1:00pm

Date	Show	Rating
9/10	In Cold Pursuit	R
9/24	The Hustle	PG-13
10/8	Hummingbird Project	R
10/22	7 Days in Entebbe	PG-13
11/12	Light of My Life	R
12/10	Judy	PG-13



DIAL-A-RIDE

Dial-A-Ride is a curb-to-curb shared ride service for Downers Grove Township residents who are 65 and over. It is also a service for qualified persons with disabilities of any age. In order to ride Dial-A-Ride you must have a permanent address in Downers Grove Township. Motels, hotels, extended stays and temporary housing are not eligible for our Dial-A-Ride service. Appointments for rides are two days in advance for personal trips and seven days in advance for medical appointments within the Township of Downers Grove area. Service is provided from 8 am to 4 pm, Monday through Friday. The fare is \$3 for each one-way ride. New limited service on holidays—\$5 fare one way on New Year's Day, Memorial Day, 4th of July, Labor Day, Thanksgiving Day and Christmas Day. In order to use the service, riders must have a valid RTA or ADA card. Questions and registration contact the Township at 630.719.6670.

VOLUNTEER OPPORTUNITIES

Volunteers are vital to the Center for Active Adults. Volunteerism is one of the easiest and best ways to become involved in your community. In fact, many services are provided primarily by volunteers. Volunteers enjoy the many benefits of volunteering, including meeting new people, learning new skills, accomplishing projects and assisting behind the scenes with monthly parties and special events.

SCARLETT BLOOMERS RED HAT CHAPTER

Ladies! Join the fun with a solution! From monthly luncheons, game nights and slumber-less overnight parties to weekly game clubs and luncheon trips, the Downers Grove Park District Scarlett Bloomers does it all. To join the Scarlett Bloomers Red Hat Chapter, visit the Active Adult Center or call 630.963.1314.



TRIPS & TOURS

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

REMINDER!

ALL TRIPS DEPART FROM AND RETURN TO THE LINCOLN CENTER LOCATED AT 935 MAPLE AVE. IN DOWNERS GROVE. PLAN TO ARRIVE 10 MINUTES PRIOR TO DEPARTURE FOR CHECK-IN PROCESS.

Shedd Aquarium

CHICAGO, IL

HEAVY PHYSICAL ACTIVITY

Beluga whales, rockhopper penguins, rockfish, alligators and more! We will explore the world's oceans, lakes, rivers and reefs. Our all-access admission includes an exciting aquatic show with dolphins, various other animals. The 4-D Shark Theater will take you into the nature of these creatures. You also have time on your own to explore many exhibits that bring you face-to-face with incredible animals from the Philippine reefs to the Amazon's forests, the Pacific Northwest to the vast Great Lakes. All this exploring might get you a little hungry and you'll have many options for lunch on your own at the Aquarium. Registration deadline is Sept. 1.

Age: 55+ Min/Max: 10/13 AC/R/NR: \$70/\$80/\$90

Class #	Date	Day	Time
4710B03-01	9/18	F	9:30am-4:00pm

Cheesehead Factory & Store

MILWAUKEE, WI

LIGHT PHYSICAL ACTIVITY

We're sure you've seen them at football games—the funny, yellow, large block of cheese people's heads pop behind the scenes and fun fact: the foam creations are made and if you'd like to have some fun when you make your own cheesehead product such as a cheesehead hat, why not a cheesehead, baseball, football or top hat. After you make your creation, we will go to Don's Diner for lunch on your own. Registration deadline is Sept. 1.

Age: 55+ Min/Max: 10/13 AC/R/NR: \$65/\$75/\$85

Class #	Date	Day	Time
4710B04-01	9/23	W	8:45am-5:00pm

Oktoberfest Cruise on the

Celebration Belle Paddleboat

MOLINE, IL

LIGHT PHYSICAL ACTIVITY

Barefoot Becky & Ivanhoe Dutchess will have you tapping and the dance floor will be lit with polka and waltz music as well as some favorites while cruising along the Wisconsin in the beautiful Celebration Belle Paddleboat. In addition to the entertainment, we'll enjoy our included hot lunch buffet. Vegetarian options available. Registration deadline is Sept. 8.

Age: 55+ Min/Max: 10/13 AC/R/NR: \$105/\$115/\$125

Class #	Date	Day	Time
4710B05-01	10/7	W	7:45am-5:30pm



"Pop Goes The 60s" Show at White Fence Farm

ROMEDEVILLE, IL

LIGHT PHYSICAL ACTIVITY

Let's go back to White Fence Farm to hear the doo-wop quartet Reminder for their "Pop Goes The 60s" show. Full of song facts, quirky props, humor, and audience participation and favorites such as "Happy Together," "Downtown," "Eight Days a Week" and more. Before this energetic, sing-a-long show, we'll have the famous four-piece chicken lunch with all the fixin's. Vegetarian options available. Registration deadline is Sept. 16.

Age: 55+ Min/Max: 8/13 AC/R/NR: \$65/\$75/\$85

Class #	Date	Day	Time
4710B06-01	10/16	F	10:15am-4:00pm

Polish Museum

CHICAGO, IL

MODERATE PHYSICAL ACTIVITY

The Polish Museum was established in 1935 to represent the history of the New Poland that started in Polish Roman Catholic Downtown area and they influence the city of Chicago up to this day. Collections are paintings and sculptures from the 19th and 20th centuries, objects from the 1939 New York World's Fair, from the first settlement in the United States, as well as other examples of Polish history, culture and heritage. After our visit, it's over to the Podhalanka Restaurant for lunch on your own, with a wide variety of Polish comfort food. Registration deadline is Sept. 28.

Age: 55+ Min/Max: 8/13 AC/R/NR: \$45/\$55/\$65

Class #	Date	Day	Time
4710B07-01	10/23	F	10:00am-4:00pm



Lizzadro Museum

OAK BROOK, IL

MODERATE PHYSICAL ACTIVITY

The Lizzadro Museum has finally opened its new, expanded location in Oak Brook. Exhibits include a 10-foot high Alter of the Green Jewels, a Paroda, a collection of dioramas, rock and mineral exhibits, as well as other gemstones, rare minerals, minerals and a blending of natural science and art. Lunch on your own will be at a nearby California Pizza Kitchen. Registration deadline is Oct. 21.

Age: 55+ Min/Max: 8/13 AC/R/NR: \$20/\$30/\$40

Class #	Date	Day	Time
4710B08-01	11/11	W	10:30am-4:00pm

Victorian Christmas with

Mr. and Mrs. Lincoln

JACOB HENRY MANSION, JOLIET, IL

LIGHT PHYSICAL ACTIVITY

Mr. and Mrs. Abraham Lincoln would like to tell you what Christmas was like in America during their time, and share how some of the customs we know today came to be, such as the Christmas tree, Santa Claus, typical menus and the Christmas present Abraham Lincoln ever received. A hot, delicious lunch is included before this performance. Registration deadline is Oct. 22.

Age: 55+ Min/Max: 8/13 AC/R/NR: \$75/\$85/\$95

Class #	Date	Day	Time
4710B09-01	11/19	TH	10:45am-4:00pm

Kenny & Dolly Tribute Show

STARVED ROCK LODGE, OGLESBY, IL

LIGHT PHYSICAL ACTIVITY

This holiday tribute will feature the best of Kenny Rogers and Dolly Parton with a sprinkle of Christmas music. Our performers, Dave & Wendy, will bring you the humorisms and humor of the night that will have you singing along. A special Christmas lunch is included and will even feature figgy pudding. Registration deadline is Dec. 12.

Age: 55+ Min/Max: 10/13 AC/R/NR: \$75/\$85/\$95

Class #	Date	Day	Time
4710B10-01	12/10	TH	9:45am-4:30pm

MAYFLOWER CRUISES AND TOURS

- For payment plan information, call 631-953-1100
- Deposit: \$200 per person. Cancellation waiver is due at the time of reservation. The amount for the cancellation fee waiver varies based on the length of the trip and that amount is listed below.
- Please see dgparks.org for detailed itineraries
- Age: 21+

MAYFLOWER TOURS INFORMATION

All extended trip reservations must be made in person at the Lincoln Center, 935 Maple Avenue

Trip Cancellation Policy: The deposit due at the time of reservation includes a cancellation waiver (\$200 deposit and cancellation waiver). The cancellation waiver is required. If you cannot attend a reserved trip, you will be refunded all payments, including the deposit, but minus the \$80 cancellation waiver fee, as long as Mayflower Tours is notified of the cancellation at least one day prior to departure.

Christmas at the Opryland Resort

Spend one night at the historic Brown Hotel in Louisville, tastefully decorated for the holidays and enjoy lunch of their famous "Hot Brown" sandwich. Enjoy a full dinner and live entertainment at the Derby Dinner Playhouse. Visit the famous Kentucky Derby Museum. Spend two nights at the fabulous Opryland Resort Hotel, beautifully decorated for the holidays. Experience Opryland's traditional ICE! Show featuring hand-carved ice sculptures crafted by international artists. Watch an exciting synchronized light and music fountain show in the Delta Atrium, as well as outdoor Nativity display with the special light effects. Take a Delta River Boat ride through the Opryland Resort. Enjoy dinner and top-notch entertainment at Opryland's Christmas Dinner Show. \$280 deposit due at the time of reservation (\$200 deposit plus \$80 cancellation waiver fee).

MAYFLOWER TRIP DETAILS:

Locations: Louisville, KY and Nashville, TN

INCLUDES:

- Hotel accommodations
- Free home pickup and return
- Six meals (3 breakfasts, 1 lunch and 2 dinners)

RESERVATION INFORMATION:

- Registration Deadline: Sept. 14, 2020
- Full Payment Due: Sept. 14, 2020

Class #	Date	Day	Room Type	Fee
4710B02-01	12/6 - 12/9	SU-W	Single Occupancy	\$2,198
4710B02-02	12/6 - 12/9	SU-W	Double Occupancy	\$1,599

Musical Myrtle Beach

Travel by motorcoach and enjoy three nights on the Atlantic Ocean in fabulous Myrtle Beach. See three exciting live shows, stroll the famous Grand Strand, dine at the finest seafood restaurants. Enjoy a Southern low country lunch and a visit to Hopsewee Plantation. \$280 deposit due at the time of reservation (\$200 deposit plus \$80 cancellation waiver fee).

MAYFLOWER TRIP DETAILS:

Locations: Lexington, KY; Columbia, SC; Surfside Beach, SC; Knoxville, TN; and Cincinnati, OH

INCLUDES:

- Hotel accommodations
- Free home pickup and return
- Twelve meals (7 breakfasts, 1 lunch and 4 dinners)

RESERVATION INFORMATION:

- Registration deadline: Jan. 4, 2021
- Full payment due: Jan. 4, 2021

Class #	Date	Day	Room Type	Fee
2710B10-01	4/10 - 4/17	SA-SA	Single Occupancy	\$2,098
2710B10-02	4/10 - 4/17	SA-SA	Double Occupancy	\$1,599

Holland Tulip Festival

Spring is in the air and so are a plethora of colorful tulips surrounding the famous 240-year-old "De Zwaan" windmill. Step back in time as you travel by horse-drawn carriage around Mackinac Island. Sample fresh bread from a candle-making shop and enjoy a guided sightseeing tour of the island. Attend the annual Tulip Festival in Holland, MI. Visit Veldheer-DeKlomp Tulip Gardens and attend the Dutch Musiekparade (Music Parade) featuring local and national marching bands, floats and Dutch dancers. Explore the charm of a bygone era on Mackinac Island via a horse-drawn carriage en route to the hotel. Take the River Rouge Ford Factory Tour. Visit either the Henry Ford Museum or Greenfield Village. Travel is by motorcoach. \$280 deposit due at the time of reservation (\$200 deposit plus \$80 cancellation waiver fee).

MAYFLOWER TRIP DETAILS:

Locations: Chicago, IL, Holland, MI

INCLUDES:

- Hotel accommodations
- Free home pickup and return
- Ten meals (6 breakfasts and 4 dinners)

RESERVATION INFORMATION:

- Registration deadline: Feb. 8, 2021
- Full payment due: Feb. 8, 2021

Class #	Date	Day	Room Type	Fee
2710B11-01	5/7 - 5/13	M-SU	Single Occupancy	\$3,398
2710B11-02	5/7 - 5/13	M-SU	Double Occupancy	\$2,499



TOUR DOWNERS GROVE

LIGHT PHYSICAL ACTIVITY

NEW! This series will take participants to a location right in Downers Grove. Have you ever wanted to do something like afternoon tea? Transportation will be provided but participants can always meet us at the location. Join us as we explore Downers Grove.

Age: 30+ Min/Max: 5/12

Class #	Date	Day	Time	R/NR	Tour
4710L03-01	9/2	W	11:00am-1:00pm	\$68/\$78	Pinecone Cottage
4710L03-02	10/27	TU	9:00-11:30am	\$50/\$60	Master Axe Throwing



NATURE PROGRAMS

LYMAN WOODS NATURE CENTER | 901 31ST ST. DOWNERS GROVE, IL | 630.963.9388
JUNE 1 THROUGH AUG. 31: MONDAY TO SATURDAY 9AM-4PM | SUNDAY 1-4PM
SEPT. 1 - MAY 31: MONDAY CLOSED | TUESDAY TO THURSDAY & SATURDAY 9AM-4PM | FRIDAY 9AM-12PM
 SUNDAY 1-4PM

FAMILY PROGRAMS

Full Moon Campfire Hike

Did you know that the full moons have names? Explore the seasonal changes tied to the moon on a guided night hike. Observe the moon through our telescope (weather permitting) and enjoy stories and s'mores around the campfire. Fee is per person.

Age: All Min/Max: 7/20 Fee per person: \$6
William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time	Topic
4500H07-01	9/4	F	6:30-8:00pm	Corn Moon
4500H07-02	10/3	SA	6:30-8:00pm	Hunter's Moon
4500H07-03	11/28	SA	6:30-8:00pm	Mourning Moon
4500H07-04	12/26	SA	6:30-8:00pm	Long Night Moon

Animal Encounters

NEW! Join us on the first Thursday and Saturday of the month at Lyman Woods to meet and greet our nature center's special residents. Help feed our animal friends and learn about turtles, snakes, butterflies and more! Please sign up in advance and enroll all family members attending.

Age: All Min/Max: 5/15 Fee: Free
William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time	Topic
4500H43-01	9/3	TH	10:30-11:00am	Butterfly Bonanza
4500H43-02	9/5	SA	10:30-11:00am	Butterfly Bonanza
4500H43-03	10/1	TH	10:30-11:00am	Snake Break
4500H43-04	10/3	SA	10:30-11:00am	Snake Break
4500H43-05	11/5	TH	10:30-11:00am	Turtle Time
4500H43-06	11/7	SA	10:30-11:00am	Turtle Time
4500H43-07	12/3	TH	10:30-11:00am	Lizard Lowdown
4500H43-08	12/5	SA	10:30-11:00am	Lizard Lowdown



SNOW SHOE RENTALS AT LYMAN WOODS

Let it snow! Enjoy the serene beauty of a snow-covered landscape at Lyman Woods! Snowshoes can be rented from the Interpretive Center for \$6.00 a pair. Adult and child sizes available. Call us at 630.963.9388 or email lymanwoods@dgparks.org for questions. Check the Rainout Line at dgparks.org/weather-status for updates on trail conditions and if there is enough snow for snowshoeing.

Organic Edible Gardening

NEW! Thinking about starting or improving an edible garden but don't know where to begin? Before breaking out your shovel, get the scoop on how to create your own backyard oasis. From growing techniques, to preserving your harvest by canning, pickling, drying and more, let's break through the information clutter and help you on your way to your dream garden full of fresh-picked fruits and veggies. Take-homes may include seeds, seedlings, recipes and more! Fee is per family, so please list number of people attending. Adult must accompany child(ren).

Age: 5+ Min/Max: 4/10 Fee per family: \$16

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time	Topic
4500H01-01	9/5	SA	9:30-11:30am	Preserve your Harvest: Canning & More
4500H01-02	10/10	SA	9:30-11:30am	Winter Prep & Crops; Cold Frames

Honey Harvest

Get buzzing and discover the amazing world of honeybees! Learn how bees make honey and see firsthand how honey is extracted. Try your hand with the hot knife or extractor, and have a taste of wild Lyman Woods honey. Fee is per person, so please register everyone who will be attending. Children under 2 years old free.

Age: 2+ Min/Max: 6/24 Fee: \$6

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4520H03-01	9/12	SA	9:30-11:30am
4520H03-02	9/12	SA	1:00-3:00pm

Grandparents' Day Adventure

Celebrate Grandparents' Day at beautiful Lyman Woods! Spend time creating lasting memories with your grandchildren as you explore the outdoors, learn about nature and make a take-home keepsake together! Please register each child attending.

Age: 2-18 Min/Max: 4/10 Fee: \$12

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H08-01	9/13	SU	1:00-2:30pm

Backyard Fort-Building

NEW! Get the low-down on building the perfect backyard escape. Learn to use materials found in nature, from dugout sod houses, branch barracks, wattle fencing and more in this family-focused program on outdoor play spaces. End the program with a dinner of hot dogs and s'mores around the campfire. Price is per family, but please list all people attending.

Age: 4+ Min/Max: 5/8 Fee per family: \$20

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H45-01	9/19	SA	5:00-7:30pm

Belmont Prairie Walking Tours

NEW! Take a guided stroll through beautiful Belmont Prairie, a remnant ecosystem with rare plants and home to an abundance of wildlife. Each tour will highlight plants in bloom, special animals one might find on a prairie, and fascinating local history from pioneer times and beyond.

Age: All Min/Max: 4/15 Fee: Free

Location: Belmont Prairie

Class #	Date	Day	Time	Topic
4500H44-01	9/19	SA	2:00-3:00pm	Bison & Butterflies
4500H44-02	10/3	SA	10:00-11:00am	First Peoples and Prescribed Burns
4500H44-03	11/7	SA	10:00-11:00am	Turkey & Fall Birds
4500H44-04	12/5	SA	10:00-11:00am	Deer & Pioneer Holiday Traditions

Fall Letterboxing Adventure

NEW! Come learn about letterboxing and fun facts about fall creatures! Make your own stamp, solve riddles, and follow the clues to find a fun treasure at the end! Price is per child, but the whole family can stay and join in on the adventure!

Age: 6+ Min/Max: 5/10 Fee: \$6

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H38-01	10/17	SA	2:00-3:00pm

Day of the Dead Celebration

NEW! Come learn all about the Day of the Dead (Dia De Los Muertos) and the animal spirits that are part of the celebration! We'll learn the history behind the holiday, celebrate the ancestors in our families, learn about the fun and fantastical way animals are involved, and create a special family Alebrije to take home! No charge for infant siblings under 12 months. An adult must accompany their child(ren) during this program.

Age: 1-12 Min/Max: 7/15 Fee: \$8

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H47-01	11/1	SU	10:00-11:00am

Lumberjack Family Game Night

NEW! Put on your best flannel and grab a taste of the Northwoods! Explore forest legends, become an "axepert" with some fake axe-throwing, enjoy log-rolling, flapjacks over the fire and more in an evening of forest fun and games! Children under 2 years old free. Fee is per person.

Age: 2+ Min/Max: 12/20 Fee: \$5

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H46-01	11/7	SA	5:00-7:00pm

Tree to Table: Apple Pie

NEW! Come to Lyman Woods to learn all about the transformation of apples into one of America's most iconic and delectable treats! From apple cultivation and local orchard history, to the making of apple desserts from our Victorian-era recipes, join us for a sweet journey into all things Apple Pie! Program will be held indoors and outdoors, so please dress for the weather.

Age: All Min/Max: 5/30 Fee: \$6

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H31-01	11/14	SA	9:30-11:30am
4500H31-02	11/14	SA	1:00-3:00pm

Nature Scavenger Hunts

NEW! See Lyman Woods in a whole new way on a fun-filled scavenger hunt! Create new adventures on a self-guided tour of our trails in search of creatures great and small. Each scavenger hunt will follow a different theme, and include new challenges and twists while you "collect" your items by taking photos and videos. Scavenger hunts must be completed and submitted during each hunt's designated week. Participants who complete a hunt will be automatically entered into an end-of-the-season raffle, drawn and shared via video on Lyman Woods' Facebook page. Prizes to choose from will include jars of Lyman Woods honey, free group programs, animal-made artwork and more! Check out our website for details on each scavenger hunt as well as raffle information. *No in-person contact required.*

Age: All Min/Max: 3/50 Fee: \$5 (per family)

William F Sherman Jr Interpretive Center - Lyman Woods

Time: 8:00am-5:00pm

Class #	Date	Day	Theme
4500H48-01	9/5-9/13	SA-SU	Storybook Classics
4500H48-02	9/19-9/27	SA-SU	Cartoon Critters
4500H48-03	10/3-10/11	SA-SU	Wild Wetlands
4500H48-04	10/17-10/25	SA-SU	Eye Spy Adventure
4500H48-05	10/31-11/08	SA-SU	Animal Acrobats
4500H48-06	11/14-11/22	SA-SU	Thanksgiving Feasts
4500H48-07	12/5-12/13	SA-SU	Winter Wonderland

Baking for Fido

NEW! Join us in this new class all about making dog treats for your favorite furry family member. We'll try our hand at a few different easy recipes that are so good you may want to try a taste yourself! All recipes are peanut butter free, but please let us know if you have anyone with allergies.

Age: All Min/Max: 3/8 Fee: \$20 per family

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H50-01	11/21	SA	3:30-4:30pm



LYMAN WOODS NATURE BIRTHDAY PARTIES

Are you a real party animal? Add an exciting twist to the traditional birthday party and celebrate your day at Lyman Woods! See the details on page 105.

Ages 4+ Multiple party themes to choose from!

Make Your Own Recycled Dog Toys

NEW! Did you know you can make toys for your favorite furry friend out of things you have lying around your house? Join us for a fun hour of making dog toys that you can take home! All materials will be provided, just bring your creativity!

Age: All Min/Max: 3/8 Fee: \$10 per family
William F Sherman Jr Interpretive Center – Lyman Woods

Class #	Date	Day	Time
4500H51-01	9/26	SA	1:00-2:00pm

Back to School Campout

NEW! Come say goodbye to summer by pitching a tent and camping at Lyman Woods! Scheduled activities for the evening will include a night hike and story time, but we will also have games set up, a fire to cook s'mores (provided), and a few crafts to do before it gets dark! Dinner is not included but families are welcome to bring dinner to share in their tents or food to cook over the campfire! Our roasting forks may be used, but other cooking utensils are not provided. Fee is per tent (up to 6 people), please list the number of people attending.

Age: All Fee: \$45 per tent Min/Max: 8/15

Class #	Date	Day	Time
4500H19-01	9/5 – 9/6	SA-SU	6:00pm – 8:00am



VOLUNTEER OPPORTUNITIES

Come to Lyman Woods to join our team of dedicated volunteers! From youth program assistants, office helpers and garden volunteers, we have a wide variety of volunteer opportunities for individuals and groups looking to help us in our mission to conserve natural areas and to educate the public about nature. If interested please email lymanwoods@dgparks.org or call 630.963.9388 for more information.

Holiday Animal Party

NEW! Get ready for the holidays by helping us make treats for the animals! We'll make different kinds of bird feeders and suet to take home or leave for the Lyman Woods critters! All ages are welcome. Price is per child.

Ages: All Fee: \$8 Min/Max: 5/10

Class #	Date	Day	Time
4500H40-01	12/19	SA	1:00-2:00PM

Campfire Cooking

Looking for a fun way to eat out with your family for dinner? Join us each month for our campfire cooking classes! Each class will focus on a different dish. We'll walk you through ingredients, materials needed for your fire, prep, and cooking! This class is open to all ages, but each person needs to sign up so we have enough yummy materials!

Ages: All Fee: \$10 Min/Max: 6/12

Class #	Date	Time	Topic
4500H20-01	9/12	5:00-6:30	Campfire Pizza
4500H20-02	10/17	5:00-6:30	Stuffed Squash Boats

Family Fishing Fun!

NEW! Interested in taking your family fishing but don't know where to start? Join us for this fun fishing class. You'll learn about the parts of the pole, how to safely cast, bait, and reel in a rod, and hopefully catch some fish in the process! Bait and fishing rods will be provided, but you are welcome to bring your own equipment. Children under 16 must be accompanied by an adult. Fee is for child/parent pair.

Age: All Min/Max: 5/10 Fee: \$15

Location: Patriots Park/Barth Pond

Class #	Date	Day	Time
4500H21-01	9/13	SU	10:00am-11:30am
4500H21-02	10/17	SA	10:00am-11:30am



PARENT & TOT

Nature Tot Workshop

Have a crafty tot? Bring them to our nature workshop! Each month we will head outdoors for nature discovery time and then make a project to take home that will encourage kids to interact with nature. Dress for the weather and to get messy! An adult must accompany their child(ren) during this program.

Age: 2-4 Min/Max: 5/10 Fee: \$10 Time: 9:30-10:45am
William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Topic
4500H03-01	9/18	F	Nature Play Dough
4500H03-02	9/19	SA	Nature Play Dough
4500H03-03	10/9	F	Stained-Glass Leaves
4500H03-04	10/10	SA	Stained-Glass Leaves
4500H03-05	11/20	F	Glow-in-the-Dark Mushrooms
4500H03-06	11/21	SA	Glow-in-the-Dark Mushrooms
4500H03-07	12/18	F	Mini-Forests
4500H03-08	12/19	SA	Mini-Forests

Wild Child in the Parks

We are bringing our popular Wild Child Nature Play Group from Lyman Woods into the parks! Cultivate your child's wild side, meet new friends and explore nature in the parks! Our instructor will get you started as you explore nature play with your child(ren) at your own pace through outdoor activities and projects. No charge for infant siblings under 12 months. Dress for the weather and to get messy, but shelters are available in case of rain. An adult must accompany their child(ren) during this program.

Age: 0-4 Min/Max: 5/10 Fee: \$30

Class #	Date	Day	Time	Location
4500H06-01	9/4 - 9/25	F	9:30-10:30am	Patriots Park
4500H06-02	10/2 - 10/23	F	9:30-10:30am	Hummer Park

Wild Child NaturePlay Group

Bring out your child's wild side and meet new friends during our nature playgroup! Our instructor will help you explore nature play with your child(ren) at your own pace through outdoor activity stations and projects. No charge for infant siblings under 12 months. Dress for the weather and to get messy! An adult must accompany their child(ren) during this program. No class the week of Thanksgiving.

Age: 0-4 Min/Max: 5/10 Fee: \$28

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H04-01	9/16 - 10/7	W	9:30-10:30am
4500H04-02	9/17 - 10/8	TH	9:30-10:30am
4500H04-03	10/14 - 11/4	W	9:30-10:30am
4500H04-04	10/15 - 11/5	TH	9:30-10:30am
4500H04-05	11/11 - 12/9	W	9:30-10:30am
4500H04-06	11/12 - 12/10	TH	9:30-10:30am

NaturePlay Day

School's out! Drop in and join other adventurers to explore and play in our Wild Woods! Unlike school, you decide what your next assignment will be- build a fort, explore the woods, play games, or just relax in nature. Please bring a lunch for all-day participants. Breaks provided for snacks brought from home. In case of severe weather, the program will take place indoors.

Age: 4-12 Min/Max: 6/15 Fee: \$17

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4220H01-01	10/12	M	9:00am-12:00pm
4220H01-02	10/12	M	1:00-4:00pm
4220H01-03	10/23	F	9:00am-12:00pm
4220H01-04	10/23	F	1:00-4:00pm
4220H01-05	11/25	W	9:00am-12:00pm
4220H01-06	11/25	W	1:00-4:00pm



VOLUNTEER WORKDAYS

Join our REAP (Restore, Educate and Preserve) volunteer group at Lyman Woods and Belmont Prairie. Activities may include collecting and sowing native seed, restoring trails, planting native plants and removing invasive plants. Contact Lyman Woods at lymanwoods@dgparks.org or call 630.963.9388 one week in advance to register.

Location	Time	Date
Lyman Woods	9:00 - 11:30 am	9/18
Belmont Prairie	9:00 - 11:30 am	11/21, 10/17

Little Sprouts Gardening

NEW! Come join us for our new parent-child gardening class! Check out our newly renovated children's garden to learn how to grow, harvest, and prepare some easy meals with a special featured fruit or vegetable. Inspire lifelong healthy eating habits and a love for the outdoors with gardening fun and exploration! This class will be outdoors, so dress for the weather! An adult must accompany their child(ren) during this program.

Age: 0-5 Min/Max: 5/10 Fee: \$8 Time: 9:30-10:30am
William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Topic
4500H25-01	9/12	SA	Spunky Spinach
4500H25-02	10/3	SA	Pleasant Pumpkins
4500H25-03	11/7	SA	Squishy Squash
4500H25-04	12/5	SA	Brrr-ocoli & Winter Greens

Pumpkin Patch

Do you love pumpkins? Then get ready for some hands-on pumpkin play! Explore pumpkins inside and out, make a pumpkin project, play some pumpkin games, and take your own pumpkin home. For the toddler program, parents must accompany child(ren). Parents must accompany child(ren).

Age: 2-4 Min/Max: 5/15 Fee: \$12
William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H11-01	10/24	SA	10:00-11:00am

Wild Woods Tree Tales

NEW! Join us in the woods for a fun story and movement time! Stories will be interactive and nature-themed, and we may even do some singing and dancing! Class will meet outside in good weather, inside during inclement weather.

Age: 0-5 Min/Max: 4/10 Fee: \$5
William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H26-01	9/14	M	9:30-10am
4500H26-02	10/5	M	9:30-10am
4500H26-03	11/16	M	9:30-10am
4500H26-04	12/14	M	9:30-10am

SCOUT PROGRAMMING AT LYMAN WOOD

Looking for an outing for Girl, Cub, and Boy Scouts? Contact Lyman Woods at 630.963.9388 or email us at lymanwoods@dgparks.org for more information!



LYMAN WOODS SCARECROW CONTEST

Take part in our "Scarecrow Contest" at Lyman Woods! This contest is open to all organizations, civic groups, families and businesses, so rally up your Scout Troop, local club or office-mates. Groups can choose to construct either a traditional scarecrow, or a sharecrow a scarecrow made with wildlife-friendly edible ingredients. Prizes will be available in different categories, and scarecrows will be displayed along the trails at Lyman Woods through October for all to see!

Please see the Lyman Woods website at lymanwoods.org for contest rules, prize information and application. Contact lymanwoods@dgparks.org or call 630.963.9388 for questions.

Applications available: July 10 to Oct. 4 On display at Lyman Woods: Oct. 5 to Nov. 13

2020-2021 NATURE PLAY SCHOOL

Nurture your little sprout in our nature-based early childhood program inspired by the forest school model of learning. Research has shown that unstructured outdoor play and nature-based exploration to be the perfect groundwork for meaningful learning and growth. Lyman Woods' NaturePlay School provides this and more! Your child will learn about the animals and ecology of the forests, wetlands, and prairie through hands-on lessons designed specifically for early childhood. They will work on content such as science, language, and math skills without even knowing it! Your child might plant trees, build forts, care for a garden, cook over a campfire, wood-work, and hike and explore our trails and look for mystery boxes! We spend much of our time fostering creativity, teamwork, and social skills through unstructured play on our trails and in our Wild Woods play area. We spend as much time as possible outdoors in our 135 acres, but will use the Interpretive Center as a home base in inclement weather. Class will not be held on District 58 school holidays.

Priority registration for current students for the winter/spring 2021 session begins Oct. 12 at 8:30am. Open registration for new students begins Nov. 9 at 8:30am. For the 3's class, students must turn 3 by the first day of class. For the 4-6 class, students must turn 4 by the first day of class. Registration is kept open throughout the school year, provided openings are available.

William F Sherman Jr Interpretive Center - Lyman Woods

FALL 2020 CLASSES

3-year-old Classes				
Class #	Date	Day	Time	Fee
4500H09-01	9/8 - 12/17	TU/TH	9-11am	\$385
4500H09-02	9/11 - 12/18	F	9-11am	\$200
4500H09-09	9/9 - 12/16	W	9-11am	\$200
4-6 year old classes				
Class #	Date	Day	Time	Fee
4500H09-03	9/8 - 12/17	TU/TH	9-11am	\$385
4500H09-04	9/8 - 12/17	TU/TH	12:15-2:15pm	\$385
4500H09-05	9/9 - 12/16	W	9-11am	\$200
4500H09-06	9/9 - 12/16	W	12:15-2:15pm	\$200
4500H09-07	9/11 - 12/18	F	9-11am	\$200
4500H09-08	9/11 - 12/18	F	12:15-2:15pm	\$200

WINTER/SPRING 2021 CLASSES

3-year-old Classes				
Class #	Date	Day	Time	Fee
1500H09-01	1/5 - 5/27	TU/TH	9-11am	\$525
1500H09-02	1/8 - 5/28	F	9-11am	\$260
1500H09-09	1/6 - 5/26	W	9-11am	\$260
4-6 year old classes				
Class #	Date	Day	Time	Fee
1500H09-03	1/5-5/27	TU/TH	9-11am	\$525
1500H09-04	1/5-5/27	TU/TH	12:15-2:15pm	\$525
1500H09-05	1/6-5/26	W	9-11am	\$275
1500H09-06	1/6-5/26	W	12:15-2:15pm	\$275
1500H09-07	1/8-5/28	F	9-11am	\$260
1500H09-08	1/8-5/28	F	12:15-2:15pm	\$260

Winter Break Nature Camp - Half Day Only

Don't spend your winter break inside - come to Lyman Woods for wild winter adventures! Explore winter wildlife, winter weather and do some winter tracking. Each day of camp includes different crafts, games, and outdoor adventures. Dress to go outside and get messy! In case of severe weather, the program may be held indoors. Choose from morning or afternoon options. Breaks provided for snacks brought from home.

Age: 4-12 Min/Max: 6/15 William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time	Fee
4220H02-01	12/21 - 12/23	M-W	9:00am-12:00pm	\$60
4220H02-02	12/21 - 12/23	M-W	1:00-4:00pm	\$60
4220H02-03	12/28 - 12/31	M-TH	9:00am-12:00pm	\$80
4220H02-04	12/28 - 12/31	M-TH	1:00-4:00pm	\$80

YOUTH PROGRAMS

Wild Night Out

Spend your Saturday night cooking dinner around the campfire, hitting the trails and searching for nocturnal animals! End the evening with an indoor project. Hey parents! Lyman Woods is less than one mile from Yorktown cinema, shops and restaurants!

Age: 5-10 Min/Max: 6/12 Fee: \$22

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H05-01	9/26	SA	6:00-9:00pm
4500H05-02	10/24	SA	6:00-9:00pm
4500H05-03	11/21	SA	6:00-9:00pm
4500H05-04	12/19	SA	6:00-9:00pm

Wild Night Out at the Lincoln Center

Spend your night cooking dinner around a campfire and hiking around the Lincoln Center in search of nocturnal animals! End the evening with nature crafts, games, and more! Hey, Parents! The Lincoln Center is just around the corner from downtown Downers Grove shopping, restaurants, and the Tivoli Theatre!

Age: 4-12 Min/Max: 6/12 Fee: \$22

Location: Lincoln Center

Class #	Date	Day	Time
4500H28-01	9/11	F	6:00-9:00pm
4500H28-02	10/16	F	6:00-9:00pm
4500H28-03	11/13	F	6:00-9:00pm

Backyard Naturalists

You don't need a forest next door to learn about nature! Come hang out with a Lyman Woods naturalist after school. By exploring the Lincoln Center's backyard we'll learn all about the fascinating creatures you can find in your own neighborhood, as well as work on projects you can use to observe and attract wildlife at home.

Age: 5-12 Min/Max: 3/12 Fee: \$14 Time: 3:00-4:00pm

LINK Participant: \$12 Location: Lincoln Center

Class #	Date	Day	Topics
4500H02-01	9/14	M	Butterfly Feeders
4500H02-02	10/5	M	Soil Scientist- The Dirt on Dirt
4500H02-03	11/9	M	Suet Bird Feeders
4500H02-04	12/7	M	Birding Binoculars

Friends of the Forest

NEW! Come train to be a ranger or a naturalist! Learn the secret ways of the forest, develop wilderness skills, and befriend plants and animals as you explore Lyman Woods in new ways.

Min/Max: 5/10 Fee: \$14 Time: 9:30-11:00am

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Age	Date	Day	Topic
4500H12-01	6-8	9/19	SA	Jr. Naturalists
4500H12-02	9-13	9/19	SA	Ranger Club
4500H12-03	6-8	10/10	SA	Jr. Naturalists
4500H12-04	9-13	10/10	SA	Ranger Club
4500H12-05	6-8	11/21	SA	Jr. Naturalists
4500H12-06	9-13	11/21	SA	Ranger Club
4500H12-07	6-8	12/19	SA	Jr. Naturalists
4500H12-08	9-13	12/19	SA	Ranger Club



OVERNIGHT Adventures

— AT LYMAN WOODS —

NEW! Bring your group to Lyman Woods for a fun filled camping experience! You can simply rent the space and bring your own food and do your own activities, or let the staff at Lyman Woods plan a whole evening of fun for you!

Choose from camping outside, or having a sleepover in the Interpretive Center! Our Overnight Adventures last from 6pm on Friday to 8am on Saturday.

Please call Lyman Woods at 630.963.9388 or email lymanwoods@dgparks.org to inquire about availability and pricing.

Jack-O-Lantern

NEW! Do you love pumpkins? Then get ready for some hands-on pumpkin play and learn more about this festive plant! Explore pumpkins inside and out, get messy, make a pumpkin project, and paint your own pumpkin to take home. Please sign up each child.

Age: 6-12 Min/Max: 5/12 Fee: \$10

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H37-01	10/24	SA	1:00-2:00pm

Talkin' Turkey

NEW! Everyone eats turkey for Thanksgiving, but how much do you know about this bird? Come learn about this native bird through games, crafts, and a fun hike! Price is per child.

Age: 3+ Min/Max: 5/12 Fee: \$6

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H39-01	11/22	SU	1:00-2:00pm

Handmade Holidays

Create nature-inspired gifts while your parents get a handle on the holiday hustle! Bring your gift list (up to six people) and we will supply the project ideas and supplies. Leave with your creations ready for giving, complete with handmade wrapping!

Age: 4-11 Min/Max: 5/10 Fee: \$25

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H10-01	12/12	SA	9:00-11:30am
4500H10-02	12/12	SA	1:00-3:30pm
4500H10-03	12/13	SU	9:00-11:30am
4500H10-04	12/13	SU	1:00-3:30pm

ON TARGET! ARCHERY AT LYMAN WOODS

Archery has been an important part of human culture, from the Ancient Greeks to the Native Americans. We've used the skills to hunt down game or compete in contests. Now it's your turn to join in on this growing sport. Learn the basics or refine your skill. We have classes for all levels! Participants will learn on Genesis Compound Bows. Children ages 7 and up and adults alike are welcome! Criteria listed below must be met before participants can move up to the next level. This is determined by the instructor. If you have signed up for a previous On Target Archery class and wish to find where you place, please contact us. All new participants must start at Beginning I.

Beginning I:

Demonstrate knowledge of range and equipment safety. Be able to nock arrow indicator fletching out, extend bow arm and hold bow vertical for 10 seconds unaided. Must be able to draw to correct anchor without external help.

Beginning II:

Demonstrate knowledge of range and equipment safety. Show correct stance and correct shot process from set up through aim and follow through. Participants must be able to consistently hit the target from 60ft.

Intermediate I:

Demonstrate and be able to explain aspects of the range and equipment safety to the instructor. Be able to hit the target consistently and be able to determine based on where arrows hit how their aim needs to change and how to change it.

Age: 7+ Min/Max: 4/9 Fee: \$55

Location: Lyman Woods

Class #	Level	Date	Day	Time
4500H15-01	Beginning I	9/19 - 10/10	SA	3:00-4:00pm
4500H15-02	Beginning II	9/19 - 10/10	SA	4:30-5:30pm
4500H15-03	Intermediate I	9/20 - 10/11	SU	1:00-2:00pm



ADULT PROGRAMS

Advanced Beekeeping Workshops

NEW! Your bees are starting to wind down for the season! Learn what other products (besides honey) you can harvest, and prepare your hives for winter as your bees enter a critical time of year for survival.

Age: 16+ Min/Max: 5/8 Fee: \$20

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time	Topic
4520H02-01	9/15	TU	7:00-8:30pm	Closing Hives for Winter
4520H02-02	10/13	TU	7:00-8:30pm	Products of the Hive

Honey & Mead Tasting

NEW! Join us for an evening of honey and mead tasting! Sample several varieties of honey harvested locally and from across the country while exploring their attributes, including color, aroma, texture and, of course, flavor. Discover the unique characteristics of honey varieties and what influences their flavor. Finish the evening by learning about the rich history and fascinating science of honey as you snack on appetizers and sip a flight of meads, an alcoholic beverage made from fermented honey. Mead paid for separately at cash bar.

Age: 21+ Min/Max: 7/20 Fee: \$15

Location: Downers Grove Golf Club

Class #	Date	Day	Time
4520H04-01	10/21	W	7:00-8:30pm



LYMAN WOODS HONEY

Honey harvested from our apiary is sold at Lyman Woods available seasonally during regular hours on a first-come, first-served basis. Please call 630.963.9388 for current pricing on 8oz and 16oz bottles. For more info, visit lymanwoods.org!

Gardening for Wildlife

NEW! Local wildlife needs your help! As our forests age, and countless animal species face habitat loss, learn how you can help with simple changes to your home landscape. Turn your yard into a wildlife hotspot that adds new purpose and visual interest to your outdoor spaces. Bring your garden designs and wish lists for one-on-one help to improve your landscape. Take-homes may include plants, seeds and more!

Age: 13+ Min/Max: 6/15 Fee: \$8

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time	Topic
4500H23-01	9/8	TU	7:00-8:30pm	Monarchs & Milkweed

Mushroom Growing & Wild Edibles Hunt

NEW! Learn how to grow delicious Shiitake mushrooms right at home! Explore the history and horticulture of shiitake mushrooms, then take a guided hike into our 135-acre preserve to search and identify wild edibles. Part of the class will be outdoors, so please dress for the weather and wear good hiking shoes.

Age: 13+ Min/Max: 5/18 Fee: \$12

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H24-01	9/20	SU	10:30am-12:00pm

FOR SALE! EVERGREEN CENTERPIECES

Fresh and locally-sourced evergreen centerpieces, handmade by Lyman Woods staff and volunteers, to



get you ready the holidays! \$10 for "Small" (pictured – base is 5"), \$15 for "Medium" (base is 10-12"). Orders open between Nov. 2 and Nov. 20. Completed orders can be picked-up from the William F. Sherman Jr. Interpretive Center from Nov. 30 - Dec. 11. No orders after Nov. 20 will be taken. To

order or for questions, please call 630.963.9388, email lymanwoods@dgpc.org, or visit us in person!

Real Soap-Making

NEW! Did you know that most commercial soaps are not actually soap? Learn how to make real, lye-based soap the old-fashioned way and see the difference in quality between the two! Select from a variety of fragrant oils, herbs, and other natural ingredients to create your very own unique batch of real, homemade soap to take home and cure.

Age: 16+ Min/Max: 5/10 Fee: \$15

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H41-01	9/26	SA	9:00-11:00am

Holiday Spirits & Evergreens

NEW! Bring the aroma and sights of winter indoors with our new holiday evergreens class! Choose between making a wreath, door swag, or table centerpiece with our locally harvested fresh greens, while enjoying a wide selection of wines, beers and spirits from our cash bar, alongside free helpings of hot chocolate, apple cider and other delicious treats.

Age: 13+ Min/Max: 4/20 Fee: \$16

Location: Downers Grove Golf Club

Class #	Date	Day	Time
4500H35-01	11/18	W	7:00-9:00pm

Handmade Holidays for Adults

Pinterest fails got you down? Come join us for an afternoon of creating thoughtful, nature-inspired gifts! Based on our popular Handmade Holidays class, you bring your gift list (up to four people) and we will supply the project ideas and supplies. Leave with your personalized creations ready for giving, complete with handmade wrapping!

Age: 16+ Min/Max: 5/12 Fee: \$25

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H42-01	12/5	SA	1:00-3:00pm

Wild Night Out for Adults

Running out of new Date Night ideas? Come and check out our new adults-only program! Enjoy s'mores around a roaring campfire, hike the night-time woods in search of nocturnal animals, and enjoy lawn games and other activities in our beautiful 135-acre preserve. Price is per person.

Age: 18+ Min/Max: 5/12 Fee: \$12

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time	Topic
4500H27-01	9/18	SA	7:00-9:00pm	Flying Squirrels
4500H27-02	10/9	SA	7:00-9:00pm	Bats & Night Vision
4500H27-03	11/20	SA	7:00-9:00pm	Coyotes

Dog Training for Beginners

Do you have a new puppy at home? Have you noticed after the Stay-at-home order you'd really like your furry friend to learn a few more manners? Join our certified dog trainer for this 5-week course as you learn basic commands like sit, down, stay, come, and others in a group setting that will also allow for playtime! All dogs must be up to date on shots. Please bring vaccination records the first day of class. No class Nov. 28.

Age: 16+ Min/Max: 4/10 Fee: \$125

Location: Lincoln Center

Class #	Date	Day	Time
4500H49-01	9/21-10/19	M	6:30-7:30pm
4500H49-02	11/07-12/12	SA	10:00-11:00am



VIRTUAL PROGRAMMING

New Lyman Woods Virtual Nature Platform! Visit www.dgparks.org to learn more about this new opportunity for you to engage in nature and nature programs from the comfort and safety of your own home! A variety of free content will be available through this platform, as well as a variety of paid subscription levels in order to receive additional content for you and your family.

COME *Thrive* WITH US Mind. Heart. Soul.



Building Community

WE BELIEVE IN THE STRENGTH AND SUPPORT FOUND IN COMMUNITY.

It is important for the local church to be a beacon of hope, love and prayer. We want you to thrive as you feel welcomed, known and loved in our church community.

As a nondenominational church, we welcome people from a variety of faith backgrounds. We have worship, small groups, children's ministry, prayer and care, serve opportunities and so much more.

There are many ways to be involved, meet others and grow along your faith journey—let us be your partners along the way.

We welcome you and your family.



WORSHIP SERVICE | Sundays 10:45 a.m.
2S361 Glen Park Rd. | Lombard (formerly in Downers Grove)
630.654.1884 | ChristChurch.us/parks
Additional location: 501 Oak Brook Rd., Oak Brook



HISTORY PROGRAMS

DOWNERS GROVE MUSEUM | 831 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1309
SEPT. 1 TO MAY 31: TUESDAY-FRIDAY: 12-4PM | SATURDAY 10AM - 4PM | CLOSED SUNDAY & MONDAY
JUNE 1-AUG. 31: MONDAY-FRIDAY 12-4PM | SATURDAY 10AM-4PM | CLOSED SUNDAY

FAMILY PROGRAMS

Historic Homes Bus Tour

Join the Museum Staff for a 1.5-hour bus tour of Downers Grove's oldest and most prominent homes! Learn about the families who lived in the houses and the history of architectural styles ranging from kit homes to mortise-and-tenon Greek Revival-style homes. Children under 16 must be accompanied by a registered adult.

Age: 10+ Min/Max: 5/6 R/NR: \$21/\$32

Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4700G07-01	9/12	SA	1:00-2:30pm

Main Street Cemetery Flashlight Tour

See the Main Street Cemetery in a spookier light! With a flashlight in hand, learn about the happy and tragic lives of the Downers Grove residents who are buried there and some local ghost stories. This program meets at the cemetery. Please dress for the weather. Children under 16 must be accompanied by a registered adult.

Age: All Min/Max: 5/20 R/NR: \$11/\$16

Location: Fishel Park

Class #	Date	Day	Time
4700G05-01	10/17	SA	7:00-8:00pm

Halloween House Tour

Come see the house decorated for Halloween, take a tour, and learn about what would have been done to celebrate the holiday when people lived in the Victorian Blodgett House, from the 1890s to the last family in the 1960s. All children must be accompanied by a registered adult.

Age: 8+ Min/Max: 5/10 R/NR: \$5/\$8

Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4700G12-01	10/17	SA	1:00-2:00pm

Tree to Table: Apple Pie

NEW! Visit Lyman Woods to learn all about the transformation of apples into one of America's most iconic and delectable treats! From apple cultivation and local orchard history, to the making of apple desserts from our Victorian-era recipes, join us for a sweet journey into all things Apple Pie! Program will be held indoors and outdoors, so please dress for the weather.

Age: All Min/Max: 5/30 Fee: \$6

William F Sherman Jr Interpretive Center - Lyman Woods

Class #	Date	Day	Time
4500H31-01	11/14	SA	9:30-11:30am
4500H31-02	11/14	SA	1:00-3:00pm

Tour of the Oak Hill & Oak Crest Cemeteries

Honor Veterans Day with a special tour of the Oak Hill and Oak Crest Cemeteries, two of Downers Grove's oldest graveyards. Learn about the history of the sites and the lives of significant Downers Grove residents who are buried there, including war veterans from the Civil War, World War I and World War II. All children must be accompanied by a registered adult. This program meets at the Oak Hill Cemetery main gate. Parking available along Glenview Ave. and Howard Ave. Please dress for the weather.

Age: All **Min/Max: 5/15** **R/NR: \$10/\$15**
Location: Oak Crest Cemetery on Glenview Ave.

Class #	Date	Day	Time
4700G06-01	11/7	SA	1:00-2:15pm

Tree Decorating Contest

Free to enter! Resident groups and local businesses are invited to decorate a holiday tree to be judged by our Facebook followers. Trees will be on display during Merry & Bright where the winner of each division will be announced. Register by Nov. 25.

Min/Max: 0/10 **R/NR: Free**
Location: Downers Grove Museum Campus

Class #	Age	Date	Day	Time
4700G16-01	0-17	12/2 - 12/9	M-SA	9:00am-4:00pm
4700G16-02	18+	12/2 - 12/9	M-SA	9:00am-4:00pm

Planes, Trains, and Automobiles

NEW! Bring your young engineer to learn all about the history of planes, trains, and automobiles in Downers Grove, including D.G.'s first firetruck! Then work together to build your own transportation models. All children must be accompanied by a registered adult.

Age: 4+ **Min/Max: 4/20** **R/NR: \$10/\$15**
Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4700G04-01	9/26	SA	1:00-2:30pm

YOUTH PROGRAMS

Day Off History Adventure: Out of the Vaults

The museum houses many artifacts, but more are stashed away than are on display to the public! Join us and investigate objects, photographs and more and discover the hidden secrets that they can reveal. Spend some time with us and be a "history detective" as you analyze these pieces and uncover their concealed stories!

Age: 6-9 **Min/Max: 5/12** **R/NR: \$20/\$25**
Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4700G14-01	10/12	M	9:00am-12:00pm



THERE'S MORE TO EXPLORE!
GROUP HISTORY PROGRAMS & TOURS

Kirsten Larson and Laura Ingalls: Two Pioneer Girls

Kirsten was a Swedish immigrant and Laura Ingalls was an American settler. Even though Kirsten was a fictional character, she and the very real Laura Ingalls had much in common. We will investigate these two girls and their lives on the prairie back in the mid-1800s and create a period appropriate craft, listen to stories and get to know these two young adventurers.

Age: 5-10 Min/Max: 5/12 R/NR: \$17/\$24

Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4700G08-01	9/19	SA	1:00-2:30pm

American Girl Halloween Party

NEW! Celebrate Halloween with your American Girl Doll at the Downers Grove museum! Learn about the celebration's traditions, create a Halloween related craft and enjoy a snack.

Age: 5-10 Min/Max: 5/12 R/NR: \$17/\$24

Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4700G09-01	10/10	SA	1:00-2:30pm

American Girl Doll Fashion Show

NEW! Learn about American Girl fashion through history by joining us with your dolls for an American Girl Fashion Show! Showcase your doll's favorite outfits, while they walk an American Girl Doll Runway and try your hand at your own fashion designing for your doll.

Age: 5-10 Min/Max: 5/12 R/NR: \$17/\$24

Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4700G10-01	11/21	SA	1:00-2:30pm

Samantha's Victorian Christmas

Make crafts and play games related to American Girl Samantha's story to learn what Christmas was like in the Victorian period. Step back in time and see Victorian Christmas holiday decorations and traditions by exploring the Victorian Blodgett House.

Age: 5-10 Min/Max: 5/12 R/NR: \$17/\$24

Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4700G11-01	12/19	SA	1:00-2:30pm

Museum Field Trip Mondays

Take a step away from the classroom and visit local sites of historic importance in Downers Grove. Participants will meet at the Lincoln Center and walk with the program leader to a different site every week to discuss the history and importance of various locations in Downers Grove including museums, cemeteries, parks and more!

Age: 6-12 Min/Max: 4/12 R/NR: \$12/\$18

Link Participant: \$10 Location: Lincoln Center

Class #	Date	Day	Time
4700G01-01	9/14	M	3:00-4:30pm
4700G01-02	9/28	M	3:00-4:30pm
4700G01-03	10/19	M	3:00-4:30pm
4700G01-04	11/2	M	3:00-4:30pm
4700G01-05	11/16	M	3:00-4:30pm
4700G01-06	11/30	M	3:00-4:30pm
4700G01-07	12/14	M	3:00-4:30pm

Museum Half-Day Winter Camp

NEW! Spend winter break exploring the expansive museum collection at the Downers Grove Museum. Get hands-on experience handling real artifacts and discover how museums store and exhibit artifacts to preserve the history of Downers Grove! Each day will cover a new museum topic. Sign up for one or all days of camp.

Age: 5-8 Min/Max: 5/12 R/NR: \$20/\$25

Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4230G01-01	12/21	M	9:00am-12:00pm
4230G01-02	12/22	TU	9:00am-12:00pm
4230G01-03	12/23	W	9:00am-12:00pm
4230G01-04	12/28	M	9:00am-12:00pm
4230G01-05	12/29	TU	9:00am-12:00pm
4230G01-06	12/30	W	9:00am-12:00pm



A TRIP DOWN MEMORY LANE:
**THE ART OF
 LANE K. NEWBERRY**

August 31, 2020 to February 27, 2021
 Montrew Dunham History Center at Downers Grove Museum

This exhibition will showcase the work of Lane K. Newberry held in the Museum's collection. Come learn about Newberry's life, influences, and artistic style, and see a few of the many regional portraits he completed while living in Downers Grove.

CANCELED



Merry & Bright
A VICTORIAN CHRISTMAS

Saturday, Dec. 12 • 3:00 pm - 6:00 pm
 Downers Grove Museum

CANCELED

FREE! Join us for a celebration of the season at this free family event! Learn about Victorian Christmas traditions, visit the holiday-decorated Victorian Blodgett house and listen to Victorian-era carols from the park while warming up around a campfire and visit with Santa! Holiday snacks and hot cocoa will be available for purchase to enhance the holiday cheer.

ADULT PROGRAMS

Lard and Lye: Understanding the Basics of Historical Soap and Candle-making

NEW! Ever wondered what methods early settlers used to make their early soaps and candles? Learn more about these early processes and more in this hands-on program about the uses of lye and lard in early soap and candle-making. Each participant will have the opportunity to bring home hand-dipped candle of their own.

Age: 18+ Min/Max: 5/20 R/NR: \$10/\$15
Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4700G02-01	9/25	F	6:30-8:00pm

Israel Blodgett: Blacksmith **NEW!**

Learn about the profession that helped the Blodgett family and other Downers Grove residents establish themselves in the village, as well as the history of blacksmithing in general. Museum artifacts will be on display.

Age: 18+ Min/Max: 5/40 R/NR: Free
Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4700G03-01	11/16	M	11:00am-12:00pm

Holiday Tea

Enjoy a delightful afternoon tea in the sitting room of the Blodgett House! Learn about early holiday traditions during a private tour of the holiday decorated Victorian home. Tea and light snacks will be served following the tour.

Age: 18+ Min/Max: 5/15 R/NR: \$16/\$21
Location: Downers Grove Museum Campus

Class #	Date	Day	Time
4700G13-01	12/16	W	11:00am-12:30pm



SPECTERS AND SPIRITS

FRIDAY, OCTOBER 9

7 - 10PM ■ AGES 18+ ■ R/NR: \$35/\$40
 DOWNERS GROVE MUSEUM
 CLASS #4700G15-01

EXPLORE the allegedly haunted Downers Grove Museum

Join us for a spirited exploration of the allegedly haunted Downers Grove Museum and Main Street Cemetery while enjoying a spook-filled evening of some adult fun. Enjoy some light appetizers, before heading on a search for signs of spirits with paranormal experts using paranormal detection equipment. Fee includes light appetizers and a non-alcoholic beverage.



PROGRAMS & TOURS

ONSITE GROUP PROGRAMS

Bring your group to the Downers Grove Museum! Programs and tours are 1 hour in length and can be tailored for adult and kid groups. More tours will be added once the construction on the Pioneer Blodgett House has been completed. Call 630.963.1309 for details and to book your program or tour today!

Go Behind-the-Scenes!

Take a behind-the-scenes tour of the DG Museum! Follow the Museum Curator through public and private museum spaces learning about our collections and exhibits.

Main Street Cemetery Walk

Enjoy a stroll through Downers Grove's historic Main Street Cemetery while learning about some of the prominent people buried there. Please dress for the weather.

Victorian Downers Grove

Explore what life was like in Downers Grove in the 1890s! Take a tour of the historic Victorian Blodgett House, complete a trivia scavenger hunt, and try out some Victorian era toys and games.

Pioneer Downers Grove

Explore what life was like in Downers Grove in the 1830s and 40s. Tour the museum campus and learn about the early settlers in our area. Then try your hand at some early chores and games.

Victorian Tea Party Birthday Party

Live like an 1890s Victorian Lady as you join us for your own special birthday tea party. We'll learn about Victorian Tea etiquette, make a craft and play some fun parlor games played by the women and children in Victorian times.

VIRTUAL GROUP PROGRAMS

Talk with the Curator

Museum staff will meet with your class or group over Zoom to discuss the Museum or another local history topic related to what your class or group is studying. This program is 1 hour in length.

Artifact Inquiry

The museum staff will meet with your class over Zoom and bring out mystery objects from the collection. We will work with the class to do some detective research to figure out what the object is and its historical uses. This program is 1 hour in length.

GROUP TOURS

During your guided tour, you'll visit the foot print of the Blodgett family cabin, discuss the 1850s and the Pioneer Blodgett House, and learn about the 1890s inside of the Victorian Blodgett House.

- **SCHOOL TOURS:** One class per 1-hour tour, \$48 per class
- **GROUP TOURS:** \$25 for up to 10 people; \$2 per person over 10



SCHOOL OF THE ARTS

LINCOLN CENTER | 935 MAPLE AVE. DOWNERS GROVE, IL | 630.963.1300

Messy 2s & 3s & You

Experience and explore creativity with your tot! Work together on creative art activities that enhance fine motor skills and spark imagination. Leave with plenty of ideas for at-home fun! Fee is per child; please register each child attending. No class Oct. 12 and Nov. 27.

Age: 2-3 Min/Max: 5/10 R/NR: \$45/\$68
Location: Lincoln Center Instructor: Sherry Valle

Class #	Date	Day	Time
4100K00-01	9/14 - 10/26	M	9:00-9:30am
4100K00-02	9/14 - 10/26	M	9:45-10:15am
4100K00-03	9/11 - 10/16	F	9:00-9:30am
4100K00-04	9/11 - 10/16	F	9:45-10:15am
4100K00-05	11/2 - 12/7	M	9:00-9:30am
4100K00-06	11/2 - 12/7	M	9:45-10:15am
4100K00-07	10/30 - 12/11	F	9:00-9:30am
4100K00-08	10/30 - 12/11	F	9:45-10:15am

Pre-K Art Play

NEW! Create works of art with your preschooler! Each week you'll work together to create a new project. Come explore colors, new textures and a variety of mediums and techniques! Fee is per child; please register each child attending. No class Nov. 26.

Age: 3-5 Min/Max: 5/10 R/NR: \$45/\$68
Location: Lincoln Center Instructor: Sherry Valle

Class #	Date	Day	Time
4100K63-01	9/10 - 10/15	TH	11:30am-12:00pm
4100K63-02	10/29 - 12/10	TH	11:30am-12:00pm

Family Pottery

Families of all shapes and sizes are invited to explore the world of clay! Learn basic hand building techniques while creating fun ceramic pieces as a family. All projects will be glazed, kiln-fired and sent home at the end of the session. All supplies are included and the class can be repeated. Smocks are available, but be prepared to get messy. Fee is per child; please register each child attending. No class Oct. 12.

Age: 4-10 Min/Max: 5/10 R/NR: \$70/\$100
Location: Lincoln Center Instructor: Sherry Valle

Class #	Date	Day	Time
4100K21-01	9/14 - 10/26	M	5:00-6:00pm
4100K21-02	11/2 - 12/14	M	5:00-6:00pm

FAMILY POTTERY NIGHT Holiday Ornaments

Create a set of ceramic ornaments with a parent, grandparent, aunt, uncle, whomever! This workshop is a great opportunity to learn more about the world of pottery and create a beautiful project together. Smocks are available, but be prepared to get messy. Fee is per child; please register each child attending. Separate pick-up days will be scheduled after projects are fired.

Age: 3+ Min/Max: 5/10 R/NR: \$18/\$27
Location: Lincoln Center Instructor: Sherry Valle

Class #	Date	Day	Time
4100K22-01	11/20	F	6:30-7:30pm

YOUTH ART

Mini Masterpieces

Each week, your child will create their very own mini art masterpiece! In addition to having fun and learning new art techniques, your child will develop listening, language and motor skills. Attending Lincoln Learning Center? Park District staff will escort your child to class! No class Oct. 12 and Nov. 27.

Age: 4-6 Min/Max: 5/10 R/NR: \$45/\$68

Location: Lincoln Center Instructor: Sherry Valle

Class #	Date	Day	Time
4100K34-01	9/14 - 10/26	M	11:30am-12:00pm
4100K34-02	9/11 - 10/16	F	11:30am-12:00pm
4100K34-03	11/2 - 12/7	M	11:30am-12:00pm
4100K34-04	10/30 - 12/11	F	11:30am-12:00pm

Creating with Clay

Learn how to use basic hand-building and glazing techniques to create fun and useful ceramic pieces! All projects will be glazed, kiln-fired and sent home at the end of the session. Each child works at their own level. Beginners and seasoned clay crafters welcome! Smocks are provided, but be prepared to get messy. No class Nov. 26 and 27.

Min/Max: 5/10 R/NR: \$90/\$120 LINK Participant: \$80

Location: Lincoln Center Instructor: Sherry Valle

Class #	Age	Date	Day	Time
4100K32-01	5-8	9/11 - 10/16	F	3:30-4:45pm
4100K32-02	5-8	10/30 - 12/11	F	3:30-4:45pm
4100K33-01	9-13	9/10 - 10/15	TH	3:30-4:45pm
4100K33-02	9-13	10/29 - 12/10	TH	3:30-4:45pm

Art Club

Young artists are invited to explore their creativity with this after-school art adventure! Art Club participants will create a variety of projects using different art techniques like painting, drawing, collage and more! No class Oct. 12.

Age: 6-10 Min/Max: 5/10 R/NR: \$70/\$100

LINK Participant: \$60 Location: Lincoln Center

Instructor: Sherry Valle

Class #	Date	Day	Time
4100K31-01	9/14 - 10/26	M	3:45-4:45pm
4100K31-02	11/2 - 12/7	M	3:45-4:45pm

YOUNG REMBRANDTS

Drawing Workshops

The Young Rembrandts method was developed to teach the basic concepts of drawing technique. Students will learn a new lesson in each class with a step-by-step approach featuring a variety of subjects including animals, action, still-life, landscape and cartoons. Young Rembrandts program is a six-year curriculum where not one lesson repeats!

Age: 5-10 Min/Max: 6/18 R/NR: \$57/\$86

Location: Lincoln Center Instructor: Young Rembrandts

Time: 11:00am-12:00pm

Class #	Date	Day	Fee	Topic
4100K51-01	9/5 - 9/26	SA	\$57/\$85	Treehouse Adventure
4100K51-02	10/3 - 10/24	SA	\$57/\$85	My Favorite Pets
4100K51-03	11/7-11/28	SA	\$57/\$85	Dinosaur Dynasty
4100K51-04	12/5 - 12/19	SA	\$43/\$65	Ice Magic

SMART START ART

Winter Break Camp

NEW! Explore your artistic side with Smart Start Art from Afterschool Enrichment Solutions. Learn how to draw an array of animals, from house pets to sea creatures to farm animals to jungle inhabitants! Discover your creativity and imagination as an artist, developing fine motor skills, style and vision as we explore different artistic techniques through a variety of inspiring projects. Sketch and draw, shade and color, cut, glue, fold... create! See your imagination come to life! Learn about great artists from throughout history and the present day, through a daily featured artist and fun, exciting games.

Age: 6-9 Min/Max: 6/15 R/NR: \$138/\$168

Location: Lincoln Center

Instructor: After School Enrichment Solutions

Class #	Date	Day	Time
4100K59-01	12/21 - 12/23	M-W	1:00-4:00pm

ADULT ART

Adult Pottery: Hand-Building

Learn basic hand building skills and the stages of the glazing process while creating one of a kind projects! All supplies are included and the class can be repeated from season to season. No class Oct. 12.

Age: 16+ Min/Max: 5/10 R/NR: \$105/\$135
Location: Lincoln Center Instructor: Sherry Valle

Class #	Date	Day	Time
4100K60-01	9/14 - 10/26	M	6:15-7:30pm
4100K60-02	11/2 - 12/7	M	6:15-7:30pm

Adult Pottery Night

Curious about ceramics? Come learn about the world of pottery and hand-building, and create a one-of-a-kind project! This workshop is a great way to see first-hand what a pottery class is like, or a unique option for a fun date-night. Smocks are available, but be prepared to get messy! Separate pick-up days will be scheduled after projects are fired.

Age: 16+ Min/Max: 5/12 R/NR: \$25/\$38
Location: Lincoln Center Instructor: Sherry Valle

Class #	Date	Day	Time
4100K61-01	10/9	F	6:30-8:30pm

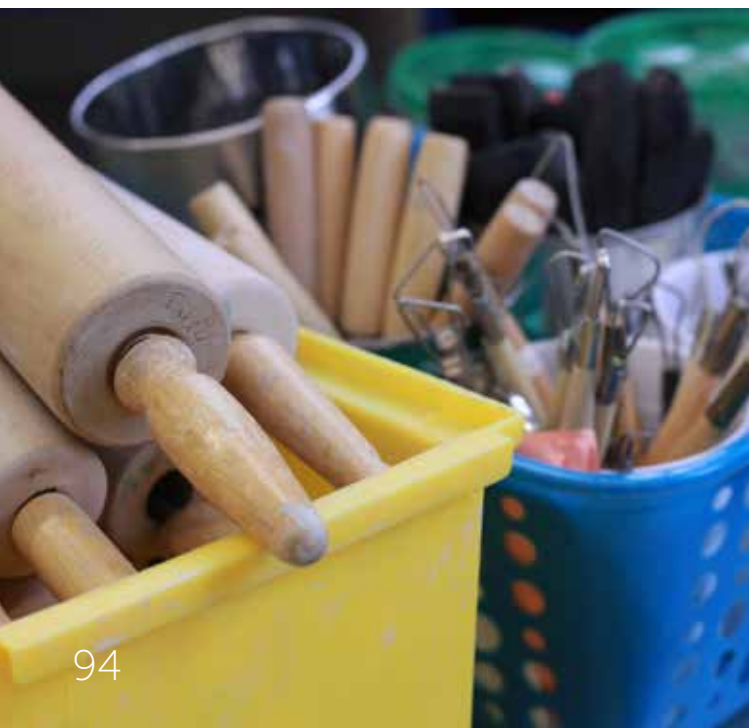


Reverse Glass Painting

NEW! Turn a flat piece of glass into a beautiful piece of artwork while becoming familiar with basic painting techniques. Once you start painting on glass, you will never look at a plain glass surface in the same way again!

Age: 18+ Min/Max: 5/10 R/NR: \$59/\$89
Location: Lincoln Center Instructor: Nataliya Guchenia

Class #	Date	Day	Time
4100K80-01	9/4	F	6:00-8:00pm
4100K80-02	9/18	F	6:00-8:00pm
4100K80-03	10/2	F	6:00-8:00pm
4100K80-04	10/16	F	6:00-8:00pm
4100K80-05	10/30	F	6:00-8:00pm
4100K80-06	11/13	F	6:00-8:00pm
4100K80-07	12/11	F	6:00-8:00pm



AT-HOME ART KITS

Pick up an art kit and create a project from home! Each kit will contain everything you need, from supplies to step-by-step instructions! Art kits will be available for a variety of projects and ages. For project and registration information, visit www.dgparks.org/arts-crafts

Class #: 4100K90 R/NR: \$8/\$12

MUSIC

Storybook Music

An innovative music class that combines audio and visual cues as students have the opportunity to play a variety of instruments. We will incorporate rhythm, melody, lyrics, and even create an original story or song. Sing and play along with popular songs, original music videos as well as creating their own. Listening skills are a combination. The class will also include a brief overview of various types of music (rock, country, jazz, blues, pop and instrumentals) and how music can affect the way we feel. No class Nov. 3.

Age: 3-5 Min/Max: 7/16 R/NR: \$103/\$133

Location: Lincoln Center

Instructor: Shining Star Productions

Class #	Date	Day	Time
4160K03-01	9/1 -10/20	TU	12:30-1:15pm
4160K03-02	10/27 -12/22	TU	12:30-1:15pm

Group Ukulele

NEW! The ukulele is a fun and versatile instrument – and perfectly kid-sized! In this fun introduction to playing the ukulele, kids will learn the basics of the ukulele in a group setting. We'll work on exercises to improve finger strength and dexterity, learn chords, and even sing some songs while we accompany ourselves on the uke!

Min/Max: 5/10 R/NR: \$84/\$114

LINK Participant: \$76 Location: Lincoln Center

Instructor: Emily Dahowski

Class #	Age	Date	Day	Time
4160K04-01	8-12	9/10 -10/22	TH	5:30-6:15pm
4160K04-02	8-12	10/29 -12/17	TH	5:30-6:15pm
4160K04-03	6-8	9/12 -10/2	SA	11:30am-12:15pm
4160K04-04	6-8	10/31- 12/12	SA	11:30am-12:15pm

Group Violin/Viola

NEW! Work on essential violin skills in a fun and creative group setting! We'll focus on proper technique, music reading skills and other violin fundamentals. Students must bring their own instrument to class.

Age: 8-12 Min/Max: 5/10 R/NR: \$80/\$110

LINK Participant: \$72 Location: Lincoln Center

Instructor: Jenna Krause

Class #	Date	Day	Time
4160K05-01	9/10-10/22	TH	4:00-4:45pm
4160K05-02	10/29-12/17	TH	4:00-4:45pm

Guitar Stars

NEW! Learn the fundamentals of acoustic guitar while playing games, making music and having fun in this newly designed class! We'll cover the basics, from how to hold the guitar and pick to proper fret-hand finger positioning. More advanced or returning students will delve into sight reading, playing by ear and rocking out as a class! Each child will have the opportunity to earn Guitar Belts as they progress. Students must bring their own guitar; AES recommends a basic inexpensive guitar, like the "First Act Acoustic Guitar" available through amazon.com and other retailers. Students must also purchase a lesson book for \$12.

Age: 6-13 Min/Max: 6/12 R/NR: \$138/\$168

LINK Participant: \$131 Location: Lincoln Center

Instructor: After School Enrichment Solutions

Class #	Date	Day	Time
4160K00-01	9/15 -10/20	TU	4:00-5:00pm
4160K00-02	10/27 -12/1	TU	4:00-5:00pm

**CHECK OUT
PRIVATE
LESSONS
on page 96.**



MusicStart

NEW! Learn to read music and play tunes! Brought to you by AES and The Music Path Company, this amazing program teaches young students the beginnings of music! Using specialized, proprietary MusicStart keyboards, students learn to play familiar tunes in a group setting by color, letter, and note matching while using problem-solving strategies- without sacrificing any important musical knowledge. We are not taking shortcuts to playing and reading music. Prepare your student to take any instrument by giving them a solid musical foundation with this exciting program! No class Nov. 25.

Age: 5-10 Min/Max: 6/15 R/NR: \$138/\$168
LINK Participant: \$131 Location: Lincoln Center
Instructor: After School Enrichment Solutions

Class #	Date	Day	Time
4160K01-01	9/16 -10/21	W	4:00-5:00pm
4160K01-02	10/28 -12/9	W	4:00-5:00pm

MUSICSTART Winter Break Camp

NEW! Learn to read music and play tunes! Brought to you by AES and The Music Path Company, this amazing program teaches young students the beginnings of music! Using specialized, proprietary MusicStart keyboards, students learn to play familiar tunes in a group setting by color, letter, and note matching while using problem-solving strategies- without sacrificing any important musical knowledge. We are not taking shortcuts to playing and reading music. Prepare your student to take any instrument by giving them a solid musical foundation with this exciting program!

Age: 5-10 Min/Max: 6/15 R/NR: \$158/\$188
Location: Lincoln Center
Instructor: After School Enrichment Solutions

Class #	Date	Day	Time
4160K02-01	12/21 -12/23	M-W	9:00am-12:00pm

PRIVATE MUSIC LESSONS

Interested in picking up a new instrument or improving existing skills? Private lessons offer one-on-one instruction tailored to each student’s interests and abilities! All lessons are 30 minutes in length. Sheet music or lesson books can be purchased at the Lincoln Center. Music lessons are offered year-round, and new registrations are accepted at any time. Some instructors offer short-term, seasonal sessions as well. Adult students are welcome! Lessons are payable via automatic monthly payments. To begin lessons, please complete a lesson request form available at dgparks.org/music.

Resident: \$100/month Non-Resident: \$130/month

Location: Lincoln Center

Piano

Instructor: Madelyn Kuehl
Wednesdays: Between 3pm and 8pm
Saturdays: Between 9am and 12pm

Flute

Instructor: Kayla Bradley
Fridays: Between 3pm and 8pm
Saturdays: Between 5pm and 8pm

Voice

Instructor: Emily Dahowski
Tuesdays: Between 5pm and 8pm
Saturdays: Between 12:30pm and 4:30pm

Beginning Guitar

Instructor: Kayla Bradley
Fridays: Between 3pm and 8pm
Saturdays: Between 4pm and 7pm

Ukulele

Instructor: Emily Dahowski
Tuesdays: Between 5pm and 8pm
Saturdays: Between 12:30pm and 4:30pm

Violin/Viola

Instructor: Jenna Krause
Mondays: Between 3pm and 8pm
Thursdays: Between 5pm and 8pm

THEATER

Little Actors Club

Children love this innovative drama class that develops their imagination and introduces them to the performing arts in a fun and creative atmosphere. Each week is a new and exciting adventure into the imagination with changing themes, music, costumes, props, and playbills. Participants learn theater terms and a new joke every week, enhance spontaneity, build self-esteem and have plenty of fun in this delightful class. Most themes are not repeated for two years so "act" now! No class Sept. 7 and Nov. 27.

Age: 3-5 Min/Max: 7/16 Location: Lincoln Center
Instructor: Shining Star Productions

Class #	Date	Day	Time	R/NR
4161K00-01	8/31 -10/26	M	11:30am-12:15pm	\$103/\$133
4161K00-02	11/2 -12/21	M	11:30am-12:15pm	\$103/\$133
4161K00-03	9/4 -10/23	F	6:00-6:45pm	\$103/\$133
4161K00-04	10/30 -12/18	F	6:00-6:45pm	\$90/\$120

Young Actors Club

Join the fun in this wonderful and fast-paced creative drama class. Each week is a new and exciting adventure into the imagination with changing themes, music, costumes, props, games, and playbills. You'll even learn a new joke every week! Most themes are not repeated for two years so "act" now! Learn theater terms, enhance spontaneity, build self-esteem and have a blast! No class Sept. 7 and Nov. 27.

Age: 6-8 Min/Max: 7/16 Location: Lincoln Center
Instructor: Shining Star Productions

Class #	Date	Day	Time	R/NR
4161K30-01	8/31 -10/26	M	5:30-6:15pm	\$103/\$133
4161K30-02	11/2 -12/21	M	5:30-6:15pm	\$103/\$133
4161K30-03	9/4 -10/23	F	7:00-7:45pm	\$103/\$133
4161K30-04	10/30 -12/18	F	7:00-7:45pm	\$90/\$120

LOL Improv

If you enjoy comedy, laughing, having a good time, or acting, this class is for you! You'll create characters, play awesome theater games, improvise, develop social skills and be spontaneous as you learn about the creative art of improvisation and sketch comedy. This is one class you don't want to miss and you are personally invited to come and play, create and laugh out loud! They say laughter is the best medicine...this class should be taken on a regular basis. No class Sept. 7.

Age: 9-13 Min/Max: 7/16 R/NR: \$103/\$133

Location: Lincoln Center

Instructor: Shining Star Productions

Class #	Date	Day	Time
4161K31-01	8/31 -10/26	M	6:30-7:15pm
4161K31-02	11/2 -12/21	M	6:30-7:15pm

LOL Winter Break Camp

NEW! Spend an afternoon playing improv and theater games, creating characters, making up fun scenes and giving your creativity a workout. You don't have to be familiar with improv to have a great time. Be a part of the fun and laugh out loud!

Age: 9-14 Min/Max: 6/16 R/NR: \$26/\$39

Location: Lincoln Center

Instructor: Shining Star Productions

Class #	Date	Day	Time
4161K32-01	12/28	M	1:00-4:00pm
4161K32-02	12/29	TU	1:00-4:00pm
4161K32-03	12/30	W	1:00-4:00pm



How Do I Get That Part? Audition Workshop

NEW! Thinking about auditioning for that perfect role? In this two-part workshop, you'll have a chance to work on your audition monologue, scene or song, and learn tips for improving your stage presence and calming pre-audition jitters!

Age: 8-14 Min/Max: 6/12 R/NR: \$45/\$68

Location: Lincoln Center

Instructor: Susan Craig-Olsen

Class #	Date	Day	Time
4161K03-01	9/14 -9/21	M	5:30-7:00pm
4161K03-02	11/30 -12/7	M	5:30-7:00pm

From Improv to Drama

NEW! Explore the world of theater and hone your acting skills. We'll start with improv games, build up to scenework, and eventually end with a performance of a monologue of your choosing. Friends and family are encouraged to come watch performances on the last day of class!

Min/Max: 5/15 R/NR: \$115/\$145

Location: Lincoln Center

Instructor: Susan Craig-Olsen

Class #	Age	Date	Day	Time
4161K05-01	8-11	9/10 -11/12	TH	6:00-7:00pm
4161K05-02	11-14	9/10 -11/12	TH	7:10-8:10pm

Page to Stage

NEW! Learn how to take a page from some of your favorite stories and transform it into a show on the stage! Using children's books, movies, and Broadway musicals, explore the world of theater and develop acting skills through improv, character work, games and exercises and warm ups. Friends and family are encouraged to come watch performances on the last day of class!

Min/Max: 5/15 Location: Lincoln Center

Instructor: Susan Craig-Olsen

Class #	Age	Theme	Date	Day	Time	R/NR/LINK Participant
4161K04-01	5-8	Charlotte's Web	9/10 -11/12	TH	5:00-5:45pm	\$115/\$145/\$104
4161K04-02	8-12	Wizard of Oz	9/9 -11/11	W	5:00-6:00pm	\$115/\$145/\$104
4161K04-03	12-14	Shrek	9/9 -11/11	W	6:10-7:10pm	\$115/\$145
4161K04-04	14-18	Pirates of the Caribbean	9/9 -11/11	W	7:20-8:20pm	\$115/\$145



YOU GOT THE PART! NOW WHAT?

Did you score the role of a lifetime? Are you looking for a little extra help perfecting your performance before the big show? Contact afontanetta@dgparks.org to learn more about opportunities for acting coaching!

DANCE

Our dance classes are centered around offering dancers of all ages and abilities a chance to learn different styles of dance with an emphasis on safe and correct technique. We strive to create a safe and supportive environment that allows all participants an equal opportunity to grow and learn both artistically and physically, while having fun! Class age categories may be overridden at the discretion of the instructor and Recreation Supervisor.

Pre-Dance Classes

Introductory or "pre-dance" classes focus on developing balance, coordination, rhythm, strength and flexibility, as well as social, listening and comprehension skills. Dancers are introduced to age-appropriate techniques and vocabulary in ballet, jazz, tap or hip hop. Combination classes allow your little dancer to practice two different styles in the same class -the perfect introduction to multiple styles of dance!

Youth Dance Classes

Youth classes progress to more disciplined and advanced techniques while promoting positive attitudes, poise and self-confidence. We follow an adaptive curriculum. The techniques and lessons focused on in each level of class is unique to the group of students in the class at that time.

Ballet

Dancers will learn the classical techniques of ballet including terminology and positions. Dancers build upon the fundamentals through barre work, center work and both adagio and allegro combinations across the floor. Emphasis is placed on posture, strength and flexibility.

Tap

In tap, different combinations of steps create different rhythms, accents and syncopation. Dancers will learn steps like the shuffle, buffalo and heel-step by working on balance and learning to distribute their weight to different parts of the foot. Tapping enhances memorization of dance combinations and creates an ease to balance and performing!

Jazz

Jazz is an energetic and upbeat style of dance! Dancers learn basic jazz techniques including jazz turns, jumps and isolations. Dancers learn to match movement to fun music, both classic and contemporary.

Hip Hop

Hip hop is a high-energy style of dance! Learn beginner to intermediate level classic and street hip hop moves, while focusing on developing a sense of rhythm through hip hop choreography. Dancers will improve strength, balance and flexibility.

Hawaiian Hula

Get transported away to the tropical island of Hawaii! Come learn about Hawaii's famous dance style and the culture from Shasta Hud, who was born and raised in Hawaii.

View dance class info on p. 101



CLASS ATTIRE

Please visit dgparks.org/dance for attire requirements, or to purchase apparel through our online shop.



MCNULTY SCHOOL OF IRISH DANCE

Irish Step Dance

Open your child's eyes and heart to Ireland's traditional dances! Learn the Irish Jig, Reels, Hornpipes and team figure dances. The McNulty School of Irish Dance program is designed to challenge each dancer to achieve his or her personal best, and develop concentration skills, coordination and self-confidence. Dancers begin learning solo and team dances in Irish soft shoes and then progress to more complex soft-shoe and heavy-shoe steps over time. With the exception of beginner classes, enrollment requires the instructor's recommendation. To enroll in a heavy-shoe class, you must be enrolled in a soft-shoe class during the same session.

View class info on p. 102

CHICAGO LOVES DANCE

Breakdance & Hip Hop

Under the creative direction of skilled Chicago Loves Dance instructors, students will learn choreography and poses, show off their creativity in free-style sessions, dance battles and more. Chicago Loves Dance runs on the philosophy that dance should open your child's creative abilities and be FUN! Dancers develop the self-esteem and socialization needed in everyday life through the activity of dance and performance.

View class info on p. 102

DANCE KIDS USA

Parent-Tot Dance

Interact with other parents and tots through song and dance! Develop balance, increase body awareness, improve listening and gross motor skills and of course, have fun!

Creative Movement

Creative movement, music education, dance, mime, ballet, jazz, tap, gymnastics are performance are encouraged in the class. Children gain confidence, rhythm, better coordination, balance and memory.

Adult Tap

Tap is an upbeat dance form that is a great way to exercise, so come along and join the fun! Class includes warm-ups, basic steps and traveling combinations. Tap shoes are required. Intermediate class participants must have mastered basic tap skills.

Adult Ballet

Reconnect with your grace and flexibility! This class is perfect for those who haven't danced in years, or brand-new beginners. Learn proper ballet technique while improving muscle tone, balance and memory.

View class info on p. 102

LOCATION: LINCOLN CENTER

Downers Grove Park District -Downers Grove Park District Staff No class Nov. 26 and 28						
Class #	Program	Age	Day	Dates	Time	R/NR/LINK
4162K02-01	Pre-Ballet/Tap I	3-4	M	9/14-12/14	4:00-4:45pm	\$142/\$192
4162K21-01	Hip Hop I	7-9	M	9/14-12/14	4:45-5:30pm	\$142/\$192/\$128
4162K14-01	Ballet I	7-9	M	9/14-12/14	5:30-6:15pm	\$142/\$194/\$128
4162K19-01	Jazz I	7-9	M	9/14-12/14	6:15-7:00pm	\$142/\$192/\$128
4162K22-01	Hip Hop II	10-16	M	9/14-12/14	7:00-8:00pm	\$156/\$206
4162K15-01	Ballet II	10-16	TU	9/08-12/15	5:30-6:30pm	\$156/\$206/\$141
4162K20-01	Jazz II	10-16	TU	9/08-12/15	7:00-8:00pm	\$156/\$206
4162K06-01	Pre-Ballet/Hip Hop	5-6	TH	9/10-12/17	4:00-4:45pm	\$142/\$192/\$128
4162K16-01	Ballet I/II	10-16	TH	9/10-12/17	5:15-6:15pm	\$156/\$206/\$141
4162K18-01	Tap II	10-16	TH	9/10-12/17	6:15-7:15pm	\$156/\$206
4162K00-01	Pre-Ballet I	3-4	SA	9/05-12/12	8:30-9:15am	\$142/\$192
4162K02-02	Pre-Ballet/Tap I	3-4	SA	9/05-12/12	9:15-10:00am	\$142/\$192
4162K03-02	Pre-Ballet/Tap II	5-6	SA	9/05-12/12	10:00-10:45am	\$142/\$192
4162K06-02	Pre-Ballet/Hip Hop	5-6	SA	9/05-12/12	10:45-11:30am	\$142/\$192
4162K21-02	Hip Hop I	7-9	SA	9/05-12/12	11:30am-12:15pm	\$142/\$192
4162K14-02	Ballet I	7-9	SA	9/05-12/12	12:15-1:00pm	\$142/\$192

Downers Grove Park District -Shasta Hud						
Class #	Program	Age	Day	Dates	Time	R/NR/LINK
4162K31-01	Parent-Tot Hula	3-5	TU	9/08-10/20	11:30am-12:00pm	\$30/\$45
4162K31-02	Parent-Tot Hula	3-5	TU	10/27-12/08	11:30am-12:00pm	\$30/\$45
4162K30-01	Hula for Kids	5-8	TU	9/08-12/15	4:00-4:45pm	\$122/\$172/\$110

Classes are subject to change.



WINTER RECITAL

Saturday, Dec. 19 • Lincoln Center

The Winter Recital is an opportunity for students participating in full session (September-December) classes to show off what they've learned throughout the season! Family and friends will be able to watch the student performances in person or via streaming video. No costume purchase is necessary; dancers will perform in their class attire. Performance times will be announced after classes have commenced.

Chicago Loves Dance No class Nov. 25						
Class #	Program	Age	Day	Dates	Time	R/NR/LINK Participant
4162K85-01	Breakdance: K-3rd Grade	6-8	W	9/09-12/16	4:00-5:00pm	\$210/\$260/\$200
4162K86-01	Hip Hop: K-3rd Grade	6-8	W	9/09-12/16	4:00-5:00pm	\$210/\$260/\$200
4162K85-02	Breakdance: 4th-8th Grade	9-13	W	9/09-12/16	5:00-6:00pm	\$210/\$260/\$200
4162K86-02	Hip Hop: 4th-8th Grade	9-13	W	9/09-12/16	5:00-6:00pm	\$210/\$260/\$200

Dance Kids USA -Michelle Dawson No class Nov. 25 to 27 *Held at the Woodridge Park District Community Center						
Class #	Program	Age	Day	Dates	Time	R/NR/LINK Participant
4162K80-02	Adult Tap Intermediate/Advanced*	16+	W	9/09-12/16	7:30-8:15pm	\$120/\$170
4162K79-01	Adult Ballet	16+	TH	9/10-12/17	9:00-9:45am	\$120/\$170
4162K80-01	Adult Tap Beginner	16+	TH	9/10-12/17	9:45-10:30am	\$120/\$170
4162K70-01	Pre-Ballet/Tap II	4-6	TH	9/10-12/17	10:30-11:15am	\$122/\$172
4162K67-01	Pre-Ballet I	3-4	F	9/11-12/18	9:20-10:05am	\$122/\$172
4162K69-01	Pre-Ballet/Tap I	3-4	F	9/11-12/18	10:05-10:50am	\$122/\$172
4162K65-01	Parent-Tot Dance	2-3	F	9/11-10/23	10:50-11:20am	\$40/\$60
4162K65-02	Parent-Tot Dance	2-3	F	10/30-12/18	10:50-11:20am	\$40/\$60
4162K66-01	Creative Movement	2.5-5	F	9/11-10/23	11:20am-12:05pm	\$60/\$90
4162K66-02	Creative Movement	2.5-5	F	10/30-12/18	11:20am-12:05pm	\$60/\$90
4162K68-01	Pre-Ballet II	4-6	F	9/11-12/18	12:10-12:55pm	\$122/\$172
4162K71-01	Pre-Jazz/Hip Hop	4-6	F	9/11-12/18	12:55-1:25pm	\$82/\$123
4162K70-02	Pre-Ballet/Tap II	4-6	F	9/11-12/18	1:25-2:10pm	\$122/\$172
4162K74-01	Pre-Jazz/Tap for Boys	4-6	F	9/11-12/18	2:10-2:55pm	\$122/\$172
4162K69-02	Pre-Ballet/Tap I	3-4	F	9/11-12/18	3:00-3:45pm	\$122/\$172
4162K78-01	Beginner Jazz/Hip Hop	6+	F	9/11-12/18	3:45-4:30pm	\$122/\$172/\$116
4162K75-01	Beginner Tap	6+	F	9/11-12/18	4:30-5:00pm	\$82/\$123/\$78

McNulty Irish Dance No class Nov. 26 *Irish Dance classes do not participate in the Winter Recital						
Class #	Program	Age	Day	Dates	Time	R/NR/LINK Participant
4162K90-01	Irish Step Preschool	3.5-4	TH	9/10-12/17	4:00-4:30pm	\$140/\$190
4162K90-02	Irish Step Beginner	5-16	TH	9/10-12/17	4:35-5:20pm	\$182/\$232/\$172
4162K90-03	Irish Step Heavy Shoe	6-16	TH	9/10-12/17	5:25-5:55pm	\$140/\$190/\$130
4162K90-04	Irish Step Intermediate/Advanced	6-16	TH	9/10-12/17	6:00-7:00pm	\$210/\$260/\$200





**DEVELOP YOUR TALENT
AND GROW AS A MEMBER
OF IMAGINE DANCE TEAM!**

Imagine Dance Team runs from summer auditions through the school year, and is comprised of a performance-only (non-competitive) level and two competitive levels. Try-outs are held once per year; visit dgparks.org/dance for more information.

Monster Mash DANCE PARTY

Calling all monsters, ghouls, and costumed kids! Kick off Halloween by learning some fun dance moves to classic spooky Halloween songs! When the party starts winding down, grab your candy collecting basket to snag a few treats before bidding everyone farewell.

Min/Max: 5/20 **R/NR: \$8/\$12**

Location: Lincoln Center

Instructor: Park District Staff

Class #	Age	Date	Day	Time
4162K57-01	3-5-6	10/24	SA	1:30-2:30pm
4162K57-02	6-10	10/24	SA	2:45-3:45pm



BIRTHDAY PARTIES

CREATE UNFORGETTABLE MEMORIES!

LINCOLN CENTER Birthday Party Service

Create an unforgettable birthday party. Just invite the guests and leave the planning and mess up to us.

All themed parties are filled with a variety of games and activities. Choose between the Standard Party or the Deluxe Party packages.

Registration is required at least two weeks in advance. Party planning begins upon full payment. Call 630.963.1300 for details. Begin the booking process by completing an online birthday party request form at www.dgparks.org

BASIC PARTY	DELUXE PARTY
Residents: \$250	Residents: \$315
Non-residents: \$300	Non-residents: \$365
<ul style="list-style-type: none"> • Party time is 1.5 hours • 15 guests included (\$8 per additional guest) • Cupcakes included • Pizza available at an additional cost • Juice and water provided • Decorated room included • Staff-led games and activities 	<ul style="list-style-type: none"> • Party time is 2 hours • 20 guests included (\$8 per additional guest) • Cupcakes included • 3 pizzas included with juice and water • Decorated room included • Staff-led games and activities

Parties are available Saturday and Sunday from 10am-12pm; 1-3pm or 4-6pm based on availability. Parties are held at the Lincoln Center unless otherwise noted.

LINCOLN CENTER PARTY DESCRIPTIONS

BALLOON ANIMAL PARTY | AGES 3+

45 minutes of non-stop balloon animals from the Magic Team of Gary Kantor. Dogs, butterflies, swords, etc. And at the end of the party they'll each get to take home their very own collection of assorted balloon animals. Deluxe Party only.

LEGO MASTER | AGES 3-6

Are you a Master Builder? How fast you complete a small Lego kit? Let your child's creativity and imagination be their guide with full access to Lego blocks. Party guests will compete in Lego building challenges.

SAFARI PARTY | AGES 3-6

Embark on your very own Safari adventure and scavenger hunt! Decorate binocular craft, play safari themed games and take home a stuffed animal friend.

SUPERHERO PARTY | AGES 3-6

Your little Superhero will be flying through an assortment of hoops, obstacles and challenges as they use their super powers.

MAGIC PARTY | AGES 4+

Party will include magic acts, card tricks, mind-reading, and much more from magician Gary Kantor. All shows are interactive. Your child will come up on stage and become a Junior Magician right before your eyes. Deluxe Party only.

PAINT & TAKE PARTY | AGES 6-10

Celebrate the art of letting your creativity flow in our ceramic studio. Children will paint ceramic pottery pieces that are ready to take home the same day.

CUPCAKE CREATION PARTY | AGES 6-10

A delicious good time! Decorate your own cupcake with a variety of toppings and design your own apron for future culinary fun!

MESSY PARTY | AGES 6-10

Everyone will have an ooey, gooey good time creating their own slime and making a mess with all kinds of slimy, sloppy games and activities.

NERF WAR PARTY | AGES 6-10

Your child will dip, duck and dodge while engaged in multiple rounds of war with their friends. Barriers, NERF guns and darts are provided.

TIE DYE | AGES 6-10

Does your child love to create new wearable crafts. Let's see if you can use all the colors of the rainbow. Party guest will tie dye a shirt or socks to take home. Dyes, shirts and socks will be included.



LYMAN WOODS
Nature Parties

Wild parties at Lyman Woods include outdoor adventures led by a naturalist, as well as time for opening gifts and eating cake in the Interpretive Center or outdoors in the picnic area. Extend your party with a 30-minute campfire program, complete with s'mores.

Parties must be booked at least two weeks in advance. Visit lymanwoods.org to learn more!

PARTY THEMES	AGES	PARTY INCLUDES
WILDLIFE DETECTIVES	TODDLERS & UP	2 HOURS OF PARTY TIME
CREATURE FEATURE	TODDLERS & UP	UP TO 10 GUESTS
HABITAT HUNTERS	TODDLERS & UP	DISHES & NAPKINS
BUG BONANZA	TODDLERS & UP	PARTY HOST
GROSS OUT NATURE	TODDLERS & UP	
NATUREPLAY PARTY	TODDLERS - PRE-K	PARTY FEES
NATURE AT NIGHT	GRADES 1+	RESIDENT: \$125
WILDERNESS SKILLS	GRADES 1+	NON-RESIDENT: \$125
ARCHERY	GRADES 4+	ADDITIONAL GUESTS: \$5
		ADD-ON 30-MINUTE CAMPFIRE WITH S'MORES: \$40



NEW! Bring your group to Lyman Woods for a fun filled camping experience! You can simply rent the space and bring your own food and do your own activities, or let the staff at Lyman Woods plan a whole evening of fun for you!

Choose from camping outside, or having a sleepover in the Interpretive Center! Our Overnight Adventures last from 6pm on Friday to 8am on Saturday.

Please call Lyman Woods at 630.963.9388 or email lymanwoods@dgparks.org to inquire about availability and pricing.

Learn more at: lymanwoods.org



SCHEDULE BY CALLING 630.960.7500 | DGPARKS.ORG

ONLINE REGISTRATION

ONSITE REGISTRATION WILL NOT BE AVAILABLE FOR AUTUMN REGISTRATION

For the health and safety of our staff and patrons, we are maintaining touchless transactions by offering online registration only for fall programs.

REGISTRATION TIPS

REGISTER EARLY

Popular programs will fill up fast! Register early to guarantee your spot. Unless specified on the program information, registration begins on the dates below on a first-come, first-served basis.

CREATE AN ONLINE ACCOUNT

If you've never registered for park district programs, create an account to register for programs online at dgparks.org. Click the 'Register Online' button to get started! If you frequently register for park district programs, you most likely have an account waiting for you! Call our registration staff at 630.960.7500 to verify an existing account.

USE THE WISHLIST

Before registration opens, select desired programs by adding them to your "wishlist." The morning of registration view your wishlist and add them to your shopping cart for a quicker checkout.

REGISTRATION ASSISTANCE (UNTIL FURTHER NOTICE)

BY PHONE

630.960.7500

Monday - Friday: 9:00 am - 4:00 pm

BY EMAIL

REGI_STAFF@DGPARKS.ORG

Monday - Friday: 8:00 am - 5:00 pm

AUTUMN REGISTRATION

■ JULY 20

RESIDENT REGISTRATION OPENS AT 8:00AM

■ JULY 27

NON-RESIDENT REGISTRATION OPENS AT 8:00AM

Residents of School Districts 58 & 99 may register via all registration methods during the resident registration period and receive resident rates for activities or class sections that take place at school facilities.

Non-residents who hold a Fitness Membership at 4500 Fitness, may register for Premier Fitness Classes during the resident registration period via all registration methods.

Properties paying taxes into Downers Grove Park District are considered to be Residents in the district. Those who do not pay taxes into Downers Grove Park District are considered Nonresidents, regardless of their residency in Downers Grove.

CHECK AGE REQUIREMENTS

Appropriate age levels are established by our staff of professionals to ensure a rewarding experience for all. Participants must meet the age requirements of a class within one week after the start date of the class with the exception of Lincoln Learning Center pre-school program.

RECREATION REFUND POLICY

- If you choose to withdraw from a class, a full refund will be issued or placed on your account when a completed Refund Request is submitted at 72 hours prior to the first class meeting.
- Requests submitted in less than 72 hours will be considered on a case-by-case basis.
- A prorated withdrawal refund will be issued in cases of illness or injury when accompanied by a doctor's note.
- Some programs, events and services are not refundable under this policy.
- To submit a refund request visit [www.dgparks.org/Programs & Events/Registration Information](http://www.dgparks.org/Programs%20&%20Events/Registration%20Information). Phone requests will not be accepted.

HOME PHONE _____
 ADULT FIRST NAME _____
 FAMILY LAST NAME _____
 STREET ADDRESS _____
 VILLAGE _____
 ZIP CODE _____

*EMAIL ADDRESS _____
 WORK PHONE _____
 WORK CONTACT _____
 EMERGENCY PHONE _____
 EMERGENCY CONTACT _____

* YOU WILL RECEIVE PARK DISTRICT NEWS AND INFORMATION AT THIS EMAIL ADDRESS. YOUR CONTACT INFORMATION WILL NOT BE PROVIDED TO ANY THIRD PARTY AGENCIES.

PARTICIPANT'S NAME	GENDER	BIRTHDATE (MM/DD/YYYY)	CLASS #	PROGRAM NAME	FEE

YES! DONATE TO THE DOWNERS GROVE PARK DISTRICT:

\$10 \$15 \$25 OTHER _____

TOTAL AMOUNT:

HOW DID YOU HEAR ABOUT THIS PROGRAM(S)?

METHOD OF PAYMENT: CASH CHECK # _____ CREDIT CARD*

* FOR INFORMATION SAFETY, CREDIT CARD NUMBERS SHOULD NEVER BE DISCLOSED ON FORMS. REGISTRATION STAFF WILL CONTACT YOU FOR PAYMENT.

OFFICE USE ONLY:
 APN _____ RECEIPT# _____

Attach check payable to: Downers Grove Park District and mail to 935 Maple Ave., Downers Grove, IL 60515-4997. There will be a \$25 service charge for returned checks. Credit card registrations may be faxed to 630.963.5884. When sent by fax, it is mutually understood that the fax document shall substitute for and have the same legal effect as the original document.

This "WAIVER AND RELEASE OF ALL CLAIMS" must be signed by all participating adults and/or one parent or custodial parent or guardian of children under 18 yrs of age. Without the proper signatures, your registration cannot be processed and will be returned to you.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the above identified programs/activities, 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 and associated with said programs/activities (including transportation services/vehicle operation, when provided).

The Downers Grove Park District (herein collectively referred to as "the District") is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participant's safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, suffers from an underlying medical condition, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against the District, including its officials, agents, volunteers and employees.

PHOTOGRAPHY/VIDEOTAPING WAIVER

Photographs and videos are taken by park district staff to use for promotional purposes. By registering for a program, attending an event or using a park district facility, you have granted us permission to use your image for promotional purposes.

SIGNATURE REQUIRED

I have read and fully understand the waiver and release of all claims on this page and the refund policy. This waiver form is completed and signed of my own free will. All adult participants must sign; one parent or custodial parent or guardian must sign if participant is under the age of 18 yrs.

Participant/
Parent or
guardian 1 SIGN HERE DATE

Parent or
guardian 2 SIGN HERE DATE

SPECIAL ACCOMMODATIONS AND FOOD ALLERGIES

The Downers Grove Park District strives to comply with the 1990 Americans with Disabilities Act. Check here if any participant needs special assistance or accommodations to participate in programs.

Participant's Name _____
 Program Name _____

Check here if any participant has a food-related allergy.

Participant's Name _____
 Program Name _____



2455 WARRENVILLE ROAD
DOWNERS GROVE, IL 60515

Beautiful Smiles for the Entire Family



WWW.GROVEDENTAL.COM



\$49 EXAM & CLEANING

Includes regular cleaning and exam for adults and children. Adults regularly \$199. Pediatric patients may include fluoride and 2-bite wing x-rays. Regularly \$257. All other x-rays at additional cost. New patients only.

FREE COSMETIC CONSULTATION

Schedule an appointment with any of Grove's general dentists for a no charge cosmetic consultation. Let this be your first step toward the smile of your dreams.

FREE ORTHODONTIC EXAM & EVALUATION

Includes orthodontic exam and panoramic x-ray, treatment recommendations (including Invisalign), estimated treatment time and fees.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION OR TREATMENT. We reserve the right to cancel the promotions, discounts, free offers, and incentives without any prior notice or reason. Professional Dental Alliance of Illinois, Andrew Matta DMD.

BOLINGBROOK
160 E. Boughton Rd.
630-759-8940

DOWNERS GROVE
6800 Main St., Third FL.
630-969-5350

LOMBARD
2 E. 22nd St., Ste. 201
630-627-4680

WHEATON
55 East Loop Rd., Ste. 201
630-653-8899

Code: DGP52