



Summer

2020 PROGRAM GUIDE



Follow the Fun 

norridgepk.com

Message From our Executive Director

Greetings,

It is hard to believe it has been a full year since becoming a part of the Norridge Park District! Time flies when you are surrounded by support, energy, fun and opportunity. The park board, staff and community is filled with all of this and much more!



Annmarie Flaherty
Executive Director

This past year has been an exciting time of learning through observation, exploration and connecting with the residents. What have I learned? Our community cares and participates. The park is filled daily with people utilizing and enjoying our amenities provided. It is truly rewarding to see patrons connecting and developing friendships when visiting us.

There are a number of recreational programs, facilities and parks that the public is able to benefit from. The NRC-East is host to activities for our active adults and award-winning dance programs. All ages and abilities splash and play at our seasonal Aquatic Facility, while our Fitness Center offers exciting classes to build strength and improve health. Our youngest participants work hard every day learning and exploring at our Early Childhood & Preschool Academy. And let's not forget our partner groups, villages and school districts who continuously work together with the Norridge Park District to provide many programs and opportunities.

One of the upcoming goals of the Norridge Park District is to evaluate and update the Park District Master Plan. This will provide a framework and road map to ensure that we as an agency meet and exceed the needs of the community. Over the next year the Park Board and staff will work together to develop a long term plan for the district.

Thank you for this wonderful first year and welcoming me to the community! I am excited for the upcoming changes to the Norridge Park District and look forward to working with each of you as we develop and build our future together.

Enjoy the summer!

A stylized, handwritten signature in grey ink that reads "Annmarie".

Executive Director
Norridge Park District



BOARD OF COMMISSIONERS



Tom Lorscheider
President



James Miller
Vice President



Judy Guzaldo
Treasurer



Dorothy Ellsworth
Secretary



Pat Rossi
Commissioner

The mission of the Norridge Park District is to unite and support an active community by promoting safe and healthy lifestyles for residents of all ages through quality recreational programming and events while maintaining a commitment to fiscal responsibility and excellence in our parks and facilities.

Norridge Recreation Center - Main Office

4631 N. Overhill Avenue
Norridge, IL 60706-4595
(708) 457-1244 • FAX: (708) 457-8385
Open 9 a.m. - 5 p.m., Monday - Friday

Fitness Center

(708) 457-1244
Open 7 a.m. - 10 p.m., Monday - Friday
7 a.m. - 8 p.m., Sat. and Sun.

Norridge Recreation Center - East

4652 N. Olcott Ave.
Harwood Heights, IL 60706
(708) 457-0961
Open 1 - 8 p.m., Monday - Friday
9 a.m. - 4 p.m., Saturday

Summer Hours:

Open 1 - 7 p.m., Monday - Friday

Early Care and Preschool Academy

8151 W. Lawrence Ave.
Norridge, IL 60706
(located inside Leigh School)
(708) 453-2141 • FAX: (708) 453-6024
Open 8 a.m. - 6 p.m., Monday - Friday

Administrative Staff

Annemarie Flaherty Executive Director
James Glaub Business Manager
Shannon Straughn Accounting/HR Coordinator

Recreation Staff

Karyn Roth, Superintendent of Recreation
Angelo Alongi, Recreation Supervisor
Brenna Bowers, Recreation Supervisor
Denise Glennon, Administrative Assistant/
Safety Coordinator
Danielle McCollum, NRC East Facility Coordinator

Park Services Staff

Jerry Hernandez, Superintendent of Maintenance
Joe Annunzio, Parks Laborer I
Ryan Reeder, Parks Laborer I

Early Care & Preschool Academy

Demetra Parashos, Assistant Superintendent
Eileen Wright, Co-Director Early Care

The Board meets on the third Wednesday of each month at 7:00 p.m. in the Norridge Recreation Center.

Residents are always invited to attend.

Rentals and General Information



Room Rentals

Host your next gathering or special event at the Park District! Call us at (708) 457-1244 for availability and check out our website for rates, forms and more detailed information.

Chair and Table Rentals

Twenty chairs and two 3'x3' card tables are available to rent. *A \$50 cash security deposit is required.* Visit our website or call us at (708) 457-0961 for rates and more detailed information.

FOR YOUR INFORMATION:

R = Resident

NR = Nonresident

S = Session

NRC = Norridge Recreation Center

PFC = Pool & Fitness Center

Thor Guard

The Park District's lightning warning system will be turned on April through November. The system warns Park users if lightning is in the area and operates 7 days a week, from 7:00 a.m. to 11:00 p.m.

When a potentially dangerous weather situation is approaching, a warning horn will sound a 15 second blast. Patrons should clear the Park immediately and seek proper shelter. All activities should be suspended until the all-clear signal (3 short horn blasts) is heard.

Changes / Errors Disclaimer

Due to the large amount of information available in the NPD Program Guide, errors and/or changes before or after publication may occur. We apologize for any errors in this Guide and will attempt to advise you of any changes as quickly as possible. We will also attempt to keep information on our website as current as possible. Thank you for your patience and understanding when these situations occur.

Americans With Disabilities Act

The District complies with the ADA, which prohibits discrimination on the basis of a disability. The District will make reasonable accommodations to enable people with disabilities to participate in and enjoy recreation programs. If you have any questions about the Park District's compliance or feel you have been unfairly discriminated against, please call Annemarie Flaherty at (708) 457-1244.

Registration Information

How to Register

You may register for programs in person at the Norridge Recreation Center, Pool & Fitness Center, and NRC East. You may also register online at www.norridgepk.com.

Your first online registration will require a one-time only, fast and easy family profile setup. Profiles can be created prior to registration dates. Once completed, within 48 business hours you will receive an acknowledgement to begin your hassle-free registration.

- Residents will have to prove residency for their first registration. Two proofs of residency will be required, one of which must be a photo I.D. Any of the following forms of identification can be used as secondary proof of residency as long as it is in the registrant's name and current: any utility bill, apartment/home lease, tax bill, voter's registration card.
- All registration is on a first come, first served basis.
- A birth certificate/proof of birth will be requested for all children to prove age and parentage.
- By registering for a program or event, you give your consent to release and hold harmless the Park District from any liability. Your receipt includes the waiver to which you agree.
- Fees will not be prorated when registering for a program if the program session has already started.
- You can, and are encouraged, to register for both Sessions I and II programs during the Session I registration period. Waiting until Session II may result in full programs.

Payment Methods

The Park District will accept cash, personal checks, credit cards and money orders for the payment of fees. The Park District will charge a \$25 service fee for all checks not honored for any reason by the bank as well as remove the participant from the program for which they were trying to pay. Checks should be made payable to Norridge Park District.

Fair Share Policy

The Norridge Park District resident makes a significant contribution to the financing and operations of the Park via property taxes, whether or not the individual participates or uses the facilities of the Park. The fair share concept is intended to apportion to non-residents an equalized fee so that they contribute to the overall financing of the Park District on an equitable basis with the resident. It is hoped that this policy will give not only equitable treatment, but also a better understanding of fees and overall financing to both residents and non-residents.

Residency Pass

Nonresidents may pay a \$185 annual fee that entitles your family to a Resident fee rate for all Park and Pool programs beginning within a full year from the date of purchase. Please note that programs are limited to a single season (*i.e.*, 1 pool pass, 1 season of fall soccer, 1 season of swim team, etc.). Early Care and Preschool Academy programs, and any programs in which Norridge Park District participates or offers under an intergovernmental agreement, are excluded.

Waiting Lists

Once maximum enrollment is met for a class, a waiting list will be formed with names and phone numbers of those wishing to enroll. Every attempt will be made to open an additional class when possible.

Refunds

Programs may be cancelled due to low enrollment or instructor availability; subsequently, participants will be notified and offered an alternate program choice if one is available; otherwise, a full credit to their account will be applied; or, if requested, a full refund will be issued.

NO CASH REFUNDS WILL BE GIVEN. All refund checks will be mailed within 3 to 5 weeks from the time of request. Credit cards will be issued a credit to the proper account.

BEFORE A PROGRAM BEGINS

A full refund, **less a \$5 service charge**, will be given if a participant withdraws from a class at least 48 business hours prior to the first scheduled day.

AFTER A PROGRAM BEGINS

- A refund will **ONLY** be given during the first half of the scheduled session for an illness (*a doctor's excuse must be presented*).
- Refunds will not be given for any reason during the second half of a scheduled session.

SPECIAL REFUND CONSIDERATIONS

- **Contracted Programs:** Some programs are contracted through independent parties. In some instances, pro-rated refunds due to illness may not be issued.
- **Trips & Adult Sports Leagues:** 48 hour notice must be given and the vacancy must be filled by another participant in order for a refund to be given.
- **Early Care & Preschool Academy:** Programs are excluded from the refund policy. Please contact the facility directly for more information.

Insurance

The Park District is committed to conducting its recreation programs and activities in the safest manner possible. Participants and parents/guardians registering their children in recreation programs must recognize that there is an inherent risk of injury when choosing to participate in recreation activities. The Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions. Please recognize that the Park District does not carry medical accident insurance for injuries sustained in its programs. The cost of this insurance would make program fees prohibitive.

Photograph Disclaimer

Photographs are occasionally taken during Park District programs, special events and league participation. Please be aware that these photos are for Park District use only and may be used for promotional purposes. If your picture has been taken and you wish that it not be used, please contact the Park District Main Office.

Program Registration Dates

Residents	April 6
Returning Participants	April 13
Non Residents	April 20

Summer

Friday, August 14, 7-8pm

BACK TO SCHOOL BASH



School has started and what a way to celebrate!

Join the Norridge Park District for our annual "Back to School Bash". We will have a variety of activities for the entire family to enjoy including arts & crafts, and games.



The evening will end with our annual Movie in the Park, screening The Lion King! Movie Begins at 8:30pm (or at dusk)



POLICE ~ COMMUNITY PARTNERSHIPS

FREE

Tuesday, August 4, 5:30-8:30pm

Gather your family, neighbors and friends and stop by the Norridge Park District on Overhill. Learn about crime prevention awareness!

This event generates support and participation in local anti-crime efforts to strengthen neighborhood spirit and community relations. Municipalities who will be participating are local police and fire departments. All events will be free to the public.

MOVIES *in the* PARK 2020



Thursday
JUNE 18

Movies start at 8:30 p.m. (or dusk)



Friday
AUGUST 14

**PLAYING AT NORRIDGE
PARK DISTRICT**



Harlem & Irving Plaza Commemorative Lawn Chairs will be on sale for \$5

*This is a cooperative
event put on with
the help of the*



Now accepting applications
for Summer Seasonal Staff!

**NOW
HIRING**



- Lifeguards
- Pool Attendants
- Swim Instructors
- Cashiers
- Camp Counselors

Applications can be found online at norridgepk.com!

Norridge Park District

**SUNDAY,
JUNE 7, 2020
5:30 p.m.**

Movers & Shakers

End of Season

SHOWCASE

RIDGEWOOD
HIGH SCHOOL AUDITORIUM

\$10.00 per ticket

Purchase tickets at NRC East beginning May 11th.

Tickets available for purchase
day of at a \$2.00 increase.

**Please join us for our Movers & Shakers
Competitive Dance Team's first annual Showcase!**

This will be a high energy Showcase with exciting
competition routine performances that you'll
be sure to enjoy!

Red, White & Splash

Evening Gate
Fees Apply
**FREE for pool
pass holders**

Spend your Independence Day poolside and
enjoy fun activities like a scavenger hunt,
water balloon toss, and more!



JULY 4 | 12 - 5 p.m.

*Cancellation may occur due to inclement weather.
No refunds will be given.*

Norridge Community Pool



Saturday, May 23 - Monday, September 7

Monday - Friday 1:00 - 8:00 p.m.

Saturday & Sunday 12:00 - 8:00 p.m.

Pass holders may enter 15 minutes early during regular season hours.

Check the “Field & Facility Conditions” link on the Park’s website for information regarding Pool closures.

PASS and ADMISSION RATES

Full Season Pass

May 23 - September 7

\$45 R / \$61 NR

Half Season Pass

May 23 - July 12 OR July 13 - September 7

\$28 R / \$38 NR

Ages 2 and under are FREE and do not require a pass or daily fee.

All memberships, including pool passes, are non-refundable.

Upgrade your monthly FC membership to Premier status to receive access to the Pool.

POOL RENTALS

- Pool rentals may be scheduled beginning May 1, 2019 and will be evaluated and processed on a first come, first served basis.
- **A \$50 refundable security deposit is required.**
- Dates, times, and availability may change without notice.
- *Evening rentals* are available Friday, Saturday and Sunday.
- *Morning splash pad rentals* are only available on Sundays.

For availability and rate information, please call, visit www.norridgepk.com, or speak to a registrar.

SPECIAL HOURS

- **Memorial Day** (May 25): 12:00 - 5:00 p.m.
- Weekdays, May 26 - June 5: 4:00 - 8:00 p.m.
- **Swim Team Home Meets** (June 17 & July 8, meet schedule may change): 1 - 4 p.m.
- **Red, White & Splash** (July 4): 12:00 - 5:00 p.m.
- Weekdays, August 17 - September 4: 4:00 - 8:00 p.m.
- **Labor Day** (September 7): 12:00 - 5:00 p.m.

DAILY ADMISSION RATES

	All Day	Evening Only*
Youth	\$5 R / \$8 NR	\$3 R / \$6 NR
Adult	\$8 R / \$12 NR	\$6 R / \$9 NR

* Monday - Sunday 4:00 - 8:00 p.m.

Splash Pad Only Rentals

- Available Sunday mornings **only**.
- Use of the Main Tank, Slides, or Baby Pool is NOT available during Splash Pad rentals.
- **A \$50 refundable security deposit is required.**



Marlin Swim Team, 2019 Division Champions

SWIM LESSONS

Unless otherwise noted, in the event of inclement weather, make-up classes will be scheduled on Sundays.

Parent and Baby Water Orientation

AGES 6 months - 3 years with an adult \$34 R / \$45 NR

Through the use of songs, games and activities, parent and child will learn to feel comfortable in the water.

M/W S1: June 8 - July 1 / S2: July 13 - August 5

Tu/Th S1: June 9 - July 2 / S2: July 14 - August 6

Sat June 13 - August 8*

(*no class July 4 & 11)

Water Tots

AGES 3 - 5 \$34 R / \$49 NR M-Th or Sat

With the support of an instructor, swimmers will learn to move comfortably in the water through the use of bubbling, kicking and assisted floating.

M-Th S1: June 8 - 19 / S2: June 22 - July 3

S3: July 13 - 24 / S4: July 27 - August 7

Sat June 13 - August 8* (no class July 4 & 11)

Learn-to-Swim: Norridge Park Swim School

AGES 6 and older \$42 R / \$57 NR M-F or Sat

All levels will run simultaneously, making it easier for you to fit swim lessons into your busy schedule! The new format allows swimmers to seamlessly transition from one level to the next. Each session begins with a testing day, where your child will be evaluated and placed in the appropriate level. Your child's instructor will continuously monitor their skill development throughout the session; once your swimmer has mastered their skills, they can advance to the next level without skipping a beat! *In the event of inclement weather, participants will move indoors to learn about water safety.*

M-Th S1: June 8 - 19 / S2: June 22 - July 3

S3: July 13 - 24 / S4: July 27 - August 7

Sat June 13 - August 8* (no class July 4 & 11)

Private Swim Lessons

AGES 3 and older

Private swim lessons allow the participant to work at a personalized level to achieve their swim goals, whether that includes focusing on a particular skill or overcoming a fear of water. *Lessons are open to children (ages 3 and older) and adults, and must take place between June 10 and August 9.*

4-class Sessions

\$80 R / \$88 NR 12:00 - 12:30 p.m. M/W or T/Th

M/W S1: June 8 - 17 / S2: June 22 - July 1

S3: July 13 - 22 / S4: July 27 - August 5

Tu/Th S1: June 9 - 18 / S2: June 23 - July 2

S3: July 14 - 23 / S4: July 28 - August 6

Single Classes

\$25 R / \$30 NR 12:00 - 12:30 p.m. Monday - Thursday

Purchase as many classes as you would like to take and an instructor will contact you to set up a mutually convenient date for classes to take place.

WEEKDAY LESSONS

Learn-to-Swim

9:00 - 9:30 a.m.

9:35 - 10:05 a.m.

10:10 - 10:40 a.m.

Water Tots

9:00 - 9:30 a.m.

10:10 - 10:40 a.m.

12:00 - 12:30 p.m.

Parent & Baby

9:00 - 9:30 a.m.

10:10 - 10:40 a.m.

12:00 - 12:30 p.m.

SATURDAY LESSONS

Learn-to-Swim

9:50 - 10:20 a.m.

10:25 - 10:55 a.m.

11:00 - 11:30 a.m.

Water Tots & Parent & Baby

9:15 - 9:45 a.m.

9:50 - 10:20 a.m.

10:25 - 10:55 a.m.

11:00 - 11:30 a.m.



Christmas in July

Saturday, July 25

Join us for an afternoon of holiday themed games! Our Norridge Park District staff will have organized crafts and activities to celebrate a festive holiday (in July!) Activities will run from 2-5pm. Events will be FREE for visitors to pool that day.



Jr. Lifeguard Program

AGES 10 - 14 \$45 R / \$55 NR

Ever thought of becoming a lifeguard? Work with one of our veteran lifeguards and learn basic lifesaving skills, including how to use a rescue tube, multiple entries into the water, basic rescue skills, water safety, and how to respond to breathing and cardiac emergencies.

Sat June 13 - August 8 (no class July 4 & 11) 9:00 - 9:45 a.m.

Aqua Zumba® and Aqua Fit class information is located in the Group Fitness Classes section of this Guide on page 27. Check them out and join one - or both - this Summer!

Adult Open Lap Swim

AGES 18 and older \$36 R / \$46 NR

Participants must be pass holders in order to register for this program. Lap Swim takes place simultaneously with other programs; therefore, only the lap swim lanes will be available for use. *No supplies of any kind will be provided by the District. Cancellations may occur from time to time and will be announced. No Lap Swim July 6-10.*

M - F June 8 - August 7 12:00 - 12:45 p.m.

MARLIN SWIM TEAM



AGES 5 - 18 **M-F** June 8 - July 24 7:20 - 8:50 a.m.
Become an award-winning Marlin swimmer! Coaches will emphasize proper step-by-step swim techniques over the 8 week season; and participants will enjoy team parties, fundraising events and an end-of-season awards banquet.

IMPORTANT NOTES

- *Must be able to swim 20 yards unassisted.*
- *All swimmers must raise a minimum of \$30 to support the team.*
- *Meets will be on Wednesdays, June 17 & 29, July 1, 8 & 15. The Conference meet is July 22 (swimmers must qualify to compete).*
- *There will be a parent/swimmer informational meeting before the season begins. Head coach will contact parents with the meeting date.*
- *Spots are limited. No registrations will be taken after June 5.*

FEES: 1st Child \$93 R / \$143 NR
 2nd Child \$73 R / \$123 NR
 3rd Child \$53 R / \$103 NR

Dance

All Dance classes take place at our School of Dance, located inside the Norridge Recreation Center-East
4652 N. Olcott, Harwood Heights

All 1 hour classes are \$40 R / \$50 NR | All 2 hour classes are \$80 R / \$90 NR | 6-week classes

SG = Sharon Girten
JA = Josie Alfano

JM = Jennifer Matthews
GB = Gena Brady

AR = Alexis Rohde
TBD = To Be Determined

SESSION 1: Monday, June 8 - Friday, July 17

DAY	TIME	AGE	CLASS	INSTRUCTOR	LOCATION	LEVEL
Mon	1:00 - 2:00p.m.	18 & Older	Adult Tap	TBD	Studio 1	Beginner & Level 1
Mon	2:15 - 3:15pm	8 - 10	Pre-Pointe Ballet	TBD	Studio 1	Beginner
Mon	3:30 - 4:30p.m.	6 - 8	Combo Class	AR	Studio 1	Beginner & Level 1
Mon	4:45 - 5:45p.m.	9 - 11	Combo Class	AR	Studio 1	Levels 1 & 2
Mon	1:00 - 2:00 p.m.	18mo. - 3yrs.	Parent / Tot	TBD	Studio 2	Beginner
Mon	2:15 - 3:15 p.m.	3 - 5	Creative Movement	AR	Studio 2	Beginner
Mon	3:30 - 4:30 p.m.	5 - 8	Tap / Jazz	JA	Studio 2	Beginner
Mon	4:45 - 5:45 p.m.	9 - 11	Tap / Jazz	JA	Studio 2	Beginner & Level 1
Mon	6:00 - 7:00 p.m.	8 - 11	Ballet	AR	Studio 1	Beginner
Tue	1:00 - 2:00 p.m.	18mo. - 3yrs.	Parent / Tot	TBD	Studio 1	Beginner
Tue	2:15 - 3:15 p.m.	11 & Older	Ballerina Babes	TBD	Studio 1	Beginner
Tue	5:30 - 6:30 p.m.	Adult (16+)	Hip Hop Funk	TBD	Studio 1	Beginner
Tue	2:00 - 3:00 p.m.	50 +	Adult Tap	JA	Studio 2	Beginner
Tue	3:00 - 4:00 p.m.	3 - 5	Hip Hop Babies	JA	Studio 2	Beginner
Tue	4:00 - 5:00 p.m.	5 - 8	Hip Hop	JA	Studio 2	Beginner & Level 1
Tue	5:00 - 6:00 p.m.	11 & older	Hip Hop	AR	Studio 2	All Levels
Tue	6:00 - 7:00 p.m.	10 & Older	Boys Hip Hop	TBD	Studio 2	Beginner & Level 1
Wed	1:00 - 2:00p.m.	3 - 5	Fairytale Ballet	TBD	Studio 1	Beginner
Wed	2:15 - 3:15 p.m.	18mo. - 3yrs.	Parent / Tot	JM	Studio 1	Beginner
Wed	5:15 - 6:15	16 & older	Dance Strength & Conditioning	JM	Studio 1	Beginner
Wed	1:00 - 2:00 p.m.	3 - 5	Creative Movement	AR	Studio 2	Beginner
Wed	2:15 - 3:15 p.m.	3 - 5	Ballerina Babes	AR	Studio 2	Beginner
Wed	3:30 - 4:30 p.m.	8 - 10	Musical Theatre	AR	Studio 2	Beginner & Level 1
Wed	4:45 - 5:45 p.m.	11 and older	Musical Theatre	AR	Studio 2	Beginner & Level 1
Thu	1:00 - 3:00 p.m.	8 - 10	Ballet Technique Tricks and Turns	GB	Studio 1	Beginner & Level 1
Thu	3:00 - 5:00 p.m.	11 and older	Ballet Technique Tricks and Turns	GB	Studio 1	Level 2 & above
Thu	5:00 - 7:00 p.m.	Pre-Teen & Teen	Ballet Technique Tricks and Turns	GB	Studio 1	Level 2 & above
Thu	1:00 - 2:00 p.m.	3 - 4	Ballerina Babes	TBD	Studio 2	Beginner
Thu	2:15 - 3:15 p.m.	3 - 5	Fairytale Ballet	TBD	Studio 2	Beginner
Thu	3:30 - 4:30 p.m.	10 and older	Contemporary	AR	Studio 2	Levels 1 & above
Thu	4:45 - 5:45 p.m.	10 and older	Summer Blast	TBD	Studio 2	All Levels
Fri	1:00 - 2:00 p.m.	3 - 4	Ballerina Babes	AR	Studio 1	Beginner
Fri	2:15 - 3:15 p.m.	3 - 5	Creative Movement	AR	Studio 1	Beginner
Fri	3:30 - 4:30 p.m.	8 - 10	POMS	AR	Studio 1	Beginner & Level 1
Fri	4:45 - 5:45 p.m.	11 and older	POMS	AR	Studio 1	Beginner & Level 1
Fri	1:00 - 2:00 p.m.	3 - 5	Hip Hop Babies	GB	Studio 2	Beginner
Fri	2:15 - 3:15 p.m.	18 mo. - 3yrs.	Parent / Tot	GB	Studio 2	Beginner
Fri	3:30 - 4:30 p.m.	8 - 11	Jazz	GB	Studio 2	Level 1
Fri	4:45 - 5:45 p.m.	Pre-teen & Teen	Beginning Pointe Ballet	GB	Studio 2	Beginner & Level 1

DAY	TIME	AGE	CLASS	INSTRUCTOR	LOCATION	LEVEL
Mon	1:00 – 3:00 p.m.	8 - 10	Future Ballerinas Camp	AR	Studio 1	Levels 1 & 2
Mon	3:15 – 5:15 p.m.	6 - 8	Dance Pioneer Camp	AR	Studio 1	Beginner & Level 1
Mon	5:30 – 6:30 p.m.	Adult (16+)	Hip Hop Funk / Jazz	AR	Studio 1	Beginner & Level 1
Mon	1:00 – 3:00 p.m.	8 - 9	Dance Explorers Camp	AR	Studio 2	Beginner & Level 1
Mon	3:15 – 5:15 p.m.	10 and older	Dance Explorers Camp	AR	Studio 2	Levels 1 & 2
Mon	5:30 – 6:30 p.m.	7 - 10	Boys Hip Hop	TBD	Studio 2	Beginner
Tue	1:00 – 3:00 p.m.	8 - 10	Mini Movers & Shakers	SG	Studio 1	Intermediate
Tue	3:00 – 5:00 p.m.	10 & older	Junior Movers & Shakers	SG	Studio 1	Intermediate
Tue	5:00 – 7:00 p.m.	11 & older	Senior Movers & Shakers	SG	Studio 1	Advanced
Tue	1:00 – 2:00 p.m.	3 - 5	Fairytale Ballet	TBD	Studio 2	Beginner
Tue	2:15 – 3:15 p.m.	18mo. – 3yrs.	Parent / Tot	TBD	Studio 2	Beginner
Tue	3:30 – 4:30 p.m.	3 - 5	Hip Hop Babies	TBD	Studio 2	Beginner
Tue	4:45 – 5:45 p.m.	8 - 10	Hip Hop Jam	TBD	Studio 2	Beginner
Tue	6:00 - 7:00 p.m.	11 & older	Hip Hop Jam	TBD	Studio 2	Beginner & Level 1
Wed	1:00 – 3:00 p.m.	6 - 8	Future Ballerinas Camp	AR	Studio 1	Beginner
Wed	3:15 – 5:15 p.m.	8 - 10	Dance Pioneer Camp	AR	Studio 1	Beginner & Level 1
Wed	6:00 – 7:00 p.m.	Teen & Adult	Dance Strength & Conditioning	AR	Studio 1	Beginner
Wed	1:00 – 3:00 p.m.	6 - 8	Dance Explorers Camp	TBD	Studio 2	Beginner
Wed	3:15 – 5:15 p.m.	8 - 10	Dance Explorers Camp	TBD	Studio 2	Beginner & Level 1
Wed	5:30 – 6:30 p.m.	11 and older	Boys Hip Hop	TBD	Studio 2	All Levels
Thu	1:00 – 2:00 p.m.	8 - 10	Modern / Contemporary	GB	Studio 1	Beginner & Level 1
Thu	2:15 – 3:15 p.m.	Pre-teen & Teen	Modern / Contemporary	GB	Studio 1	Levels 1 & 2
Thu	3:30 – 4:30 p.m.	18 and older	Adult Tap	JA	Studio 1	All Levels
Thu	4:45 – 5:45 p.m.	6 - 8	Jazz	GB	Studio 1	Beginner
Thu	6:00 – 7:00 p.m.	9 - 11	Jazz	GB	Studio 1	All Levels
Thu	1:00 – 2:00 p.m.	Adult (50+)	Adult Line Dancing	JM	Studio 2	Beginner
Thu	2:15 – 3:15 p.m.	3 - 5	Creative Movement	JM	Studio 2	Beginner
Thu	3:30 – 4:30 p.m.	3 - 5	Hip Hop Babies	JM	Studio 2	Beginner
Thu	4:45 – 5:45 p.m.	8 - 10	POMS	JM	Studio 2	Beginner
Thu	6:00 – 7:00 p.m.	11 & older	POMS	JM	Studio 2	Beginner
Fri	2:15 – 3:15 p.m.	9 - 11	Jazz	AR	Studio 1	Beginner & Level 1
Fri	3:30 – 4:30 p.m.	3 - 5	Fairytale Ballet	AR	Studio 1	Beginner
Fri	4:45 – 5:45 p.m.	10 and older	Tap	AR	Studio 1	Level 1
Fri	1:00 – 2:00 p.m.	8 - 10	Pre-Pointe Ballet	GB	Studio 2	Beginner
Fri	2:15 – 3:15 p.m.	Pre-teen & Teen	Beginning Pointe Ballet	GB	Studio 2	Beginner
Fri	3:30 – 4:30 p.m.	6 - 8	Combo Class	GB	Studio 2	Beginner & Level 1
Fri	4:45 – 5:45 p.m.	9 - 11	Combo Class	GB	Studio 2	All Levels

Private Dance Lessons

\$31 R / \$41 NR

Brush up on your skills, improve your technique, or learn a choreographed routine to perform at a later date. Lessons are available in several dance styles, including jazz, tap, ballet, lyrical and contemporary. After you register, a dance instructor will contact you to set up your private lesson.

McNulty School of Irish Dance

AGES 3 and older Fri, June 5 - July 17 (No class July 3) Studio 2

This recreational program will introduce the basic steps and traditional music of Irish Dance.

ALL AGES 3:30 - 4:00 p.m. \$60 R / \$70 NR
HEAVY SHOE 4:00 - 4:45 p.m. \$84 R / \$94 NR

Musical Theatre **new**

Love Broadway Shows? In this upbeat class, you will learn to use your acting skills in conjunction with dance to portray a character. You will learn choreography from industry shows along with new original dances that are sure to light up any stage! (Please see schedule for day/time.)

POMS **new**

Prices listed on page 10.

POMS class focuses on sharpness and timing along with showmanship. In this class, you will use pom-poms, and combine skills from dance and cheer to learn high energy, crowd pleasing routines! (Please see schedule for day/time.)

Youth Programs and Special Events



Toddler Drop-In Play Time

AGES 1 - 5 with an adult \$3 R / \$4 NR per day or purchase an Indoor/Outdoor Pass

Little ones can play, socialize and practice their large motor skills in an open play, gym-like format. We'll have lots of fun toys to climb on and explore, like mini-roller coasters, scooters, tunnels, slides, balls, foam climbing blocks and more! This is a pay-as-you go, drop-in activity which means you are not required to come every time (*Note: Participation in this program is included in the Park's Indoor/Outdoor Pass*). There will be no Park supervision so a parent or guardian must accompany their child(ren) at all times. *Children under 1 may tag along at no charge while older siblings participate.* On limited occasions, this program may be cancelled due to Park District observed holidays and/or unforeseen circumstances. Please call ahead to confirm.

Tue / Thu / Sat 9:30 - 11:30 a.m. NRC Wheat Room

**Remember to REGISTER EARLY
to secure your spot!**

Get Up & Go!

AGES 6 - 18 months with an adult \$55 R / \$65 NR

Bring your little one for a morning of fun to sing, play and socialize with other children and parents. Each class ends with large motor play with tunnels, balls and much more. *Parent participation is highly encouraged.* This is a great opportunity to introduce your child to structured learning.

Fri 9:15 - 10:15 a.m NRC Wheat Room Laura Meza

S1: May 29 - June 26 / S2: July 17 - August 14



Preschool Prep!

AGES 18 months - 3 years with an adult \$55 R / \$65 NR

Each week, children will learn to socialize and have fun through guided play, sensory play, songs and games. Little ones will be introduced to letters, shapes, numbers and more!

Fri 10:20 - 11:05 a.m NRC Wheat Room Laura Meza

S1: May 29 - June 26 / S2: July 17 - August 14

Music Together

AGES Birth - 5 years with an adult Harmonious Horizons

1st Child: \$120 R / \$125 NR

2nd Child: \$60 R / \$65 NR

3rd Child: FREE

Bring your little one to start their wonderful journey with music. Every class will be interactive with singing, moving, chanting, and exploring musical instruments. Activities are presented as informal, non-performance oriented musical experiences and are developmentally appropriate for children and easy for parents and caregivers, regardless of musical ability. *2 CDs (digital downloads too) and a song book are included in the cost of the program.*

Fri June 12 - 31* NRC Tot Room
9:30 - 10:15 a.m. **OR** 10:30 - 11:15 a.m.
(no class July 3 & 10)

KIDS CAN COOK



with
Chef Ron Wells

AGES 8 and older \$35 R / \$40 NR per class NRC Party Room

Join accomplished chef, Ron Wells, for a series of hands-on cooking classes for kids, where basic techniques, cooking methods, kitchen skills, and healthy eating will be taught. A variety of fruits, vegetables, herbs and spices will be used and a different menu will be created each class. *Parents are welcome to join their children for class.*

Thu June 25 / July 23 / 5:00 - 7:00 p.m.
August 20 / September 24

Magic Class



AGES 5 - 12 \$21 R / \$26 NR Gary Kantor

Children will amaze their family and friends with the tricks they learn from this class that involve cards, ropes, coins and more. Lessons are always age appropriate and never repeated in other sessions. Additionally, each child will receive their very own magic kit to take home.

Tue July 28 5:00 - 5:55 p.m. NRC Tot Room

Private Piano or Guitar Lessons

AGES 7 and older (for Piano) | AGES 8 and older (for Guitar)

Piano: Learn the basics of piano, including theory, technique and sight reading.

Guitar: Learn the basics of guitar with instruction on chords, songs, note reading, time signatures and scales. Styles taught include rock, alternative, blues, folk, jazz & classical.

An instructor will contact you to set up the date and time of your lesson. For further information or to rent a guitar, contact the Ultimate School of Music at (773) 508-9443.

Session 1:

\$203 R / \$210 NR	30-minute lessons
Wed (Piano or Guitar)	April 29- June 10
Thu (Piano or Guitar)	April 30- June 11

Session 2:

\$232 R / \$240 NR	30-minute lessons
Wed (Piano or Guitar)	Jun 17 - Aug 12 (no class July 8)
Thu (Piano or Guitar)	Jun 18 - Aug 13 (no class July 9)

Summer
FAMILY
PICNIC
IN THE PARK

Pack your lunch and a blanket and meet in the Park to enjoy a picnic outing with your little one(s), where you'll enjoy a variety of family activities. (11:30 a.m. - 12:15 p.m.).

ALL AGES
\$6 per family

June 20
SATURDAY

11:00 a.m. - 12:30 p.m.



Young Rembrandts Drawing Classes

In these fun classes, children ages 3.5 to 12 will be taught drawing and learning skills that can give them an academic advantage in the classroom. Scenes, characters, figures, portraits and still lifes will be created using various forms of media. NRC Tot Room www.youngrembrandts.com

Wed S1: June 10 - July 22 / S2: July 29 - August 26
(no class July 1 & 8)

CLASS	AGES	FEE	TIME
Preschool Drawing	3.5 - 5	\$77 R / \$82 NR	4:45 - 5:30 p.m.
Elementary Drawing	6 - 12	\$85 R / \$90 NR	5:45 - 6:45 p.m.
Cartoon Drawing	6 - 12	\$90 R / \$95 NR	6:55 - 7:55 p.m.

Eric Carle Workshop: Read and Draw

AGES 3.5-5 \$70 R / \$75 NR Young Rembrandts NRC Tot Room

Children will enjoy exploring the world of famed author, Eric Carle, through literature and art. A different book from Carle's collection is read each day, followed by a drawing lesson which will incorporate a feature from that story. This class fosters an enjoyment of reading in children and encourages creativity and imagination.

M/Tu/Th June 22, 23 & 25 10:30 a.m. - 12:00 p.m.

Fave Apps and Video Game Workshop

AGES 7-13 \$92 R / \$97 NR Young Rembrandts NRC Tot Room

Art is all around us, including on phones and online! Every day, students will learn new illustration and coloring techniques inspired by popular video games. Artwork is inspired by pixel block characters, plants, zombies and many more classic apps and games.

M/Tu/Th July 13, 14 & 16 4:30 - 6:00 p.m.

Anime & Manga Workshop new

AGES 6-12 \$92 R / \$97 NR Young Rembrandts NRC Tot Room

Foster self-expression through art! This premier instructional drawing program offers unique step-by-step drawing methods. Learn about line, composition and color while exploring fun and playful subjects. Start and finish amazing projects that impress the best, gain confidence, exercise imagination and unlock creative potential and passion for art. Design artistic drawings and create dazzling illustrations influenced by popular Japanese anime and manga themes. All levels welcome.

M/Tu/Th August 10, 11 & 13 4:30 - 6:00 p.m.

Rock 'n' Kids



Wed June 17 - August 5 (no class July 1 or 8) \$55 R / \$65 NR

Tot Rock

AGE 1 with an adult 5:30 - 6:10 p.m. Green Room

Maracas and clackers and tambourines too; it's musical fun just for you! This unique music and learning program focuses on a new educational theme each session that incorporates handheld instruments, play props, sensory integration, coordination exercises, and socialization. Structured and unstructured time is included in each class.

Kid Rock

AGES 2 - 3 with an adult 6:15 - 6:55 p.m. Green Room

Make it a musical day with this music and movement program designed to stimulate development through interactive play. Fine and gross motor skills are improved through imagination exercises and by using rhythm instruments and movement props such as tambourines, maracas, scarves and a parachute. Each session focuses on a new educational theme and follows a structured format, encouraging cooperation and following directions.

Check out other special events during the Summer like our Island in the City Festival, Movies in the Park, Pool events, and a Picnic in the Park on pages 4, 5, 7 and 13!

Musical Theatre Workshops

A weekly musical theatre workshop culminates in a showcase featuring age-appropriate excerpts from smash hit movie musicals! Students will learn the basics of vocal technique, choreography, and acting while working together to produce an in-class performance for family and friends. Showcase classes are only six weeks long and are a great way for young artists to develop their talents, foster self-confidence, and grow in social skills and team building. The showcase will take place during the last 30 minutes of our final class.

Min 6/Max 12,

Act...Dance...Sing...Perform

NEW!



Calling all kids who love to sing and dance! Come join the Kidz Bop weekly musical theatre workshop culminating in a showcase featuring age-appropriate excerpts from today's biggest pop hits "sung by kids for kids."

Students will learn the basics of vocal technique, choreography, and acting while working together to produce an in-class performance for family and friends. Showcase classes are a great way for young artists to develop their talents, foster self-confidence, and grow in social skills and team building.

The showcase will take place on the last day of class.

Min/Max:	6/12
Grades:	1st-3rd
Dates:	june 12 - july 31 (no Class July. 3rd & 10th)
Day/Time:	Fridays 4:15-5:15
Fee:	\$84 R/\$96 NR
Instructor:	Margo Proeh/Gabrielle Garza & the children's theatre co
Location:	Norridge Park District

NEW!



**Broadway
Rocks with**

MAMMA MIA!

You can't stop the beat singing, acting and dancing to Broadway's rock 'n' roll musical Mamma Mia! Bring pop music to life in our musical revue. A musical theatre workshop that culminates in a showcase featuring age-appropriate excerpts from smash hit movie musicals! Students will learn the basics of vocal technique, choreography, and acting while working together to produce an in-class performance for family and friends. Showcase classes are only six weeks long and are a great way for young artists to develop their talents, foster self-confidence, and grow in social skills and team building. The showcase will take place during the last 30 minutes of our final class.

The showcase will take place on the last day of class.

Min/Max:	6/12
Grades:	3rd-6th
Dates:	June 12 - July 31 (no Class July. 3rd & 10th)
Day/Time:	Fridays, 5:15pm-6:15pm
Fee:	\$84 R/ \$96 NR
Instructor:	Margo Proeh/Gabrielle Garza*
Location:	Norridge Park District

REGISTER TODAY!

<http://www.norridgepk.com/> - 1(708)457-1244

<https://thechildrenstheatreco.com/> - 1(847)997-1317

Children's
Theatre Company
est. 1993

www.thechildrenstheatreco.com



NORRIDGE PARK DISTRICT

<http://www.norridgepk.com/>

YOUTH ATHLETICS



Lil' Kickers

AGES 3 - 4 \$42 R / \$48 NR Rocco DiCintio

Participants learn the fundamentals of soccer through fun, exciting, and innovative activities. Passing, receiving, shooting, balance, and coordination will be the main focus of the program. Teamwork and fair play will be taught throughout the program. *No equipment is required.*

Wed S1: May 13 - June 17 4:45 - 5:30 p.m.
 S2: July 22 - August 26



**Remember to REGISTER EARLY
to secure your spot!**

Basketball Contests! new

AGES 7 - 12 \$79 R / \$86 NR NRC Gym Anthony Zullo

This program is for individuals looking to further develop their overall basketball skills and to compete in fun and challenging contests! The first few weeks, the classes will focus on the basic fundamentals such as; dribbling, shooting, and passing as well as getting introduced to the four contest which they will compete in at the second half. The contests are the free-throw contest, knockout, 3-point shootout, and the most lay-ups in a minute. The second half, is where the challenges will go live, and players will compete and have fun!

Sat June 1 - August 8 AGES 7 - 9: 10:30 - 11:30 a.m.
 (no class July 4 & 11) AGES 10 - 12: 11:30 a.m.- 12:30 p.m.

Norridge Park District Summer Sports Camp

GRADES 1 - 5 AM/PM ONLY: \$70 R / \$80 NR
 FULL DAY: \$110 R / \$120 NR

This camp offers campers the availability to experience different sports throughout their summer vacation. Each day will bring excitement and allow the campers to build a base of skills for the different sports they learn. Sign up for camp is weekly and available at the registration desk of the NPD buildings. *Campers should bring a water bottle and full day campers should bring a lunch.*

M-F June 15 - August 7 9:00 a.m. - 12:00 p.m. (Morning Only)
 (no camp wee of July 6) 12:00 - 3:00 p.m. (Afternoon Only)
 9:00 a.m. - 3:00 p.m. (Full Day)

S1: June 15-19 S2: June 22-26 S3: June 29-July 3
 S4: July 13-17 S5: July 20-24 S6: July 27-31
 S7: August 3-7

Kids Karate Club

AGES 4 - 14 \$66 R / \$76 NR Pat Swieton

This program focuses on safety, avoiding strangers and protecting oneself, while teaching respect, self-esteem, confidence, leadership, and how to make good choices. Students will learn the basics of Karate, self-defense, sparring, kata, and children's safety. This is a year-round progressive martial arts program with belt progression through Black Belt. Uniforms are required and are available at www.kidskarate.com or from the instructor for \$42. *Parents may participate with their children at no cost (other than purchasing a club uniform) as part of the Parent Helper Program.* Located in the NRC Wheat Room

Mon **S1: May 11 - June 29** (no class May 25) (double class on June 1)
 Belt Testing Date: June 29
 S2: August 17 - September 28 (no class Sept. 7)
 (double class on August 31 and Sept 21)
 Belt Testing Date: October 5

Beginner: 5:30 - 6:15 p.m. / Intermediate: 6:15 - 7:00 p.m.

Co-Ed 14" Summer Mushball League new

AGES 18+ \$525 (Total amount due at registration)

Join in on the fun with this 14" cooperative Mushball league between Norridge Park District and Schiller Park! Games will be held at both locations, Stalica and Norridge Park. There will be a minimum of 6 and a max of 8 teams so we highly recommend early registration for this league!

Registration Begins: Monday, February 17
Registration Deadline: Monday, April 20

Games Begin May 21. Regular season ends July 9.
Playoffs will be held July 16 & 23.

*League times may vary depending on the number of teams registered, projected league dates may be extended and or altered depending on weather conditions.

Men's Adult Basketball League

AGES 18+ \$550/team

Gather your friends and enjoy friendly competition every Sunday night! Enjoy an 8-week regular season and play offs. Prize payouts for the league's top teams. League includes referees and online tracking of scores and standings. Teams are responsible for making a one-time payment in full at the time of registration. Interested captains can contact the park for more info.

Registration Deadline: Sunday, May 17

Games May 24-July 26 (no games July 5 & 12)



Parent-Tot Multi-Sports

AGES 18 months - 3 years \$65 R / \$75 NR Skyline Athletes

Parents play an active role in this fun program which focuses on teamwork, socialization and motor skills development. Children will be introduced to a variety of sports, including soccer, basketball and football!

Sat **S1: May 30-July 18** **9:45 - 10:15 a.m.**
 (no class July 4 & 11)
 S2: July 25-August 29

Wed **S1: May 27-July 1** **5:00 - 5:30 p.m.**
 S2: July 22-August 26

Basketball

AGES 3 - 12 \$65 R / \$75 NR Skyline Athletes

Introduce your child to basketball or take their game to the next level! Fundamentals of dribbling, passing, shooting and defense will be taught; with younger players working on coordination and motor skills, and older players concentrating on teamwork and game situations.

Thu **S1: May 28 - July 2 / S2: July 23 - August 27**

Level 1: AGES 3 - 5: 5:45 - 6:30 p.m.

Level 1: AGES 6 - 12: 6:30 - 7:15 p.m.

Level 2: AGES 6 - 12: 7:15 - 8:00 p.m.





Soccer

AGES 3 - 12 \$65 R / \$75 NR Skyline Athletes

Learn the basics of soccer while having fun at the same time. Fundamentals of dribbling, passing and kicking will be covered through fun games that keep everyone moving! Younger groups will work on coordination and motor skills, while older groups will concentrate on teamwork and game situations.

Tue S1: May 26 - June 30 / S2: July 21 - August 25

AGES 3 - 5: 5:45 - 6:30 p.m.

Level 1: AGES 6 - 12: 6:30 - 7:15 p.m.

Level 2: AGES 6 - 12: 7:15 - 8:00 p.m.

Sun S1: May 17 - June 28 / S2: July 26 - August 30

AGES 3 - 5: 9:30-10:15 a.m.

AGES 6 - 12: 10:15 - 11:00 a.m.

(no class May 24)

T-Ball

AGES 3 - 5 \$65 R / \$75 NR Skyline Athletes

Learn the fundamentals of baseball in a fun, safe environment. This class will focus on the basics of throwing, catching, hitting, fielding and base running. *This introductory class is a great way to start your future ballplayer out on the right track! Players must bring a baseball mitt.*

Wed S1: May 27 - July 1 5:30 - 6:15 p.m.
S2: July 22 - August 26

Sat S1: May 30 - July 18 10:15 - 11:00 a.m.
S2: July 18 - August 29

Soccer / Basketball Combo

AGES 3 - 12 \$65 R / \$75 NR Skyline Athletes

Learn the basics of soccer and basketball - dribbling, passing, and kicking - through fun games that keep everyone moving! Younger groups will work on coordination and motor skills, while older groups will concentrate on teamwork and game situations. ***No class July 3 & 10**

Fri S1: May 29 - July 17 / S2: July 24 - August 28

AGES 3 - 5: 5:45 - 6:30 p.m. / **AGES 6 - 12:** 6:30 - 7:15 p.m.



Volleyball

AGES 7 - 15 \$65 R / \$75 NR Skyline Athletes

Learn the fundamentals of volleyball, including setting, passing, blocking, spiking and more; all while taking your game to the next level.

Wed S1: May 27 - July 1 / S2: July 22 - Aug 26

AGES 7 - 10 (Beginner): 6:30 - 7:15 p.m.

AGES 11 - 15 (Advanced): 7:15 - 8:00 p.m.

Tennis

AGES 3 - 12 \$65 R / \$75 NR Skyline Athletes

Learn the fundamentals of tennis in a fun group setting. Younger groups will focus on proper grip and basic strokes, while others focus on racquet face control, ball judgment, serving, receiving and rallying skills. Tennis racquets are provided for 3-5 year olds; player's age 6-12 years old must bring their own racquets (tennis balls will be provided for all ages).

Mon S1: May 18 - June 29 (no class May 25)
S2: July 27 - August 31

AGES 3 - 5: 5:45 - 6:30 p.m.

AGES 6 - 8: 6:30 - 7:15 p.m.

AGES 9 - 12: 7:15 - 8:00 p.m.



Chicago Fire Little Sparks

AGES 3-5 \$100 R / \$110 NR

This introductory soccer program allows children and parents to take their first steps in soccer together, using the fun of play and imaginative stories. Little Sparks facilitates a child's physical, mental, social and emotional development through the game of soccer and uses 3 key principles (experiential play, creative learning, and holistic activity) to build an environment for children to learn and explore in.

MON-FRI S1: June 22 - 26 9:00 - 10:00 a.m.
S2: July 20 - 24

2020 Chicago Fire FC Summer Camp

AGES 6-14 Morning/Afternoon : \$170 R / \$180 NR
Full Day: \$300 R / \$310 NR

Kick-off your summer by signing up for a Chicago Fire FC Soccer Camp, which was listed as one of the top 12 "Totally Cool Summer Camps" in Chicago Parent Magazine! Play, learn and train passionate, highly qualified coaches who will support you and help you develop your soccer skills.

As part of the camp experience, every participant will receive a camp T-shirt, player evaluation, and a ticket to attend the unique Graduation Day event before a Chicago Fire FC game at their new home, Soldier Field! A once in a lifetime opportunity to play on the main field at Soldier Field just like the Chicago Fire FC first team!

MON-FRI S1: June 22 - 26
S2: July 20 - 24
Morning: 9:00 a.m. - 12:00 p.m.
Afternoon: 1:00 p.m. - 4 p.m.
Full Day: 9:00 a.m. - 4:00 p.m.



Tots Movement and Tumbling

AGES 3 - 5 \$50 R / \$60 NR Hot Shots Sports Green Room

Your child's physical, mental, emotional and social skills are developed through this fun and challenging class. Boys and girls are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic gymnastics and movement, participants experience their world in a whole new way and begin to understand how their bodies work. *Wear loose fitting clothing, gym shoes and be prepared to have tons of fun!*

Thu S1: June 4 - July 16 4:00 - 4:45 p.m.
(no class July 2 & 9)
S2: July 23 - August 20

Adult-Tot Movement and Tumbling

AGES 2 - 4 \$50 R / \$60 NR Hot Shots Sports Green Room

Children are introduced to age-appropriate exercises specifically designed for balance and coordination of their large muscle groups. Through basic gymnastics and movement, participants experience their world in a whole new way and begin to understand how their bodies work. *Wear loose fitting clothing, gym shoes and be prepared to have tons of fun! Parent or caregiver participation is required.*

Thu S1: June 4 - July 16 4:45 - 5:30 p.m.
(no class July 2 & 9)
S2: July 23 - August 20

Nerf Elite Battle

AGES 6 - 9 \$50 R / \$60 NR
Green Room

Hot Shots Sports

Each week boys and girls will play many different Nerf Elite battle games, including an all-out battle. Come experience this Classic basement game in an arena style team game. All guns, ammo and eye protection will be provided. You can bring your own gun or eye wear if you want. There will be a different theme every week.

Fri S1: June 5 - July 17 4:30 - 5:30 p.m.
(no class July 3 & 10)
S2: July 24 - August 21

Game Time Flag Football

AGES 5 - 7 \$50 R / \$60 NR

Hot Shots Sports

Players experience daily scrimmages with active instruction and tips from the coaching staff. Boys and girls are encouraged to employ skills used in football such as running pass routes, play calling, defensive positioning, and the fundamentals of pass coverage. These skills and others will be put to use in a "game time" environment while the players scrimmage each week.

Fri S1: June 5 - July 17 4:30 - 5:30 p.m.
(no class July 3 & 10)
S2: July 24 - August 21



Lacrosse Skills & Games new

AGES 7 - 12 \$55 R / \$60 NR SportsKids Inc.
Recreation Center Field

Join us in playing the oldest and fastest growing team sport in North America. Get in on this game that will continue to grow in schools. The class will cover various lacrosse techniques, including cradling, scooping, passing, catching, shooting, and goalie skills. Equipment will be provided.

Tue S1: June 9 - July 14 6:30 - 7:15 p.m.
(no class July 7)
S2: July 21 - August 18

Youth Archery new

AGES 7 - 14 \$46 R / \$50 NR SportsKids Inc.
Recreation Center Field

Archery participants will learn the parts of an arrow and recurve bow, the basics of using a recurve bow, and fundamental shooting skills in an extremely safe environment. They also will learn an excellent, nationally recognized beginner's 9-step to the 10 ring progression which was created by the Coaches Development Committee of the National Archery Association. Both technique and games will be a part of this class. Blunt tipped arrows, bows, and targets are provided.

Wed S1: June 10 - July 15 6:30 - 7:15 p.m.
(no class July 8)
S2: July 22 - August 19

AGES 7 - 10: 4:30 - 5:15 p.m.
AGES 11-14: 5:15 - 6:00 p.m.

Adult & Tot Gymnastics

AGES 2 - 3 with adult \$30 R / \$33 NR SportsKids Inc.

Toddlers can develop body awareness, balance, flexibility, and coordination while having fun doing gymnastics. Parents assist with skills in a safe and caring environment.

Mon June 8 - August 3 6:15 - 7:00 p.m.
(no class July 6)

.....

Junior Gymnastics

AGES 4 - 6 \$46 R / \$50 NR SportsKids Inc.

Age-appropriate maneuvers for bar, floor, low balance beam, and vault will be introduced. Boys and girls will learn basic movements for each event in a safe environment.

Mon June 8 - August 3 7:00 - 7:45 p.m.
(no class July 6)



Beginning Tumbling

AGES 7-10 \$46 R / \$50 NR SportsKids Inc.

Start out learning the proper way to perform rolls, handstands, and cartwheels. This class is a great introduction to tumbling, and it opens the door to gymnastics possibilities.

Mon June 8 - August 3 7:45 - 8:30 p.m.
(no class July 6)

.....

Tumbling for Cheerleading

AGES 8-13 \$46 R / \$50 NR SportsKids Inc.

Focus on tumbling skills specifically for cheerleading. Round-offs, flip flops, standing back tucks and running tumbling are covered. Basic tumbling skills required for class participation.

Mon June 8 - August 3 8:30 - 9:15 p.m.
(no class July 6)



AGES 18+ \$170 R / \$180 NR
\$300 R / \$310 NR

Body & Brain is a national leader in holistic health and wellness. Our classes in yoga, tai chi, meditation, detox and rhythmic movement combine East Asian healing and energy philosophies.

Classes start at 9:30am (Please come 15 minutes early for 1st Class)

Monday-Organ Detox and Core Strengthening Class helps reduce bloating, constipation and digestive issues with Abdominal exercises, stretching and relaxation included as well.

Tuesday & Wednesday - Our flexibility and balance classes increase strength, improve circulation and also alignment of the spine. Meditation is included as well to relax and shift focus away from busy thoughts and breathing techniques recharge your body and clear your mind.

Thursday -Tai Chi/ Ki Gong classes include postures for strength and stability for the lower body and core muscles. They also improve balance and body awareness, as well as releasing tension from the back and shoulders. These classes are simple and gentle enough for people of any age, experience and ability level.

Friday - Energy Movement class is a fun class that encourages free style dance & movement of the body to release tension while connecting to the rhythm & vibration of music.

Each class is 60 minutes plus 10 minutes for tea & sharing.

Try them all to see which one you like best or need the most!

MEN'S FALL SOCCER LEAGUE

AGES 18 and older | \$400 per team

Join the NPD 7v7 adult soccer league this Fall!

Games will be played in two 20-minute halves (with a 5-minute break between) and on a 50 yd. x 90 yd. pitch. One referee will call the match. If you have any other questions, please contact Angelo Alongi, Athletics Supervisor, at (708) 457-1244.

Tue | Games start at 6:00 p.m.

Captain's Meeting: August 4

Season starts on August 11

Registration Deadline: July 31

Men's Fall 16" Softball League

Wed | Games start at 7 p.m.

AGES 18 and older

\$595 per team

Enjoy a true Chicago classic! Enjoy a 10-game regular season and structured playoff, with cash payouts awarded to the League's top teams. *Leagues are SSA sanctioned and include online score and standings tracking.*

Teams are responsible for making a one-time payment, in full, at the time of registration.

Captain's Meeting: July 29

Season starts on August 5 and ends on October 7

Registration Deadline: July 27

PASSES and OPEN gym

Basketball / Tennis / Inline / Volleyball Passes

Indoor / Outdoor Pass

This pass allows access to indoor open gym basketball, volleyball and Toddler Drop-In Play Time as well as to outdoor basketball, tennis, inline and volleyball courts.

Indoor courts are used November 1st through March 31.

Outdoor courts are used April 1st through October 31.

ALL AGES \$10 R / \$50 NR Valid for one year

Outdoor Pass

This pass allows access to outdoor basketball, tennis, inline and volleyball courts.

Outdoor courts are used April 1st through October 31st, weather permitting.

**ALL AGES \$5 R / \$25 NR Valid April through October
Daily Fees: \$3 R / \$6 NR (cash only)**

Bocce Ball Pass

This pass allows access to the outdoor bocce ball courts.

ALL AGES \$5 R / \$10 NR Courts open April - October

NRC Open Gym Basketball and Volleyball

During the first 10 minutes, entry is open to residents and pass holders only. Space is available on a first-come, first-served basis. Feel free to use your indoor/outdoor pass or pay as you go. A maximum of 20 players will be allowed on the court at one time. *Effective November 1 - March 31.*

ALL AGES Daily Fees: \$3 R / \$6 NR (cash only)

Youth (AGES 5 - 13) T / Th 3:30 - 5:30 p.m.

Teen (AGES 14 - 17) W / F 3:30 - 5:30 p.m.

Adult (AGES 18+) T / Th 8:00 - 9:50 p.m.

Adult Volleyball W 8:00 - 9:50 p.m.

See website for additional holiday hours (for youth and teen).

**Open Gym Volleyball (AGES 50+): Mon 7:30 - 9:30 p.m.
(April - October)**



SENIOR PROGRAMS AND EVENTS

Senior programs and events are held at the
Norridge Recreation Center - East
4652 N. Olcott Ave. • Harwood Heights
(708) 457-0961

FREE ACTIVITIES FOR SENIORS

1:00 - 5:00 p.m.

- Pinochle Club (*Mondays, held at Central Baptist Village*)
- Poker Club (*Tuesdays & Thursdays*)
- Pinochle Tournament (*Wednesdays*)
- Bridge and Mahjong (*Thursdays*)
- Netflix™ Movie and Popcorn (*Fridays*)

Please Note: No activities will be held on May 25,
July 4 and September 7.

SENIOR FITNESS PROGRAMS

Senior Fitness Club

AGES 50 and older \$30 R / \$36 NR M/W/F 8 - 9 a.m.

This club allows seniors to work together to improve their cardiovascular fitness, strength, and flexibility in a slow-paced, low-impact setting through use of light weights, bands, hula-hoops and chairs. Stick around after the workout for a social gathering with fellow club members.

S1: June 1 - July 31 (no class July 6, 8 & 10)

S2: August 3 - September 25 (no class September 7)

Please Note: This class takes place at the NPD Fitness Center

PRESENTATIONS FOR SENIORS

Empowering Consumers to Prevent Healthcare Fraud

FREE Monday, June 15 1:00 - 2:00 p.m.

What is healthcare fraud? Healthcare fraud happens when someone bills your health insurance, including Medicare for: Something you did not receive, something different than what you received or something that was not medically necessary. Join us for this workshop to learn information on how to prevent this from happening to you.

Presented by: AgeOptions

SENIOR EVENTS

BBQ and Bingo Lunch

\$16 R / \$17 NR Friday, June 28 1:30 - 3:30 p.m.

Join us for a fun-filled afternoon as we cook up some of your summertime favorites - hamburgers and hot dogs - to enjoy while playing white elephant Bingo. Donations for Bingo will be accepted at the NRC East beginning July 6.

AARP Smart Driver Course

AGES 50+ \$22 AARP Members / \$27 Non-AARP Members
Mon - Tue July 20 - 21 1:15 - 5:15 p.m.

This course is a classroom driver improvement program designed for motorists age 50 and up. Learn how aging, medications, alcohol and other health related issues affect driving ability and when driving may no longer be safe. We'll also review the rules of the road. Most insurance companies give discounts on the liability portion of insurance to those who complete this 2-day course. *Feel free to bring a lunch.*

Adult Line Dancing **new**

\$40 R / \$50 NR Thu, July 23-Aug 27 1:00 - 2:00 p.m.

No partner is needed for this fun and upbeat class. Learn basic line dance steps using country, swing, cha-cha and waltz music. You'll develop your inner dancer, gain confidence & make lifelong friendships in a safe and personal environment. No experience needed.
Instructor: Jennifer Matthews.

SENIOR TRIPS

Four Winds Casino (New Buffalo, Michigan)

\$52 R / \$62 NR Tue, June 16 9:30 a.m. - 6:00 p.m.

Trip package includes transportation, \$15 instant slot credit and \$10 food credit. Bus leaves the Norridge Park District main parking lot at 9:30 a.m. and leaves from the casino at 3:30 p.m. to return by 6:00 p.m.

Registration Deadline: May 18

West Side Story at Marriott Lincolnshire Theatre

\$88 R / \$98 NR Wed, August 19 9:45 a.m. - 4:30 p.m.

Two young idealistic lovers find themselves caught between warring street gangs, the Jets and the Sharks, in this landmark Broadway musical. Their struggle to survive in a world of hate, violence and prejudice is one of the most innovative, heart-wrenching and relevant musical dramas of today's time. Bus leaves NPD parking lot at 9:45am. Lunch is at 11:00am. And the show starts at 1:00 p.m.

Registration Deadline: July 22

For questions or suggestions, contact Danielle
at (708) 457-0961 or dmccollum@norridgepk.com

Monday - Friday: 7:00 a.m. - 10:00 p.m. | **Saturday & Sunday:** 7:00 a.m. - 8:00 p.m.



FITNESS CENTER

Daily Fees

Resident	\$5
Non-Resident	\$7

- No one under the age of 14 is allowed admittance at any time.
- Individuals aged 14-17 must be signed up by a parent or guardian and have completed an orientation with a Fitness Center staff person prior to their first visit.
- Orientations are free with purchase of a Fitness Center membership.



MEMBERSHIP PRICING

	Resident	Non-Resident
Monthly*	\$19	\$21
Student - Monthly*	\$17.10	\$18.90
Senior - Monthly*	\$16.15	\$17.85
Annual	\$209	\$231
Student - Annual	\$188.10	\$207.90
Senior - Annual	\$177.65	\$196.35

**Access to the Pool
is included with your
Annual membership
and Premier
membership only.**

Premier Membership **new**

Upgrade your monthly Fitness Center membership to receive access to the Pool (Memorial Day through Labor Day)!

\$25 R / \$35 NR

STUDENT: AGES 14 - 22 (with valid school I.D.)

SENIOR: AGE 55 and older

** Must provide a current credit or debit card.*

Memberships subject to monthly auto-renewal on credit card provided.

All memberships, including pool passes, are non-refundable.

BUY AN ANNUAL MEMBERSHIP AND SAVE AN ENTIRE MONTH'S COST!

GROUP FITNESS CLASSES

Fitness classes take place in the PFC Aerobics Room unless otherwise noted

Total Body Blast new

AGES 18 and older \$55 R / \$65 NR Reina Gold

Back by popular demand, this hybrid (20/20/20 & boot camp) class is designed to give you the ultimate challenge and total body workout. This class is designed to target all major muscles groups. We utilize a mix of free weights, resistance bands, med balls, weighted bars, gliding discs and balance trainers. It is suited for a beginner to a fitness fanatic- as you set your own bar for how hard you want to push! You'll sweat through the cardio exercise, strength training, sculpting, plyometric moves, core work and then end with a great stretch. Are you ready for the challenge?

Sat S1: May 2 - June 13 10:00 - 11:30 a.m.

STRONG 30™

AGES 18 and older \$30 R / \$40 NR Reina Gold

STRONG 30™ is a revolutionary 30 minute high intensity workout led by music to motivate you to crush your ultimate fitness goals, combining body weight, muscle conditioning, cardio, plyometric and explosive moves, high knees, burpees SYNCed to original music. You will gain muscular endurance, tone, definition & experience an increased afterburn. You got 30-minutes; you've got time to blitz this high intensity work out experience and walk out feeling STRONG.

Wed S1: April 29 - June 10 6:30-7:00 p.m.
S2: Jun 24 - Aug 19
(no class July 8 & 29)

staBALLize new

AGES 18 and older \$30 R / \$35 NR Reina Gold

Utilizing the stability ball throughout the class for total body muscle sculpting, participants will continuously challenge themselves with exercises that use their own body weight. Emphasis will be on muscle endurance, core strength, flexibility and balance as we use the stability ball, Bosu ball and light weights for an effective, low-impact workout.

Sat S1: May 2 - June 13 11:30 a.m. - 12:15 a.m.



Zumba® Toning

AGES 16 and older \$50 R / \$60 NR Reina Gold

This class combines targeted body sculpting exercises and high energy cardio work with Latin-infused Zumba® moves to create a calorie burning, strength training, dance fitness party. Students will be challenged by adding resistance from light weights to help focus on specific muscle groups and keep muscles engaged while toning arms, core and lower body.

Wed S1: April 29 - June 10 7:00 - 8:00 p.m.
S2: June 24 - August 19
(no class July 8 or 29)

Zumba® Fitness

AGES 16 and older \$40 R / \$50 NR Reina Gold

Perfect for everybody & every body! Each Zumba class is designed to bring people together to sweat it on. Take the "work out of workout, by mixing low intensity and high intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin & World rhythms take over, you'll see why Zumba classes are called exercise in disguise. Super effective? Check. Super fun? Check and Check. A serious dose of awesome each time you leave class! A great way to start the weekend!

Thu S1: April 30 - June 11 6:30-7:30 p.m.
Sat S1: May 2 - June 13 9:00-10:00 a.m.
S2: June 27 - August 22
(no class July 4 & 11)

Fitness classes take place in the PFC Aerobics Room unless otherwise noted



Barre Body

AGES 16 and older \$50 R / \$60 NR Reina Gold

Barre is a great way to tone muscles and burn calories... the ballet barre is used for stability while working through Pilates based exercises which focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements. Movements are typically small and easy on the joints. Taking barre classes will increase strength and flexibility. Mats are also used for targeted core work.

Thu S1: April 30 - June 11 7:30-8:45 p.m.
S2: June 25 - August 20
(no class July 9 or 30)

BOSU BLAST new

AGES 18 and older \$45 R / \$55 NR Reina Gold

The BOSU® Balance Trainer or BOSU® Ball (which stands for "Both Sides Utilized", by the way) incorporates balance and bursts of cardio into movements intended to help you tone all major muscles. A workout that fires an amazing amount of muscle fibers while building strength, endurance, balance, stability, and cardio. BOSU® classes are appropriate for nearly everyone – and once you try it, you'll want to come back again and again!

Thu S1: June 25 - August 20 6:30-7:30 p.m.
(no class July 4 & 11)

Step, Strength and StaBALLIZE (Light to Mid-Impact, Moderate Intensity)

AGES 16 and older S1: \$45 R / \$50 NR Debbie Beck
S2: \$50 R / \$55 NR

A light step workout for cardio fitness, light weights used to increase strength, and Stability Ball for a core abdominal work-out. You will gain endurance, strength, and balance, focusing on your total body. Bring a water bottle and towel to begin your journey for a Health you in 2020. This class accommodates all fitness levels by having you work at your own pace.

Mon S1: April 27 - June 8 6:00-6:45 p.m.
(no class May 25)
S2: June 22 - August 17 9:00-10:00 a.m.
(no class July 6 & 13 and August 3)

Zumba® Toning (Mid-Impact, Moderate Intensity)

AGES 16 and older \$30 R / \$35 NR Debbie Beck

This half hour express class is perfect to maximize your time and get it done! **Zumba® Toning** targets specific body muscle groups to help sculpt muscles through exercises and high energy cardio moves using Latin-infused **Zumba®** moves to create a calorie burning, strength training, and dance fitness party. Students will be challenged by adding resistance of light weights to help focus on specific muscle groups and keep muscles engaged while toning arms, core and lower body.

Mon S1: April 27 - June 8 7:00-7:30 p.m.
(no class May 25)
S2: June 22 - August 17
(no class July 6 & 13 and August 3)

Zumba® Fitness (Mid-Impact Cardio)

AGES 16 and older \$30 R / \$35 NR Debbie Beck

This half hour express class is perfect to maximize your time and get the workout done! **Zumba® Fitness** is an Effective calorie burning, dance fitness party. Let the Latin and world rhythms take over and you'll see why **Zumba® Fitness** classes are often called exercise in disguise. Bring a water bottle and towel to begin your fitness Party!

Mon S1: April 27 - June 8 7:30-8:00 p.m.
(no class May 25)
S2: June 22 - August 17
(no class July 6 & August 3)

Be sure to REGISTER EARLY!



Aqua - Get Fit Class new (Low to Medium Intensity)

AGES 16 and older \$40 R / \$45 NR Debbie Beck

This low impact class done in shallow water will get your heart pumping, improve flexibility and tone muscles by using a variety of muscle groups to move through the exercises using the water as resistance. Working out in water provides a great way for those with osteoarthritis, and joint pain, to reduce chronic pain by decreasing stress on joints while exercising. Put on your swimsuit, bring a towel and water bottle to join in this fun great outdoor class. This outdoor class is subject to cancellation due to weather conditions or below average temperatures.

Thu June 18, 25, July 2, 16, 23, Aug 6 8:00-8:45 p.m.
(no class July 10 & 30)

Aqua Zumba®

AGES 13 and older \$42 R / \$52 NR Debbie Beck & Reina Gold

Aqua Zumba® blends the **Zumba®** philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an **Aqua Zumba®** class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. *Appropriate swimwear is required; water shoes are recommended.*

Sat S1: June 20 - Aug 22 10:15-11:15 a.m.
(no class July 4, 11 & August 1)

Zumba® by Sandy

AGES 13 and older \$40 R / \$50 NR Sandy Walters

Get up, move, sweat, and repeat! There is no right or wrong way to Zumba. Let the music move you and before you know it, the class is over and you have burned those calories. World rhythms, intervals, FUN. It's like going to the club and not having to worry about what to wear or what anybody thinks. What happens at Zumba® stays at Zumba®.

Tue S1: April 28 - June 9 6:30-7:30 p.m.
S2: June 23 - August 18 9:00-10:00 a.m.
(no class July 7 & August 4)

Hatha Yoga (All Levels) new

AGES 18+ \$65 R / \$70 NR Norridge Park

Students are immersed in the fundamentals of yoga. You will be instructed and supported in learning the process of proper alignment in the poses and breathing techniques.

Tue April 28 - June 9 8:15-9:15 a.m.

**Senior Fitness Club information can be found
on page 23 (Senior Programs and Events).**



EARLY CARE AND PRESCHOOL ACADEMY



OUR MISSION

To meet the developmental needs of enrolled children and the societal needs of their parents by providing top quality care in a nurturing and educational environment while taking time for fun.

PHILOSOPHY

We are committed to assisting in each child's individual growth and development through developmentally appropriate practices including play, through which a child can master abstract concepts and acquire cognitive, social/emotional, language, cultural awareness and motor skills in a non-threatening environment. We believe that each child is unique with their own individual strengths, and the environment created offers each child the opportunity to develop their own individual differences and skills. We recognize and accept the family as the child's primary care-giver and teacher, and seek a partnership with each child's family as we help lay a foundation for their future.

TEACHING STAFF

Our teaching staff plays an important role in your child's education and therefore has been chosen carefully. All staff meets or exceeds the licensing requirements set by the Illinois Department of Children and Family Services. Early Care and Preschool lead teachers have a minimum of an Associates Degree or equivalent with course work in Early Childhood Education and/or Child Development. All lead and support staff are certified in First Aid, CPR and AED. As a parent, you will find our staff is well prepared to provide a balanced program in which your child can feel secure.

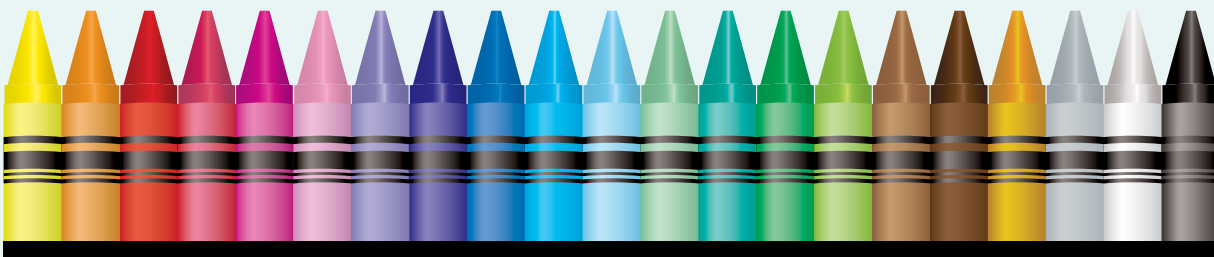
OPERATIONS

- Service is provided from 6:30 a.m. until 6:00 p.m., Monday through Friday. Breakfast and lunch are provided to all full-day participants, while a nutritious snack is offered to all participants.
- The Academy is licensed by the Illinois Department of Children and Family Services (DCFS). It is accredited by the National Association for the Education of Young Children (NAEYC). It has been awarded the Gold Circle of Quality by the Illinois ExceleRate quality rating and improvement system.
- The Academy accepts subsidized childcare payments as a supplement to the regular tuition rates through Illinois Action for Children and the Department of Human Services (DHS).
- **The Academy is located in the John V. Leigh school building at 8151 W. Lawrence Ave. and is equipped with a video-monitored, locked-entry system.**
- The Academy employs an "Open Door" policy that encourages parents to visit the classrooms.

PRESCHOOL: 2020-2021

Ages Three, Four and Five

Our popular, high quality program emphasizes learning through play-based, developmentally appropriate activities and operates with the combined ages of 3, 4 and 5 year olds. The curriculum follows the Illinois State Board of Education Early Learning Standards and classrooms are designed for exploration and discovery in language arts, music, STEAM (science, technology, engineering, art and math) physical development and health. Teachers use the ZOO-PHONICS program to guide instruction in reading readiness; a large variety of manipulatives provide fine motor development while an outdoor playground promotes large motor development and socialization experiences. Computers and tablets are incorporated into the daily routine for technology exploration. Children who will be entering Kindergarten the following year are exposed to activities that develop and strengthen a variety of skills needed to be successful as they move up to elementary school.



2020 Preschool Classes

- A \$30 nonrefundable registration fee and one month's tuition is required at registration.
- Tuition is based on a full nine month program but is broken into easy monthly payments collected one month in advance or on the last service day of every month.
- Preschool classes operate from September through May.
- All children must be fully toilet trained.
- All children must have turned 3 by September 1, 2020.

Days	Time	Monthly Tuition
M - F	9:00 - 11:30 a.m.	\$358 R / \$396 NR
M - F	12:00 - 2:30 p.m.	\$358 R / \$396 NR
M / W / F	9:00 - 11:30 a.m.	\$215 R / \$239 NR
M / W / F	12:00 - 2:30 p.m.	\$215 R / \$239 NR
Tu / Th	9:00 - 11:30 a.m.	\$144 R / \$160 NR
Tu / Th	12:00 - 2:30 p.m.	\$144 R / \$160 NR



SUMMER EDUCATION WITH CARE

.....
Registration is ongoing; call for availability: (708) 453-2141

Ages Two and Early Threes

Following the Illinois State Board of Education Early Learning Standards, our youngest learners develop early literacy, as well as cognitive, music, art, science, fine and large motor skills. Other important topics of concentration include socialization, group living skills, cooperation, independence and toilet training (*for those in need*). The classroom is set up in centers for exploration and discovery, including sensory play with sand and water. *** 2 day minimum required.**

Classroom 228

Teacher/Child Ratio: 1 - 8 maximum Group Capacity: 16 children / 2 teachers

Tuition - Residents: \$258 per week / \$54 per day*

Tuition - Nonresidents: \$289 per week / \$59 per day*



Preschool With Wrap-Around Care (Three / Four / Five Year Olds)

We are proud to offer preschool with full day care; the same as our popular Preschool program, with children ages three to five combined in one classroom. *Children must be completely toilet trained.* The curriculum follows the Illinois State Board of Education's Early Learning Standards, with the addition of Zoo-Phonics and Math Their Way programs which guide instruction in reading and math readiness. The program is play-based and developmentally appropriate for children who will be going into Kindergarten the following year. Children will be exposed to activities that develop and strengthen a variety of skill objectives needed to be successful as they move up to elementary school. *** 2 day minimum required.**

Classrooms 217 & 222

Teacher/Child Ratio: 1 - 10 maximum Group Capacity: 20 children / 2 teachers

Tuition - Residents: \$247 per week / \$54 per day*

Tuition - Nonresidents: \$279 per week / \$59 per day*



Education With Care (Our programs are enhanced with full day care)

- Care is available from 6:30 a.m. - 6:00 p.m., twelve months of the year.
- Breakfast is served at 9:00 a.m.
- Morning curriculum runs from 9:30 a.m. - 12:00 noon.
- A hot, catered lunch is served at 12:00 noon.
- Rest period runs from 1:00 - 3:00 p.m., with a snack served afterwards.
- Afternoon curriculum runs from 3:30 - 6:00 p.m.
- **A \$50 non-refundable registration fee is required in addition to a security deposit equal to one week's tuition.**

2020 SUMMER DAY CAMPS

Sun, fun and adventure are all part of the Summer Day Camp Program!

(Held at the NRC: 4631 N. Overhill Ave.)

Preschool Camp

Designed for children 3-5 years of age. Preschool Camp meets from 9:00 a.m. - noon, Monday through Friday. Children will enjoy splash time in the pool, playground fun, organized group games, art projects, songs, stories, special activities and a snack (provided by parents). Each weekly session is based on a theme. *Children must be 3 years old and completely toilet trained. Birth Certificate required. No splash time during Fest week (July 6-10).*

Session	Dates	Theme	Fee
1	June 8 - 12	Hello Summer!	\$82 R / \$119 NR
2	June 15 - 19	Moovin' & Groovin'	\$82 R / \$119 NR
3	June 22 - 26	Little Scientists	\$82 R / \$119 NR
4	June 29 - July 3	Red, White & Blue	\$82 R / \$119 NR
5	July 6 - 10	Splish Splash	\$82 R / \$119 NR
6	July 13 - 17	Little Chefs	\$82 R / \$119 NR
7	July 20 - 24	Lions, Tigers & Bears	\$82R / \$119 NR
8	July 27 - 31	Out of This World	\$82 R / \$119 NR
9	August 3 - 7	Digging for Dinosaurs	\$82 R / \$119 NR



Swimming Day Camp

Designed for children ages 5-12 (*must have completed Kindergarten*). The camp runs from 9 a.m. - 3:00 p.m. Each two week session includes a daily swim lesson taught by NPD staff, open swim time M/W/F, games, sports, arts & crafts, special events and a field trip. *Children must have turned 5 by September 1, 2019 to be eligible for the camp. Birth Certificate required. No swim lessons during Fest week (July 6-10).*

Session	Dates	Fee
1	June 8 - 19	\$229 R / \$317 NR (two week session)
2	June 22 - July 3	\$229 R / \$317 NR (two week session)
3	July 6 - 10	\$102 R / \$145 NR (one week session)
4	July 13 - 24	\$229 R / \$317 NR (two week session)
5	July 27 - August 7	\$229 R / \$317 NR (two week session)

- A one-time registration fee of \$10 for the Summer covers the cost of a Camp t-shirt and allows you to register for further sessions.
- Siblings in either camp will receive a 20% discount.
- Session fee is due at the time of registration.



Don't be disappointed; sessions fill quickly. Register early!

SUMMER CAMP COUNSELOR IN TRAINING



This program is designed for enthusiastic teens ages 13 to 15 years old who are interested in working with children in a summer camp environment.

Participants must have a positive attitude and be willing to commit their time and energy. The program is designed to guide teens in leadership skills with an emphasis on the importance of being responsible while gaining hands-on experience in our summer camps.

If interested, please complete the following steps:

1. Pick up and complete a CIT Application from any NPD location.
2. Write a brief paragraph explaining why you would make a good candidate.
3. Ask a teacher or your principal to complete the recommendation form for you.
4. Return the completed application, paragraph, and recommendation to Norridge Park District, addressed to Eileen Wright.

Applications will be accepted on an ongoing basis until the program is full. After all applications are reviewed, chosen applicants will be invited to interview in person. Accepted applicants will be able to register for the program in May (and pay a one-time registration fee of \$10).

Session	Dates	Fees
1	June 8 - 19	\$113 R / \$157 NR (two week session)
2	June 22 - July 3	\$113 R / \$157 NR (two week session)
3	July 6 - 10	\$58 R / \$79 NR (one week session)
4	July 13 - 24	\$113 R / \$157 NR (two week session)
5	July 27 - August 7	\$113 R / \$157 NR (two week session)

*** The Counselor in Training is not a paid staff position.**

Returning CITs, please contact
Eileen Wright at (708) 453-2141





Island in the City Festival

.....
JULY 9-12
.....

www.islandinthecity.com

Thursday • 5:00 - 10:00 pm
Friday • 5:00 - 11:00 pm
Saturday • 1:00 - 11:00 pm
Sunday • 1:00 - 10:00 pm

.....
Check out our website for info on the
Entertainment Lineup, Food Vendors,
Business Expo, Mega Passes,
Wristbands and more!



**Carnival Rides
and Games**

**Beer
Garden**
Live Bands

Food Vendors

**BUSINESS
EXPO**

**Children's
Carnival**

WSSRA

enriching lives through recreation

As an extension of the NORRIDGE PARK DISTRICT, WSSRA offers our residents recreation programs for persons with disabilities, of all ages and ability levels.

Programs include fitness, art, Special Olympics, social, camp, swim and excursion programs. Participants gain skills, make friends, increase self-confidence, visit new places and have fun in WSSRA programs!

A LEKOTEK family based toy lending/play program is also available.

Registration for Summer programs begins mid-May

Visit WSSRA.NET for more info!



West Suburban Special Recreation Association

FIND US ONLINE FOR MORE INFO



**VISIT US ONLINE
AT WSSRA.NET**

west
suburban
special
recreation
association

2915 maple street
franklin park, il 60131
P 847.455.2100
F 847.455.2157
wssra.net





A CHILD'S BEST DEFENSE IS BEING PREPARED™

- Teaches children about strangers & dangerous situations
- Builds awareness, confidence & self esteem
- Develops focus & leadership skills
- Teaches martial arts in a simple & easy to learn format
- Specializes in teaching children ages 4 – 14
- Offers year-round program with belt progression through black belt
- Parents can participate with their child through our Parent-Helper Program
- Our Program Director is a former police officer, bringing years of public safety training to the core of this program
- Over 30 yrs experience specializing in children's programs
- Offered at over 15 community park district locations



THERE ARE MANY MARTIAL ARTS PROGRAMS, BUT ONLY ONE
KID'S KARATE CLUB & SAFETY TIME PROGRAM!



REGISTRATION/CLASS LOCATION

Norridge Park District
4631 N Overhill, Norridge, IL

Register online at: www.NorridgePk.com

Classes fill quickly! REGISTER NOW!

Classes: Mondays @ 5:30pm
5/11/20 – 6/30/20 / \$66 / Ages 4 & up
8/18/20 – 9/29/20 / \$66 / Ages 4 & up

NEW STUDENTS: BRING FLYER TO CLASS & RECEIVE A FREE HEADBAND WITH UNIFORM PURCHASE

FOR MORE INFO: KIDSKARATE.COM

IT'S YOUR BIRTHDAY!

Let's Dance!

The NPD School of Dance
will help you create the
perfect dance themed
party this year from
start to finish!



*Call now to reserve
your special day!*

(708) 457-0961 • *Ask for Danielle*

Norridge Park District School of Dance

Norridge Recreation Center - East • 4652 N. Olcott Ave., Harwood Heights



Life Done Well

High Rate Rewards Checking

- No minimum balance to earn rewards on Kasasa® Checking
- No monthly service fees
- Free transactions at over 55,000 Allpoint ATMs
- Free Online Banking & Mobile Banking with Mobile Deposit

Open your account online today, or visit your
nearest Parkway Bank location

888-498-9800 • www.parkwaybank.com
24 Chicagoland Locations



PARKWAY BANK
What A Community Bank Should Be.

* Fees may reduce earnings. Overdraft/returned item fees may apply. Account approval, conditions, qualifications, limits, timeframes, enrollments, log-ons and other requirements apply. \$100 minimum deposit is required to open the account. Enrollment in online banking, at least 12 debit card purchases during each monthly qualification cycle, and receipt of electronic statements are conditions of this account. Limit 1 account per social security number. Contact a Parkway Bank Personal Banker for additional information. Kasasa and Kasasa Cash are trademarks of Kasasa, registered in the U.S.A.

**Member
FDIC**

CUMBERLAND CHAPELS

FUNERAL HOME

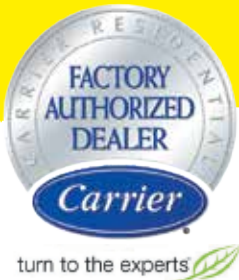
8300 W. LAWRENCE AVE. • NORRIDGE, IL 60706

WWW.CUMBERLANDCHAPELS.COM

FAMILY OWNED AND OPERATED

ANTHONY J. LUPO, SR. & JR. LOUIS A. MARTINO, JR.

708-456-8300



www.alairinc.com

AL AIR Inc.

Furnaces • Air Conditioners • Generators
Boilers • Hot Water Tanks • Air Cleaners
Humidifiers • Chimney Liners

HEATING & COOLING

Family owned and operated since 1978

Senior Discounts



Mention this ad
and get **\$100 OFF**
New Heating & AC
Installation or **\$15**
OFF Emergency
Service.

- Residential and Commercial
- Installation and Replacement
- Service All Makes and Models
- NATE Certified Technicians
- Same Day Service
- **FREE Estimates** on New Equipment



Advanced ComfortHeat technology

Puron Refrigerant Specialist



708.453.4531

7703 W. Lawrence Ave. • Norridge, IL 60706



4631 N. Overhill Avenue
Norridge, IL 60706-4595
708-457-1244

Return Service Requested

PRSRT STD
U.S. POSTAGE PAID
ELGIN, IL
PERMIT No. 175

ECRWSS Residential Customer

Confidence begins with a *smile!*

Give your child, or yourself,
a beautiful smile that will
benefit a *lifetime!*



Schedule a consultation, and ask about our new technology...

- Invisalign and Invisalign Teen
- The Damon System
- iTero Digital scanner-
No impressions needed!
- Digital X-rays

Benefits include...

- No tooth extractions, in most cases
- No headgear
- Quick and easy adjustments
- Easy to keep clean

Call today! 847-318-7711



DiFRANCO
ORTHODONTICS
Specialist in Orthodontics

401 W. Talcott Road | Park Ridge, IL 60068
difranco-ortho.com