

2013 Fall Program Guide



www.norridgepk.com



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2013

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The Island in the City Festival would not be possible without the generosity and support of these sponsors. Many thanks to them for making this great community event possible!

Special thanks to these sponsors:

- Harlem Irving Companies
- The Norridge Improvement and Village Economy Parties
- The Village of Harwood Heights
- Joseph Freed and Associates
- Joseph Mullarkey Distributors

The Norridge Park District also extends sincere appreciation and gratitude to all the **volunteers** whose time and efforts played an integral part in the success of our Festival.



JOSEPH FREED AND ASSOCIATES

THANKS!

Facilities & Staff



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.

4631 N. Overhill Avenue
Norridge, IL 60706-4595

Norridge Recreation Center

(708) 457-1244 • FAX: (708) 457-8385
Open 9 a.m. - 5 p.m., Monday - Friday

Pool and Fitness Center

(708) 457-1350 • FAX: (708) 457-8325
Open 7 a.m. - 10 p.m., Monday - Friday
7 a.m. - 8 p.m., Sat. and Sun.

Early Care and Preschool Academy

8151 W. Lawrence Ave. • Norridge, IL 60706-3110
(located inside Leigh School)
(708) 453-2141 • FAX: (708) 453-6024
Open 8 a.m. - 6 p.m., Monday - Friday

Administrative Staff

Mark DeSalvo Director of Parks and Recreation
Monica Slonski Administrative Services Manager
James Glaub Business Manager
Shannon Straughn Bookkeeper
Mary Unger Safety Coordinator

Recreation Staff

Hilary Poshek Superintendent of Recreation
Nick Powers Recreation Supervisor
Julie Gersky Adult Recreation Club Coordinator

Park Services Staff

Raymond Mazzulla Superintendent of Parks

Early Care & Preschool Academy Staff

Christine Szymanski Superintendent
Eileen Wright Co-Director Curriculum
Tricia Moskal Co-Director Office Administration

BOARD OF COMMISSIONERS



Larry Soderblom (*Vice President*), William Larson (*Commissioner*), Tom Lorscheider (*Secretary*), Judy Guzaldo (*Treasurer*) Dorothy Ellsworth (*President*)

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

Residents are always invited to attend.

Meetings are held at the Norridge Recreation Center.



Rentals and General Information



Room Rentals

Host your next gathering or special event at the Park District! Call (708) 457-1244 for rates 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.* Call (708) 457-1244 for rates and more detailed information.

The following indicators are used in this Guide:

R = Resident

NR = Nonresident

NRC = Norridge Recreation Center

NPD = Norridge Park District

PFC = Pool & Fitness Center

CBV = Central Baptist Village

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.

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 8:00 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.

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 Mark DeSalvo at (708) 457-1244.

Program Guide designed and created by:

Monica Slowski

Registration Information



How to Register

You may register for programs in person at the Norridge Recreation Center or Pool & Fitness Center. 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 (*Visa, MasterCard and American Express*) 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. 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. Residents have priority on all waiting lists.

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 (*participant must complete a Refund Request Form*).

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 and a Refund Request Form must be completed*).
- 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	August 5
ARC Members for ARC programs	August 5
Returning Participants	August 12
General Public	August 19

Early Care and Preschool Academy

Committed to Quality Programming for Children Ages 2 - 12

Our Mission

The Academy's mission is 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 aiding and assisting in each child's individual growth and development through developmentally appropriate practices including play. It is through play that a child can master abstract concepts and acquire cognitive, social/emotional, language, cultural awareness and motor skills in a non-threatening environment. At the Academy, we believe that each child is unique, with his/her own individual strengths, and the environment created offers each child the opportunity to develop his/her own individual differences and skills. We recognize and accept the family as the child's primary caregiver and teacher, and seek a partnership with each child's family as we help lay a foundation for his/her 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 three stars by the Illinois Quality Counts Rating System (QRS).
- 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.



***We offer an excellent program
with something for everyone!***

We invite you to schedule an appointment for a tour of the facility by calling **(708) 453-2141**.

*We believe you'll like what
you see and hear!*



Preschool: 2013 - 2014

For program availability, call (708) 453-2141.

Ages Three, Four and Five

Our popular, high quality Preschool program emphasizes learning through play-based, developmentally appropriate activities. The program operates with the combined ages of 3, 4 and 5 year olds. The curriculum follows the Illinois State Board of Education Early Learning Standards. The classrooms are designed for exploration and discovery in language arts, math, science, music, social science, dramatic play and beginning computer skills. Zoo-Phonics and Math Their Way programs guide instruction in reading and math readiness. A large variety of manipulatives provide fine motor development; a fully equipped playroom and an outdoor playground promote large motor development and socialization experiences. 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.

Days	Time	Monthly Tuition
M - F	9:10 - 11:40 a.m.	\$291 R / \$322 NR
M - F	12:15 - 2:45 p.m.	\$291 R / \$322 NR
M / W / F	9:10 - 11:40 a.m.	\$175 R / \$194 NR
M / W / F	12:15 - 2:45 p.m.	\$175 R / \$194 NR
Tu / Th	9:10 - 11:40 a.m.	\$116 R / \$130 NR
Tu / Th	12:15 - 2:45 p.m.	\$116 R / \$130 NR

2013 - 2014 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 for two and a half hours.
- The classes run from September through May.
- All children must be fully toilet trained.



Registration is ongoing.

Call for availability:
(708) 453-2141

Education With Care

Ages Two and Early Threes

Following the Illinois State Board of Education Early Learning Standards, our youngest learners develop early literacy, 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 215

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

Tuition - Residents: \$221 per week / \$46 per day*

Tuition - Nonresidents: \$247 per week / \$50 per day*

Preschool With Wrap-Around Care

(Three/Four/Five Year Olds)

The Academy is proud to offer preschool with full day care. Just the same as our popular Preschool program, children ages three to five are combined in one classroom. *Children must be completely toilet trained.* The curriculum follows the Illinois State Board of Education's Early Learning Standards. In addition, the Zoo-Phonics and Math Their Way programs guide instruction in reading and math readiness. The program is play-based and developmentally appropriate for preschoolers. Children who will be going into Kindergarten the following year are 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 210 & 212

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

Tuition - Residents: \$211 per week / \$46 per day*

Tuition - Nonresidents: \$237 per week / \$50 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.**

Before & After School Care

Registration began July 8th!



We offer before and/or after school care for any child in Kindergarten through 6th grade attending Leigh, Giles, Pennoyer, Union Ridge, Oriole Park or Dirksen Elementary Schools.

Before School Care

The Academy opens at 6:30 a.m. for Before School Care. Children can participate in activities such as board games, puzzles, reading, computer, drawing, school work or socializing until it is time to go to school. A breakfast is served between 7:30 and 8:00 a.m. every morning. The children are transported to school (*except for Leigh*) by Park District child care busses.

After School Care

Children are picked up from their schools beginning at 2:15 p.m. All children are on site by 3:45 p.m., depending on their school's scheduled dismissal. When the children arrive, they have a variety of activities to choose from including outdoor play, arts and crafts, computer, board games, homework, video games and foosball. A nutritious afternoon snack is served daily. School Age Workers are on hand to aid and assist with homework and to facilitate the planned weekly activities.



Weekly Fees

	Resident	Nonresident
Before School	\$75	\$95
After School	\$108	\$126
Before & After School	\$118	\$138
Holiday / Break Care	\$211	\$237
½ Day or Full Day Care	Call Office for Rates	



Registration Requirements

- Tuition is based on a weekly fee.
- A \$50 nonrefundable registration fee is due upon enrollment.
- A security deposit equal to one week's tuition is required.

Care on holidays, school breaks and early dismissal days is provided based on staff availability and the individual school's calendar.



Enrichment Tot Classes

**Mówimy
Po Polsku**

English/Polish Speaking Instructor:
Ms. Danuta Hukisz

Moms/Dads and Tots

Socialization opportunities for parent and child are offered in an early childhood setting. Free play, circle time, stories, songs, finger-plays, art projects and snack time are included within the dynamic curriculum. Come play with us!

- Register for one or two classes per week.
- An adult must accompany each tot; please, no infants.
- Parents take turns providing snacks.

Age: 18 months - 36 months

Class Meets: 10:30 a.m. - Noon

Minimum: 8 children to run a class

Maximum: 12 children per class

Day	Dates	Fee
T	September 3 - October 29	\$90 R / \$106 NR
T	November 11 - December 17	\$70 R / \$82.60 NR
Th	September 5 - October 31	\$90 R / \$106 NR
Th	November 7 - December 19	\$60 R / \$70.80 NR
T/Th	September 3 - October 31	\$170 R / \$202 NR
T/Th	November 11 - December 19	\$120 R / \$143 NR

Sign up for both Tuesday and Thursday classes and save \$10 or more!

No class on Thursday, November 28, 2013 (Thanksgiving holiday).



Fall Registration Dates

Birth Certificate required at time of registration

Residents	August 5
Returning Participants	August 12
General Public	August 19

Ask about **Tuition Express** - our Automatic Payment Program!

Early Childhood Programs

Babygarten

AGES 6 months - 2.5 years with an adult 9:30 - 10:15 a.m.

Bring your little one for a morning of fun sing-a-longs, toys, the parachute and more! Classes will begin with 15 minutes of open play followed by structured songs and activities.

Fridays S1: Sept. 13 - Nov. 1 \$50 R / \$60 NR
S2: Nov. 15 - Dec. 20 (no class Nov. 29) \$32 R / \$42 NR

Instructor: Francesca Scaletta, Certified Teacher

ABC Art

AGES 2.5 - 5 \$42 R / \$52 NR Ellen Mardula, Certified Teacher

A told B and B told C the alphabet is fun as can be! Each week, new letters will be added to help children identify and reinforce letter recognition. Each child will bring home their very own alphabet book after the last class. *Parents are welcome to accompany children but not required.*

Saturdays, Oct. 12 - Nov. 16 9:30 - 10:15 a.m. NRC Green Room

Musical Art

AGES 2.5 - 5 \$45 R / \$55 NR Kristy Richardson, Certified Teacher

Children will enjoy open play with simple instruments followed by rhythm and beat patterns in a circle setting and then a sing-a-long story book - which will inspire a craft project. *Please bring an old shirt or art smock. Parents are welcome to accompany children but not required.*

Saturdays S1: Sept. 14 - Oct. 18 10:30 - 11:15 a.m.
S2: Nov. 2 - Dec. 14 (no class Nov. 30) NRC Tot Room

Big Kids Klub

AGES 2.5 - 5 10:25 - 11:10 a.m. NRC Tot Room

Big kids are invited to try a class without Mom or Dad. They will be introduced to fun group activities, songs and classic group games like Duck, Duck Goose and Freeze Dance. Each class will begin with 15 minutes of open play. *Parents are welcome to stay at class until children are ready to be on their own.*

Fridays S1: Sept. 13 - Nov. 1 \$50 R / \$60 NR
S2: Nov. 15 - Dec. 20 (no class Nov. 29) \$32 R / \$42 NR

Instructor: Francesca Scaletta, Certified Teacher

Musical Babies/Toddlers

AGES 6 - 30 months with an adult \$40 R / \$50 NR

This class focuses on experiencing free exploration with musical instruments such as the tambourine, egg shaker and drum, followed by circle time with songs, finger plays, rhythmic chants and tonal and rhythm patterns - all in a rich variety of tonalities and meters that delight the very young.

Saturdays NRC Tot Room S1: Sept. 14 - Oct. 19
S2: Nov. 2 - Dec. 14 (no class Nov. 30)

AGES 6 - 18 months: 8:30 - 9:15 a.m.

AGES 18 - 30 months: 9:30 - 10:15 a.m.

Mommy and Baby Spanish

AGES 6 months - 3 years with an adult 9:30 - 10:15 a.m.

What better way to spend time with your favorite amiguito (*little friend*) than by beginning to learn a new language together! In this awesome parent and child bonding experience, participants will learn songs and play games that focus on learning Spanish at its very earliest stage. Class will be lead by Francesca Scaletta, a Certified Teacher with endorsements in Spanish, ESL and bilingual education in the NRC Tot Room.

Wednesdays S1: Sept. 11 - Oct. 30 \$50 R / \$60 NR
S2: Nov. 13 - Dec. 18 \$38 R / \$48 NR

Little Friends Learning Spanish (Amiguitos Aprendiendo el Español)

AGES 3 - 5 10:25 - 11:10 a.m. NRC Tot Room

The most crucial time to learn a new language is in the early years. Now your toddler can begin to learn Spanish in a fun, interactive environment while making their own amiguitos (*little friends*)! Participants will sing songs, read books, play fun games, and do small projects all while learning Spanish! Class will be lead by Francesca Scaletta, Certified Teacher with endorsements in Spanish, ESL and bilingual education.

Wednesdays S1: Sept. 11 - Oct. 30 \$50 R / \$60 NR
S2: Nov. 13 - Dec. 18 \$38 R / \$48 NR



Youth Programs and Special Events

Kids in the Kitchen

AGES 9 - 13 \$40 R / \$50 NR Ellen Mardula, Certified Teacher

Cooking allows students to be creative using math, measuring, science and language skills. Participants will complete two or more recipes per class. At the end of the session, children will take home a cookbook that they have created throughout this class. *This cooking class is geared toward older children.*

Thursdays, Sept. 5 - Oct. 10 5:30 - 6:30 p.m. NRC Blue Room

Little Actors

AGES 4 - 6 \$42 R / \$52 NR Kimberly Sawyer

Each class will begin with a variety of warm-up exercises designed to get children comfortable with themselves and their classmates. Children will gain self confidence as they learn techniques of voice projection, improvisation, emotion, character development and scene work. Parents are invited to the last class to watch children practice skills and scene work.

Mondays, Sept. 9 - 30 1:00 - 1:40 p.m. NRC Tot Room

Science Kidz

AGES 6 - 13 \$35 R / \$45 NR Ellen Mardula, Certified Teacher

Join the fun in making weird concoctions and crazy experiments and examining their results. *Remember to wear your old clothing as some experiments can get messy.* All new experiments each class!

Wed Sept. 18 - Oct. 23 6:00 - 6:45 p.m. NRC Blue Room

Family Scarecrow Making

ALL AGES \$9 R / \$15 NR per family

Halloween is approaching soon so come create your very own scarecrow! Bring an old set of clothes and we will bring the straw and other supplies to create your very own scarecrow!

Sunday, October 6 12:00 p.m. NPD Flag Pole Area

Gingerbread House Decorating

AGES 2 - 12 (2 - 4 with adult) \$9 R / \$14 NR

Come decorate a festive gingerbread house! We will supply the materials; you bring your creativity.

Wednesday, December 18 6:00 - 6:45 p.m. NRC Blue Room

Christmas Cookie Party

AGES 5 - 10 \$8 R / \$13 NR

Children will listen to a Christmas themed book and then make a batch of simple sugar cookies that they will decorate festively.

Thursday, December 19 6:00 - 6:45 p.m. NRC Blue Room

Halloween Spa

AGES 6 - 11 \$30 R / \$35 NR Glitzy Girlz

Come dressed in your favorite outfit as you enjoy a night of pampering and fun! Participants will soak up relaxation with pumpkin facials and Halloween themed pedicures and manicures complete with glow-in-the-dark polish and spooky nail art stickers. We will design Halloween crystal charm bracelets and take home a spa bag filled with pampering items!

Friday, October 11 6:30 - 8:00 p.m. NRC Blue Room

It's the Great Pumpkin, Charlie Brown: Pumpkin Decorating Class

AGES 2 - 12 (2 - 4 with adult) \$8 R / \$13 NR

After participants are read the Halloween favorite, "It's the Great Pumpkin, Charlie Brown", they will pick out their very own pumpkin to decorate with paint and creative accessories. *Remember to wear old clothing as some materials are messy.*

Thursday, October 17 6:00 - 6:45 p.m. NRC Blue Room

Halloween Goopy Concoctions!

AGES 3 - 6 \$15 R / \$20 NR Cool Science!

Learn about the fascinating and sometimes messy world of chemistry as you examine the different states of matter - solids, liquids, gasses and plasma - and create goopy concoctions like slime and ice cream.

Friday, October 25 4:00 - 5:00 p.m. NRC Blue Room

Halloween Potions, Elixirs & Other Magical Mixtures

AGES 6 - 11 \$29 R / \$34 NR Cool Science!

Students of wizardry and witchery will learn about the basic principles of chemistry as they follow ancient recipes and use various "magical" ingredients to create their own potions, elixirs and mixtures. Class begins with simple creations and moves on to more advanced concoctions as students progress in knowledge. At the end of class, each student will receive a certificate of Advanced Potion Making.

Friday, October 25 6:00 - 8:00 p.m. NRC Blue Room

Sequins Bling Boutique Pajama Party

AGES 4 - 11 \$30 R / \$35 NR Glitzy Girlz

Join this old fashioned pajama party where each guest will design their very own sequin shirt, decorate a drawstring bag with stamps, paints and embellishments, and make a beaded charm dangle full of bling. Class ends with a dance party of the Limbo, Cha Cha Slide and Freeze Dance. Feel free to come dressed in your favorite comfy pj's.

Friday, November 22 6:30 - 7:45 p.m. NRC Blue Room

Candy Science!

AGES 6 - 11 \$29 R / \$34 NR Cool Science!

Did you know that most of your favorite candies are made with the help of chemistry? In this fun, edible class, participants will learn about the science of sugar as they make their own chewing gum, fudge or lollipops among other treats. Yum!

Saturday, November 23 11 a.m - 1 p.m. NRC Wheat Room

Let's Learn About Candy!

AGES 3 - 6 \$15 R / \$20 NR Cool Science!

Participants will read a story about candy, count candies, create a candy themed craft project, and make their own delicious candy treat in this fun and highly edible class!

Saturday, November 23 9 - 10 a.m. NRC Wheat Room

Daddy / Daughter Holiday Jewelry Gift Making Boutique

AGES 3 - 11 \$31 R / \$36 NR Glitzy Girlz

Daddy/daughter pairs will make some very special holiday gifts for family and friends with materials such as crystals, beads, silver accent pieces and holiday/love related charms and dangles. Each pair will make a necklace and bracelet in addition to decorating a wooden jewelry chest. Class ends with making homemade wrapping paper and bags and then enjoying a pastry treat.

Wednesday, December 11 6:30 - 7:45 p.m. NRC Blue Room

Santa is Calling Me!

\$1 R / \$2 NR

Santa's coming to town and he knows when you've been bad or good. What better way to remind kids of this than to get a real live phone call from Santa himself?! The Park has made special arrangements for Santa to call your child at home but to do so he needs your unique information; so please fill out a special Letter to Santa (available at the NRC or PFC) before Friday, December 6th. Phone calls will be made between 6:00 and 8:00 p.m. on December 12th and 13th.

Holiday Break Camp

GRADES K - 6th \$22 R / \$25 NR per day 9:00 a.m. - 3:00 p.m.
\$120 R / \$138 NR (discounted price for six days)

Spend your holiday break from school at camp! Participate in open gym, arts and crafts, sports, cooking, video games, movies and more!

Please Note

- Parents or guardians must sign children in and out.
- Please bring a lunch labeled with your child's name.

December 23, 26, 27 and 30 & January 2 and 3

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 or still lifes will be created using various forms of media. For more information, visit us online at www.youngrembrandts.com.

Class/Workshop	Ages	Fees	Day	Time	Location
Preschool Drawing	3.5 - 5	\$37 R / \$47 NR	Thu	4:00 - 4:45 p.m.	NRC Tot Room
Elementary Drawing	6 - 12	\$45 R / \$55 NR	Thu	4:55 - 5:55 p.m.	NRC Tot Room
Cartoon Drawing	6 - 12	\$47 R / \$57 NR	Thu	6:00 - 7:00 p.m.	NRC Tot Room

Dates

S1: Sept. 12 - Oct. 3
 S2: Oct. 10 - Nov. 7 (no class Oct. 31)
 S3: Nov. 14 - Dec. 12 (no class Nov. 28)

TEEN DANCE / OPEN GYM

GRADES 6 - 8 \$5 per person
 (no refunds will be given)

Dance to your favorite music and shoot some hoops with friends!

Snacks and beverages will be available for purchase. All dances are chaperoned by NPD staff and security.

Teens are not allowed to leave the NRC prior to 8:45 p.m. without the escort of a parent or guardian. After 8:45 p.m., they are free to leave.

SEPTEMBER 27 AND DECEMBER 13
 7:00 - 9:00 P.M.

ZOMBIE TAG

AGES 14 - 19 \$5 per person (no refunds will be given)

The Eisenhower Library and the Norridge Park District present its first ever ZOMBIE TAG! Zombies are the latest craze, so come save the world from them or risk becoming one! This giant game of tag begins with players wearing color coded ribbons to signify if they are on team zombie or team human. Humans will have safe zones where they can load up on weapons and take a short break without risk of turning into a zombie. All humans must also visit check points that will be scattered around the Park where they must complete an activity. Players may bring their own zombie slaying Nerf weapons (no guns or other projectiles) or use the ones provided. Rain Date: Saturday, October 26.

OCTOBER 20 2 - 4 P.M.

TAG!
 YOU'RE LUNCH!

HALLOWEEN SPOOKTACULAR

Children will delight in searching for black and orange toy-filled eggs hidden inside our kid friendly Halloween maze. Afterward, enjoy some fun, Halloween themed entertainment!

- Children are welcome - but not required - to wear Halloween costumes.
- Don't forget to bring a trick-or-treat bag to collect your eggs.
- **Make sure to be here on time for your egg hunt as it will begin promptly at the start time!**

**** All participants must register for this event ****
NO REGISTRATION WILL BE TAKEN AT THE DOOR

Age Group	Egg Hunt Start Time
3 and under	5:30 p.m.
3 - 5	6:00 p.m.
4 - 10	6:30 p.m.

\$4 R / \$5 NR

OCTOBER 29



DANCE



For dance class descriptions, required shoes and other information, visit our website at www.norridgepk.com.

Fall Dance Dates

Tue	September 10 - December 17 (no class October 29)
Wed	September 11 - December 18 (no class October 30)
Thu	September 12 - December 19 (no class October 31 & November 28)
Sat	September 14 - December 21 (no class November 2)

Fees

Fall Session: \$134 R / \$188 NR
(includes cost of recital costume and 1 pair of tights)
Winter/Spring Session: \$73 R / \$127 NR
(Must be paid by the first class in January, 2014)

Please Note:

- All classes will perform 1 routine in the dance recitals - displaying one style of dance.
- Participants are required to register for both Fall and Winter/Spring sessions.
- Please sign children up for age/ability-appropriate classes (final placement of participants is at teacher's discretion).

SG = Sharon Girten GJ = Ginger Jensen AM = Alison Mitchell GR = Green Room AR = Aerobics Room

Day	Time	Age	Class	Instructor	Location	Level
Tue	3:30 - 4:30 p.m.	3 - 4	Creative Movement	SG	GR	Beginner
Tue	4:35 - 5:35 p.m.	5 - 7	Tap & Jazz	SG	GR	Beginner & Level 1
Tue	5:40 - 6:45 p.m.	8 - 10	Tap & Jazz	SG	GR	Levels 1 & 2
Tue	6:45 - 7:45 p.m.	11 - 13	Tap & Jazz	SG	GR	Level 2
Tue	7:45 - 8:45 p.m.	14 and older	Tap & Jazz	SG	GR	Levels 2 & up
Tue	8:45 - 9:45 p.m.	15 and older	Advanced Variety	SG	GR	Advanced Levels
Wed	3:30 - 4:30 p.m.	3 - 5	Creative Movement	GJ	GR	Beginner
Wed	4:35 - 5:35 p.m.	6 - 9	Jazz & Ballet	GJ	GR	Beginner & Level 1
Wed	5:40 - 6:40 p.m.	7 - 10	Hip Hop	GJ	GR	Beginner & Level 1
Wed	6:45 - 7:45 p.m.	11 - 14	Hip Hop	GJ	GR	Levels 1 & up
Wed	7:45 - 8:45 p.m.	11 and older	Jr. Movers & Shakers Ballet	GJ	GR	Must audition
Wed	8:45 - 9:45 p.m.	14 and older	Sr. Movers & Shakers Ballet	GJ	GR	Must audition
Thu	4:30 - 5:30 p.m.	3 - 4	Irish Dance	AM	GR	Beginner
Thu	5:35 - 6:35 p.m.	5 - 8	Irish Dance	AM	GR	Beginner & Level 1
Sat	10:00 - 11:00 a.m.	3 - 4	Creative Movement	SG	AR	Beginner
Sat	11:05 a.m. - 12:05 p.m.	5 - 8	Tap & Jazz	SG	AR	Beginner & Level 1
Sat	12:10 - 1:10 p.m.	8 - 11	Hip Hop	SG	AR	Beginner & Level 1
Sat.	1:15 - 2:15 p.m.	12 and older	Hip Hop	SG	AR	Level 2
Sat.	2:15 - 3:15 p.m.	14 and older	Sr. Movers & Shakers	SG	AR	Must audition
Sat	3:15 - 4:15 p.m.	11 and older	Jr. Movers & Shakers	SG	AR	Must Audition
Sat	11:15 a.m. - 12:15 p.m.	5 - 8	Tap & Jazz	TBD	GR	Beginner & Level 1
Sat	12:20 - 1:20 p.m.	7 - 11	Hip Hop	TBD	GR	Beginner & Level 1

Movers and Shakers Dance Team (Audition only)

- Must be 11 by Nov. 1st to audition for Jr. M & S and 14 to audition for Sr. M & S.
- Must have a min. of 2 years dance experience for Jr. M & S and 3 years Sr. M & S.
- Only 5 absences per year are allowed unless other arrangements are made with instructor.
- Participation in ballet classes and every competition is mandatory unless the instructor is notified 3 months in advance. No refunds for competitions will be given.

Fees

Fall Session: \$134 (includes recital costume and 1 pair of tights) / Winter/Spring Session: \$73

Movers and Shakers Audition Workshop

Fee: \$5 per person

August 22 & 23

7:30 p.m. (Junior) / 8:30 p.m. (Senior)

August 24

10:00 a.m. (Junior) / 11:00 a.m. (Senior)

August 25 (Audition)

12:00 p.m. (Junior) / 1:30 p.m. (Senior)

MUSIC LESSONS

Lessons are a half hour in length and are private, one-on-one instruction. Lesson times are arranged with the instructor following registration.

Piano Lessons or Voice Lessons

AGES 8 and older Wednesdays NRC Piano Studio

Learn the basics of piano. Instruction includes theory, technique and sight reading.

Learn how to train your voice through breathing techniques, vocal scales, posture, ear training, sight reading and music theory. Songs influenced by the student's age, musical interests and vocal range will be utilized.

For further questions, contact the instructor, Ultimate School of Music, at (773) 508-9443.

A minimum of 4 students is required to run piano & voice lessons.

S1: Sept. 11 - Oct. 30 \$184 R / \$194 NR
S2: Nov. 13 - Dec. 18 (no lessons Nov. 27) \$115 R / \$125 NR

Guitar Lessons

AGES 8 and older Saturdays NRC Guitar Studio

Learn the basics of guitar with instruction on chords, songs, note reading, time signatures and scales. Styles taught include rock, alternative, blues, folk, jazz and classical. Guitar rentals available through Ultimate School of Guitar at (773) 508-9443.

S1: September 14 - November 2 \$176 R / \$186 NR
S2: November 16 - December 21 \$110 R / \$120 NR
(no lessons November 30)

Drum Lessons

\$180 R / \$190 NR Sundays NRC Piano Studio

Learn drumming basics and fundamentals like coordination skills, time signatures, technique and different styles of drumming. Students will learn to read music and keep time so they can play with confidence and reach the next level. All ages are welcome but the best fit will be for beginner to intermediate level students. For further info, contact Ben Priolo at (847)791-9363.

S1: September 14 - October 19
S2: November 2 - December 14 (no lessons December 1)

PASSES and OPEN GYM

Basketball / Tennis / Indoor Volleyball Passes

Indoor / Outdoor Pass

This pass allows access to indoor open gym basketball and volleyball as well as to outdoor tennis and basketball courts. *Indoor courts are used October through May.*

Youth \$10 R / \$80 NR
Adult \$40 R / \$80 NR

Outdoor Pass

This pass allows access to outdoor tennis and basketball courts only. *Outdoor courts are open May through October, weather permitting.*

Resident \$5
Nonresident \$25

Please Note: Every participant must have a pass or pay the daily fee. The daily fee applies only to indoor open gym, not to the outdoor courts.

In-Line Hockey Pass

\$10 R / \$25 NR

This pass allows access to the in-line hockey rink only. Open hockey for youth, teens and adults will be accommodated and goals will be provided.

Bocce Ball Pass

\$5 R / \$10 NR

This pass allows access to the bocce ball courts only. Open bocce for youth, teens and adults will be accommodated.

NRC Open Gym

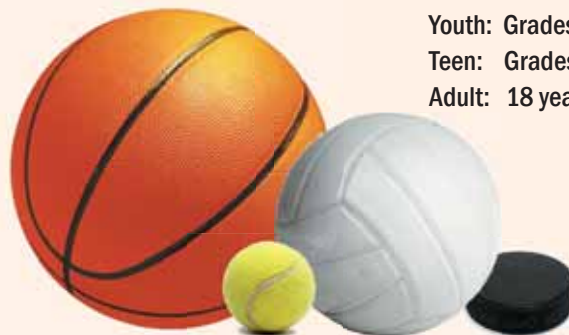
During the first 10 minutes, entry is open to residents and pass holders only. Space is available on a first-come, first-served basis. Feel free to use your seasonal pass or pay as you go. *Effective October - May*

Daily Fees

Youth/Teen: \$2 R / \$5 NR
Adult: \$3 R / \$6 NR

Youth: T / Th 3:30 - 5:30 p.m.
Teen: W / F 3:30 - 5:30 p.m.
Adult: T / Th 8:00 - 10:00 p.m.
Adult: Sun 7:00 - 9:30 p.m.

Youth: Grades 1 - 8
Teen: Grades 9 - 12
Adult: 18 years and older



YOUTH ATHLETICS

Volleyball New

AGES 7 - 11 \$55 R / \$65 NR Skyline Athletes NRC Gym

Kids will learn the basic fundamentals of volleyball - including setting, passing, blocking, spiking and much more - that will help take their game to the next level while having fun and making friends in the process. *No class November 25.*

Mon S1: Sept. 16 - Oct. 21 6:00 - 7:00 p.m.
S2: Nov. 4 - Dec. 16

Lil' Kids Tumble and Cheer New

AGES 4 - 9 \$70 R / \$80 NR Skyline Athletes NRC Wheat Room

This class teaches young athletes the essential skills to lead the crowd and support the home team - with tumbling too - through basic cheerleading and tumbling techniques. With the focus on fun through tumbling and cheer, your child will learn important life skills such as team building and leadership. The last class will include a Parent Pep Rally performance and an award for each child. *No class November 29.*

Fri S1: Sept. 6 - Oct. 18 AGES 4 - 6 5:30 - 6:15 p.m.
S2: Oct. 25 - Dec. 13 AGES 7 - 9 6:15 - 7:00 p.m.

Lil' Kids Cheer and Dance New

AGES 4 - 9 \$70 R / \$80 NR Skyline Athletes NRC Wheat Room

This class teaches young athletes the essential skills to lead the crowd and support the home team - with dancing too - through new cheers, proper form and jumping techniques. With the focus on fun through cheer and dance, your child will learn important life skills such as team building and leadership. The last class will include a Parent Pep Rally performance and an award for each child. *No class November 30.*

Sat S1: Sept. 7 - Oct. 19 AGES 4 - 6 10:00 - 10:45 a.m.
S2: Oct. 26 - Dec. 14 AGES 7 - 9 10:45 - 11:30 a.m.

Lil' Kids Basketball New

AGES 3 - 6 \$55 R / \$65 NR Skyline Athletes NRC Gym

Learn the basics of basketball in a fun and exciting way! Your child will develop basketball fundamentals including dribbling, passing, shooting and rebounding. Throughout our program, players will learn teamwork, communication, sportsmanship and most importantly, how to have fun! *No class November 27.*

Wed S1: Sept. 11 - Oct. 16 AGES 3 - 4 5:00 - 5:45 p.m.
S2: Oct. 30 - Dec. 11 AGES 4 - 6 5:45 - 6:30 p.m.

Lil' Kids Soccer New

AGES 3 - 6 \$55 R / \$65 NR Skyline Athletes

Kids will enjoy learning the basics of soccer such as dribbling, passing and shooting. The main objective is to have fun through games that keep everyone moving! *No class November 26.*

Tue S1: Sept. 10 - Oct. 15 AGES 3 - 4 6:15 - 7:00 p.m.
S2: Oct. 29 - Dec. 10 AGES 4 - 6 7:00 - 7:45 p.m.

NRC Gym or NPD Field 5

Lil' Kids Sports New

AGES 3 - 6 \$55 R / \$65 NR Skyline Athletes

Ready for some FUN?! Children will learn the basic fundamentals of team sports, how to work together and treat others with respect. Some of the sports taught and played include soccer, football, baseball and more. *No class November 28.* Class held in NRC Gym or on NPD Field 5.

Thu S1: Sept. 12 - Oct. 17 AGES 3 - 4 5:30 - 6:15 p.m.
S2: Nov. 7 - Dec. 19 AGES 4 - 6 6:15 - 7:00 p.m.



Parent-Tot Sports

AGES 2 - 4 \$55 R / \$65 NR Skyline Athletes

In this program, parents play an important part in helping their children develop basic sports movement and motor skills. Teamwork, following directions, socialization, and having FUN will be the focus of each class while parents participate with their child as they play basketball, soccer, hockey, t-ball and other sports. *No class November 26.* Class held in NRC Gym or on NPD Field 5.

Tue S1: Sept. 10 - Oct. 15 5:30 - 6:15 p.m.
S2: Oct. 29 - Dec. 10 5:30 - 6:15 p.m.

Youth Gymnastics

AGES 5 - 13 \$65 R / \$75 NR NRC Green Room

This program will expose your child to the step-by-step skills of tumbling and gymnastics. Students will learn thrilling maneuvers such as rolls, cartwheels, round-offs, front limbers and back bends. *Newcomers are encouraged to register at the beginner level and will be placed in the appropriate class based upon our qualified instructor's (Carol McNamara) evaluation.*

Mon S1: Sept. 9 - Oct. 21 / S2: Nov. 4 - Dec. 30

Level 1: 4:30 - 5:15 p.m. / Level 2: 5:15 - 6:00 p.m.

Level 3: 6:00 - 6:45 p.m. / Level 4: 6:45 - 7:30 p.m.

Kid's Karate Club

AGES 4 - 13 \$65 R / \$75 NR NRC Wheat Room Pat Swieton

Learn from experts with over 30 years of experience in karate! Kid's Karate Club classes are designed to build self-esteem and confidence. Students will learn Martial Arts skills and develop leadership skills that will last a lifetime. *A karate uniform is mandatory for each child and is available from the instructor for an additional fee.* For more information, visit www.kidskarate.com.

Mondays, Sept. 23 - Nov. 25
Beginner: 5:30 - 6:15 p.m.
Intermediate: 6:15 - 7:00 p.m.
Advanced: 7:00 - 7:45 p.m.

Youth Soccer League

AGES 4 - 13 \$69 R / \$105 NR August 17 - October 20

Norridge Park District, the area's leading soccer program, is taking registration for its Fall league. Take advantage of an excellent opportunity for your child to learn this popular sport in an instructional league. Our teams are coached by local parents who promote the game and have a desire to play with and motivate kids. *Ever played or coached soccer before? Volunteer coaches are needed. Please let us know when registering if you are interested.*

Micro: 4 - 5 / Pee Wee: 6 - 7 / Junior: 8 - 10 / Senior: 11 - 13

T-Ball

AGES 3 - 6 \$55 R / \$65 NR Skyline Athletes

It's time to learn the basics of baseball! Throwing, catching, base running and batting will be taught throughout this program in a fun and safe environment. We will use soft baseballs and safe equipment to develop your child's motor skills. *Please bring your own baseball glove for this class. No class November 30.* Class held in NRC Gym or on NPD Field 5.

Sat S1: Sept. 14 - Oct. 19 AGES 3 - 4 11:30 a.m. - 12:15 p.m.
S2: Nov. 2 - Dec. 14 AGES 4 - 6 12:15 - 1:00 p.m.

Boys Youth Basketball League

GRADES 1 - 8 Games start October 20

Girls Youth Basketball League

GRADES 1 - 8 Games start in January

These recreational leagues will provide players with the fundamental skills of basketball while encouraging teamwork, sportsmanship and fun.

Each team will practice once a week and have one game each weekend. *Practice times are determined by the coach's availability and a complete game schedule will be available before the season starts at www.quickscores.com/norridge.*

Players in grades 3 through 8 will be placed on teams based upon their evaluation and age. *No same team requests will be accepted unless the players are siblings.*

All players are guaranteed equal playing time in 8 regular season games and at least 1 playoff game. *There is no post season for 1st and 2nd grades.*

Sign up early and take advantage of the early registration discount! Register before September 1st and receive a \$30 discount. *The last day of registration is September 27th.*

Early Sign-up Fees: \$75 R / \$90 NR
Each additional child: \$65 R / \$80 NR

Sign-up Fees after Sept. 1: \$105 R / \$120 NR
Each additional child: \$95 R / \$110 NR

Volunteers are needed as coaches! *If you'd like to coach, please indicate so when registering. All coaches who have a successful season will receive a \$10 family credit on their account at the end of the season.*



ADULT ATHLETICS

ADULT BASKETBALL LEAGUE

\$500 Games begin on October 13 NPD Gym

Get back on the court! All interested basketball players, teams and captains are invited to register for this league. Games will be held on Sunday nights and prizes will be given to the top teams in the regular season and post-season playoffs.

ADULT SOCCER

\$500 League starts October 12

Enjoy the wonderful Fall weather and the exciting game of soccer. Norridge Park District is currently looking for energetic adult soccer players to sign up for the new adult soccer league. Interested teams, captains, and/or players can pick up registration packets at the Norridge Recreation Center. *Games will be played on Saturday afternoons.*

ADULT 16" SOFTBALL

\$560 Leagues begin the week of September 2

Are you ready for Fall softball? Then put together a team of your friends and join one of our fun leagues! Prizes will be awarded to the top two teams in the regular season, as well as to the champions and runners-up in the playoffs. All leagues are SSA sanctioned. A captain's meeting is scheduled for Tuesday, August 27, at 7:00 p.m. Visit www.quickscores.com/norridgepk for more information. NPD Fields 1 & 5.

Fri / Sun "B" League

Tue / Thu Women's League

Sunday Rec League



Group Trips

All Trips leave from the Divine Savior parking lot.

A Fireside Christmas

ALL AGES \$80 ARC Members / \$85 R / \$90 NR

For almost twenty years, Fireside Dinner Theatre has presented the area's most beautiful and original musical revues in celebration of the most joyous holiday of the year. Each year, their Christmas offering has become, without question, the most popular and sought after show of the season. It's always gorgeous; it's always entertaining; it's always filled with inspiration and love. It always has a new look, a new sound, new music, new choreography, new costumes, new settings, and a new, fabulous cast of performers. What doesn't change from year to year is their everlasting dedication to artistic quality and the true meaning of Christmas. Won't you join us for lunch and a Saturday matinee show?

Thursday, December 5 Depart 9:00 a.m.
Return 3:30 p.m.

Hello, Dolly!

ALL AGES \$60 ARC Members / \$65 R / \$70 NR

The story of a meddlesome widow who strives to bring romance to several couples and herself in a big city restaurant has become one of the most enduring musical theatre hits, enjoying three Broadway revivals and international success, in addition to winning 10 Tony awards. Join us for lunch and a 1:30 show at the Drury Lane and don't miss this magnificent performance!

Thursday, November 14 Depart 10:00 a.m.
Return 4:00 p.m.

Sonny Acres Pumpkin Farm

ALL AGES \$15 R / \$20 NR

Take the family on an adventure to Sonny Acres and enjoy lots of fun, family activities like pumpkin picking, taking a hay ride, or venturing into the haunted house! *Food will be on your own.*

Saturday, October 12 Depart 11:00 a.m.
Return 4:30 p.m.

FITNESS CENTER



1600 Sq. Ft.

- 2 - Elliptical Cross Trainers
- 2 - Total Body Arc Trainers
- 5 - Treadmills
- 3 - Exercise Bikes
- 1 - Stair Master
- 1 - Smith Machine / Dual Adjustable Pulley
- 3 - Weight Benches
- 1 - Curl Bench
- 1 - Adjustable Abdominal Bench
- 1 - Leg Extension/Curl
- 1 - Lat Pulldown / Low Row
- 1 - Multi-Press
- 1 - Hip Abductor/Adductor
- 1 - Pectoral Fly / Rear Delt
- 1 - Tricep Extension
- 1 - Bicep Extension
- 5 lb - 75 lb Hand Weights
- Medicine Balls
- Balance Balls
- Locker rooms with showers

Fitness
Center

Hours of Operation

Monday - Friday 7 a.m. - 10 p.m.
Saturday - Sunday 7 a.m. - 8 p.m.

No one under the age of 13 is allowed admittance at any time.

Individuals aged 13 through 15 years must be accompanied by an adult.

New Membership Age

Customers aged 16 through 18 will now be able to use the Fitness Center without parental supervision so long as they purchase and complete a half hour youth orientation with one of our personal trainers.

A FITNESS CENTER PASS ALLOWS MEMBERS ACCESS TO THE POOL AND PROVIDES MEMBER DISCOUNTS ON DAILY GROUP FITNESS CLASSES AND PERSONAL TRAINING.

REFER A FRIEND AND GET ONE MONTH **FREE** MEMBERSHIP!
ASK FOR DETAILS AT THE FITNESS CENTER.

Monthly payment plans are available.

FITNESS CENTER MEMBERSHIP FEES

	Yearly	6 Month	3 Month	Daily
Resident Youth (13 - 17 years)	\$239	\$155	\$82	\$5
Resident Adult (18 - 54 years)	\$239	\$155	\$82	\$5
Resident Senior (55 years and up)	\$184	\$116	\$66	\$4
Nonresident Youth (13 - 17 years)	\$294	\$204	\$134	\$9
Nonresident Adult (18 - 54 years)	\$294	\$204	\$134	\$9
Nonresident Senior (55 years and up)	\$266	\$162	\$84	\$7



Pick a new, healthier habit at the Norridge Park District Fitness Center. Try us for free! Really!

FREE GUEST PASS

Valid at
Norridge Park
Fitness Center

Your Name

Your E-mail

First time guests only. Must be 18+ years of age. Original coupon must be present. Not valid on Pool entry. Limit one coupon per customer. Expires 11/30/13.

FITNESS PROGRAMS

ALL FITNESS PROGRAMS TAKE PLACE
IN THE PFC AEROBICS ROOM

Zumba Fitness

AGES 16 and older \$39 FC Member / \$49 R / \$59 NR

Zumba Fitness classes feature exotic rhythms set to high energy Latin and international beats. Participants will get fit and increase their energy levels through this exhilarating class.

Fri	S1: Sept. 13 - Oct. 25	7:45 - 8:45 p.m.	Caroline Matheus
	S2: Nov. 8 - Dec. 27	(no class Nov. 29)	
Sat	S1: Sept. 14 - Oct. 26	9:00 - 10:00 a.m.	Reina Gold
	S2: Nov. 9 - Dec. 28		
Sun	S1: Sept. 15 - Oct. 27	9:00 - 10:00 a.m.	Caroline Matheus
	S2: Nov. 10 - Dec. 29		

Zumba Toning

AGES 16 and older \$39 FC Member / \$49 R / \$59 NR

Zumba Toning combines targeted body-sculpting exercises and high energy cardio with Latin infused Zumba moves to create a calorie-torching and strength training dance fitness party. Learn how to use light weights to enhance rhythm and tone target zones. *No class September 2, December 25 or January 1.*

Mon	S1: Sept. 16 - Nov. 6	7:00 - 7:50 p.m.	Debbie Beck
	S2: Nov. 18 - Jan. 13		
Wed	S1: Sept. 18 - Nov. 8	7:00 - 7:50 p.m.	Reina Gold
	S2: Nov. 20 - Jan. 15	or 8:00 - 8:50 p.m.	

Zumba Sentao

AGES 16 and older \$39 FC Member / \$49 R / \$59 NR

This class uses explosive, chair based choreography to strengthen, balance and stabilize your core and step up your cardio work in a whole new way. Learn how to use your own body weight to enhance muscle strength, improve definition and endurance, and tone your physique. Strut, shake and shimmy as you work your core (*and the chair*) in a high energy fitness party that will keep you on the edge of your seat!

Sat	S1: Sept. 14 - Oct. 26	10:00 - 10:50 a.m.	
	S2: Nov. 9 - Dec. 28		
Sun	S1: Sept. 15 - Oct. 27	10:30 - 11:30 a.m.	
	S2: Nov. 10 - Dec. 29		

Instructors: Debbie Beck, Reina Gold and Caroline Matheus

Zumba Gold: For Active Adults

AGES 50 and older \$39 FC Member / \$49 R / \$59 NR

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of an active, older participant as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba fitness party is known for: zesty Latin music, exhilarating, easy-to-follow moves, and an invigorating, party-like atmosphere.

Wed Sept. 11 - Oct. 30 6:00 - 6:50 p.m. Debbie Beck

Ballet Barre and Sculpt

AGES 16 and older \$19 FC Member / \$29 R / \$39 NR

This circuit-based class will work every major muscle group, combining ballet techniques, pilates, yoga and strength training. *No prior ballet experience is needed in this introductory class.*

Mon Oct. 21 - Nov. 11 6:00 - 6:45 p.m. Lisa Wolfe

Body Fusion

AGES 16 and older \$35 FC Member / \$45 R / \$55 NR

This high intensity class offers a mix of challenging circuit training, cardio and step aerobics. A combination of weights, bands and mat work will help tone muscles by working different body parts and increasing endurance.

Tue / Thu Sept. 14 - Dec. 2 6:30 - 7:30 p.m. Lisa Wolfe

Total Body Toning

AGES 16 and older \$19 FC Member / \$29 R / \$39 NR

This intense workout focuses on attacking abs, arms, thighs and more using a variety of equipment such as stretch bands, steps and free weights. Workouts are fresh and challenging for even the most serious participant.

Mon Sept. 16 - Oct. 14 6:00 - 6:45 p.m. Emily Emanuel

Hatha Yoga: Level I

AGES 16 and older \$39 FC Member / \$49 R / \$59 NR

Revitalize yourself using the ancient discipline of yoga. This fitness experience will create balance between mind and body that will result in more flexibility. Participants will gain a better range of motion, increased tone quality, and reduced stress. *Participants must bring their own yoga mat. No class Nov. 29.*

Fri S1: Sept. 20 - Nov. 1 6:30 - 7:30 p.m. Natasha Palmisano
S2: Nov. 15 - Jan. 3

Restorative Yoga

AGES 16 and older \$39 FC Member / \$49 R / \$59 NR Instructor: Natasha Palmisano

End your day with a deeply relaxing yoga class. Supportive yoga props will be used to support the body, allowing muscles to relax. The combination of muscle relaxation and deep breathing will calm your nervous system and leave you feeling tranquil and refreshed. *Participants must bring their own yoga mat.*

Mon 8:00 - 9:00 p.m. S1: Sept. 9 - Oct. 28 S2: Nov. 11 - Dec. 30

PERSONAL TRAINING

Certified personal trainers will help participants develop a detailed program based on personal fitness goals and needs. Become more motivated and focused whether your goal is to lose weight, increase strength, improve endurance, train for an event or have more energy to do the things you love. *Training sessions are one hour long.*

Trainers: Ray Hardy and Lisa Wolfe

Youth Orientation: \$15



	1 Session	5 Sessions	10 Sessions
FC Member	\$25	\$120	\$200
Nonmember R	\$45	\$136	\$231
Nonmember NR	\$55	\$152	\$260



West Suburban Special Recreation Association

Raise funds for WSSRA at the Makin' Tracks 5k. Visit rfparks.com for more info.



The Norridge Park District through West Suburban Special Recreation Association (WSSRA) has offered therapeutic recreation programs for Norridge residents of all ages with a disability or special education need for over 30 years. Programs are held in Norridge and in neighboring communities. WSSRA's year round programs help participants gain skills, make friends, visit new places, become fit, compete, create and have fun! Therapeutic Recreation Specialists adapt activities that allow all participants to be successful. Review the fall program brochure at wssra.net or call the WSSRA Outreach Specialist at 847-455-2100. The fall season is a great time to get involved with WSSRA. New participants are always welcome.

bring the whole family

WACKY QUACKY DUCK SPLASH & BACK TO SCHOOL CARNIVAL

SUNDAY
AUGUST 18, 2013
12:30 TO 4:00 PM
3001 WISCONSIN,
PROKSA PARK
IN BERWYN

- FREE CHILDREN'S CRAFTS
- DUCK RACE @3:45
- REFRESHMENTS
- ADOPT A DUCK FOR A CHANCE TO WIN \$500

Sponsored by  

Call WSSRA at 847.455.2100 for more information. Proceeds from this event support WSSRA & the Berwyn Park District recreation programs.

ADULT RECREATION CLUB (ARC)

Good friends, great times and lasting memories!



Hours of Operation

Saturday	Closed
Sunday	Closed
Monday - Friday	9 a.m. - 4 p.m.



MISSION STATEMENT

TO PROVIDE A SAFE, FUN, COST-EFFECTIVE, SOCIAL ATMOSPHERE FOR ADULTS LOOKING FOR FRIENDSHIP AND RECREATION OPPORTUNITIES THAT AID IN MAINTAINING AN ACTIVE LIFESTYLE.

Age Requirement: programs are open to anyone aged 18 and older, unless otherwise stated.

MEMBER BENEFITS

FREE Daily/Weekly/Monthly/Quarterly Group Activities

- Blood Glucose Screening
- Blood Pressure Screening
- Board Games
- Bridge
- Pinochle
- Pizza Parties
- Poker
- Scrabble
- Special Events

Discounted Fitness Activities

- Fitness at Any Age
- Silver Spikers Volleyball

Discounted Group Trips with access to early registration

Discounted Special Events

Low Cost Special Programs

- AARP Driver Safety Program
- Annual Ruby & Emerald Gala
- Crime Prevention Presentations
- Games
- Lectures
- Musical Performances
- Seminars

All of this is included in your ARC Membership for only \$6 per year for residents and \$11 per year for non-residents. Along with your membership, you may choose to include an annual newspaper subscription to the Norridge News for only \$20 per year for residents and \$25 per year for non-residents.

Membership Fees

Without Newspaper

Resident: \$6

Nonresident: \$11

With Newspaper

Resident: \$20

Nonresident: \$25

(fees subject to change)

Please Note

No programs or activities will be held on the following dates as the ARC will be closed: September 2, November 28 & 29, December 12, 25 & 26 and January 1.

VOLUNTEERS NEEDED!

- MEET NEW PEOPLE AND FRIENDS.
- SHARE YOUR TIME AND TALENTS.
- DEVELOP NEW SKILLS AND EXPERIENCES.
- SUPPORT THE ARC.
- HELP WITH FUNDRAISING.

Do you have questions about the ARC?

Contact Julie Gersky, ARC Coordinator,
at (708) 457-1244 or
jgersky@norridgepk.com





ARC PROGRAMS & EVENTS

General Programs

The following programs are offered **FREE** to ARC Members aged 18 and older, unless otherwise noted. *All programs are located in the NRC Blue Room.*

Poker Club (21 and older)	T/Th	1:00 - 4:00 p.m.
Pinochle Tournament	Wed	1:00 - 4:00 p.m.
Bridge	Thu	12:30 - 4:00 p.m.
Board Games	Fri	12:30 - 4:00 p.m.

Pinochle Club at Central Baptist Village

AGES 50 and better FREE for ARC Members and CBV Residents

Spend a fun afternoon with friends playing pinochle at Central Baptist Village. *Refreshments will be provided.*

Please Note: *This is a walk-in program. No registration is required.*

Mondays 1:00 - 4:00 p.m. CBV Multi-Purpose Room

Fitness At Any Age

AGES 50 and better \$25 ARC or FC Member / \$41 R / \$51 NR

This program provides a low-impact workout that includes cardiovascular, strength and flexibility training specifically designed for the mature adult.

M/W/F	S1: Oct. 7 - Nov. 22	8:00 - 9:00 a.m.
	S2: Dec. 2 - Jan. 17	

Silver Strikers

ARC Members Only Daily Fee: \$3 Season Pass Fee: \$30

The Silver Strikers volleyball program invites all ARC Members to come out and play volleyball in an open play format.

Mondays April - November 7:30 - 9:30 p.m.

Adult Jeopardy

AGES 18 and older \$1 ARC Members / \$2 R / \$3 NR

Keep your memory strong and sharp as we play adult Jeopardy hosted by Alyse from AP Lifeline. *Small prizes are awarded to the winners of each game! Please Note: You must register for each event. No Jeopardy Dec. - Feb.*

Registration Deadline: September 18

Wed September 25 12:00 - 12:45 p.m. NRC Blue Room

Blood Pressure and Blood Glucose Screenings

Resurrection Health Care will provide free blood pressure and blood glucose screenings on the first Thursday of every month for all ARC Members at 12:30 p.m. in the NRC Blue Room.



Please Note: *This is a walk-in program. You will get a more accurate result if you fast for eight hours prior to taking the blood glucose test.*

Crime Prevention Presentations

AGES 18 and older \$1 ARC Members / \$2 R / \$3 NR

Please join us for a series of three presentations hosted by the Harwood Heights Police Department. Each presentation will have a different topic which will focus on crime prevention and safety in our homes and community. *Lunch will be provided by Jimmy John's. Please Note: You must register for each presentation.*

11:45 a.m. - 12:45 p.m. NRC Tot Room

Registration Deadline	Date of Presentation
Seminar #1: August 28	Wednesday, Sept. 4
Seminar #2: Sept. 25	Wednesday, Oct. 2
Seminar #3: Oct. 30	Wednesday, Nov. 6

AARP Driver Safety Program

AGES 50 and better \$13 AARP Members / \$15 Non-AARP Members

This driver safety program is a classroom driver improvement course designed for motorists age 50 and up. This course provides practical techniques for coping with changes in vision, hearing, and reaction time along with a review of "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.*

Registration Deadline: Tuesday, September 24.

AARP Membership Information: (888) 687-2277.
Instructor: Steven Heiress

Tue/Thu October 1 & 3 11:00 a.m. - 3:00 p.m. NRC Tot Room

ARC PROGRAMS & EVENTS

Bingo and Pasta Lunch

AGES 18 and older \$12 ARC Members / \$14 Non-Members

Join us for this fun-filled afternoon featuring an Italian style catered lunch and Bingo. The main course will be mostaccioli with meatballs, followed by dessert. Afterwards we will play Bingo, where everyone goes home a winner! Bring along a friend or two to add to the fun! *We're collecting donations for the Bingo white elephant portion of this event beginning on August 1st so if you have something to donate, please bring it to the Main Office.*

Registration Deadline: Sunday, September 1

Sun September 8 12:00 - 3:00 p.m. NRC Blue Room

College: Getting There From Here Seminar

ALL PARENTS \$2 per guest

Join Kevin McCarthy from Edward Jones as he helps us plan for our child(ren)'s college education. Topics discussed will include questions to consider as investors establish a college savings goal, strategies to help investors reach their goals, and features and benefits of 529 college savings plans.

Registration Deadline: Thursday, September 5

Thu September 12 7:00 - 8:00 p.m. NRC Blue Room

Natural Solutions for Arthritis Lecture

AGES 50 and better \$1 ARC Members / \$2 R / \$3 NR

Join Dr. Rick from Total Life Chiropractic as he discusses Arthritis. Learn the definition, causes, types and how to prevent or stop it in its tracks naturally.

Registration Deadline: Wednesday, September 11

Wed September 18 12:10 - 12:50 p.m. NRC Tot Room

Medicaid: Planning to Preserve Your Assets

AGES 50 and better \$1 ARC Members / \$2 R / \$3 NR

Attorney Chester Przybylo and Associates will discuss the recent changes in Medicaid and what you should do now to plan for long term nursing home costs. *Refreshments will be provided.* **Registration Deadline:** Wednesday, October 2.

Wed October 9 11:45 a.m. - 12:45 p.m. NRC Blue Room

Big Band Memories

AGES 50 and better \$13 ARC Members / \$15 R / \$17 NR

Band leader Steve Cooper's Big Band Memories is a 90 minute program of rare films and videos of the greatest big bands and singers of all-time. Steve will introduce each clip with fascinating and humorous "behind the scenes" stories. Steve will also play a big band song on his trumpet and claims to know "every song" and will play your favorite song for you. *We will have pizza and pop after the show.* **Please Note:** *Suparossa/Cucina Biagio is co-sponsoring this event.*

Registration Deadline: Tuesday, October 8

Tue October 15 11:00 a.m. - 1:30 p.m. NRC Blue Room

Trick or Treat Pot Luck Lunch

AGES 18 and older \$3 ARC Members (who bring a dish to share)
\$5 ARC Members (no dish) / \$5 R / \$7 NR

Join us as we celebrate Halloween with a pot luck lunch! Wear a costume if you'd like and bring a tasty treat or dish to share with friends. **Aldi's is co-sponsoring this event.** NPDP will provide beverages and all utensils, napkins, plates and decorations. **Please Note:** *Between 11:15 and 11:30 a.m., helpers will be available to carry your dishes and treats from the parking lot to the main building.*

Please bring a dessert to share and let us know what you'll bring when registering.

Registration Deadline: Wednesday, October 23

Wed October 30 11:30 a.m. - 1:00 p.m. NRC Blue Room

Bakers Square Lunch and Take Home Pie!

AGES 18 and older \$15 ARC Members / \$16 R / \$17 NR

Join us for a fun afternoon of friends, lunch and a pie! We will enjoy a wonderful lunch which includes your choice of 8 different half sandwiches, a cup of soup, coffee or pop, and a piece of pie. Then, we will make our own mini pie to take home and enjoy. **Thank you to Bakers Square, who has graciously made this possible.**

Registration Deadline: Tuesday, November 12

Tue November 19 11:30 a.m. - 1:00 p.m. Bakers Square
Harlem & Foster
5220 N. Harlem



ARC PROGRAMS & EVENTS

Lunch & Tour: Triton College's Culinary Program

AGES 18 and older \$16 ARC Members / \$18 R / \$20 NR

Chef Ched and his culinary students will make us a fabulous lunch. For your first course, you will have a choice of creamy French Onion soup "au gratin" or grilled flatbread with smoked chicken, roasted shallots and garlic-herb cheese. For your entrée, you will have a choice of roast pork tenderloin roulade with smashed potatoes, crispy onions and port wine reduction, or a reuben panini with melted swiss, french fries and coleslaw, or fettuccine alfredo with grilled vegetables. *Your meal includes a beverage, dessert and tip.* Afterwards, we will take a tour of Triton College's Culinary Department. We will also visit the bakery where we can purchase some freshly made goodies to take home.

Please Note: We will meet at Triton College. Enter the Student Center B Building and take the elevator to the second floor. Helpers will direct you!

Registration Deadline: Tuesday, September 17

Tue September 24 11:00 a.m. - 1:30 p.m. Triton College
2000 5th Ave.
River Grove

ARC Fall Harvest Pizza Party

ARC Members Only FREE!

Join us for our Fall pizza party at the ARC! If you haven't been here in awhile, come and get reacquainted with old friends or make new ones. We will have pizza and pop; please bring a dessert to share (*let us know what you'll bring when registering*).

Registration Deadline: Wednesday, November 6

Wed November 13 11:45 a.m. - 12:45 p.m. NRC Blue Room

Gobble! Gobble! Gobble! Turkey Sandwich Day

AGES 18 and older \$7 ARC Members / \$8 R / \$9 NR

Come celebrate the gift of Thanksgiving together with your ARC friends as we enjoy turkey sandwiches and beverages. *Please bring a dessert to share (and let us know what you'll bring when registering).*

Registration Deadline: Wednesday, November 20

Wed November 27 11:45 a.m. - 12:45 p.m. NRC Blue Room

Annual Ruby & Emerald Gala

AGES 18 and older \$33 per guest

Come and celebrate the holiday season with your ARC friends and/or family. This year's celebration will take place at the Rosewood Restaurant and Banquet Hall in Rosemont. Share in a delicious lunch where you'll have a choice of tilapia sautéed with a lemon basil sauce or chicken francaise sautéed with fresh herbs, soup or salad, potato and vegetable and white chocolate ice cream with a raspberry sauce. Our musical entertainer will be Sandi Haynes, who is a wonderful performer. In addition, we will have a raffle drawing.

***The Norridge Park District is accepting donations in the form of cash, gift cards and gift certificates for our annual Ruby & Emerald Gala raffle. Please contact Julie Gersky today for more information**.*

Please Note: During registration, please let us know who you would like to sit with and your food selection.

Registration Deadline: Friday, November 30

Thu December 12 12:00 - 3:00 p.m.
Rosewood Restaurant & Banquet Hall: 9421 W. Higgins, Rosemont

Snowflake Sunday Lunch

AGES 18 and older \$13 ARC Members / \$15 Non-members

What better way to chase away those winter blues than by joining us for an afternoon of fun and games? Enjoy a delicious catered lunch of roast beef with gravy and German style roasted chicken; then try your luck at Bingo, where everyone goes home a winner! Bring along a friend or two to add to the fun. *We're collecting donations for the Bingo white elephant portion of this event beginning on December 1st, so if you have something to donate please bring it to the Main Office.*

Registration Deadline: Wednesday, January 8

Sun January 12 12:00 - 3:00 p.m. NRC Blue Room

Register for your programs
and/or events today!

Nothing cancels a program
or event quicker than waiting
to the last minute.

Parks & Facilities Map



- Legend**
- Municipal Boundary
 - Road Edge
 - Parks and Facilities**
 - Norridge Community Park
 - Norridge Recreation Center
 - Norridge Community Pool & Fitness Center
 - Iron-Ball Playground
 - Leigh School
 - Early Care & Preschool Academy
 - Ridgewood High School

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A Heartfelt Thank You to Our Sponsors

On behalf of the the Norridge Park District Board of Commissioners, staff and patrons, I thank you for your continued support. Your sponsorship contributions and donations make it possible for our Park to offer the essential services that create a better quality of life for all residents and participants. We value your commitment to our success and realize that it is only with your support that we are able to meet our goals and needs throughout the year. We look forward to our continued partnership with you in offering the best programs and events to our community and with heartfelt thanks and much appreciation, we wish you a very safe and happy rest of the year.

Sincerely,

Monica Slowski
Administrative Services Manager

Thank you

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the
whole
family**

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- DUCK RACE @3:45**
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The Program Guide has been an established advertising outlet for local businesses for 40 years.

- Delivered 3 times a year to all **7,000** residences in Norridge and parts of Harwood Heights.
- Additional **6,000** copies distributed to: Village Halls, Library and Park facilities.
- The Guide is posted on the Park's website for all visitors to access.
- Guides have a shelf life of ~ 4 months, receiving numerous views per household.
- Nonresident visitors to the Park take Guides home with them, allowing for a presence in homes nearby.

For more information, contact Monica Slonski at 708.457.1244 or msslonski@norridgepk.com.



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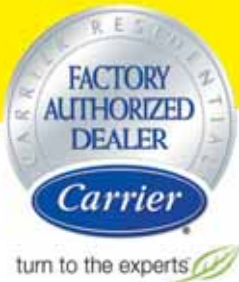
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