

Fall 2016



Morton Grove fun

Resident registration begins August 8 and
Non-Resident on August 15



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General Information	4-5
Facilities Map	6-7
Rentals	46
Birthday Party Packages	17
Park Board	3
Museum	8-9
Pools	11
Fitness	34-40
M-NASR	47
Registration Information	48-49

Special Events: All Ages

Hidden History of Dickens A Christmas Carol	9
Halloween Family Fest	10
Silver Bell Express	10
5K Race	10
Celebrate Summer in the Park	11
Family Campout	11
Movie in the Park – Cinderella	11
Trip to Sonny Acres Farm	11
Haunted Fright	11
Historic Morton Grove River Tour	11
Holiday Magic at Brookfield Zoo	12
Holiday Cheer	12
Holly Days Festival	12
Calls from the North Pole	12
Letters to Santa	12
Healthy Breakfast	15

Childcare: Ages 3 – 11 yrs.

Preschool	13
B-4 School	15
B.A.S.E. Afterschool Program	15
GAP Day Off programs	16
Early Release Program	16
Kinder Odyssey	16

Early Childhood: Ages 3 – 5 yrs

Parent and Child Programs	14
Me and My Shadow	14
Messy Mondays	18
Technology Education and Early Keyboarding	18
Munchkin Meals	18
Paint and Storytime	18
Storytelling Toes	18
Creative Movement	19
Little Explorers	19
Healthy You, Healthy Me	19
Parent/Tot Fit 4 Kids	19
Pre-Fit Ages 3-5	19
Hot Shot Sport Classes	20

Dance: Ages 4 – 18 yrs. 24-25

Gymnastics: Ages 1-1/2 – Page 14, 30-31

Youth Interest: Ages 4 – 17 yrs.

Thomas Edison Craft Day	9
Pre-Karate	19
Abracadabra	21
Calling all Star Wars Fans	21
Airport Engineering	21
Bridges and Tunnels Engineering	21
Oobleck Lab Experience	21
Amazing Art	21
The Science & History of Seasonal Candy	22
Halloween Science	22
Parent/Child Karate	22
Karate	22
Zumba Kids	22
Glitzy Girls Parties	23
Music Lessons	23
Paint n Party	43

Youth Sports: Ages 4 – 17 yrs.

CSL Basketball Leagues	26
North Suburban Youth Basketball League	26
E-Town Tennis Lessons	26
CSL Flag Football	26
MGBSA Programs	27
AYSO Soccer	27
Basketball Skills Training	27
Tae Kwon Do	27
Couch to 5K – Youth	27
Hot Shot Sports	28-29

Teens: Ages 7-15 yrs.

Let's Be Seen	32
Playwriting	32
Hot Shot Sports	32
Fright Fest	33
Teen Fright Night	33
Canine Craft	33
American Red Cross Babysitting Training	33
Ghost Stories in the Haupt Yehl House	33

Fitness: Ages 14 & Up

Club Fitness	34-35
Membership Fees	35
Fitness Classes	36-38
Open Gym	38
Personal Training	40

Specialty Fitness and Wellness 18+

Building Healthy Habits	35
-------------------------	----

Transformational Breath Workshop	37
Essential Oils Make and Take	37
Simple Health Solutions for Aging Bodies	37
Healthy Parenting	37
Stress Management	37
Cycle Yoga	38
Kettlebell	38
Spin + TRX Combo	38
Small Group Training	38
TRX Circuit	39
Couch to 5K	39
Power Strength	39
Better Balance	39

Adult Sports

Karate	41
Volleyball Co-Rec	41
5K Race	41
Pickleball Open Play	41
Men's Winter Basketball League	42
Fall Adult Softball Leagues	42

Adult Interest

Adult Dance Mashup	42
Healthy Breakfast	42
Fine Art of Fiber at Chicago Botanic Garden	43
Intro to Abstract Painting	43
Open Painting Studio	43
Improv	43
Poetry 101	43
Paint N Party	43
Learning How to See	44
Canine Craft	44
Dog/Puppy Training	44
Line Dancing	44
Caregiver CPR	44

Boomers Club: Ages 55 yrs+

We Gotta Bingo Show and Lunch Trip	45
Smokey Joe's Café Trip	45
New Years Lunch at Noon: Lunch & Bingo	45
Afternoon Tea at the Museum	45
Let Me Entertain You at Nichols Concert Hall	45
AARP Smart Driver Course	45

PARK UPDATES

- Overhill and Oriole park playgrounds have been replaced.
- Air conditioning has been installed at all four fieldhouses.
- A Thor Guard Lightning Prediction System was installed in 14 parks throughout the district. The system is designed to reduce the danger of lightning strikes with a warning that will blast 8 to 20 minutes before a potential strike.
- All walk paths at Harrer Park will be assessed this and made ADA compliant.
- New trees will be planted at various parks this fall.

THANK YOU

Sponsors and partners are important to us. We appreciate the partnership and the commitment we have from the following Summer sponsors:



- Cook County Forest Preserve
- Dairy Queen of Niles
- Grade Power Learning
- Groot Industries
- Halogen Supply Co.
- Illinois Shotokan Karate
- Law Firm of Kalogerakos & Associates
- L&L Graphic Solutions
- MGBSA
- Morton Grove Chamber of Commerce
- Promet Source
- State Farm-Morton Grove



park board 3



Daniel J. Staackmann
President



Mark Manno
Vice-President



Dan Ashta
Treasurer



Eileen Coursey
Commissioner

A five-member Board of Commissioners governs the Morton Grove Park District. The Board serves without compensation for a six-year term and is directly responsible to the electorate. Professional staff, led by the Executive Director, handles day-to-day operations.

The Morton Grove Board of Park Commissioners welcomes citizens at all their meetings. All meetings are held at the Prairie View Community Center, 6834 Dempster St. Individuals needing special assistance should call

one (1) week in advance (847) 965-1200 so that arrangements can be made. Scheduled meetings are:

Committee of the Whole – First Wednesday of the Month @ 6:30 pm

Park District Board Meeting– Third Wednesday of the Month @ 6:30 pm

This schedule is subject to change. For more information, call (847) 965-1200 or visit www.mortongrovecparks.com

Dear Morton Grove Residents,

We sincerely hope that you enjoyed all that our Park District offered for your recreational pleasure this past summer. Staff has been preparing many more opportunities for you to take part in and enjoy the changing of the seasons into fall.

Congratulations to the Morton Grove Historical Museum for celebrating its 25th birthday. Stop by and visit the museum and learn about our heritage and what makes Morton Grove a great place to work, live and play in.

The Park District Board and staff have started a very in-depth process of self-analysis and long term strategic planning to ensure that quality recreational programs and facilities are maintained for this and future generations of Morton Grove. We are looking at how our current facilities and programs are utilized and what changes are needed to meet the recreational needs of our community in the future. In order to ensure that the Park District properly prepares, we ask for your input and participation. Whatever your interests are with the Morton Grove Park District's; pools, Club Fitness, recreational activities, preschool, parks, the cost of programs, or the real-estate taxes it levies, the Park District needs your opinions to be successful.

Join us at any of our community meetings to offer your suggestions or comments. Our tentative schedule of meetings can be found on our website at www.mortongrovecparks.com.

Lastly, everyone at the Morton Grove Park District extends a heartfelt thank you to Dominick Burdi for 12 years of service as a member of the Board of Park Commissioners.

Thank you and have a wonderful fall.

Dan Staackmann
Park Board President

Our Mission

The Morton Grove Park District is committed to enrich the quality of community life and promote recreational activities through creative programming for people of all ages and abilities, while protecting open space and natural resources for future generations.

general information

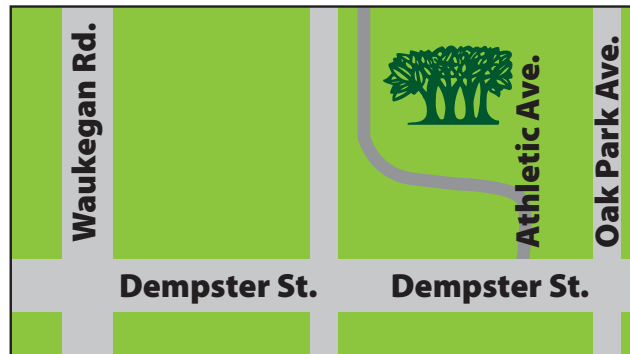


Prairie View Community Center

6834 Dempster Street
Free Wi-Fi access is available.

Club Fitness

Located inside Prairie View Community Center
*See pg 34 for hours.



	Phone	Fax
Park Police	(847) 965-1200	(847) 965-7484
Registration, Club Fitness & Gym		(847) 965-4115

PVCC Registration Hours
Monday – Friday: 8 am – 8 pm
Saturday 8 am – 3 pm
Sundays 9 am – 3 pm

Park District Staff

Sending an email? Use the following format to reach park district staff:

[FIRST INITIAL][LAST NAME]@mgparks.com

For example, Jeffrey Wait is jwait@mgparks.com

Staff initials are next to the titles of their programs. If you have a question, call us and ask for the staff member supervising that program.

Contact our Board of Directors: board@mgparks.com.

Administration

Jeffrey Wait, CPRP Executive Director

Laura Kee Superintendent of Human Resources and Risk Management

Claudia Marren Administrative Asst/ Recording Secretary

Liz Manning Guest Service Supervisor

Recreation

Joe Bruntmyer, CPRP Superintendent of Recreation (847) 965-0290

Sue Braubach, CPRP Wellness & Fitness Manager (SB) (847) 965-0532

Katie Halverson, CPRP Recreation Supervisor (KH) (847) 965-0217

Elizabeth McCann Recreation Supervisor (EM) (847) 965-0387

Jeanette McNichols Recreation Supervisor (JM) (847) 965-0942

Kari Redmond Recreation Supervisor (KR) (847) 965-0604

Finance

Marty O'Brien Superintendent of Finance

Margarita Algarin Finance Coordinator

Morton Grove Historical Museum

Melissa D'Lando Museum Curator (MD) (847) 965-0203

Lauren Szady Assistant Museum Curator

Parks and Facilities

Greg Jayne, CPRP Superintendent of Parks & Facilities

John Stroesser Park Foreman

Park Police

Norm Stromberg Park Police Coordinator

Prairie View Community Center Closings

Closed September 5, November 24

Hot Line: (847) 965-7558

For your convenience 24 hours a day, the Park District Hot Line provides information regarding class cancellations, program updates, weather decisions and much more.

- #1 General Information
- #2 Pool Information
- #3 Adult Softball
- #4 Morton Grove Baseball & Softball Association (MGBSA)
- #5 Adult Volleyball Leagues/Field Rentals
- #6 B.A.S.E./Gap

Morton Grove Historical Museum & Education Center

The Haupt-Yehl Historic House Museum

6240 Dempster Street

The John and Mary Helen Slater Education Center

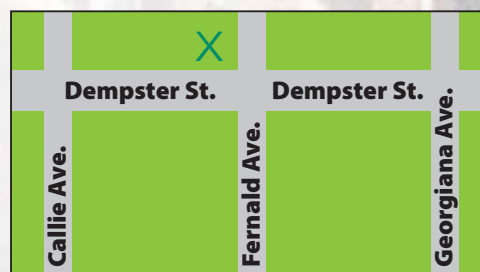
6148 Dempster Street

For more information on the Morton Grove Historical Museum and Education Center, please see page 8-9.

Looking for a space to hold your next meeting? The Museum Education Center is available to rent! Equipped with wi-fi and a projection screen, this space can hold between 20 and 25 people. Rental fees are \$25 for Morton Grove residents, and \$50 for non-residents. Call the museum at (847) 965-0203 for more information.

	Hours	Phone
Museum and Education Center	(M – F) 11 am – 3 pm (Sun) 2 – 4 pm 10/23 – 12/18 (Sat) 9 am – 12 pm Only open during farmers market	(847) 965-0203

Closed 9/05, 11/23 – 11/25, 12/19 thru 12/31



6



DISTRICT FACILITIES

15.	MG Historical Museum & Education Center, 6148-6240 Dempster
16.	★ Prairie View Community Center/Club Fitness, 6834 Dempster
17.	★ Harrer Park Pavillion, 6250 Dempster
18.	Park Maintenance Garage, 6250 Dempster
19.	★ Harrer Pool, 6250 Dempster
20.	★ Oriole Park Aquatic Center, 9201 Oriole
21.	★ National Park Fieldhouse, 9325 Marion
22.	★ Oketo Park Fieldhouse, 8950 Oketo
23.	★ Mansfield Park Fieldhouse, 5830 Church
24.	★ Austin Park Fieldhouse, 8336 Marmora
★	★ Rental Opportunities Available



OTHER PROGRAM LOCATIONS

25.	M-NASR, 6820 Dempster
26.	Golf School, 9401 Waukegan Rd.
27.	Hynes School, 9000 Belleforte
28.	Melzer School, 9400 Oriole
29.	Park View School, 6200 Lake St.
30.	Nelson School, 8901 Ozanam, Niles
31.	Niles West High School, 5701 Oakton St., Skokie
32.	Niles North High School, 9800 N. Lawler, Skokie
33.	Maine East High School, 2601 Dempster St., Park Ridge
34.	Washington School, 2710 Golf Rd., Glenview

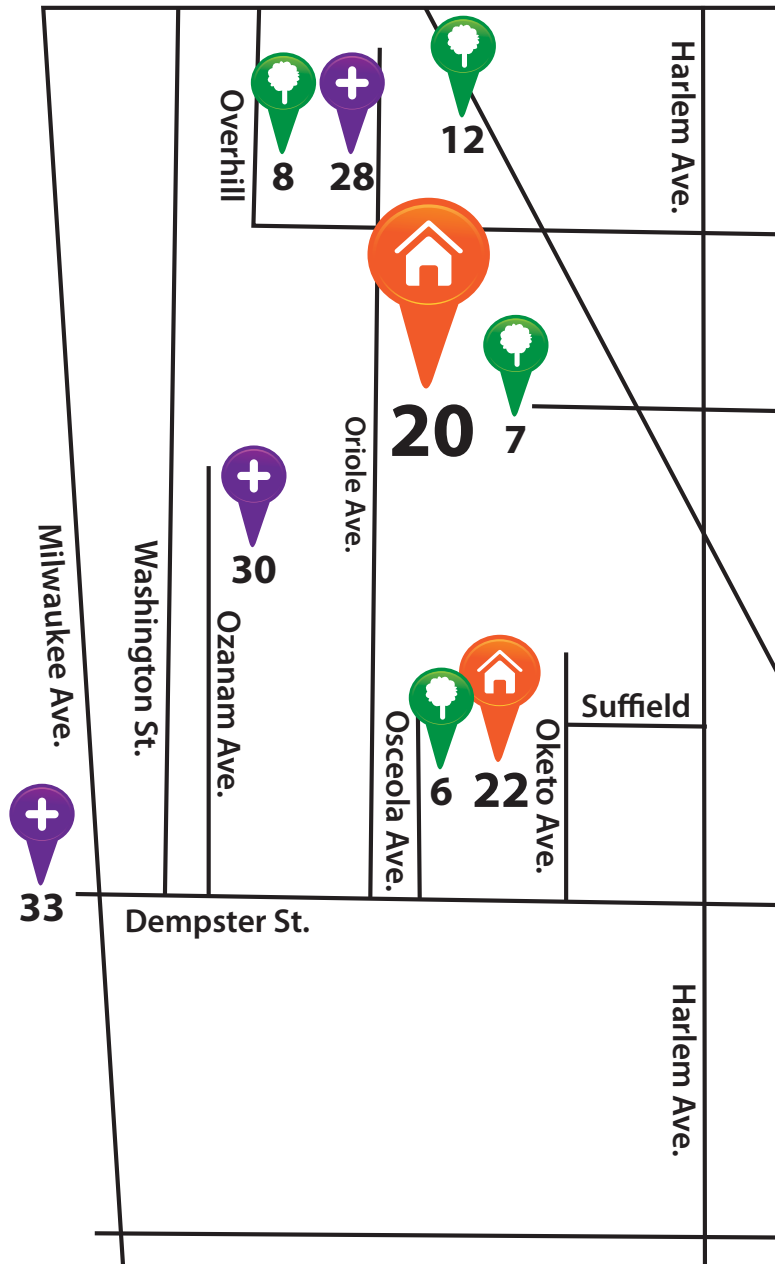


PARKS

1.	Arnum Park, 7035 Church, .26 Acres Playground Equipment
2.	Austin Park, 8336 Marmora, 5.0 Acres Baseball Field, Basketball Court, Facility Rentals*, Fieldhouse, Playground Equipment, Sand Volleyball, Softball Field, .26 Walking Path
3.	Harrer Park, 6250 Dempster, 22.0 Acres Baseball Fields, Basketball Court, Concessions, Facility Rentals*, Pavilion, Maintenance Building, Museum, Playground Equipment, Softball Field, Swimming Pool, Tennis, .53 Walking Path



34



4.	Mansfield Park, 5830 Church, 3.5 Acres Baseball Fields, Basketball Court, Facility Rentals*, Fieldhouse, Playground Equipment
5.	National Park, 9325 Marion, 7.0 Acres Baseball Fields, Basketball Courts, Facility Rentals*, Fieldhouse, Playground Equipment, Roller Hockey, Sand Volleyball, Softball Field, Tennis, .30 Walking Path
6.	Oketo Park, 8950 Oketo, 3.1 Acres Baseball Field, Basketball Court, Facility Rentals*, Fieldhouse, Playground Equipment
7.	Oriole Park & Pool, 9201 Oriole, 3.5 Acres Basketball Courts, Concessions, Playground Equipment, Sand Volleyball, Swimming Pool, Tennis

map of facilities



8.	Overhill Park, 9345 Overhill, .53 Acres Playground Equipment
9.	Palma Lane Park, 9509 Nashville, 2.0 Acres Baseball Field, Basketball Courts, Playground Equipment
10.	Pioneer Park, 8617 Georgiana, .26 Acres Playground Equipment
11.	Prairie View Park, 6834 Dempster, 16.0 Acres Administraive Building, Baseball Fields, Basketball Courts, Club Fitness, Facility Rentals*, Gymnasium, Playground Equipment*, Prarie Nature Preserve, Racquetball Courts, Sand Volleyball, Sauna, Tennis, .52 Walking Path

12.	Shermer Park, 9500 Shermer, 2.0 Acres Basketball Court, Playground Equipment
13.	Jacob's Park, 9226 Natchez, .50 Acres Basketball Court, Playground Equipment
14.	Frank Hren Park, 9500 Oak Park, 8.0 Acres Fieldhouse/Shelter, Playground Equipment, Prarie Nature Preserve, Soccer Field, .40 Walking Path
*	* Indicates Handicapped Accessible

Morton Grove Historical Museum

Your key to local history!

& Education Center

Extra Extra! Unfolding World War II Through Newspaper Headlines

Saturday, September 24th, 2016 at 12pm

Today, it's tough to remember a time when people depended on print media for their breaking news. This fall, the Morton Grove Historical Museum Education Center will commemorate the 75th Anniversary of Pearl Harbor with a new exhibit featuring newspapers from headline events during World War II. See how the war unfolded in true 1940's reporting style!

Join us on Saturday, September 24th for an opening reception and Victory Tea, hosted by First Daughter Margaret Truman (portrayed by our Assistant Curator Lauren Szady) who will discuss what life is like being in the public eye of her father's White House just as WWII is ending.



In cooperation with the



Morton Grove Park District



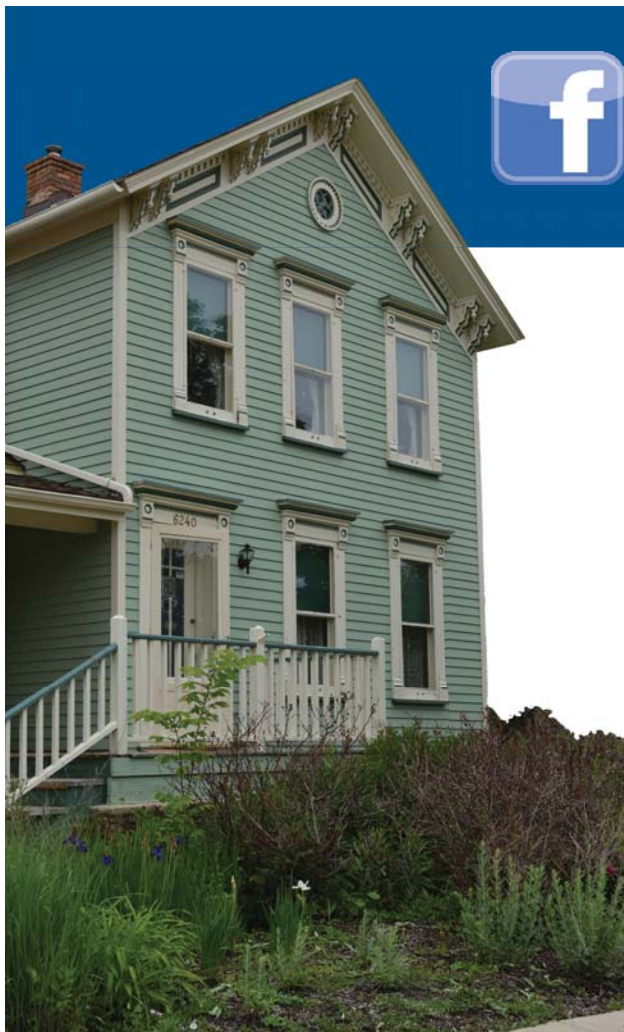
The Morton Grove Bungalow Initiative



The Morton Grove Historical Museum is developing an initiative to celebrate our local bungalow homes through ongoing programming, resources and community support. Please call the museum at (847) 965-0203 to find out more and how you can get involved!



Be sure to follow us on Facebook at Morton Grove Historical Museum for up to date news on programs!



- The Haupt-Yehl House—now the Morton Grove Historical Museum was originally located at 6025 Lincoln Avenue in Morton Grove
- Built in 1888 by Nicholas Haupt
- Furnished with artifacts depicting life of late 19th and early 20th century settlers
- New 2016 displays in both the Haupt-Yehl House and adjacent Education Center
- The lower level of the Haupt-Yehl House will be showing the history of the Morton Grove Haupt-Yehl House exhibit.
- *Images of America Morton Grove*, can still be purchased. Get your copy today!

BECOME A MEMBER!

For pricing details and membership benefits visit our website.

Or call (847) 965-0203 for more information.

A Hidden History Of Dickens A Christmas Carol Sunday, December 11th, 2016 at 2pm

What events inspired Charles Dickens' A Christmas Carol to be written? How did Dickens' historical novel "single-handedly resurrect" Christmas? Find out all about this Yule time favorite as we host author Rochelle Pennington for a fascinating discussion of the Victorian classic on Sunday December 11th at 2pm in the Morton Grove Historical Museum Education Center.



One of Morton Grove's most enduring symbols is our Doughboy Statue ("Doughboy" was the nick name given US Soldiers in the First World War).

Dedicated 95 years ago by the Women's War Working Circle, The Morton Grove Historical Society is asking the community for help! We will be instituting a village wide fund raiser to help repair the concrete base that supports the statue.



Please contact the Morton Grove Historical Society at (847) 965-0203 for more information on how to make a donation. Look for more about this during the year. Thank you for your support!

Thomas Edison Craft Day Education Center at Historical Museum

We have Thomas Edison to thank for so many of the things we use and enjoy daily, but how often do we really think about where they came from? Join us at the Morton Grove Historical Museum Education Center to learn about the origins of some of Thomas Edison's most well-known inventions, how early Morton Grovers benefited from them, and then make your own! Available crafts will include a telegraph machine, an electrical circuit conductor, and the antecedents to Edison's motion pictures: the thaumatrope and the zoetrope.

Code	Age	Date	Day	Time
13096	6-13	10/15	Sa	11 am – 1 pm

Instructor: D'Lando, Melissa
 Fee: \$9R/\$12NR



6148-6240 Dempster St., Morton Grove
 (847) 965-0203

The Haupt-Yehl Historic House Museum is 6240 Dempster Street
 The John and Mary Helen Slater Education Center is
 6148 Dempster Street

Museum & Education Center Hours

Mon – Fri 11 am – 3 pm
 Sunday 10/23 – 12/18 2 – 4 pm
 Saturday 8/28 – 10/15 9 am – 12 pm
 (only open during Farmers Market)
 Closed 9/5, 11/23 – 11/25, 12/19 thru 12/31



HALLOWEEN FAMILY FEST KR

**Sat., October 22
3 – 6 pm**

Volunteers Needed

Get dressed up and join the Morton Grove Park District for our annual Halloween Family Fest



FREE

Sponsorship opportunities available. Contact Kari Redmond at 847-965-0604.

Prairie View Community Center

Ages: 3–12 Code: 13099

SILVER BELL EXPRESS JM

Morton Grove Train Station

On Christmas Eve, many years ago, a young boy took a journey to a magical place. Travel with the park district as we venture on a memorable train ride. Santa awaits your arrival at the North Pole and will join us aboard the train for hot chocolate and cookies. **THIS EVENT IS FOR MORTON GROVE RESIDENTS ONLY!** * The price of this event is per person.

SAT., DECEMBER 10

5:30 -7:15 pm

Code: 13245

Fee: \$15

SAT., DECEMBER 17

5:30 -7:15 pm

Code: 13246

Fee: \$15



RACE TO THE TASTE 5K SB

Prairie View Park

Saturday, October 1 • 8:05 am

Runners and walkers of all ages can participate in this annual fall race. The 5K course is USATF certified (IL-15011 JV) and all participants will receive a race bib with timing chip, entry to post race refreshments and more. 5K awards for 1st overall male and female and 1st through 3rd place finishers in each age group. The race will have a German style flair as you cross the finish line. The post race food will consist of some great samplings of german food and beer. All race participants 21 and over will have the opportunity to enjoy free beer sampling after the race. **You must bring a photo ID in order to receive a wristband for sampling.** Additional tickets will be available for purchase.

Code	Age	Date	Day	Time
13097	Any	10/1	Sa	8:05 am

Fee: \$35 until 9/29

\$40 Race Day

**5K Awards for:
1st overall male and female, 1st thru 3rd
place finishers in each age group.**

special events 11

CELEBRATE SUMMER IN THE PARK^{SB}

National Park

Get the family together and celebrate summer with us at National Park. There will be ice cream, craft time and family fun. At 4pm be prepared to be amazed by our entertainer Magic by Randy. This event is sponsored by MB Financial Bank.

Age	Date	Day	Time
Any	August 12	F	3:30 – 5 pm

Fee: **FREE**

FAMILY CAMPOUT^{KH}

Harrer Park

Pack your tent, sleeping bag and flashlight for our fun filled Family Campout at Harrer Park! We'll have a camp fire, make s'mores, create a craft, have time to swim at Harrer pool and watch a movie. In the morning we'll enjoy juice and doughnuts for breakfast. A parent or legal guardian must accompany children under 18. Lighted, clean restroom facilities will be available.



Code	Age	Date	Day	Time
12491	Any	August 13 – 14	Sa – Su	5 pm – 9:30 am

Fee: \$25 R/\$31 NR for family up to 4 people, Additional attendees \$5 per person

CINDERELLA^{KH}

Movie in Harrer Park

This live-action take on the classic Cinderella fairy tale stars Lily James as the put-upon young women forced to endure a life of labor at the hands of her stepmother (Cate Blanchett) after her father dies unexpectedly. Never one to give up hope, Ella's fortunes begin to change after meeting a dashing stranger.

Age	Date	Day	Time
Any	8/26	F	7:30 – 9:30 pm

Fee: **FREE**

SONNY ACRES FARM^{KH}

Trip will depart and return to

Prairie View Community Center

Sonny Acres is host to family fun and activities. The fun includes hay rides, haunted houses, amusement rides, food and much more. Fee includes transportation, you are responsible for purchase of tickets for activities at the gate.

Code	Age	Date	Day	Time
12981	Any	10/15	Sa	9:30 am – 3:30 pm

Fee: \$12 R/\$15 NR

HAUNTED FRIGHT^{KH}

This year the Park District will be holding a Holiday Home Makeover Contest. The best decorated houses in Morton Grove will win prizes. On October 26 the Park District Staff will serve as judges and drive through the community to determine the winners. In order to be considered, you must register your address at the Prairie View Community Center. Factors being considered are: curb appeal, creativity, use of theme, use of yard and house and originality.

Code	Age	Date	Day	Time
12872	Any	10/26	W	7 – 8 pm

Fee: **FREE**

HISTORIC MORTON GROVE RIVER TOUR

Education Center

Join us as Mark Hauser, Education Manager from Friends of the Chicago River, takes us through the Linne Woods and discusses both the history and habitat of the Chicago River. We will learn about how Morton Grove's residents have interacted with the river over time, its importance throughout the greater Chicagoland area, and maybe even have a chance to glimpse at some local wildlife! Wear comfortable shoes. We will meet at the Education Center.

Code	Age	Date	Day	Time
13104	Any	10/29	Sa	11 am – 1 pm

Fee: \$10 individual/ \$25 up to 4 participants

HARRER POOL DATES AND HOURS OF OPERATION

August 1 – 14

Mon-Fri: 11:00am – 7:00pm

Sat – Sun: 12:00-5:00pm

ORIOLE POOL DATES AND HOURS OF OPERATION

August 1 – 14

Mon-Fri: 11:00am – 8:00pm

Sat – Sun: 12:00-7:30pm

Post-Season

August 15 – September 4

Mon – Fri: 4:00pm – 8:00pm

Sat – Sun: 11:00am – 7:00pm

Monday, September 5 10am – 5pm

Please Note: Due to college and high school students who have returned to school, we will make every effort to keep all pool areas open. However, there may be times when certain areas must be closed due to staffing. Our top priority is to provide a safe environment for our patrons.

Daily Rates for Harrer and Oriole

	R	NR
Child	\$5	\$10
Adult	\$7	\$14
Adult 59+	\$6	\$12

special events

HOLIDAY MAGIC AT BROOKFIELD ZOO ^{KH}

Trip will depart and return to Prairie View Community Center

Join the Park District as we visit one of Chicagoland's largest lights festivals. Holiday Magic includes 1,000,000 twinkling LED lights, caroling to animals, ice carving, lights shows, music and live entertainment. You're sure to feel the magic of the holidays! The fee of this trip includes transportation and admission.

Code	Age	Date	Day	Time
12887	Any	12/17	Sa	4 – 9 pm

Fee: \$30 R/\$38 NR

HOLIDAY CHEER ^{KR}

This year the Park District will be holding a Holiday Home Makeover Contest. The best decorated houses in Morton Grove will win prizes. On December 14, the Park District Staff will serve as judges and drive through the community to determine the winners. In order to be considered, you must register your address at the Prairie View Community Center. Factors being considered are: curb appeal, creativity, use of theme, use of yard and house and originality.

Code	Age	Date	Day	Time
12874	Any	12/14	W	6 – 8 pm

Fee: **FREE**

SAVE THE DATE! HOLLY DAYS FESTIVAL December 3

The Morton Grove Park District will be hosting a special holiday event at Harrer Park on December 3 from 11am to 3pm. Come celebrate the holidays with family activities, tree and food sales, contests, entertainment, and of course Santa will be Coming to Town. A full description of events will be listed at www.mortongroveparks.com.

The night before the event, community groups will be conducting an interfaith ceremony and tree lighting event at the gazebo beginning at 6:30pm. Several groups will present their messages for peace, unity and community. Come out and leave your message on the peace tree.

CALLS FROM THE NORTH POLE ^{KR}

Santa is checking his list to see who's been naughty or nice. Those on the nice list will receive a personal phone call from Santa and his elves. Applications are available at the Prairie View Community Center or online at www.mortongroveparks.com.

Applications due no later than December 12. Santa and his elves can call this night only.

Code	Date	Day	Time
13100	12/14	W	5 – 7 pm

Fee: **FREE**

LETTERS TO SANTA ^{KR}

It's time to mail your letter to Santa and let him know how good you've been this year and what you're hoping for under the tree on Christmas morning. Be sure to mail your letter off by **Wednesday, December 14th** so Santa has plenty of time to reply during his busiest time of the year. Please mail your letter (including a self-addressed, stamped envelope) to:

Santa, North Pole
c/o Morton Grove
Park District
6834 Dempster
Morton Grove, IL 60053



LOOK FOR MORE INFO ON THESE FUN PROGRAMS IN OUR 2017 WINTER/SPRING BOOK.

**DADDY/DAUGHTER DANCE
T.G.I.F. FAMILY NIGHT**





preschool 13

2016-17 School Year

The following forms must be completed and returned no later than September 1st in order to complete the registration process. Registration will be voided if appropriate forms are not turned in. Forms are available online.

- Registration Form, Health Form/Parent Authorization Form, completed and signed
- Fieldtrip Form, completed and signed
- Birth Certificate (copy)
- Immunizations required (DPT, Polio, TB, MMR) Must be completed by your physician and turned in before the first day of school

In order to enroll your child in our program, you are required to assist in the classroom several times during the school year.

All participants must be 2, 3, or 4 years old on or by Sept 1.

Children with September birthdays (missed deadline) may petition the park district for placement in a class. Petitions will be considered after July 17th and only if there is space available. Placements will be taken in the order of receipt. Placement into a program that is not age appropriate does not guarantee placement in the following year's progressive program.

All children entering the 3 or 4 year old programs are expected to be potty trained and able to use the toilet independently to participate in class.

Before school year activities will be held the week prior to the first day of class.

Graduations will be held the week of May 8.

- A \$100 deposit is required at registration. Any departure from the program before August 1st will result in a \$50 processing fee

Note: We cannot honor any class changes or refunds after August 1st. No online registration. Payment Plans are available. Contact Kari Redmond at (847) 965-0604 for more details.



Preschool Acorns (Parent-Tot) KR

Prairie View Community Center

The seeds of learning are planted. Parents and teachers work together to help our little learners absorb new knowledge. Children are exposed to a group setting that includes free play and circle time activities. Parents are included to help instill a love of learning.

Code	Age	Date	Day	Time
12221	2	9/7/16 – 5/3/17	M/W	9 – 10:30 am

Fee: \$550 R/\$742 NR

Preschool Sprouts KR

Mansfield Fieldhouse

Our curious little sprouts will learn so much this year! This year's focus includes working together in a group setting, following directions and socializing with others. Academic areas include: numbers, shapes, and colors as well as an introduction to letters and basic phonics.

Code	Age	Date	Day	Time
12224	3	8/29/16 – 5/12/17	M/W/F	9:15 – 11:30 am
12225	3	8/29/16 – 5/12/17	M/W/F	12:30 – 2:45 pm

Fee: \$930 R/\$1,256 NR

12222	3	8/30/16 – 5/11/17	Tu/Th	9:15 – 11:30 am
12223	3	8/30/16 – 5/11/17	Tu/Th	12:30 – 2:45 pm

Fee: \$630 R/\$851 NR

Preschool Great Oaks KR

This is the year our little ones grow into children ready for Kindergarten! We've planted the seeds, given them TLC and encouragement and now they have strong roots and a solid foundation as they branch out of our program and into the elementary school system. Academic focus this year includes a variety of kindergarten readiness skills, as well as in depth study of letters, phonics and basic sight words.

Austin Fieldhouse

Code	Age	Date	Day	Time
12228	4	8/30/16 – 5/12/17	Tu – F	8:45 – 11:30 am
12257	4	8/30/16 – 5/12/17	Tu – F	12:15 – 3 pm

Fee: \$1,497 R/\$2,021 NR

Oketo Fieldhouse

12226	4	8/29/16 – 5/12/17	M – F	8:45 – 11:30 am
12227	4	8/29/16 – 5/12/17	M – F	12:15 – 3 pm

Fee: \$1,698 R/\$2,292 NR

See page 18 for information on
Technology Education and Early Keyboarding for Preschoolers



www.mortongroveparks.com





NO CLASS: 10/3, 10/12, 11/23, 11/25, 11/26, 11/27. No Class dates are subject to change due to Niles West gymnastics schedule.



Gymnastics - Parent & Me ^{EM}

In parent-tot classes, the adult and child share a special time together while the child participates in tumbling, obstacle courses, balance beam and bars. Music, ribbons, balls and other fun equipment are used to make class an entertaining, developmental experience. Children are encouraged to explore their abilities, use their imaginations, enhance listening capabilities, socialize in a group and develop gross motor skills.

Tumbling Tots ^{EM}

Children are given the opportunity to succeed, use their imagination, enhance listening skills, develop self-esteem and build confidence through tumbling, movement exploration, balancing and the development of gross motor skills. Obstacle courses, themed weeks, ribbons, balls, balance beam, bars and vaulting are part of this fun experience.

Advanced Tumbling Tots ^{EM}

Children develop gross motor skills through movement exploration, tumbling and balancing. Class is for participants who are not old enough to be in the recreation classes but have passed the tumble tot program. Classes are grouped by skill levels. Instructor approval is needed.



My Gym ^{KR}

Prairie View Community Center

My Gym has created an extraordinary fitness program devised to help children develop physically, cognitively and emotionally. This class incorporates fitness, music, dance, puppets, relays, games, gymnastics, sports and other original activities. The children have fun as they exercise and gain strength, balance, coordination, agility, flexibility and social skills. My Gym offers a unique program that is formulated so that youngsters succeed! PARENTS ATTEND THIS CLASS WITH PARTICIPANT.

Code	Age	Date	Day	Time
13286	6 m – 2 yrs	9/15 – 10/6	Th	9:30 – 10:10 am
13288	2 – 4½	10/13 – 11/3	Th	9:30 – 10:10 am
13237	6 m – 2 yrs	9/15 – 10/6	Th	10:20 – 11 am
13239	2 – 4½	10/13 – 11/3	Th	10:20 – 11 am

Instructor: Lindsey Wisniewski
Fee: \$70 R/\$88 NR

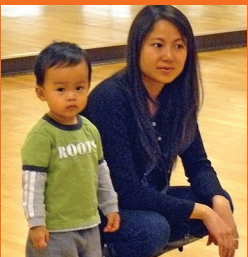
Me & My Shadow ^{KH}

Prairie View Community Center

This class is an opportunity for adults and tots to interact in a group setting and develop listening skills through movement and play. This class does not participate in the recital.

Code	Age	Date	Day	Time
12957	2 – 3	9/19 – 5/5/17	F	2:15 – 2:45 pm

Instructor: Kelly Clifton
Fee: \$166 R/\$220 NR



Class	Code	Age	Date	Day	Time	Fee	Location
Parent & Me Gymnastics	13180	1½ – 3	9/17 – 12/10	Sa	9 – 9:45 am	\$99 R/ \$124 NR	Prairie View Community Center
Parent & Me Gymnastics	13181	1½ – 3	9/17 – 12/10	Sa	9:45 – 10:30 am	\$99 R/ \$124 NR	Prairie View Community Center
Tumbling Tots	13185	4 – 5	9/17 – 12/10	Sa	10:30 – 11:15 am	\$99 R/ \$124 NR	Prairie View Community Center
Tumbling Tots	13183	4 – 5	9/12 – 12/5	M	6 – 6:45 pm	\$99 R/ \$124 NR	Niles West
Tumbling Tots	13184	4 – 5	9/16 – 12/9	F	6 – 6:45 pm	\$99 R/ \$124 NR	Niles West
Tumbling Tots	13182	4 – 5	9/18 – 12/11	Su	8:45 – 9:30 am	\$99 R/ \$124 NR	Niles West
Adv. Tumbling Tots (Coed)	13186	4 – 5	9/14 – 12/7	W	6 – 7 pm	\$121 R/ \$151 NR	Niles West

Music Together with Harmonious Horizons ^{KR}

Prairie View Community Center

Children and their parents or caregivers are immersed in a complete musical experience for 45 minutes from beginning to end. We will share songs, play instruments, perform rhythm chants and movement activities in a relaxed, playful, non-performance-oriented setting. Music is learned through developmentally appropriate activities that support and respect the unique learning styles of very young children. Each child can participate at their own level and are able to explore in a variety of ways with the example of the adults' participation in the joy of making music. These classroom activities serve as a springboard for further music-making at home. This is a parent and me class.

Code	Age	Date	Day	Time
13240	6 m – 6	9/12 – 10/17	M	9:15 – 10 am
13241	6 m – 6	10/24 – 11/28	M	9:15 – 10 am

Instructor: Tiffany Gates
Fee: \$169 R/\$211 NR

before & after school clubs 15

Listed fees denote the annual cost for the school year.

Payment Plans are available. Contact Jeanette McNichols at (847) 965-0942 for more details.

B-4 School JM

5 – 12 yrs

A before school program for Districts 63, 67 and 70. A cereal breakfast is provided.

DISTRICT 63 - MELZER, NELSON & WASHINGTON SCHOOLS

PRAIRIE VIEW COMMUNITY CENTER, GYMNASIUM A

Parents/guardians of children from District 63 drop their child(ren) at Prairie View Community Center. Children will be bused to their school following the program.

Code	Day/Date	Time	Fee
Melzer 12519	M – F, 8/16 – 6/2	7 – 8:45 am	\$1,791
Nelson 12521			
Washington 12524			

DISTRICT 67 - HYNES SCHOOL

HYNES SCHOOL

12525	M – F, 8/24 – 6/6	7 – 8:30 am	\$1,234
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DISTRICT 70 - PARK VIEW SCHOOL

PARK VIEW SCHOOL

12528	M – F, 8/25 – 6/8	7 – 8:30 am	\$1,150
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Flex Pass JM

The Flex Pass is perfect for your last minute childcare needs. It is good for either 10 days of B-4 School or 5 days of afterschool (B.A.S.E.) program care. Passes can be shared among family members and notification of use can be made as late as 1 pm the same day. This is an effective, affordable and convenient alternative for last minute needs. Passes may be purchased at the front desk of the Prairie View Community Center. Flex passes cannot be used for Early Release or GAP days.

Flex passes are non-refundable.

B-4 School (10 visits)

Hynes, Golf and
Park View \$60

B.A.S.E. (5 visits)

Hynes, Golf and Park
View \$60

Melzer, Nelson and Washington \$81
(includes bus transportation)

Best After School Experience (B.A.S.E.) JM

5 – 11 yrs



The Morton Grove Park District is a proud member of the Illinois Afterschool Network.

The B.A.S.E. (Best After School Experience) program creates a positive, safe and nurturing environment to allow children to freely express themselves. Centers provide an assortment of physical activities, arts & crafts, as well as areas for reading, drama, math and science. A snack is provided daily.

DISTRICT 67 - HYNES SCHOOL (AND GOLF STUDENTS) HYNES SCHOOL

12532	M – F, 8/24 – 6/6	3 – 6 pm	\$1,914 (4-5 day price)
12536	M – F, 8/24 – 6/6	3 – 6 pm	\$1,362 (2-3 day price)

DISTRICT 70 - PARK VIEW SCHOOL

PARK VIEW SCHOOL

12544	M – F, 8/25 – 6/8	3:15 – 6 pm	\$1,914 (4-5 day price)
125413	M – F, 8/25 – 6/8	3:15 – 6 pm	\$1,362 (2-3 day price)

B-4 SCHOOL



AFTER SCHOOL



Healthy Breakfast KM

Prairie View Community Center

Kick start your children's school year with a helping of healthy breakfast tips. You will learn the benefits and trends of breakfast, types of breakfast served in schools and the state of breakfast in our schools.

Code	Age	Date	Day	Time
12883	Any	9/12	M	7 – 7:45 pm

Instructor: Tracy Williams

Fee: \$5 R/\$7 NR



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Gap Program JM For School Breaks & Days Off

Grades K – 6
Community Room

All days are 7 am - 6 pm unless noted

There may be a gap from school, but not from fun! Join your friends in a fun-filled day packed with games, sports, crafts and a field trip or in-house activity. Our Gap program welcomes all students K through 6th. Please pack a lunch unless notified and enroll your child before the deadline. * Field trips will not be decided until one month prior to the gap day.

Contact Jeanette McNichols
for more information regarding
fields trips at 847-965-0942



GAP Day	Code	Date	Day	Fee	Reg. Deadline
Rosh Hashana	13247	10/3	M	\$48 R/\$62 NR	9/25
Columbus Day	13248	10/10	M	\$48 R/\$62 NR	10/3
Veteran's Day	13249	11/11	W	\$48 R/\$62 NR	11/4
Thanksgiving	13250	11/21	M	\$48 R/\$62 NR	11/15
Thanksgiving	13251	11/22	T	\$48 R/\$62 NR	11/16
Thanksgiving	13252	11/23	W	\$48 R/\$62 NR	11/17
Winter Break	13253	12/26	M	\$48 R/\$62 NR	12/18
Winter Break	13254	12/27	T	\$48 R/\$62 NR	12/19
Winter Break	13255	12/28	W	\$48 R/\$62 NR	12/20
Winter Break	13256	12/29	Th	\$48 R/\$62 NR	12/21
Winter Break	13257	12/30	F	\$48 R/\$62 NR	12/22

Kinder Odyssey KR

Offered in conjunction with District 63 and 70, this program is designed to bridge the gap between your child's regular ½ day Kindergarten class and the remainder of the day. Enrichment opportunities include a variety of dramatic play, science, math and literary activities. Children should bring a bagged lunch daily. Options for extended care are available for an additional fee.

District 63- Melzer, Nelson, & Washington Schools
Prairie View Community Center

12318	M – F, 8/16 – 6/2	9 am – 12:45 pm	\$2,954
12319	M–W–F, 8/17 – 6/2	9 am – 12:45 pm	\$1,456

Parents/guardians drop off their child(ren) at Prairie View Community Center. Children will be bused to their school following the program. This program is available for afternoon Kindergarten only.

Park View School

13053	M – F, 8/25 – 6/8	8:20 am – 12:20 pm	\$2,586
13063	M–W–F, 8/26 – 6/7	8:20 am – 12:20 pm	\$1,556
12320	M – F, 8/25 – 6/8	11:15 am – 3:15 pm	\$2,586
12321	M–W–F, 8/26 – 6/7	11:15 am – 3:15 pm	\$1,556

Questions about Kinder Odyssey?
Contact Kari Redmond (847) 965-06014

Park View Early Release JM

Fun, excitement, special projects and activities are part of this extended day program. Programs run from the time school releases until 6pm. Dismissal times before 1pm require each child to bring their own lunch. Snacks will be served. All early release programs are separate from our B.A.S.E. program. We do not accept Flex passes for this program and all children must pay the additional fee to attend. This program does not qualify for a monthly payment plan.

Code	Date	Fee
13258	9/14	\$20
13259	10/19	\$20
13260	2/8	\$20

Party at the Park District 17

Hassle-free birthday party packages at Prairie View Community Center

Party packages accommodate 15 guests for 2 hours. Extra guests may be added for an additional fee.

PARTY INCLUDES: party host, basic decorations (based on selected theme), cake with 75 minutes of activities.

R/NR Fee: \$235/317 Additional Child \$10 each

Parties MUST be booked at least 3 weeks in advance.

Request forms online or at Prairie View Community Center.

Contact Jeanette McNichols at (847) 965-0942 for more information.

Party Package	Age	Description
Tot-Land	6 m – 4 yrs	This party is designed for our littlest party animals! From crawlers to walkers - they will all enjoy the tunnels and tumbling toys that are set out for them to explore. Parents must accompany their toddler to the party.
Prince/Princess Party	2 – 6	This party is for the little princess or prince in your life. We'll have royal fun as we play games, make a craft and enjoy a parade of the birthday child's royal court!
Pirate Party	4 – 10	Yo ho, yo ho, a pirate's life for me! Children will transform into real pirates by making pirate hats and taking part in a treasure hunt!
Super Hero	4 – 10	The Justice League is looking for new recruits. Gather your friends and celebrate with games and activities. Party is appropriate for Super Boys and Girls.
Old Fashion Fun!	4 – 12	Activities to bring back the memories of your childhood. The fun includes Pin the Tail on the Donkey, Musical Chairs, Hot Potato and more... you choose.
Eternally Frozen Kingdom	4 – 12	This party is filled with winter magic, games and a frozen (ice cream) cake.
Hawaiian Luau	5 – 10	Put on your grass skirt and leis and join us for an unforgettable tropical getaway! See how low you can go under the limbo stick, challenge your guests to a hip shaking hula hoop contest and much more.
Sports Galore	5 – 12	Shoot, kick, pass and score at this high energy birthday party! This party includes a variety of sports from basketball and relay races to pillow polo and more!
Dance Party	5 – 14	Let's get this party started! One of our dance instructors will lead your party in a variety of choreographed routines. The guest of honor can choose from ballet, hiphop, jazz or their own combination of dance styles. Dance 'til you drop!



Messy Mondays ^{KR}

Prairie View Community Center

Get ready to get messy. Your child will love getting their hands dirty each week with paint, shaving cream and glue. Each class will feature a project that will be great enough to put on display.

Code	Age	Date	Day	Time
13242	2-4	9/12 – 10/3	M	10-11am
13243	2-4	10/17 – 11/7	M	10-11am

Instructor: MGPLD Staff

Fee: \$30R/ \$37NR



Technology Education ^{KR} **NEW!**

Our kids are born into a digital era and as technology unfolds, Tech Education is a new and necessary part of core curriculum. Brought to you by the experts at Imagine Tomorrow, the program teaches children ages 3-6 how to apply technology in a safe, age appropriate environment. Your child will learn how to respect technology as a learning tool, rather than a toy in isolation!

- Introduction to STEM (Science, Technology, Engineering and Math)
- School readiness skills including letter and number recognition, shapes and colors, beginning sounds and early literacy
- Fine motor skills to navigate a mouse
- Problem solving and comprehension
- Self-expression and creativity through digital art work
- Teamwork and social skills
- Our classes promote a fun, positive attitude towards learning!
- We strive to prepare the children for Kindergarten and beyond!
- Mini laptops for each student provided by Log on 2 Learning, Inc.

Mansfield Fieldhouse

Code	Age	Date	Day	Time
13268	3-6	9/7-10/5	W	11:30 am – 12:15 pm
13269	3-6	10/12-11/9	W	11:30 am – 12:15 pm
13270	3-6	11/16-12/14	W	11:30 am – 12:15 pm

Oketo Fieldhouse

Code	Age	Date	Day	Time
13265	3-6	9/9-10/7	F	11:30 am – 12:15 pm
13266	3-6	10/14-11/11	F	11:30 am – 12:15 pm
13267	3-6	11/18-12/16	F	11:30 am – 12:15 pm

Instructor: Puterbugs Learning Staff

Fee: \$84R/\$105NR



Munckin Meals ^{KR}

Prairie View Community Center

Your little munchkin will be cooking up some yummy treats this fall. These little chefs will learn basic cooking skills and learn to express themselves with food. Each class your child will stir up something new and if you are lucky they will share their delicious creation.

Code	Age	Date	Day	Time
13262	2-4	9/13 – 10/4	Tu	10-11am
13623	2-4	10/11 – 11/1	Tu	10-11am

Instructor: MGPLD Staff

Fee: \$30R/ \$37NR

Paint and Storytime ^{KR} **NEW!**

Oketo Fieldhouse

Learn the secrets of awesome pottery painting by creating your own masterpiece and listening to a related story each week! Each week we will select a wonderful story to read and the kids will paint a related ceramic piece while exploring the tools and techniques of acrylic painting. An example is Curious George where kids paint a monkey. Finished projects will be glazed immediately and taken home at the end of the session. All materials are non-toxic and odorless and latex free.

Code	Age	Date	Day	Time
12866	4-6	9/14 – 10/26	W	5:30 – 6:15pm
12867	4-6	11/2 – 12/14	W	5:30 – 6:15pm

Instructor: Sunshine Arts and Crafts Staff

Fee: \$109 R/ \$136 NR

Storytelling Toes ^{KH}

Prairie View Community Center

Make the connection between narration and movement. Dancers will bring stories to life through imagination each week using a variety of stories. This class does not participate in the recital.

Code	Age	Date	Day	Time
12956	3-5	9/9 – 5/5/17	F	1:45 pm – 2:15 pm

Instructor: Kelly Clifton

Fee: \$166 R/ \$220 NR

early childhood 19

Creative Movement ^{KH}

Prairie View Community Center

This class is an introduction to the development of free movement for young bodies. Concepts include following directions and structured imagination games.

Code	Age	Date	Day	Time
12933	3-4	9/12-5/1/17	M	4:15 pm-5 pm

Instructor: Lindsay Skarbek
Fee: \$291 R/\$364 NR

Code	Age	Date	Day	Time
12955	3-5	9/9-5/5/17	F	1 pm-1:45 pm

Instructor: Kelly Clifton
Fee: \$325 R/\$406 NR

Little Explorer's ^{KR}

Prairie View Community Center

Children will enjoy exploring the great outdoors! This class will be filled with outdoor class time that will have your little explorers discovering new fun facts about mother nature and finishing with a special project to take home each day.

Code	Age	Date	Day	Time
13281	3-5	10/6-10/27	Th	1-2 pm

Instructor: MGPD Staff
Fee: \$30 R/\$37 NR

Healthy You, Healthy Me ^{KR}

Prairie View Community Center

Lay down the foundation of a healthy lifestyle for your children. You and your little ones will be cooking up healthy snacks and running around to burn off those yummy treats.

Code	Age	Date	Day	Time
13279	3-6	9/16-10/7	F	10:30-11:30 am
13280	3-6	10/21-11/11	F	10:30-11:30 am

Instructor: MGPD Staff
Fee: \$30 R/\$37 NR

Parent/Tot Fit 4 Kids ^{SB}

NEW!

Prairie View Community Center

What better way to introduce your child to the world of sports and fitness than by taking a class with them? Join Fit 4 Kids this fall for a fun active class that lets you and your child experience a fun active atmosphere. We will play sports, games and do some yoga. This class will prepare them for the next level when they will be doing programs on their own. Fit 4 Kids has been running programs all over Illinois for over 13 years now and specialize in ages 5 and under.

Code	Age	Date	Day	Time
12931	2-3	9/16-10/21	F	9:15am-10:00am
12932	2-3	10/28-12/2	F	9:15am-10:00am

Instructor: Fit 4 Kids Staff
Fee: \$60 R/\$75 NR

Pre-Fit Ages 3-5 ^{SB}

NEW!

Prairie View Community Center

Pre-Fit: A version of the original Fit 4 Kids program designed just for pre-schoolers! The little ones have a blast in this active class. We will be playing many types of games, yoga, sports, obstacle courses and much more. Not only do they have a great time, but they will be enhancing their coordination and social skills. To reward them for all their hard work we have sticker time at the end of each class!!!

Code	Age	Date	Day	Time
12928	3-5	9/14-10/19	W	11:30am-12:15pm
12929	3-5	10/26-11/30	W	11:30am-12:15pm

Instructor: Fit 4 Kids Staff
Fee: \$60 R/\$75 NR

Pre-Karate ^{EM}

National Fieldhouse

Participants develop agility, strength and coordination skills through fun and creative activities. This program is specifically designed to work with growing minds and bodies. Skills learned enhance memory and responsiveness. Watch your child blossom while learning karate and having a blast at the same time!

Registration for Intermediate/Advanced class may need instructor permission.

Code	Age	Level	Date	Day	Time
13167	4-7	Beg	9/7-12/14	W	4-4:45 pm
13168	4-7	Cont.	9/7-12/14	W	4:50-5:35 pm
13169	4-7	Int/Adv	9/7-12/14	W	5:45-6:30 pm

Instructor: IL Shotokon Karate
Fee: \$146 R/\$183 NR



early childhood



**10% 2ND CHILD DISCOUNT
ON HOT SHOTS SPORT CLASSES**

All Hot Shots Sports programs are held
at Prairie View Community Center.
Instructor: Hot Shots Sports Staff



Program/ Description	Code	Age	Day	Date	Time	Fee
Adult Tot Sports EM Parent participation is an integral part of helping tots develop basic sports movement and motor skills. Activities focus on hand/eye and hand/foot coordination. Sports equipment and instruction are provided to help guide children through an introduction to organized sports. No Class 11/25 and 11/26.	13147	2-4	F	9/9-10/21	5:15-6 pm	\$77 R/\$97 NR
	13148	2-4	F	10/28-12/16	5:15-6 pm	\$77 R/\$97 NR
	13149	2-4	Sa	9/17-10/15	11:30 am-12:15 pm	\$55R/\$69 NR
	13150	2-4	Sa	10/29-12/17	11:30 am-12:15 pm	\$77 R/\$97 NR
Lil Dribblers EM Children begin to learn to play basketball in a fun and supportive environment. Curriculum uses age-appropriate activities and games to develop basketball fundamentals. Children will begin to prepare for game play by incorporating these skills and learning the basic rules of the game. No Class 11/22 and 11/25.	13132	3-5	Tu	9/6-10/18	3:15-4 pm	\$77 R/\$97 NR
	13133	3-5	Tu	10/25-12/13	3:15-4 pm	\$77 R/\$97 NR
	13134	3-5	F	9/9-10/21	3:30-4:15 pm	\$77 R/\$97 NR
	13135	3-5	F	10/28-12/16	3:30-4:15 pm	\$77 R/\$97 NR
Triple Play EM This class features three of the world's favorite sports: soccer, basketball and football. Participants develop skills associated with each sport and have the opportunity to use these skills in game situations. Emphasis is placed on skill development, teamwork and sportsmanship. No Class 10/3, 10/31 and 11/21.	13124	4-6	M	9/12-10/17	3:30-4:15 pm	\$55 R/\$69 NR
	13125	4-6	M	10/24-12/12	3:30-4:15 pm	\$66 R/\$83 NR
Pee Wee Soccer EM Let your child's early soccer experience be a great one. Younger players develop not only soccer skills but also gain communication and motor skills, confidence and coordination. The program uses age-appropriate drills and exercises to teach players kicking, dribbling, shooting, ball control and more. Each class is designed to develop endurance, promote good sportsmanship and teamwork. No Class 11/22, 11/25 and 11/26.	13114	3-5	Tu	9/6-10/18	6-6:45 pm	\$77 R/\$97 NR
	13115	3-5	Tu	10/25-12/13	6-6:45 pm	\$77 R/\$97 NR
	13116	4-6	F	9/9-10/21	4:30-5:15 pm	\$77 R/\$97 NR
	13117	4-6	F	10/28-12/16	4:30-5:15 pm	\$77 R/\$97 NR
	13118	4-6	Sa	9/17-10/15	12:15-1 pm	\$55 R/\$69 NR
	13119	4-6	Sa	10/29-12/17	12:15-1 pm	\$77 R/\$97 NR
Sports and More EM Children are introduced to the fundamentals of such sports as soccer, T-ball, football, basketball, floor hockey and group games. The program provides an opportunity for each child to develop motor skills and nurture his/her growth socially and emotionally through teamwork and good sportsmanship. No Class 10/3, 10/12, 10/31, 11/21, and 11/23.	13128	3-5	W	9/7-10/19	3:30-4:15 pm	\$66 R/\$83 NR
	13129	3-5	W	10/26-12/14	3:30-4:15 pm	\$77 R/\$97 NR
	13130	4-6	M	9/12-10/17	4:15-5 pm	\$55 R/\$69 NR
	13131	4-6	M	10/24-12/12	4:15-5 pm	\$66 R/\$83 NR
T-Ball Skills Clinic EM Children will have fun and make new friends as they are introduced to baseball in this introductory T-ball program. Participants enjoy learning offense and defense skills, as well as the rules and philosophy of the game. The program stresses teamwork over competition. Children should wear sports attire and bring a glove. No Class 10/12 and 11/23.	13126	3-5	W	9/7-10/19	4:15-5 pm	\$66 R/\$83 NR
	13127	3-5	W	10/26-12/17	4:15-5 pm	\$77 R/\$97 NR
Tiny Tot Sports Camp EM This camp is designed for children who love sports! Campers are introduced to Soccer, Baseball, Basketball, Football, Floor Hockey, and a variety of group games. All campers will receive a camp T-shirt. Your child will develop motor skills and nurture his/her social and emotional growth.	13218	4-6	M-F	12/19-12/23	9-11:30 am	\$175 R/ \$219NR
	13219	4-6	M-F	12/26-12/30	9-11:30 am	\$175 R/ \$219NR
Toddler Soccer EM Young children develop motor skills while having fun running and kicking just like the big kids! Parents and tots work together in this class, learning the basics of soccer. Dribbling, passing, shooting and kicking will all be emphasized. A variety of activities designed around the game of soccer will be played each week. No Class 11/24. Parent participation required.	13136	2-3	Th	9/8-10/20	3:15-4 pm	\$77 R/\$97 NR
	13137	2-3	Th	10/27-12/15	3:15-4 pm	\$77 R/\$97 NR

Registration deadline is one week before program starts unless otherwise noted.

youth interest 21

Amazing Art KR

Oketo Fieldhouse

Amazing Art combines all your favorite art projects and mixed media in this unique class. Kids will make Tie Dye shirts (art smocks for the session), experience pottery painting, create fired ceramic arts, paint a canvas acrylic painting, do recycled arts projects and more. Lessons will include concepts and techniques kids can use for a lifetime and the experience of creating awesome projects will result in great self esteem and a sense of accomplishment. All new lessons for every session.

Code	Age	Date	Day	Time
12864	6 – 10	9/14-10/26	W	4:30 – 5:20 pm
12865	6 – 10	11/2-12/14	W	4:30 – 5:20 pm

Instructor: Sunshine Arts and Crafts Staff

Fee: \$109 R/ \$136 NR

Oobleck Lab Experience-Have the Slime of Your Life KH

Prairie View Community Center

Is it liquid or solid? It's BOTH! Have the slime of your life learning physics while making Oobleck. First introduced in the Dr. Suess book, Bartholomew and the Oobleck, kids will have a blast interacting with Oobleck front and center. All attendees will gear up with lab coats, goggles, test tubes in hand and more to have the ultimate messy experience. A souvenir of test tube slime will go home with all children! Instructed by the staff at Self Esteem Science Machine, a division of lisalombardi.com

Code	Age	Date	Day	Time
12879	5 – 11	11/19	Sa	1:30 – 2:30 pm

Fee: \$21 R/\$26 NR

Abacadabra KR

Prairie View Community Center

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks from the "Magic Team of Gary Kantor!" Amaze family and friends with tricks involving cards, ropes, coins, mind reading and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age appropriate. Additionally, you can sign up for this class again and again since brand new tricks are taught each session.

Code	Age	Date	Day	Time
13282	5 – 12	10/5	W	6:45 – 7:40 pm
13283	5 – 12	12/6	Tu	5 – 5:55 pm

Instructor: Team of Gary Kantor

Fee: \$20 R/\$25 NR

NEW!

Calling all Star Wars Fans! KH

National Fieldhouse

This is the ultimate event for passionate outer space or Star Wars fans. This shindig blasts off in the dimly lit "Kids Cosmic Cantina" for some dark side treats and hot tunes in the hangout. Next, learn the science behind those light sticks. Can the sabers depicted in Star Wars ever become reality? Be wowed with multiple OUT OF SIGHT space themed science experiments. Recreate either your favorite droid, furry co-pilot, or ultimate telescope through an art expression surprise that you can take home and use! BIG FINISH: Duel with your new galactic friends. Costumes are optional. We provide the lightsticks. This is a drop your child off event.

Code	Age	Date	Day	Time
12926	6-11	12/4	Su	1:30 – 3:45 pm

Instructor: The Team of Lisa Lombardi Coaching

www.lisalombardi.com

Fee: \$51 R/\$64 NR

NEW!

Airport Engineering and Technology KH

Prairie View Community Center

Children will "take flight" in this action packed hands on class as they have the opportunity to learn physics, engineering, technology, and applied mathematics while being introduced to the airport industry. Concepts will include how the runway lights and signs help planes take-off and land safely, the technology that tracks your checked bags, ensuring they land at the same airport as you, and the basic aeronautical engineering and physics concepts explaining the principles of flight. All participants will walk away with a souvenir and certificates of completion. BONUS MATERIAL: Helicopters!

Code	Age	Date	Day	Time
12885	7-12	9/24	Sa	1:30 – 3:30 pm

Instructor: The Team of Lisa Lombardi Coaching

www.lisalombardi.com

Fee: \$48 R/\$60 NR

NEW!

Bridges and Tunnels Engineering KH

Prairie View Community Center

Children will be introduced to the history, function, design, and geometry of bridges and tunnels using highly motivating hands on engineering activities. K'NEX parts, building straws, pretzel sticks and more will be used to enrich student's understanding of bridges and tunnels. This class is designed to add meaning to structures that children see in their everyday environment. This engineering class will culminate with kids making their own edible bridge snack! All participants go home with a certificate of completion.

Code	Age	Date	Day	Time
12886	7-12	10/8	Sa	1:30 – 3:30 pm

Instructor: The Team of Lisa Lombardi Coaching

www.lisalombardi.com

Fee: \$45 R/\$56 NR

NEW!



The Science AND History of Seasonal Candy ^{NEW!} KH

Prairie View Community Center

CANDY....yum! This sugary treat has a LOT of rich history and science behind it. Kids will transform into chemists and historians for the day to discover the secrets behind their favorite seasonal confections. PEEPS at Easter, POP ROCKS on The 4th of July, Chocolate at Christmas, CONVERSATION HEARTS for Valentine's Day, and Halloween CANDY CORN will all be examined and dozens more. Kids will log their data collections from the experiments conducted and use their critical thinking skills while creating hypotheses during class. BONUS MATERIAL: Retro candy sampling and 10 Cool Ideas For All That Leftover Halloween Candy.

Code	Age	Date	Day	Time
12884	6-12	11/5	Sa	1:30 – 3:30 pm

Instructor: The Team of Lisa Lombardi Coaching

www.lisalombardi.com

Fee: \$42 R/\$53 NR



Halloween Science, A Haunted Lab Experience ^{NEW!} KH

Prairie View Community Center

Investigate what makes Halloween so chilling in this electrifying and creative science workshop. Create eyeballs for a catapult, have fun with static powered dancing ghosts at a disco party, experiment with the science of glow sticks, make a pumpkin erupt, take the STEM challenge building a structure out of candy pumpkins and learn what creepy cool things you can do with your leftover Halloween candy and more weird and wacky Halloween science secrets revealed! Class will end with a make your own spooktacular drink concoction. Kids may wear a costume if they would like to be festive, optional.

Code	Age	Date	Day	Time
12880	6-12	10/21	F	6:30 – 8:45 pm

Instructor: The Team of Lisa Lombardi Coaching

www.lisalombardi.com

Fee: \$45 R/\$56 NR



Zumba Kids ^{sb}

Prairie View Community Center

Zumba Kids combines the energy of dance with musical rhythms like salsa, merengue, cumbia, reggaeton, hip-hop, and country in an easy-to-follow format for kids. It's a great way to burn energy and keep healthy while learning the unique rhythms of different musical genres.

Code	Age	Level	Date	Day	Time
12847	6 – 12	Beg	10/7 – 11/11	F	5 – 5:45 pm

Instructor: Tabet, Patrizia

Fee: \$39 R/\$49 NR



Parent and Child Karate ^{EM}

National Park Fieldhouse

An excellent opportunity to spend quality time with your child while conditioning muscles, developing coordination and improving cardiovascular fitness.

Code	Age	Level	Date	Day	Time
13164	7 & over	Beg/Cont white-red	9/7 – 12/14	W	6:30 – 7:25 pm
13165	7 & over	Nov/Int orange-blue	9/7 – 12/14	W	7:30 – 8:25 pm
13166	7 & over	Adv green+	9/7 – 12/14	W	8:30 – 9:30 pm

Instructor: IL Shotokan Karate

Fee per person: \$146 R/\$183 NR

Youth Karate ^{EM}

National Park Fieldhouse

ISKC's youth karate classes will put children in touch with their bodies and offers a good mix of strength training, with cardiovascular and flexibility exercises. Children increase their coordination, agility, and poise, as well as learn lasting personal safety skills. They also benefit from the mental stimulation of learning the choreographed moves of the kata and the discipline of conforming to the class rules. **Class on 11/7 at PVCC.**

Code	Age	Day	Date	Level	Time
13170	7 – 14	M	9/12 – 12/19	Beg/Cont (white-stripes)	4:30 – 5:30 pm
13171	7 – 14	M	9/12 – 12/19	Nov (red-orange)	5:30 – 6:30 pm
13172	7 – 14	M	9/12 – 12/19	Int (yellow-blue)	6:30 – 7:30 pm
13173	7 – 14	M	9/12 – 12/19	Adv (green and up)	7:30 – 8:30 pm

Instructor: IL Shotokan Karate

Fee: \$146 R/\$183 NR

National Fieldhouse

Code	Age	Day	Date	Level	Time
13174	8 – 14	W	9/7 – 12/14	Beg/Cont White-Red	6:30 – 7:25 pm
13175	8 – 14	W	9/7 – 12/14	Nov/Int Orange-Blue	7:30 – 8:25 pm
13176	8 – 14	W	9/7 – 12/14	Adv/Green+	8:30 – 9:30 pm

Instructor: IL Shotokan Karate

Fee: \$146 R/\$183 NR

youth interest / 23 music lessons

Glitzy Girlz- Girls Night Pamper Me Spa ^{KR} *NEW!*

Prairie View Community Center

Come join Glitzy Girlz staff with your BFFS for a night of Spa fun! Our staff will lead sections in Fruit Facials, Manicures and Pedicures teaching you cool spa techniques. Each participant will design a beautiful crystal charm bracelet or anklet. Nail stickers and great color collections will accompany and a foot/nail brush to take home. Each girl gets a "spa" goodie bag and learns fun new hygiene skills! www.glitzygirlz.com

Code	Age	Date	Day	Time
12862	5 – 11	10/13	Th	6 – 7:30 pm

Instructor: Glitzy Girlz Staff
Fee: \$32R/\$40NR

Glitzy Girlz- Rock Fashion Dance Party ^{KR} *NEW!*

Prairie View Community Center

Come join Glitzy Girlz for this ROCKIN new class! Staff gives a cool rock princess make-over with updo, crown and colored hair spray sparkle, make-up and nails polish application. Accessorize with an awesome mesh shirt and neon leg warmers to take HOME! Decorate a colored bag with a guitar on it and design a rock star bracelet. Our staff puts on the disco lights for a dance party to hot tunes. Bring cameras at the end of class to take photos at our rock stage backdrop and props! Come with friends! www.glitzygirlz.com

Code	Age	Date	Day	Time
12863	5-11	11/18	F	6 – 7:30 pm

Instructor: Glitzy Girlz Staff
Fee: \$32R/\$40NR

Piano, Brass ^{KH}

Prairie View Community Center

Designed for beginning to advanced students. We can structure a class for you.

Age	Date	Day	Time	Fee
6 & over	9/12/16 – 1/23/17	M	4 – 8 pm	\$382 R/\$478 NR
6 & over	2/6/17 – 6/5/17	M	4 – 8 pm	\$382 R/\$478 NR
6 & over	9/13/16 – 1/24/17	Tu	4 – 8 pm	\$459 R/\$574 NR
6 & over	2/7/17 – 6/6/17	Tu	4 – 8 pm	\$408 R/\$510 NR
6 & over	9/14/16 – 1/25/17	W	4 – 8 pm	\$433 R/\$541 NR
6 & over	2/8/17 – 6/7/17	W	4 – 8 pm	\$433 R/\$541 NR

Instructor: Kevin Cline

Piano, Brass and Cello ^{KH}

Prairie View Community Center

Designed for beginning to advanced students. We can structure a class for you.

Age	Date	Day	Time	Fee
4 & over	9/13/16 – 1/24/17	Tu	4 – 6:30 pm	\$459 R/\$574 NR
4 & over	2/7/17 – 6/6/17	Tu	4 – 6:30 pm	\$408 R/\$510 NR
4 & over	9/16/16 – 1/27/17	F	4 – 6:30 pm	\$408 R/\$510 NR
4 & over	2/10/17 – 6/9/17	F	4 – 6:30 pm	\$382 R/\$478 NR
4 & over	9/10/16 – 1/28/17	Sa	8 am – 3:30 pm	\$433 R/\$541 NR
4 & over	2/11/17 – 6/10/17	Sa	4 – 6:30 pm	\$382 R/\$478 NR

Instructor: Lia Corinth

- Private lessons are available for child through adult.
- Lessons are scheduled as 30 minutes, except for special request 45 minutes lessons with Ms. Lia.
- Instructors reserve the right to move students as necessary to accommodate schedules.
- For students and families wishing to maintain the same day, time and teacher from September through June, registration for the entire year is available.
- Questions? Contact Katie Halverson at (847) 965-0217

Guitar ^{KH}

Prairie View Community Center

Learn the basics of guitar with instruction on chords, songs, how to read notes, time signatures, and scales. Private Guitar Lessons are 30 minute weekly lessons designed for the individual student. Beginners to advanced levels, children and adults welcome. Styles include rock, metal, alternative, blues, folk, jazz, and classical. Guitar rentals available through the Ultimate School of Guitar, (773) 508-9443.

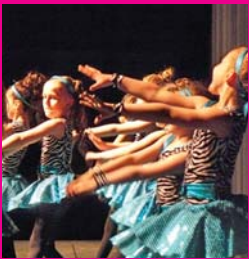
- Instructors: Dan Chernow, Berkley College of Music Graduate and Sean Taggart, Columbia College Graduate, Music Composition & Jazz Guitar

Age	Date	Day	Time	Fee
8 & over	8/29 – 11/7	M	3 – 7 pm	\$260 R/\$325 NR
8 & over	11/14 – 1/30	M	3 – 7 pm	\$234 R/\$293 NR

Instructor: Dan Chernow

Age	Date	Day	Time	Fee
8 & over	9/8 – 11/10	Th	3 – 7 pm	\$260 R/\$325 NR
8 & over	11/17 – 2/2	Th	3 – 8:30 pm	\$234 R/\$293

Instructor: Sean Taggart



SAVE THE DATE
**2017 Annual
 Dance Recital**
Maine East High School
Sunday, May 7, 2017
12 pm



Give Props to Props ^{KH}

Movement with props gives dancers a broader focus. Experiment with hats, pillows, canes, scarves and more.

Stretch & Strengthen ^{KH}

Dancers will work to develop muscles and prevent injury, while improving flexibility and building stamina.

Me & My Shadow ^{KH}

This class is an opportunity for adults and tots to interact in a group setting and develop listening skills through movement and play.

Creative Movement ^{KH}

Creative Movement is an introduction to the development of free movement for young bodies, following directions, and structured imagination games.

Story Telling Toes ^{KH}

Make the connection between narration and movement. Dancers will bring stories to life through imagination each week using a variety of stories.

Ballet Basics II & Ballet II ^{KH}

Dancers will concentrate on full body connectivity and explore new terminology with these traditional ballet classes.

Ballet Tap I/Ballet II & Tap ^{KH}

These classes will combine ballet and tap technique. Ballet instruction will build upon skills learned in ballet basics I and II. This class offers one recital piece that will be determined by the teacher.

Jazz I ^{KH}

Jazz is a fun and energetic style of movement. This class will explore isolations along with various combinations.

Jazz II & Tap ^{KH}

This class will incorporate both jazz technique and tap skills.

Contemporary Ballet ^{KH}

This new emerging style fuses the technique of ballet with the abstraction of modern dance. Dancers are encouraged to develop their artistic voice.

Lyrical Ballet ^{KH}

This class combines ballet technique with movement choreographed specifically to the lyrics.

Hip Hop Classes:

Teeny Bop Hip Hop, Hip Hop Kids I & II, Hip Hop II & III ^{KH}

Through these high energy classes, dancers will enjoy age appropriate movement and music, and develop individual expression. Bring your "A Game" and get ready to learn fun and funky moves!

Choreography Class ^{KH}

Want to dive in deeper and take your choreography skills to the next level? Dancers will learn to create their own movement and find different pathways to connect with an audience utilizing choreographic tools in a safe, positive, and inviting environment.

Technique ^{KH}

Dancers will focus on core, alignment, and strength to enhance their stage performance. These technical skills will translate into a dancer's understanding of their body and the art of dance. These classes do not participate in the recital.

Pom Squad ^{KH}

This class blends sharp movements with jazz and hip hop technique. Through high energy movement, dancers will create visual effects with poms and have fun with their friends!

Starbound Company Classes ^{KH}

Starbound Dance Company is for the advanced, dedicated, well-rounded dancer, ready to take their technique to the next level. Dancers participate in community performances and are a recreational, competitive group. Starbound Company classes are by instructor approval only. Additional costume and competition costs are not included in registration fee.

dance 25



**Pay in full and
receive 10% off
Dance Classes.**

- Dance classes run from Sept. through May. **Registration Deadline: Oct. 17**
- For dress code requirements please visit www.mortongrovesparks.com
- Please refer to www.mortongrovesparks.com or 16-17 Dance Handbook for no class dates.

Class	Code	Age	Date	Day	Time	Instructor	Fee
Me & My Shadow	12957	2 – 3	9/9 – 5/5	F	2:15 – 2:45 pm	Kelly Clifton	\$166 R/ \$220 NR
Storytelling Toes	12956	3 – 5	9/9 – 5/5	F	1:45 – 2:15 pm	Kelly Clifton	\$166 R/ \$220 NR
Teeny Bop Hip Hop	12938	3 – 5	9/6 – 5/2	TU	4:30 – 5:15 pm	Lori Andel	\$347 R/ \$434 NR
Creative Movement	12933	3 – 4	9/12 – 5/1	M	4:15 – 5 pm	Lindsay Skarbek	\$291 R/ \$364 NR
Creative Movement	12955	3 – 5	9/9 – 5/5	F	1 – 1:45 pm	Kelly Clifton	\$325 R/ \$406 NR
Ballet Tap I	12939	4 – 6	9/6 – 5/2	TU	5:15 – 6 pm	Lori Andel	\$347 R/ \$434 NR
Hip Hop Kids I	12945	4 – 6	9/7 – 5/3	W	6 – 6:45 pm	Lindsay Skarbek	\$336 R/ \$420 NR
Hip Hop Kids I	12948	4 – 7	9/8 – 5/4	TH	4:15 – 5 pm	Sam Fink	\$347 R/ \$434 NR
Teeny Bop Hip Hop	12954	4 – 6	9/9 – 5/5	F	12:15 – 1 pm	Kelly Clifton	\$325 R/ \$406 NR
Ballet Basics II	12934	5 – 7	9/12 – 5/1	M	5 – 5:45 pm	Lindsay Skarbek	\$291 R/ \$364 NR
Hip Hop Kids I	12958	5 – 7	9/10 – 4/29	SA	10:15 – 11 am	Lori Andel	\$325 R/ \$406 NR
Ballet II	12949	7 – 10	9/8 – 5/4	TH	5 – 5:45 pm	Sam Fink	\$347 R/ \$434 NR
Ballet II & Tap	12943	7 – 9	9/7 – 5/3	W	4:15 – 5 pm	Lindsay Skarbek	\$336 R/ \$420 NR
Jazz I	12940	7 – 9	9/6 – 5/2	TU	6 – 6:45 pm	Lori Andel	\$347 R/ \$434 NR
Poms Squad II	12960	7 – 10	9/10 – 4/29	SA	11 – 11:45 am	Lori Andel	\$325 R/ \$406 NR
Ballet II	12944	9 – 11	9/7 – 5/3	W	5 – 5:45 am	Lindsay Skarbek	\$336 R/ \$420 NR
Jazz II & Tap	12941	9 – 13	9/6 – 5/2	TU	6:45 – 7:30 am	Lori Andel	\$347 R/ \$434 NR
Technique I	12950	9 – 13	9/8 – 5/4	Th	5:45 – 6:30 pm	Sam Fink	\$297 R/ \$384 NR
Give Props to Props	12946	10 – 18	9/7 – 5/3	W	6:45 – 7:30 pm	Lindsay Skarbek	\$336 R/ \$420 NR
Hip Hop III	12935	10 – 13	9/12 – 5/1	M	5:45 – 6:30 pm	Lindsay Skarbek	\$291 R/ \$364 NR
Lyrical Ballet	12951	10 – 13	9/8 – 5/4	TH	6:30 – 7:30 pm	Sam Fink	\$463 R/ \$579 NR
Choreography	12961	12 – 18	9/10 – 4/29	SA	11 – 11:45 am	Sam Fink	\$325 R/ \$406 NR
Company Ballet	12962	12 – 18	9/10 – 4/29	SA	11:45 am – 1 pm	Sam Fink	\$649 R/ \$811 NR
Company Sr. & Jr. Hip Hop	12936	12 – 18	9/12 – 5/1	M	6:30 – 7:30 pm	Lindsay Skarbek	\$388 R/ \$485 NR
Company Tap	12964	12 – 18	9/10 – 4/29	SA	1:05 – 2:05 pm	Lori Andel	\$433 R/ \$541 NR
Company Technique	12937	12 – 18	9/12 – 5/1	M	7:30 – 8:15 pm	Lindsay Skarbek	\$291 R/ \$364 NR
Hip Hop III	12959	12 – 18	9/10 – 4/29	SA	10:15 – 11 am	Sam Fink	\$325 R/ \$406 NR
Junior Company Jazz	12963	12 – 18	9/10 – 4/29	SA	11:45 am – 1 pm	Lori Andel	\$649 R/ \$811 NR
Senior Company Lyrical	12942	12 – 18	9/6 – 5/2	TU	7:30 – 8:15pm	Lori Andel	\$347 R/ \$434 NR
Stretch & Strengthen	12947	12 – 18	9/7 – 5/3	W	7:30 – 8:15 pm	Lindsay Skarbek	\$286 R/ \$370 NR
Adult Dance Mashup	12953	over 18	9/8 – 10/13	TH	8:15 – 9 pm	Sam Fink	\$65 R/ \$81 NR



Volunteer Coaches

If you would like to get involved please contact Elizabeth McCann, (847) 965-0387 or emccann@mgparks.com. All volunteer coaches will be subject to a background check by the Park District.

Friendship Request Procedures

Participants are only allowed to make one request per league. We will try to fulfill a reasonable number of friendship requests, but none are guaranteed. Siblings will be placed on the same team.

CSL Basketball League-Boys EM

Weber Leisure Center- Skokie or Niles North High School

The park district youth basketball program is part of the Community Basketball League. This is an instructional program led by trained volunteer coaches who develop player's basketball skills. Grades 3-8 division teams have one weeknight practice per week, younger division teams practice prior to their games. Player evaluations take place prior to the season. Contact Elizabeth McCann at emccann@mgparks.com for specific dates and times.

Code	Grade	Date	Day	Time	Fee
13227	K-2nd	1/8-3/19	Su	12-1:30 pm	\$85
13228	3rd-4th	1/8-3/19	Su	2-4:30 pm	\$95
13229	5th-6th	1/8-3/19	Su	2-4:30 pm	\$105
13230	7th-8th	1/8-3/19	Su	3:30-6 pm	\$105

CSL Girls Basketball Grades 3-5 EM

Weber Leisure Center- Skokie

Code	Grade	Date	Day	Time	Fee
13227	K-2nd	1/7-3/18	Sa or Su	12-1:30 pm	\$95
13225	3rd-5th	1/7-3/18	Sa or Su	2-4:30 pm	\$95
13226	6th-8th	1/7-3/19	Sa or Su	2-5:30 pm	\$105

North Suburban Youth Basketball League EM *NEW!*

The Morton Grove Park District with surrounding communities will be offering travel basketball for boys and girls 3rd through 6th grades. There will be scheduled tryouts for these teams and the dates and times are as follows:

Sunday, September 11 - 1:00-3:00pm

Monday, September 12 - 6:00-8:00pm

Wednesday, September 14 - 6:00-8:00pm

These teams will be entered in the North Suburban Travel Basketball league, which consists of Deerfield, Highland Park, Glenview, Wilmette, Northbrook and more. Once selected to participate on these teams, there will be an individual fee assessed. This will include a 16 game schedule, season ending tournament, experienced and trained coaches and support staff from the Skokie, Lincolnwood and Morton Grove Park Districts.

E-Town Tennis - Quick Start 1 EM

Prairie View Tennis Courts

This introductory level class is for kids looking to be exposed to tennis for the first time, or continuing their second year of tennis. We use pressureless balls and review proper stroke production so all participants get started with a sound foundation.

Code	Age	Date	Day	Time
13220	4-6	9/7-9/28	W	4-5pm
13222	4-6	9/10-10/1	Sa	9:30-10am

Fee: \$60R/\$81NR

E-Town Tennis - Quick Start 2 EM

Prairie View Tennis Courts

This introductory level class is for kids looking to be exposed to tennis for the first time, or continuing their second year of tennis. We use pressureless balls and review proper stroke production so all participants get started with a sound foundation.

Code	Age	Date	Day	Time
13221	7-10	9/7-9/28	W	5-6 pm
13223	7-10	9/10-10/1	Sa	10:30-11:30 am

Fee: \$60/\$81NR

CSL Flag Football EM

Oakton Park- Skokie Park District

The Central Suburban Youth Flag Football League (CSL) is a cooperative program for grades 1-4. Games are on Saturdays and the season runs from 9/10 to 11/5. This is a co-ed league.

Code	Grade	Date	Day	Time
12554	1st-4th	9/10-11/5	Sa	12-2 pm

Fee: \$90 R/NR

Check out www.mortongrovecparks.com for more info about MGBSA. Or call (224) 216 4272 for more info.

MGBSA

Boys Baseball & Girls Softball

“Let’s play ball!! From the first year T-baller to the 9th grade veteran, The Morton Grove Baseball & Softball Association (MGBSA) invites you to participate in one of our fall leagues. Our early registration will begin online. Please visit www.eteamz.com/mgbsa to register.

Register early for a price break and to ensure your spot on a team.

For information, please email information@mgbsa.com

MGBSA Fall T-Ball

Code	Age	Date	Day	Time
12798	5 – 7	9/10 – 10/22	Sa	11 am – 12 pm

Fee: \$65

MGBSA Baseball

Code	Age	Date	Day	Time
12799	6 – 8	8/20 – 10/22	vary	vary
12800	7 – 11	8/20 – 10/22	vary	vary
13299	11 – 12	8/20 – 10/22	vary	vary
13314	12-14	8/20 – 10/22	vary	vary

Fee: \$90

MGBSA Softball

Code	Age	Date	Day	Time
12801	7 – 8	8/20 – 10/22	vary	vary
12802	9 – 10	8/20 – 10/22	vary	vary
12803	10 – 12	8/20 – 10/22	vary	vary

Fee: \$90

Morton Grove Baseball and Softball Association has been active in Morton Grove for 65 years. Our organization is seeking volunteers in many areas, including

- coaches
- team parents
- board members
- liaisons with area schools
- liaisons with interleague divisions

The objective of MGBSA is to provide supervised recreation designed to help children:

- grow in competence and confidence;
- develop good exercise habits;
- learn good sportsmanship and respect for authority; and
- have fun!

Being active in MGBSA allows parent volunteers a way to participate in and have a positive influence on the lives of area children.

If you are interested in volunteering please email information@mgbsa.com

AYSO Soccer Program

The American Youth Soccer Organization (AYSO), Region 794 is looking for children grades K-12 to play soccer. AYSO is a non-profit, volunteer run organization and parent participation is strongly recommended (we'll provide any necessary training free of charge). More information can be found at www.mgayso.org or “like” AYSO on Facebook.



Basketball Skills Training ^{EM}

Prairie View Community Center

Players will go through agility drills, intense ball handling, defense, shooting, and in game moves to improve their overall game. Drills will be intense to get the best results possible. Instructors, Coach Newman, from Stevenson High School, and Coach Lenoir, Western Illinois Alum. Player experience is recommended. Please bring a ball. No class 11/26.

Code	Type	Date	Day	Time	Fee
13300	1 week	9/10 – 12/3	Sa	4 – 5 pm	\$20 R/ \$25 NR
13301	2 weeks	9/10 – 12/3	Sa	4 – 5 pm	\$40 R/ \$50 NR
13302	4 weeks	9/10 – 12/3	Sa	4 – 5 pm	\$75 R/ \$94 NR
13303	8 weeks	9/10 – 12/3	Sa	4 – 5 pm	\$120 R/ \$150 NR
13304	12 weeks	9/10 – 12/3	Sa	4 – 5 pm	\$140 R/ \$175 NR

Tae Kwon Do ^{EM}

National Fieldhouse

Tae Kwon Do is a form of Korean martial arts with a heavy emphasis on kicks. Grandmaster Connelly is one of the most experienced professionals. His classes are fun, safe, age appropriate, and rewarding!

Code	Age	Date	Day	Time	Fee
13233	5 – 7	9/13 – 11/22	Tu	5:30 – 6:30 pm	\$120 R/\$150 NR
13234	8 – 12	9/13 – 11/22	Tu	6:30 – 7:30 pm	\$120 R/\$150 NR

Couch to 5K-Youth 7-14 ^{SB}

Prairie View Community Center

Is your child interested in running a 5K? Join Personal Trainer Kathy Wasicki for an 8 week program to meet that goal. This class will meet on Tuesday evenings from 5pm - 5:45pm and will include stretching, strength training, walk to run intervals. Class will be held outside. In case of inclement weather will be held inside Prairie View Community Center.

Code	Age	Date	Day	Time	Fee
12846	7-14	9/6-10/25	Tu	5:00pm-5:45pm	\$48 R/\$60 NR

Instructor: Kathy Wasicki





All Hot Shots Sports programs are held at
Prairie View Community Center.

Instructor: Hot Shots Sports Staff



Program/ Description	Code	Age	Day	Date	Time	Fee
Basketball Skills Clinic 1 EM Join the Hot Shots staff in a fun, game-filled environment designed to introduce young athletes to one of the greatest team sports. Develop early basketball skills such as shooting, dribbling and passing, along with the basic rules of the game. Each class includes instruction and structured games. This class is for the basketball beginner looking to understand the game, learn new skills and have a ball! No Class 10/3, 10/31, 11/21, and 11/22.	13139	6 – 8	M	9/12 – 10/17	5 – 6 pm	\$55 R/ \$69 NR
	13140	6 – 8	M	10/24 – 12/12	5 – 6 pm	\$66 R/ \$83 NR
	13141	6 – 8	Tu	9/6 – 10/18	4 – 5 pm	\$77 R/ \$97 NR
	13142	6 – 8	Tu	10/25 – 12/13	4 – 5 pm	\$77 R/ \$97 NR
Soccer Skills Clinic 101 EM Children are introduced to fundamental soccer tactics such as passing the ball, offensive and defensive moves, and protecting and intercepting the ball from the opposing team. Children learn to score and prevent goals. Physical endurance and fitness are emphasized while handling the ball. At this age the focus starts to change from simple games to organized, tactical, competitive games. No Class 10/12 and 11/25.	13120	6 – 8	W	9/7 – 10/19	5 – 6 pm	\$63 R/ \$83 NR
	13121	6 – 8	W	10/26 – 12/14	5 – 6 pm	\$77 R/ \$97 NR
Baseball Skills Clinic EM Players work on technique and enhancing form in this comprehensive skills clinic. Players work on throwing mechanics, batting stance, bat positioning and speed, base running, fielding, and pitching. Players should bring their own gloves, and be ready for a fun, fast paced learning environment. No Class 11/24.	13153	6 – 8	Th	9/8 – 10/20	4 – 5 pm	\$77 R/ \$97 NR
	13154	6 – 8	Th	10/27 – 12/15	4 – 5 pm	\$77 R/ \$97 NR
Volleyball Skills Clinic EM This clinic includes instruction on all major volleyball skills: serving, passing, setting and attacking. Players receive a solid foundation of these fundamental skills through fun and active drills, building up to team play. This class is for the volleyball beginner looking to understand the game and learn new skills. Kneepads are recommended. No Class 11/24.	13155	7 – 10	Th	9/8 – 10/20	5 – 6 pm	\$77 R/ \$97 NR
	13156	7 – 10	Th	10/27 – 12/15	5 – 6	\$77 R/ \$97 NR
“Game Time” Flag Football EM Players experience daily scrimmages with active instruction and tips from the coaching staff of Hot Shots Sports. Coaches referee while emphasizing the fundamentals and game strategies of flag football. Players are encouraged to practice football skills such as running pass routes, play calling, defensive positioning, and the fundamentals of blocking and pass coverage. These skills and others will be put to use in a “game time” environment during weekly scrimmages. No Class 10/3, 10/31, and 11/21.	13151	8 – 12	M	9/12 – 10/17	6 – 7 pm	\$55 R/ \$69 NR
	13152	8 – 12	M	10/24 – 12/12	6 – 7 pm	\$66 R/ \$83 NR

**10% 2ND CHILD DISCOUNT
ON HOT SHOTS SPORT CLASSES**

Program/ Description	Code	Age	Day	Date	Time	Fee
Basketball Skills Camp EM Your camper will improve their basketball fundamentals, learn advanced skills, and enhance their teamwork. Dribbling, passing, rebounding, shooting and defense will be developed. Campers will be divided into groups based on age, size and ability. Camp highlights include a 6:1 Camper/Coach ratio, camp t-shirt, league and tournament play, and daily contest and prizes. Campers should bring a snack and drinks each day.	13212	7 – 10	M – F	12/19 – 12/23	1:30 – 4:30 pm	\$175 R/ \$219 NR
	13213	7 – 10	M – F	12/26 – 12/30	1:30 – 4:30 pm	\$175 R/ \$219 NR
	13214	11 – 14	M – F	12/19 – 12/23	1:30 – 4:30 pm	\$175 R/ \$236 NR
	13215	11 – 14	M – F	12/26 – 12/30	1:30 – 4:30 pm	\$175 R/ \$219 NR
3-on-3 Basketball League EM The league exposes youth players to team dynamics and develops their intermediate and advanced basketball skills. Through game play and practices, players learn new techniques and improve existing skill levels. Each team is assigned a coach who works hands on with the players and their teammates to encourage teamwork, proper fundamentals and core concepts of the game. Games are held Saturday's between 1:00 PM and 3:00 PM. Each team meets for a 15-minute practice followed by a game. Schedules are provided the first week of the season. Evaluations will be held Saturday, September 17 and are used to determine team placement and provide balanced teams. Attendance by all players is required. One player request may be made per person, but no players are guaranteed to be on the same team. Teams consist of 4-6 players with equal playing time required. No Class 10/22.	13161	10 – 12	Sa	9/17 – 10/29	1 – 3 pm	\$81 R/ \$101 NR
	13162	13 – 15	Sa	9/17 – 10/29	1 – 3 pm	\$81 R/ \$101 NR
Total Sports Camp EM This camp is designed for children who love sports! Some of the sports played include Soccer, Baseball, Basketball, Football, Floor Hockey, and a variety of group games. Sportsmanship and teamwork will be emphasized in each sport. All campers will receive a camp T-shirt. Campers should bring a snack and drinks each day.	13216	7 – 10	M – F	12/19 – 12/23	9 – 11:30 am	\$175 R/ \$219 NR
	13217	11 – 14	M – F	12/26 – 12/30	9 – 11:30 am	\$175 R/ \$219 NR
Hot Shots League Play Join us Friday nights for League Play! The first week will be practice play and evaluations to provide balanced teams. During league play, participants will compete in a different sport each week, including dodgeball, basketball, floor hockey, and soccer. Standings will be kept, and at the conclusion of the season the winning team will be awarded medals. Each participant will receive a t-shirt. No Class 11/25.	13159	8-12	F	9/9-10/21	6 – 7 pm	\$82 R/ \$103 NR
	13160	8-12	F	10/28-12/16	6 – 7 pm	\$82 R/ \$103 NR





Girls Recreational Gymnastics ^{EM}

The goal of this entry level program is to challenge gymnasts and allow them to achieve maximum success while developing skills, building strength and increasing flexibility. The program follows developmental gymnastics progressions. Gymnasts are grouped by age categories.

Girls Level 1 Gymnastics ^{EM}

This program is designed to challenge and train gymnasts for participation in the gymnastics competitive system. The program is divided into progressive levels recommended by USA Gymnastics. Instructor approval required for Level 1.

Girls Advanced Recreational Gymnastics ^{EM}

This program is for participants wanting to advance their skills through classes. Gymnasts are challenged by their individual skill level to improve their skill set.

Girls Gymnastics Xcel Bronze Competitive Team Level 2 ^{EM}

This is our competitive team for athletes competing in Xcel Bronze Level and in Junior Olympic Level 2 sanctioned USA Gymnastics competition. Team schedule is determined by the coaches and coordinator.

Girls Xcel Silver, Gold, Platinum & Diamond Team (levels 3-10) ^{EM}

This is our competitive team for athletes competing in Xcel Silver, Gold, Platinum & Diamond Levels and Junior Olympic Competitive Levels 3-10 sanctioned USA Gymnastics competition. Competitive Team schedule is determined by the team coaches and coordinator.

No class dates are subject to change due to Niles West gymnastics schedule.

No Class: 10/3, 10/12, 11/23, 11/25, 11/26, 11/27



Boys Recreational Gymnastics & Level 1 ^{EM}

This entry level program challenges gymnasts by developing skills, building strength and increasing flexibility. Boys artistic gymnastics is comprised of six Olympic events; vault, high bar, parallel bars, pommel horse, rings, and floor exercise.

Gymnastics Competitive Boys Pre Team ^{EM}

This program prepares athletes to compete at sanctioned USA Gymnastics competitions. Registered gymnasts learn required, competitive level routines and are expected to compete at least once. Gymnasts progress to Boys Team.

Boys Competitive Gymnastics Team ^{EM}

This is a Men's Level 4-10 team for sanctioned USA Gymnastics competition. Team competitive schedule is determined by the coaches and coordinator.

Gymnastics Tumble Class ^{EM}

This co-ed program is designed for cheerleaders and gymnasts to achieve maximum success while developing tumbling skills which demonstrate speed and strength. Acrobatic maneuvers including somersaults, flips and twists will also be covered. This program is recommended for those who want to tumble (no gymnastics apparatus).

Gymnastics Competitive Co-ed Tumbling Team ^{EM}

This program is designed for the tumblers and gymnasts who are interested in participating in USA Gymnastics competitive tumbling system. Competitive Team schedule is determined by the team coaches and coordinator.

Gymnastics questions?
Contact Elizabeth McCann at (847) 965-0387



youth gymnastics 31

Girls Recreational Gymnastics

Age: 6 – 17

Fee: \$132R/\$165 NR

Fee: \$121 R/\$151 NR

Niles West High School

Code	Date	Day	Time
13188	9/12 – 12/5	M	6 – 7 pm
13189	9/14 – 12/7	W	6 – 7 pm
13190	9/14 – 12/7	W	7 – 8 pm
13191	9/16 – 12/9	F	6 – 7 pm

Girls Level 1 Gymnastics

Age: 6 – 17

Fee: \$121 R/\$151 NR

Fee: \$132 R/\$165 NR

Niles West High School

Code	Date	Day	Time
13192	9/12 – 12/5	M	6 – 7 pm
13193	9/14 – 12/7	W	6 – 7 pm
13194	9/14 – 12/7	W	7 – 8 pm
13195	9/16 – 12/9	F	6 – 7 pm

Girls Advanced Recreational Gymnastics

Age: 6 – 17

Fee: \$147 R/\$184 NR

Niles West High School

Code	Date	Day	Time
13196	9/17 – 12/10	Sa	1:30 – 3 pm
13197	9/18 – 12/11	Su	9:45 – 11:15 am

Girls Gymnastics Xcel

Bronze Competitive

Team Level 2

Age: 6 – 17

Fee: \$195 R/\$244 NR

Niles West High School

Code	Date	Day	Time
13198	9/12 – 12/16	M/F	6:30 – 8:30 pm

Girls Xcel Silver & Level 3

Age: 6 – 17

Fee: \$250 R/\$313 NR

Niles West High School

Code	Date	Day	Time
13199	9/12 – 12/18	M/F	6:30 – 8:30 pm
		Su	9:30 – 11:30 am

Girls Gold, Platinum & Diamond Team (levels 4 – 10)

Age: 6 – 17

Fee: \$310 R/\$388 NR

Niles West High School

Code	Date	Day	Time
13200	9/12 – 12/17	M/W/F	6:30 – 8:30 pm
		Sa	1:30 – 3 pm

Boys Recreational Gymnastics & Level 1

Age: 6 – 17

Fee: \$77 R/\$97 NR

Fee: \$88 R/\$110 NR

Niles West High School

Code	Date	Day	Time
13201	9/12 – 12/5	M	6 – 7 pm
13202	9/14 – 12/7	W	6 – 7 pm
13203	9/16 – 12/9	F	6 – 7 pm
13204	9/17 – 12/10	Sa	1:30 – 2:30 pm

Gymnastics Competitive Boys Pre Team

Age: 6 – 17

Fee: \$159 R/\$195 NR

Niles West High School

Code	Date	Day	Time
13205	9/16 – 12/9	F	6:30 – 8:30 pm

Boys Competitive Gymnastics Team

Age: 6 – 17

Fee: \$310 R/\$388 NR

Niles West High School

Code	Date	Day	Time
13206	9/12 – 12/18	M/W/F	6:30 – 8:30 pm
		Su	9:30 – 11:30 am

Gymnastics Tumble Class

Age: 6 – 17

Fee: \$121 R/\$151 NR

Fee: \$132 R/\$165 NR

Niles West High School

Code	Date	Day	Time
13207	9/12 – 12/5	M	6 – 7 pm
13208	9/14 – 12/7	W	6 – 7 pm

Gymnastics Competitive Co-ed Tumbling Team

Age: 6 – 17

Fee: \$132 R/\$165 NR

Niles West High School

Code	Date	Day	Time
13209	9/17 – 12/10	Sa	1:30 – 2:30 pm

teen sports & interest



**10% 2ND CHILD DISCOUNT
ON HOT SHOTS SPORT CLASSES**

All Hot Shots Sports programs are held at Prairie View Community Center.

Instructor: Hot Shots Sports Staff



Program/ Description	Code	Age	Day	Date	Time	Fee
Soccer Skills Clinic 201 EM In the next stage of their progression, players increase their playing stamina and speed on and off the ball. The clinic's technique training involves strength and placement shooting, landing on shooting foot, precision passing, settling the ball with various body parts, and other offensive and defensive skills. Most importantly, players are taught game concepts that will improve their decision-making. No Class 10/12 and 11/23.	13122	9 – 12	W	9/7 – 10/19	6 – 7 pm	\$66 R/\$83 NR
	13123	9 – 12	W	10/26 – 12/14	6 – 7 pm	\$77 R/\$97 NR
Basketball Skills Clinic 2 EM Players will incorporate their current shooting and dribbling skills into offensive plays such as setting screens and moving without the ball. Participants are introduced to defensive moves including proper stance and concepts such as zone and man-to-man defense. Players will develop their shot using proper mechanics to be effective further from the basket. No Class 11/22.	13143	9 – 12	Tu	9/6 – 10/18	5 – 6 pm	\$77 R/\$97 NR
	13144	9 – 12	Tu	10/25 – 12/13	5 – 6 pm	\$77 R/\$97 NR
Full Court Basketball EM Come down to the gym and play full court basketball games. Hot Shots Sports staff will facilitate and referee games. Participants are divided into new teams each week and have an opportunity to work with coaches on specific skills and then apply these acquired skills to actual games. No Class 11/22.	13145	10 – 14	Tu	9/6 – 10/18	7 – 8 pm	\$77 R/\$97 NR
	13146	10 – 14	Tu	10/25 – 12/13	7 – 8 pm	\$77 R/\$97 NR
“Game Time” Volleyball EM Players experience daily scrimmages with active instruction and tips from the Hot Shots Sports coaching staff. Coaches referee while emphasizing the fundamentals and game strategies of volleyball. Players learn skills such as serving, passing, setting and attacking in a “game time” environment. No Class 11/24.	13157	11 – 15	Th	9/8 – 10/20	6 – 7 pm	\$77 R/\$97 NR
	13158	11 – 15	Th	10/27 – 12/15	6 – 7 pm	\$77 R/\$97 NR

Let's Be Seen KH

NEW!

Prairie View Community Center

Create a performance by learning to use our bodies as full instruments - capable of movement, storytelling, sound, and whatever else we discover! Participants will collectively explore a theme that interests them through writing, ensemble-based theater games, and storytelling.

Code	Age	Date	Day	Time
13111	15-18	9/12 – 10/17	M	6:30 – 8 pm

Instructor: Mariana Green
 Fee: \$105 R/\$131 NR

Playwriting KH

NEW!

Prairie View Community Center

Got a story that you want to see people perform? Got an idea for a sinister character who twirls a mustache? Got an itch to write about human conflicts and how they deal with them? Come make it happen!

Code	Age	Date	Day	Time
13110	15-18	9/12 – 10/17	M	4:30 – 6 pm

Instructor: Mariana Green
 Fee: \$105 R/\$131 NR

teen sports & interest 33

Fright Fest on Columbus Day ^{KH}

Departs Prairie View Community Center
Travel to Six Flags Great America, which this fall will feature monster roller coasters and scary creatures! Price includes ticket, transportation, and supervision. Make sure to bring extra money for food and souvenirs. Registration deadline is Friday, September 30.

Code	Age	Date	Day	Time
13261	11 – 15	10/10	M	9 am – 7 pm

Fee: \$55 R/\$69 NR

Teen Fright Night ^{KH}

Departs Prairie View Community Center
This haunted house tour will scare even the bravest of teens! Hop on our bus as we chauffeur you to three of the area's most terrifying haunted attractions, as well as a quick food stop. We begin at Scream Scene, then off to St. Thecla's Hair Razor Haunted Scenes and finally to St. Pascal's Catacombs Haunted House. Bring money for dinner or a snack. Price includes VIP Triple Fright Ticket admission at all 3 houses (a \$50 value on its own) and includes a fast pass, so no waiting lines! Transportation and supervision included. Please register at least 1 week in advance to meet the trip minimum.

Code	Age	Date	Day	Time
13264	11 – 14	10/14	F	6 – 10 pm

Fee: \$45 R/\$56 NR

Canine Craft:

Doggie Bow Tie ^{KH} **NEW!**

Prairie View Community Center
Just in time for the holiday season, create 2 doggie bow ties for your favorite pooch! There will be a variety of fabric patterns to choose from. All supplies provided.

Code	Age	Date	Day	Time
12881	11 and over	11/8	Tu	6:30 – 7:30 pm

Instructor: MG Staff

Fee: \$10 R/\$12 NR

American Red Cross Babysitting Training ^{KH}

Prairie View Community Center

Learn the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This American Red Cross course will teach five critical areas: leadership, safety and safe play, basic care, first aid, and professionalism. It is taught by an American Red Cross certified instructor. Participants should bring a doll, lunch and must attend the full class to obtain certification. Participants who arrive after 9:30am will not be permitted to participate.

Code	Age	Date	Day	Time
13271	10 – 15	9/10	Sa	9 am – 3:30 pm

Fee: \$65 R/\$82 NR

Ghost Stories in the Haupt-Yehl House ^{MD}

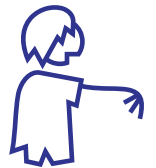
Historical Museum at Historical Museum

Join us as we share terrifying stories inside of the Haupt-Yehl House. We will start things off with dinner and the history of the house as well as a haunted tour. We will then sit in the living room and tell chilling stories. Please come prepared with a story to tell the group.

Code	Grades	Date	Day	Time
12882	5th – 9th	10/20	Th	7 – 8:30 pm

Instructor: Melissa D'Lando

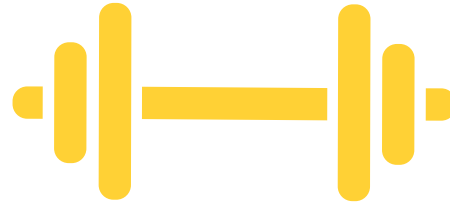
Fee: \$7 R/\$10 NR



NEW AT CLUB FITNESS

We are proud to now offer the
***Silver Sneakers, Prime Memberships, and
Healthy Minds, Healthy Bodies***

For more information, please call Sue Braubach at (847) 965-0532



CLUB FITNESS

Friendlier Fitness • No Initiation Fees

Hours of Operation

Monday – Thursday: 5:00 am – 10:00 pm

Friday: 5:00 am – 9:00 pm

Saturday & Sunday: 7:00 am – 6:00 pm

The Fitness Center will be closed September 29
for maintenance.

Our Fitness Center Offers the following

- Full Circuit of: Paramount XL Line I Iron Grip Free Weights
- Troy Dumbbells (5-120 lbs.) | Precor/Life Fitness Elliptical Trainers
- Alternative Motion Trainers (AMT) | Upright Bikes
- NuStep Recumbent Steppers | Precor/Matrix Treadmills
- Schwinn Airdyne Bikes | Cycle Center
- Concept II Rowing Machines | TV/Cardio Theater
- Recumbent Bikes | Startrack Max Rack
- Co-Ed and Ladies Only Stretching Rooms | High Intensity Training (H.I.T.) Zone*
- Jacobs Ladder
- Dynamic Rig
- Free Wi-Fi Service

*The H.I.T. Zone has kettlebells, weight racks, plyo boxes, battlerope, dynamic rig, rope trainer, agility ladders and more. This is a great room for members who are interested in using multiple pieces of equipment in circuit workouts.

Fitness Memberships Include:

- Fitness Center
- Dry Heat Sauna
- Free use of gym when available
- Lockers, Locks, Towels and Shower Facilities
- Racquetball/Wallyball Court
- Track
- Wellness Room
- High Intensity Training Zone

Annual memberships also includes Two Free One Time Guest Passes.

Who pays "Resident Fees" for Club Fitness Memberships?
*Anyone residing in
Morton Grove, Niles or Skokie!*

For an additional fee we offer:

- **GroupEx Fitness Classes:** Cycling, Zumba, Yoga, Strength & Core Classes
- **Specialty Classes:** TRX Training, Kettlebell, Cycle Yoga, Building Healthy Habits
- **Personal Training** - individual 60 or 30 minute sessions available. See pg. 40.
- **3-4 people small group training available upon request**

Club Fitness • 6834 Dempster St. • Morton Grove

Inside the Prairie View Community Center Questions? Contact Sue Braubach (847) 965-0532

Membership Card SB

Upon joining Club Fitness, all members will be issued a membership card. Guests will be asked to present a photo ID card when entering. Club Fitness Memberships are year-to-date. Monthly payment plans are available.

Fitness Membership Fees

Resident

Membership Type	Annual	Monthly
Daytime/Students/Adult 59+	\$225	\$20
Individual	\$287	\$25
Couple	\$423	\$36
Adult 59+ Couple	\$324	\$28
Household of 3	\$510	\$44
Each Additional	\$107	\$10

Non-Resident

Membership Type	Annual	Monthly
Daytime/Students/Adult 59+	\$281	\$25
Individual	\$359	\$31
Couple	\$529	\$45
Adult 59+ Couple	\$405	\$35
Household of 3	\$637	\$54
Each Additional	\$134	\$12

Daytime Membership: Valid 5 am – 3:30 pm weekdays and anytime Saturday and Sunday.

High School/College Membership: Must show a school I.D. at time of purchase.

Active Adult: Age 59 & over

Individual: Age 14 (or high school freshman) and over.

Family: Only 2 adults over age 26 per Family Memberships.

Corporate: Employees of Morton Grove Businesses receive resident rate. Pay stub required at time of purchase.

Short-Term Options SB

Membership Length	Resident	Non-Resident
3 Months	\$84	\$105
1 Month	\$39	\$49
Daily	\$8	\$10
30-visit pass*	\$135	\$168

*NEW – 30 VISIT CLUB FITNESS WORKOUT CARD

If you travel a lot for business and are looking for a flexible option for working out, our new 30 visit card might be for you. Passes are non-transferable and expire 6 months from the date of purchase.



Download **FREE** mobile fitness app which will enable you to search for classes, track your fitness goals, participate in group challenges, and connect to your favorite wearable devices and tracking apps, like Fitbit and MyFitnessPal. For members and non-members.

Racquetball Court

Racquetball is complimentary to our Club Fitness members. Rules are as follows:

- You can reserve the court for racquetball or wallyball and play for a 1 hour time period
- You can reserve it up to 7 days in advance.
- A reserved court will become “open” if players are more than 15 minutes late for their scheduled time
- You are welcome to bring non-member guests to play but they will be required to pay a fee:
\$8 Resident \$10 Non-Resident

Building Healthy Habits SB

Prairie View Community Center

This six week program will meet for 60 minutes weekly. Each week the group will meet with Coach Kathy for stretch/balance techniques (15 minutes), review of the weekly topic, weight check-in, questions and ideas that work. Each individual will meet with the coach once weekly for personal review of progress. In order to achieve permanent weight loss an individual must develop a lifestyle of efficient healthy habits. Weight loss is difficult, complex and should be unique to each individual. This program will facilitate the complex process of Healthy Symbiosis; good habits linked together create greater results. This is not an easy process, but your health is worth it.

Week 1: Sleep + Hydration

Week 2: Movement + Meditation

Week 3: Focus on Food ONLY Diet + Vitamins Yes/No

Week 4: Food: Portions, What, When and WHY

Week 5: Stress Management ? Life management

Week 6: Cravings, Hunger, Brain Messages Week

***Each participant will also receive a FREE 2 month membership at Club Fitness when they sign up.**

Code	Age	Date	Day	Time
12965	Adult	9/24 – 10/29	Sa	9 – 10 am
12966	Adult	11/5 – 12/10	Sa	9 – 10 am

Fee: \$100 R/\$125 NR

Club Fitness Member Rate \$80

Annual GroupEx Membership Options

Choose from Strength, Zumba, Cycling and more. Select classes are free with your membership. You determine which classes fit your schedule. For an annual fee you can attend unlimited classes included in your package.

Early Bird Club

All GroupEx fitness classes held Monday through Friday before noon

Annual	Monthly
\$300	\$26

Note: Early Bird Club Members will be eligible to pay a discounted walk in rate of \$5 to participate in any classes not included in this package.

Prime Membership (All Inclusive)

All GroupEx fitness classes held in morning, evening or on Saturdays

Annual	Monthly
\$396	\$34

These packages do not include entry to the fitness club or specialty classes.

Club Fitness Membership Add On Option

Early Bird Club and Prime Members are eligible to add on an Annual Club Fitness Membership at a 35% percent off the fee. This upgrade gives you the flexibility to workout on your time and change up your routine during the week.

WERQ!

WERQ is the fiercely fun dance fitness class based on pop, rock and hip hop music. The warm-up previews the dance steps and the WERQ cool-down includes balance and yoga inspired poses.

ZUMBA

Zumba is taking the world by storm! Zumba is a fitness program designed to strengthen the heart and lungs, trim and tone the entire body, increase flexibility and improve coordination.

TOTAL BODY TONING

A combination of free weights, tubing and resistance balls. Strengthen, tone, and define the entire body (upper, lower and core). All levels welcome.

STRENGTH TRAINING

Looking to lose weight, tone up and just look and feel better? This program is power-packed FUN! Workouts consist of aerobic strength, speed, power and agility exercises designed to challenge all fitness levels.

YOGA FOR ALIGNMENT

Proper alignment improves circulation, creates inner space in the joints, good posture and helps avoid injuries. When proper form is present you can get the maximum benefit from each asana for greater muscular strength, tone and flexibility. Additionally proper alignment brings a balanced flow of energy through the body that creates wellbeing.

HATHA FLOW YOGA

Hatha Flow emphasizes mindfulness in each asana with a focus on synchronizing the breath within each posture. By linking movement with breath, the health benefits of each pose are enhanced - including greater muscular strength and tone, increased flexibility and joint mobility, with improved circulation and hormonal balance. This class is suitable for anyone, as modifications are always offered.

NEW FITNESS CLASS POLICY

Instructors must have a minimum of 4 participants in attendance for three consecutive weeks in order to keep a fitness class running. If the class does not meet the minimum it will be cancelled and we will try to replace it with a new class or offer the class on a different day or time.

GroupEx Pass Cards

The GroupEx pass provides flexible attendance to classes at very competitive rates. Please note this card is non-refundable and non-transferable.

	R	Active Adult R 59+	NR	Active Adult NR 59+
	Fee does not include entry into fitness club or specialty classes.			
5 Visit	\$40	\$35	\$50	\$45
10-Visit	\$80	\$70	\$100	\$90
20-Visit (save \$10)	\$150	\$130	\$190	\$170

Passes are non-transferable and expire 6 months from the date of purchase.

For complete Fitness SCHEDULE visit
www.mortongrovesparks.com
 or call (847) 965-1200.

STRONG AND LONG

This class combines strength training, stretching and relaxation exercises to offset the effects of osteoporosis, manage weight, release stress and recover muscle mass lost due to aging or a sedentary lifestyle. Get a full body workout and leave feeling strong, long, relaxed and ready to face the day!

CARDIO KICKBOXING

Cardio Kickboxing is an intense total-body workout featuring traditional boxing moves. Punch, kick, and block your way through this fun and challenging cardiovascular workout, which can improve strength, aerobic fitness, flexibility and balance.

LONGEVITY WELLNESS

This dynamic program is designed especially for older adults emphasizing non-vigorous exercise increasing joint mobility and flexibility with fun music and a lot of laughs.

CYCLE

With the ability to control everything from speed and resistance to intensity level, this class is as easy or challenging as you want. Each class provides a warm-up, cardio workout and cool-down.

CYCLE SPORT

Class combines a high energy interval cycle workout with strength and toning. Maximize your time with this class, which provides both cardio and strength.

CLASSICAL STRETCH

This class is a full body, strength and flexibility technique with multiple benefits. The workouts are designed to keep the entire body's system of muscles balanced and strong and flexible and the joints healthy.



NEW!

fitness and wellness 37

PILOXING

Combines Pilates and boxing moves into a fat burning, muscle toning core interval workout. The use of weighted gloves adds resistance to tone and sculpt.

BARRE AND BURN

Based on a classic ballet barre techniques, Barre Burn is the perfect blend of deep muscle toning and resistance, with the grace of ballet, flexibility of yoga and core strengthening of Pilates. This class builds strength, while stretching and toning the entire body. Light hand weights, a ball and exercise bands are often used to achieve maximum results. Barre Burn works to create long, lean muscles, to increase flexibility and improve posture. No dance experience is required.

EXERCISE FOR HEALTH

Do you have aches and pain, fibromyalgia or arthritis? Are you done with rehab and want to gradually get back to exercising? Do you want to improve your flexibility and muscle strength all while improving your balance? If you answered yes to any of these questions, this class is for you. Participants will use gentle fluid movements to enhance muscular strength, increase joint flexibility and promote overall physical stamina.

TAI CHI FOR HEALTH

This class uses gentle fluid movement to enhance muscular strength, increase joint flexibility and promote overall physical stamina. Participants will relax and find relief from the physical and mental stress that accompanies living with aches and pains, fear of falling, fibromyalgia and arthritis.

Not ready to commit? DROP IN!
Attend a GroupEx fitness program for just
\$8/\$10 (Res/Non-Res) per class.
Active adults 59+ save \$1.

Transformational Breath Workshop ^{SB}

Prairie View Community Center

Join us for an invigorating and deeply healing Transformational Breath Workshop. Directly linked to the state of mind and body, breathing practices are the most powerful tools available to achieve mental balance, control stress, create a healthy immune system, and lead a more joyous life. Awaken to your highest potential by learning the techniques of pranayama, ancient yogic breathing exercises.

The Transformational Breath Workshop includes:

- Power of the breath exercises
- Invigorating and healing asana routines using pranayama practices
- Guided immersion into a deep state of meditation
- Techniques to manage stress and increase energy

Code	Age	Date	Day	Time
13103	18 & Up	10/8	Sa	3 – 4:30 pm

Presenter: Nancy Gerstein

Fee: \$25 R/\$31 NR

Essential Oils Make & Take ^{SB} *NEW!*

Prairie View Community Center

Come learn about the therapeutic benefits of Young essential oils and make a few fun products to take home with you. There will be games and prizes too!

Code	Age	Date	Day	Time
13102	18 and Up	10/7	F	7 – 8:30 pm

Instructor: Jeanette Lee

Fee: \$15R/\$19 NR

Simple Health Solutions for Aging Bodies ^{SB} *NEW!*

Prairie View Community Center

Come learn about simple, natural, and easy ways to age with grace. This hour long workshop explores the unique health attributes affecting those over 50. Prepare for an interactive, fun, and engaging discussion where simple solutions to common ailments will be presented, along with affordable solutions for both men and women.

Code	Age	Date	Day	Time
13275	18 and Up	9/21	W	7 – 8 pm

Instructor: Unia Wilson

Fee: \$25R/\$31 NR

Healthy Parenting ^{SB} *NEW!*

Prairie View Community Center

Today's parents face tough obstacles in keeping their families healthy. Technology, the internet, video games, and the cost of healthy groceries are some of the obstacles that will be discussed in this workshop. Parents will learn creative and unique ideas that are easy to implement no matter family size or budget. We will discuss how to make your own baby food, tricks to get more veggies in your toddler's diet, how to keep your kids active, and much more.

Code	Age	Date	Day	Time
13276	18 and Up	10/19	W	7 – 8 pm

Instructor: Unia Wilson

Fee: \$25R/\$31 NR

Stress Management ^{SB} *NEW!*

Prairie View Community Center

With the holiday season approaching come learn easy and simple ways to manage your stress at home and work during this busy time of year. Holistic approaches to stress management such as yoga practice, mindful breathing and meditation will be discussed, along with practical and simple ideas about how to be better organized and the role planning has in reducing stress.

Code	Age	Date	Day	Time
13277	18 and Up	11/16	W	7 – 8pm

Instructor: Unia Wilson

Fee: \$25R/\$31 NR

specialty fitness training

Specialty programs are not a part of GroupEx.



Cycle Yoga SB

Prairie View Community Center

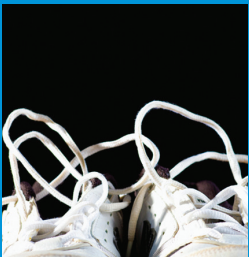
Challenge your body with an hour of intense indoor cycling followed by a half hour of yoga for a complete mind/body workout. This class is guaranteed to leave you feeling refreshed and energized!

Code	Age	Date	Day	Time
12848	16 & over	9/7 – 10/12	W	6 – 7:30 pm
12849	16 & over	10/19 – 11/23	W	6 – 7:30 pm
12850	16 & over	11/30 – 1/4/17	W	6 – 7:30 pm

Instructor: Marty Hedrich

Fee: \$72 R/\$90 NR

Walk in Fee: \$15 NR/\$12 R/CF members



Kettlebell 30 Minute Express SB

Prairie View Community Center

Kettlebells are one of the most powerful tools for improving fitness and physique. Kettlebells fast results work, due to the challenge of incorporating the whole body simultaneously with dynamic, explosive movements in every plane of motion. This class will be offered in specialized small group environments in order to maximize performance and perfect form and function, join us and get ready to swing low and swing high as we feel the power of KETTLEBELL!

Code	Age	Date	Day	Time
12859	16 & over	9/7 – 10/12	W	6 – 6:30 pm
12860	16 & over	10/19 – 11/23	W	6 – 6:30 pm
12861	16 & over	11/30 – 1/4/17	W	6 – 6:30 pm

Instructor: Michelle Richter

Fee: \$42 R/\$53 NR



Spin + TRX Combo SB

Prairie View Community Center

Get cardio and strength in one 60 minute session. Cycle segments for cardio vascular conditioning followed by TRX segments for strength training.

Code	Age	Date	Day	Time
12857	Adult	9/10 – 10/15	Sa	8 – 9 am
12858	Adult	10/22 – 12/3	Sa	8 – 9 am

Instructor: Kathy DiPietro

Fee: \$60 R/\$75 NR

Walk in fees: \$15 NR/\$12 R/CF members

Small Group Training SB

Prairie View Community Center

This class will focus on building muscle and overall toning. The class is non-stop strength and core building exercises that increase muscular endurance while using a variety of equipment and movements. Instructor K.C. is certified in Body pump, AFFA group exercise and AFFA personal training. No class 11/25.

Code	Age	Date	Day	Time
13305	16 & over	9/7 – 10/28	W	8 – 8:55 am
13308	16 & over	9/9 – 9/30	F	8:30 – 9:25 am
13306	16 & over	10/5 – 10/26	W	8 – 8:55 am
13309	16 & over	10/7 – 10/28	F	8:30 – 9:25 am
13307	16 & over	11/2 – 11/23	W	8 – 8:55 am
13310	16 & over	11/4 – 12/2	F	8:30 – 9:25 am

Instructor: K.C. Bleuher

Fee: \$48 R/\$60 NR

Open Gym SB

The full size gym at Prairie View Community Center is open for basketball play at scheduled times. Gym schedules are available at the front desk and online. ID required (details below).

	Residents		Non-Residents	
	1 visit	30-visit Pass	1 visit	30-visit Pass
17 & under	\$3	\$60	\$4	\$90
18+	\$5	\$120	\$6	\$150

Accepted IDs to enter facility

- School ID
- Valid Driver's license
- Morton Grove Park District Fitness Card or Pool ID

Specialty programs are not a part of GroupEx.

specialty fitness training

39

TRX Circuit SB

Prairie View Community Center

From pro athletes to seniors, TRX is a great workout for any fitness level! Leveraging your own body weight, this full-body workout improves strength, flexibility and mobility. **No class 9/5.**

Code	Age	Date	Day	Time
12851	16 & over	9/12 – 10/10	M	6 – 7 pm
12852	16 & over	10/17 – 11/21	M	6 – 7 pm
12853	16 & over	11/28 – 1/16/17	M	6 – 7 pm
12854	16 & over	9/7 – 10/12	W	6 – 7 am
12856	16 & over	11/30 – 1/4/17	W	6 – 7 am
12855	16 & over	10/19 – 11/23	W	6 – 7 am

Instructor: Beth Jacobson

Fee: \$60 R/\$75 NR

Walk in fees: \$15 NR/\$12 R/CF members

Couch to 5K

Prairie View Park

Been thinking about running a 5K? Not sure how to get started? Join Instructor Kathy Wasicki for an 8 week program to meet your goal of running a 5K. This class will meet on Tuesday evenings from 6pm - 7pm. The program will include stretching, strength training, walk to run intervals. There will also be weekly topics and discussions. Class will take place outside (weather permitting).

Code	Age	Date	Day	Time
12845	18 and Up	9/6 – 10/25	Tu	6 – 7pm

Instructor: Kathy Wasicki

Fee: \$60R/\$75 NR



Power Strength SB

NEW!

Prairie View Community Center

If your goal is to burn fat, interval training should be added on to your workout program. Interval training is a great way to hammer out a quick workout and it's extremely effective for transforming your physique. By incorporating intense periods of work with short recovery segments, interval training helps you reach maximum intensity while still maintaining your exercise form. The great thing about high intensity interval training is that it keeps your body burning fat even after you leave the gym. Class will take place in the HIT Zone Room.

Code	Age	Date	Day	Time
12982	16 & over	9/15 – 10/20	Th	7:15 – 8 pm
12983	16 & over	10/27 – 12/8	Th	7:15 – 8 pm

Instructor: Cheryl Tom

Fee: \$48 R/\$60 NR

12984	16 & over	9/20 – 10/25	Tu	7 – 7:45 am
12985	16 & over	11/1 – 12/6	Tu	7 – 7:45 am

Instructor: K.C. Bleuher

Fee: \$60 R/\$75 NR

Better Balance SB

NEW FRIDAY OPTION

Civic Center

This class is designed to enhance core strength, balance, coordination, stability and flexibility. Range-of-motion exercises are performed from head to toe. **This program is not part of the Group Ex or fitness upgrade memberships. Separate registration is required. No class 9/5 and 11/25.**

Code	Age	Date	Day	Time
12972	55 & over	9/12–10/31	M	10 – 11 am
12973	55 & over	11/7–1/2/17	M	10 – 11 am
12974	55 & over	8/31–10/19	W	10 – 11 am
12975	55 & over	10/26–12/14	W	10 – 11 am
13112	55 & over	9/2–10/21	F	10 – 11 am
13113	55 & over	10/28–12/23	F	10 – 11 am

Instructor: Rhonda Bidne

Fee: \$40 R/\$50 NR



personal training

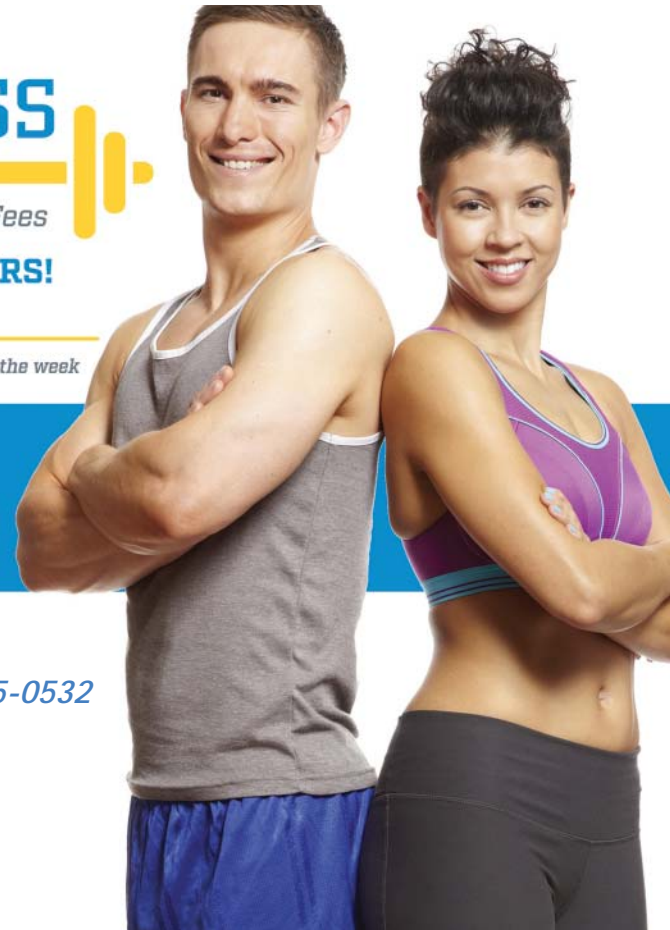


CLUB FITNESS

Friendlier Fitness • No Initiation Fees

GET TO KNOW OUR TRAINERS!

Our personal trainers work the fitness floor throughout the week



Questions? Contact Sue at (847) 965-0532

Make an appointment with one of our personal trainers and take your workout to a new level! Our trainers will keep you motivated every session, working with you to customize a program designed to help you achieve your fitness goals.

Personal Training request forms at the Prairie View Community Center fitness desk.

**Purchase a "6 PACK" Personal Training package and receive the 7th session FREE!*

Cancellation Policy - All appointments must be cancelled **24 hours prior** to the session or clients will be charged the full price.

Partner 60-Minute Training Sessions

Grab a friend or relative and sign up for some partner training sessions.

Sessions	Special Rate
1	\$74 (\$37/person)
3	\$216 (\$36/person)
6 + 1 Bonus	\$420 (\$30/person)

1 Hour Individual Personal Training

Sessions	R	NR
1	\$51	\$63
3	\$150 (\$50/session)	\$186 (\$62/session)
6 + 1 Bonus	\$301 (\$43/session)	\$371 (\$53/session)

30 Minute Express Personal Training

These 30-minute sessions are perfect for those brand new to exercise or looking to build and/or maintain stamina.

Sessions	R	NR
1	\$30	\$37
3	\$87 (\$29/session)	\$108 (\$36/session)
6 + 1 Bonus	\$175 (\$25/session)	\$217 (\$31/session)

adult sports 41

Adult Karate Beginner/Continuer (white - orange belt) ^{EM}

National Park Fieldhouse

Release tension and develop total body fitness! In addition to self-defense skills, karate develops flexibility and muscle tone while improving core strength. From work to home, the benefits of karate can be felt in all aspects of life. **Class on 11/7 at PVCC.**

Code	Age	Date	Day	Time
13177	15 & over	9/12 – 12/19	M	8:30 – 9:30 pm

Instructor: IL Shotokan Karate
Fee: \$146 R/\$183 NR

Adult Karate Intermediate/Adv (yellow-black belt) ^{EM}

National Park Fieldhouse

Release tension and develop total body fitness! In addition to self-defense skills, karate develops flexibility and muscle tone while improving core strength. From work to home, the benefits of karate can be felt in all aspects of life. **Class on 11/7 at PVCC.**

Code	Age	Date	Day	Time
13178	14 & over	9/12 – 12/19	M	8:30 – 10 pm

Instructor: IL Shotokan Karate
Fee: \$195 R/\$244 NR

Volleyball Co-Rec

Park View School

Enjoy an evening of non-competitive recreational volleyball. Teams and games will be formed at the start of each class. No Class 11/22. Other no class dates may be added due to school schedule.

Code	Age	Date	Day	Time
13231	18+	9/6 – 12/13	Tu	8 – 10 pm

Fee: \$40R/\$50NR

Race to the Taste 5K

Prairie View Park

Runners and walkers of all ages can participate in this annual fall race. The 5K course is USATF certified (IL-15011-JW) and all participants will receive a race bib with timing chip, entry to post race refreshments and more. 5K awards for 1st overall male and female and 1st through 3rd place finishers in each age group. The race will have a German style flair as you cross the finish line. The post race food will consist of some great samplings of german food and beer. All race participants 21 and over will have the opportunity to enjoy free beer sampling after the race. **You must bring a photo ID in order to receive a wristband for sampling.** Additional tickets will be available for purchase.

Code	Age	Date	Day	Time
13097	Any	Oct 1	Sa	8:05am

Fee: \$35 until 9/29
\$40 Race Day

Pickleball Open Play ^{EM}

Prairie View Community Center

Join us Wednesday mornings for open gym pickleball. Paddles and balls will be provided. This sport is great for people of all ages and athletic abilities.

Code	Age	Date	Day	Time
13244	Adult	9/7 – 11/16	W	10:30 – 11:30 am

Fee: \$35 R/\$44 NR per session or \$5 drop in fee





Adult Sports ^{EM}

Adult Athletic League Registration and Information

Entire fee is due at registration. Fees are based on a team registration. Full refunds will be processed within one month for teams that secured a sponsorship. Full refunds will be granted before the registration deadline only. After the registration deadline, \$50 fee is non-refundable. Refunds will not be granted once the league meeting has been held. All league schedules are subject to change throughout the season. Teams could play on different days than registered for or double headers.

Adult Individual League Sign-up List ^{EM}

Prairie View Community Center

Want to play on one of our adult sport leagues, but you don't have a team? Register yourself on our individual players list. If a team is looking for players or we have enough players to organize a team we will do the work for you! **Please specify which league you are interested in during registration.**

Code: 12139

FREE!!

Men's Winter Basketball League ^{EM}

Prairie View Community Center

League includes two patched officials, a scorekeeper, and cash prizes for regular season and tournament champs.

Registration deadline December 15th or when program fills.

Code	Age	Date	Day	Time
13211	Adult	1/8 - March	Su	games between 9 am - 1 pm

Fee: \$670 per team

Fall Adult Softball League ^{EM}

Harrer Park

Season tentatively starts the week of Sept. 12. Fees include umpires, softballs, and prize money for season and tournament winners. For any additional info please contact Elizabeth McCann at emccann@mgparks.com.

Registration deadline August 1 or when program fills.

Men's 12" Leagues

Code	Day	Time	Fee-does not include forfeit fee
12793	M	6:30 - 10:30 pm	\$520 per team

Men's 16" Leagues

13312	Tu	6:30 - 10:30 pm	\$665 per team
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14" Co-Rec League

12792	F	6:30 - 10:30 pm	\$665 per team
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Adult Dance Mashup ^{KH} **NEW!**

Prairie View Community Center

Calling all Ladies and Gents...Come and create your own dance class! As a class, you will decide what style of dance you will work on for 6 weeks. The class might decide to work on the same style for all 6 weeks, or work on a different style each week. The choice is yours! Styles include hip hop, ballet/lyrical, contemporary, and jazz. Exercise, meet new friends, and have FUN!

Code	Age	Date	Day	Time
12953	18 and over	9/8-10/13	Th	8:15 - 9 pm

Instructor: Sam Fink

Fee: \$65 R/\$81 NR

Healthy Breakfast ^{KH} **NEW!**

Prairie View Community Center

Kick start your children's school year with a helping of healthy breakfast tips. You will learn the benefits and trends of breakfast, types of breakfast served in schools and the state of breakfast in our schools.

Code	Age	Date	Day	Time
12883	Any	9/12	M	7 - 7:45 pm

Instructor: Tracy Williams

Fee: \$5 R/\$7 NR

Fine Art of Fiber at the Chicago Botanic Garden ^{KH}

NEW!

Departs & Returns to Prairie View Community Center

Browse an exhibition of more than 150 pieces, including quilts, various types of needle art, knitting, weaving, wearable art, dolls, and jewelry. You will also have the opportunity to shop from sales boutiques offering a wide variety of items including woven and knitted pieces, artwear, traditional and contemporary quilts, handmade holiday gifts, and much more. Trip includes cost of transportation and parking. Admission to the event is free.

Code	Age	Date	Day	Time
12980	over 18	11/5	Sa	9:30 am – 2:30 pm

Fee: \$23 R/\$28 NR

Intro to Abstract Painting ^{KH}

NEW!

Prairie View Community Center

Have you ever wanted to explore abstract painting? Would you want to create a painting that feels less restrictive and more expressive? Through learning about some notable abstract painters and experimenting with a variety of mark making, this class will explore the concepts of abstraction and non-objective painting. Please wear clothes you do not mind getting dirty or bring an apron to wear. Prior to the start of class students will receive a supply list of items they will need to purchase.

Code	Age	Date	Day	Time
13105	18 and over	9/20-10/11	Tu	5 – 7 pm

Instructor: Michael Ho

Fee: \$50 R/\$63 NR

Paint n Party ^{KR}

Oketo Fieldhouse

Paint n party is a great way for parents and children to enjoy an evening together making memories and creating a work of art. So grab your child, some friends, and enjoy an evening of painting and laughter! Refreshments and snacks will be served. *Registration per couple.

Code	Age	Date	Day	Time
13284	6 & over	10/8	T	5 – 6:30 pm
13285	6 & over	12/13	T	5 – 6:30 pm

Instructor: MGPD Staff

Fee: \$35 R/\$44 NR

Open Painting Studio ^{KH}

Prairie View Community Center

Do you want a little more time to work on a painting? Do you need a space to paint because making a mess at home is not an option? Here's an opportunity that can fulfill those needs. Set aside time each week to work on your individual creative painting projects and socialize with other artist in the community.

Code	Age	Date	Day	Time
13106	18 and over	9/20 – 10/4	Tu	7 – 9 pm

Instructor: Michael Ho

Fee: \$35 R/\$44 NR (3 week session)

Code	Age	Date	Day	Time
13107	18 and over	10/11 – 11/15	Tu	7 – 9 pm

Instructor: Michael Ho

Fee: \$75 R/\$94 NR (6 week session)

Improv! ^{KH}

NEW!

Prairie View Community Center

All you need is your brain and the ability to “Yes, AND!” Bring your creativity to the table as we make our way through improvisation fundamentals and games that will lead us to build exciting and entertaining encounters!

Code	Age	Date	Day	Time
13109	18 and over	9/15-10/6	Th	6 – 8 pm

Instructor: Mariana Green

Fee: \$93 R/\$116 NR

Poetry 101 ^{KH}

NEW!

Prairie View Community Center

What happens when we take words and play with, compress, break apart and discover new meanings for them? Poetry does! Their “R” SO m-a-n-y WoRdS ‘n ways TO m@nipul@te Or !nt3rpr3t tHEm. Infinite possibilities await!

Code	Age	Date	Day	Time
13108	18 and over	9/15 – 10/20	Th	4:30 – 5:30 pm

Instructor: Mariana Green

Fee: \$70 R/\$87 NR





Learning How to See ^{KH} *NEW!*

National Fieldhouse
In this class we will use the still life to develop basic ideas about painting and how to paint from life. Through lecture, demonstration, critique and experimentation, we will come to understand color, composition, edges, and tonal relationships. Students will be encouraged to bring a variety of interesting objects, patterns, and colors to draw inspiration from and experiment with. There is a \$45 materials fee due to the instructor the first day of class.

Code	Age	Date	Day	Time
13179	16 and over	9/4 – 9/25	Su	1:30 – 4:30 pm

Instructor: Ivana Carman
Fee: \$75 R/\$94 NR

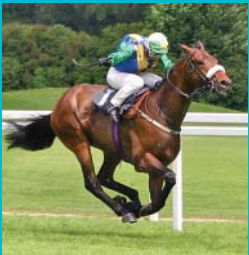


Canine Craft: Doggie Bow Tie ^{KH} *NEW!*

Prairie View Community Center
Just in time for the holiday season, create 2 doggie bow ties for your favorite pooch! There will be a variety of fabric patterns to choose from. All supplies provided.

Code	Age	Date	Day	Time
12881	11 and over	11/8	Tu	6:30 – 7:30 pm

Instructor: MG Staff
Fee: \$10 R/\$12 NR



Puppy Training ^{KH}

National Fieldhouse
Focusing on positive reinforcement, this program is designed to educate new puppy owners in the optimum development of their puppies, to correct existing problems, and to prevent future problem behaviors. Course work includes: socialization exercise, house training, leash training, introductory obedience work, massage, grooming, nutrition and more. Open to puppies 7 weeks to 5 months who have had their first set of immunizations.

Code	Age	Date	Day	Time
12870	16 yrs+	9/15 – 10/6	Th	6:30 – 7:30 pm

Instructor: Wendy DeCarlo-Young
Fee: \$60 R/\$81 NR

Line Dancing ^{SB} *NEW!*

Prairie View Community Center
Join instructor Rhonda Bidne for a weekly class on country western line dancing. Rhonda will teach classic dances throughout the session. Line dancing is a good way to burn calories and have fun. Round up your friends, grab your cowboy boots and mosey on over. No tennis shoes. Hard shoes only. No class 12/26 and 1/2

Code	Age	Date	Day	Time
13272	16 yrs+	9/12 – 10/17	M	5 – 5:45 pm
13273	16 yrs+	10/24 – 11/28	M	5 – 5:45 pm
13274	16 yrs+	12/5 – 1/23/17	M	5 – 5:45 pm

Instructor: Rhonda Bidne
Fee: \$36 R/\$45 NR

Dog Training ^{KH}

National Fieldhouse at National Park
Focusing on positive reinforcement, this class provides a comprehensive program of dog-friendly and owner-friendly instruction for obedience exercises, hand signals, games, tricks and effective solutions for problem behaviors. Dogs 5 months and older are welcome, including those who have failed in other training approaches. Dogs do not attend the first class, but know your dogs neck measurement, current weight and bring proof of rabies vaccinations. **Note: first class attendance is mandatory.**

Code	Age	Date	Day	Time
12868	16 yrs+	9/15 – 11/3	Th	7:30 – 8:30 pm

Instructor: Dennis Damon
Fee: \$85 R/\$115 NR



Caregiver CPR ^{KH}

Prairie View Community Center
Who should learn CPR? Everyone! According to the American Heart Association, 88% of cardiac arrests occur at home and 70% of Americans may feel helpless to act because they do not know CPR or their training has lapsed. The life you save with CPR will likely be someone you love, so don't be caught unprepared- learn CPR and keep your certification current.

Code	Age	Date	Day	Time
12875	15 & over	10/12	W	5 – 8 pm

Instructor: Park District Staff
Fee: \$36 R/\$45 NR



the boomer club 45

We Gotta Bingo Show & Lunch ^{KH}

Departs & Returns to Prairie View Community Center
Start warming up your vocal cords and get ready to shout BINGO! Dubbed Chicago's hilarious interactive dinner theater experience, in the style of Tony n Tina's Wedding, you're going to love this matinee performance of "We Gotta Bingo!" Lunch includes a family-style Italian meal of an appetizer, salad, lasagna and dessert.

Code	Age	Date	Day	Time
11902	over 54	8/24	W	11 am – 4 pm

Fee: \$80

Smokey Joe's Cafe at Drury Lane Theatre ^{KH}

Departs & Returns to Prairie View Community Center
The longest running musical revue in Broadway history, "Smokey Joe's Cafe" is making its Drury Lane debut. The performance showcases 39 pop standards, including rock and roll and blues anthems written by legendary duo Jerry Leiber and Mike Stoller. Lunch includes salad, entree, and dessert. Please indicate entree choice when registering: Pecan Crusted Tilapia or Chicken Breast Marsala.

Code	Age	Date	Day	Time
12978	over 54	9/22	Th	10:30 am – 5:30 pm

Fee: \$90

Let Me Entertain You at Nichols Concert Hall ^{KH}

Departs & Returns to Prairie View Community Center
Savor an afternoon of Jule Styne's Greatest Hits including songs from Gypsy, Funny Girl and more! You'll hear familiar melodies such as "Don't Rain on My Parade," "Just in Time" and "Time After Time." Trip includes transportation and reserved ticket for main floor seating.

Code	Age	Date	Day	Time
12979	over 54	10/5	W	1 pm – 5 pm

Fee: \$60

New Years at Noon: Lunch & Bingo ^{KH}

Prairie View Community Center

Ring in the New Year at noon with your friends! Lunch will be provided, menu TBA. Then after lunch Bingo will be played for prizes. Registration is required by December 23.

Code	Age	Date	Day	Time
12878	over 55	12/31	Sa	11:30 am – 1:30 pm

Fee: \$10.00

Afternoon Tea at the Museum

Education Center at Historical Museum

A cup of tea and fun conversation awaits you! Morton Grove Historical Museum Curator, Melissa D'Lando, will be on hand to facilitate discussions and even guide you through the current museum exhibit.

Code	Age	Date	Day	Time
12967	over 55	9/6	Tu	1 – 2 pm
12968	over 55	10/4	Tu	1 – 2 pm
12969	over 55	11/1	Tu	1 – 2 pm
12970	over 55	12/6	Tu	1 – 2 pm

Fee: \$2 R/\$3 NR

AARP Smart Driver Course ^{KH}

Civic Center

Refresh your driving knowledge with this two day course. Pre-registration required by calling 847-965-1200. Payment is due to instructor day of the class.

Please make checks payable to AARP.

Code	Age	Date	Day	Time
12418	55 & over	9/21 – 9/28	W	9 am – 1 pm
12873	55 & over	11/9 – 11/16	W	9 am – 1 pm

Fee: \$15 AARP Member/\$20 Non-AARP Member

46 rentals

No matter the occasion we have the perfect rental space for your next get-together!

	Capacity	Tables	Chairs	Set-up Provided	Attendant	Fridge	Sink	Stove	Microwave	Fee
Prairie View Community Center										<i>RESIDENT/NON-RESIDENT (PER HR)</i>
<i>Community Room</i>	120	15	120	X	X	X	X	X	X	\$70/140 \$90/160 after 6 pm
<i>Activity Room</i>	30	5	30	X	X					\$30/60
Harrer Park										
<i>Shelter**</i>	60	0	0							\$10/20
Fieldhouse										
<i>National</i>	100	16	100	X		X	X			weekday fees (9-6 pm) is \$100/\$200 for 4 hrs when available \$45/90
<i>Austin*</i>	50	8	50	X		X	X			\$40/80
<i>Oketo*</i>	50	8	50	X		X	X			\$40/80
<i>Mansfield*</i>	50	8	50	X		X	X			\$40/80
Oriole Park										
<i>Palm Room</i>	50	8	50	X	X	X	X			\$40/80
*Available for rental May-July ONLY **Available for rental May-Sept ONLY Contact Liz Manning at lmanning@mgparks.com or (847) 965-1200										
Museum Education Center										
Equipped with wi-fi and a projection screen, this space can hold between 20 and 25 people.									\$25/50	
Contact Melissa D'Lando at mdlano@mgparks.com or (847) 965-0203										
Athletic										
<i>Gym</i>	150	0	0		X					\$50/100
<i>Field rental with no grooming</i>										\$20/25
<i>Field rental with grooming</i>										\$45/56
<i>Additional Light Rental</i>										\$20/25
Contact Elizabeth McCann at emccann@mgparks.com or 847-965-0387										

- Birthday Party
- Bridal Shower
- Baby Shower
- Family Reunion
- Bar/Bat Mitzvah
- Business Meeting
- Athletics

Rental Deposit Policy

All rentals require a \$150 rental deposit. The deposit is due within 5 days of approval notification. Rental fees are due 1 week prior to the event. Deposits are non-refundable without 30 days notice of cancellation. Deposits will be returned according to the following deadlines, provided all contract rules were followed and no damages were incurred to the building or its contents.

Initial Payment Method
Credit Card: 5-7 days
Cash/Check: 10-14 days

Rental Reservation Procedure

1. Fill out Rental Request Form, Available at: www.mortongrovecparks.com or at the Prairie View Community Center
2. Submit Rental Request Form to the Front Desk at Prairie View Community Center
3. Rental Supervisor will contact you via Email within (3) business days
4. Reservations must be made at least 2 weeks out, but cannot be made more than 90 days in advance.

Rental Hours

10 am – 10 pm Saturdays and Sundays

Restrictions

The Park District prohibits alcohol, grilling, smoking, open flames and collection of fees. Additional restrictions may apply.

Inflatable or DJ/Bands need approval.

Rental fees are based on an hourly rate and set-up and clean-up time must be included in the rental time.



Maine-Niles Association of Special Recreation

Dedicated to improving the quality of life and, through advocacy and awareness, promoting a successful leisure lifestyle for individuals with disabilities.

Join us as we transform life's challenges into opportunities.

WHO Do We Serve?

M-NASR serves children, teens and adults with physical, intellectual and emotional disabilities through community recreation activities.

WHAT Do We Do?

M-NASR provides a wide range of recreation and leisure programs for people of every age, ability and interest in our service area. These activities include:

- Adapted Activities
- After school Programs
- Arts and Crafts
- Cooking
- Fitness
- Special Olympics
- Trips
- Adult Social Clubs
- Aquatics
- Athletics
- Cultural Arts
- Special Events
- Summer Camps
- Inclusion Services

Our senior participants enjoy low impact and aqua aerobics classes, social clubs and advocacy programming.

WHERE Are We?

Our administrative office is located at:
M-NASR (Prairie View Community Center)
6820 W Dempster Street
Morton Grove, IL 60053
Phone: 1-(847) 966-5522
Fax: 1-(847) 966-8340
Relay System: 1-(800) 526-0844
Web: www.mnasr.org

M-NASR holds programs throughout our service area. We operate several accessible vehicles and offer transportation for many of our activities.

WHEN Do We Serve?

M-NASR provides programming throughout the year. Special services include summer camps, special event and holiday trips, afterschool and day off from school programs.

Our Supporting Arms

The Liponi Foundation

The Liponi Foundation for Special Recreation was formed in 1990 to facilitate participation by children and adults with disabilities in recreation programs. The Foundation was named after the late Sam Liponi who was generous in his support of the Maine-Niles Association of Special Recreation and that work continues today through the efforts of the Foundation. If you are interested in supporting individuals with special needs by attending Foundation fundraisers or making a donation, please call Stella LiPomi, Foundation Treasurer at (847) 966-5522.

Corporate Giving Programs

Do you or someone you know work for an organization with a corporate giving program? These businesses have grant/fundraising opportunities in place for 501 (c)(3) not-for-profit organizations like M-NASR. If you do, please contact us at (847) 966-5522. Sharing this information could provide immeasurable assistance to individuals with physical and intellectual disabilities in your community.

You

Volunteers and part-time staff are integral parts of M-NASR's organization, allowing many to enjoy recreational opportunities who otherwise couldn't. Become a part of this diverse community and have the personal satisfaction of improving the quality of life for people with disabilities. Call Kristine Casey at (847) 966-5522.



48 registration

Resident Registration

Resident registration begins
Monday, August 8.

Non-Resident Registration

Non-resident registration begins
Monday, August 15.
Non-resident fees for Park District programs are 25% more than the resident fee unless otherwise stated.

Household Account Required for Registration

All participants must obtain a Household Account in order to register. Create an account by completing and submitting a Household Form in person, by mail/drop off or by fax, or online at www.mortongroveparks.com

4 WAYS TO REGISTER

Sorry, phone-in registration is not accepted.

Online

Go to www.mortongroveparks.com

Online registration is not available at this time for Afternoon Experience (BASE), B-4 School, GAP, Pre-School, Kinder Odyssey, and Camp Out

Some of the above programs require additional registration forms, which can be found online, filled out and turned in to complete registration at Prairie View Community Center.

In Person

Register in person at Prairie View Community Center.

By Mail/Drop Off

Mail or drop off form(s) with payment to: Registration, Morton Grove Park District, 6834 Dempster Street, Morton Grove, IL 60053. Registration will be processed in the order in which it is received.

By Fax

Fax completed form(s) with credit card payment to (847) 965-4115. Please note that a facsimile signature will have the same legal basis as an original signature.

Accepted Payment

- Credit Card: Visa, Mastercard, American Express, Discover (a \$10 minimum is required for credit card transactions. Registration made with an invalid credit card will not be processed)
- Cash
- Check (make checks payable to Morton Grove Park District)

Refund Policy

- Refund requests for recreation programs may be made by phone or in person. Refunds will be granted minus a \$5 cancellation fee:
- If notice is given 2 full working days prior to the start of a program.
 - For extenuating circumstances (medical, moving, death in the family, etc.) after a program or activity has started at a prorated rate. Proof may be required.
 - If a program is cancelled by the Park District, a refund will be made in FULL.
 - If a program is cancelled and an alternate choice is offered, a refund will automatically be issued if no response is received within 2 days.

Returned Check Policy

There is a service charge of \$25 for all returned checks.

Payment Plans

The Morton Grove Park District offers payment plans through the ActiveNetwork System for Club Fitness memberships and designated recreation programs. An automatic debit is processed on a monthly basis from either a checking or credit card account. For further information contact the Guest Service Supervisor at (847) 965-1200. **A \$20 one-time processing fee will be applied on payment plans when credit is used!**

Cancellations

If a class does not have sufficient registration one week prior to its beginning, it could be cancelled.

Definition of Residency*

Anyone living within the geographic boundaries of Morton Grove is considered a resident. Students currently enrolled in Kindergarten through 8th at the following Morton Grove Public Schools are also considered residents for recreation programs:

- District 63 - Nelson & Melzer
- District 67 - Hynes & Golf
- District 69 - Edison
- District 70 - Park View
- Jerusalem Lutheran
- District 807 - Julia S. Molloy
- MCC Full Time School

*to prove residency a state ID or passport and utility bill is needed (gas, Nicor, water, ComEd rent/house papers).

At our lobby kiosk you can register for activities or apply for a job!

registration 49

American with Disabilities Act Notice

People with and without disabilities are encouraged and invited to register for all Park District programs of interest. The Park District is committed to complying with the Americans with Disabilities Act (“ADA”) and all other applicable laws regarding nondiscrimination. If you or a family member has a disability and are interested in participating in or attending Park District programs or activities, the Park District will make reasonable accommodations to facilitate that opportunity, such as providing auxiliary communication aids and services, revising policies and practices, removing barriers, selecting available alternate activity sites or taking other appropriate action.

To assist Park District staff in making appropriate accommodations, we urge you to contact us reasonably in advance of program participation and discuss the necessary accommodation with our ADA Officers, Jeff Wait at (847) 965-0290 or jwait@mgparks.com and Greg Jayne at (847) 965-0065 or gjayne@mgparks.com.

The ADA Officer will work closely with the Maine-Niles Association of Special Recreation’s (M-NASR) Inclusion Manager to provide for your individual needs. Families of individuals with disabilities should contact M-NASR (847) 966-5522 to discuss the individual’s participation in the program of choice. The Relay System number is (800) 526-0844.

An ADA Audit was performed for the Park District in June of 2013. The results of this audit are available for review in the park district administrative offices located at Prairie View Community Center; 6834 Dempster Street, Morton Grove, IL 60053 during administration business hours.

Inclusion Services

The Morton Grove Park District welcomes participation in all programs and activities by individuals with disabilities and special needs. The Morton Grove Park District is committed to inclusion and providing public recreation services in the most integrated setting in which interaction between people with and without disabilities is provided to the maximum extent feasible. The Morton Grove Park District works cooperatively with the Maine-Niles Association of Special Recreation (M-NASR) to facilitate successful participation for participants who register for inclusive programming.

If you have a special need or request for reasonable accommodation in accordance with the Americans With Disabilities Act, and to assist Park District staff in addressing such need or request, we strongly urge you to contact the Park District in advance and in a timely manner, or indicate what these needs are on the application forms in this brochure. Please understand that failure to provide timely and appropriate notice of a special need and/or request for reasonable accommodation may result in a delay in registration. When feasible and appropriate, the Park District asks that requests for reasonable accommodation be made at least 10 business days in advance of any activity or program.

Photo/Video Release

Photos and videos are periodically taken of participants in Morton Grove Park District activities. All persons registering for Park District programs/activities or using Park District property thereby agree that any photograph or video taken by the Park District may be used by the Park District for promotional purposes including its electronic media, videotapes, brochures, flyers and other publications without additional prior permission and without compensation to the participant.

Waiver

Morton Grove Park District is a member of Park District Risk Management Agency (PDRMA). PDRMA is a self-insured pool that provides liability, worker’s compensation, and property insurance to its agencies. PDRMA does not provide medical accident insurance. As a part of its loss control program, PDRMA requires each agency to have its participants sign a “Release and Hold Harmless Agreement” for all activities. The agreement is located at the bottom of each registration form and is provided along with league roster information.

Warning of Risk

Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating and all other circumstances inherent to indoor and outdoor recreational activities programs exist. It must be recognized that it is impossible for the Morton Grove Park District to guarantee absolute safety.

10% Military Discounts

Military discounts available to active duty, active reserve, veterans, retired military and immediate family members. Call registration at (847) 965-1200 for more information.

Cooperative Programming

Programs including gymnastics, Swim America, Flag Football and Youth Basketball are offered as part of joint agreements. These programs are offered to residents utilizing School District 219 and local school facilities through cooperatives between the Morton Grove Park District and Skokie Park District, Niles Township School District 219 and the Village of Lincolnwood.

In addition, Morton Grove residents are able to register for select programs offered by the Skokie and Niles Park Districts at the resident rate. Visit these districts on the web or call for more information.

Skokie Park District

• www.skokieparks.com • (847) 674-1500

Niles Park District

• www.niles-parks.org • (847) 297-8010

ILLINOIS SHOTOKAN KARATE

MORTON GROVE'S TOP KARATE CLUB



Experienced Karate Instructors

Safe Park District Locations

Improve Fitness + Concentration

See Our Classes on

PAGES 19, 22, 41

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(847)-359-0666



Morton Grove Park District

6834 Dempster Street • Morton Grove, IL 60053

www.mortongroveparks.com
Registration Phone: (847) 965-1200
Registration Fax: (847) 965-4115
Hotline: (847) 965-7558

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You know Morton Grove

Did you know MB has been serving the businesses, organizations and residents of Morton Grove for over 100 years?

MB's history in Morton Grove is built on a foundation of understanding, and providing our customers with insightful ideas that help them grow their businesses, because we know our customers know their business best.

The next time you're in the neighborhood, stop by and see how business gets done.

MB Means Business for Morton Grove.



6201 Dempster Street
Morton Grove
847.745.1515

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bank

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Did you know YOU can
sponsor one of our events?
Call to find out how!

Support Your Community

The Morton Grove Park District has a reputation as the provider of recreation and leisure activities for families, adults, youth, preschoolers, and senior populations in Morton Grove.

A PARK DISTRICT SPONSORSHIP PROVIDES

- Greater name recognition and visibility in the community
- A more cost-effective, strategically targeted marketing program that delivers results
- Unique opportunities to reach a target audience and engage residents through interactive family focused special events

UPCOMING OPPORTUNITIES

Reach your market segment by supporting festivals, concerts, special performing arts programs, and events that emerge each season.

- 5K Race | October 2016
- Halloween Family Fest | October 2016
- Silver Bell Express | December 2016
- Holly Days | December 2016

FALL SPONSORSHIP OPPORTUNITIES

Fall Sponsorship deadlines are quickly approaching.

Please contact Kathy Herrmann,
Marketing Manager at (847) 965-0971



Morton Grove Park District | (847) 965-1200 | mortongroveparks.com