



**PARKS &**  
*Recreation*  
VILLA • PARK

YOU BELONG  
HERE!



2016 Mom and Son Night at Sugar Creek Golf Course

**winter/spring** 2017



## GROW HEALTHY VILLA PARK COMMUNITY GARDEN

### A large-scale community garden is coming to Villa Park!

Garden plots will be available to community members or organizations who want to grow vegetables for themselves and their community. Anyone who has a green thumb or wants to learn about gardening is welcome. Plots will be available for planting in May, and will be located at Westmore Park (between Westmore and Biermann).

The fee to reserve a plot is just \$10 – and your costs will be defrayed when you attend our launch event – where you will have your choice of a variety of free seeds and seedlings to plant in your garden. Those who share pictures of their vegetables grown in these plots, will be given an additional thank you gift for your partnership to help make our community more vibrant and healthy.

If you want to reserve a garden for yourself or your organization, sign-ups will be on a first come first served basis, at the Iowa Community Center or the Villa Park Library, so don't wait! Anyone interested should go to the website: [Grow Healthy Villa Park, \(http://growhealthyvillapark.org/\)](http://growhealthyvillapark.org/) for more details.

### Seed Starting: Giving Your Garden a Head Start

Wednesday, January 25 • 7-8 pm

Jump-start the spring growing season. Learn about the equipment and methods used for starting seeds indoors. Registration begins December 15, 2016 for this program. This program will be held at the Villa Park Public Library, 305 S. Ardmore Ave., Villa Park. To register, please visit our website at [www.vppl.info](http://www.vppl.info); call 630.834.1164; or stop by the first floor Service Desk in person. Limit 40.

### Vegetable Gardening

Wednesday, February 22 • 7-8 pm

Learn the basics of vegetable gardening: preparation of the soil, choosing the right location and selecting plant varieties to help you successfully grow your own vegetables. Registration begins December 15, 2016 for this program. This program will be held at the Villa Park Public Library, 305 S. Ardmore Ave. To register, please visit our website at [www.vppl.info](http://www.vppl.info); call 630.834.1164; or stop by the first floor Service Desk in person. Limit 40.

Here are the details about our Seed Library:

Help Us Grow a Greener Villa Park!

Sow a Seed, Plant a Library!

Help us build a Seed Library! Check out FREE, open pollinated heirloom seeds from the library's collection. Plant them, and let them go to seed.

## WELCOME CATHY...



It is with great enthusiasm that the Recreation Division introduces the newest member of the support team. Cathy Elgeness started with us in October and will work in the registration office at the Iowa Community Center. Cathy's primary responsibilities will be customer service, registration software coordination, daycare reservations and billing, cash flow management, facility scheduling and marketing.

Cathy's previous position as an Administrative Assistant was with Integrated Care Management (ICM). With ICM, Cathy provided comprehensive administrative support to two clinical teams. Prior to ICM, Cathy worked for the Kordik Law firm as a secretary.

Cathy has an extensive volunteer background including: Girl Scout Leader, Room Mother and Catechist for St. Pius X Catholic Church. Cathy lives in Lombard. She is married with three adult children; Mike (24), Pete (23) and Cassidy (21). We are very excited to have Cathy join our team.

## TAKE A LIFEGUARD CERTIFICATION CLASS AND WORK AT OUR POOLS THIS SUMMER!

Classes begin in April. See page 40 for info.

**Please note:** classes and events have a minimum number of required registrations and may be cancelled if the minimum number is not reached by the applicable registration deadline.

Go to [vprd.org](http://vprd.org) for the link to our Facebook page.



# VILLA PARK • Parks and Recreation

## FACILITIES

### Administrative Office

#### Community Recreation Building

320 East Wildwood Avenue  
630-834-8525  
TDD: 630-941-5961  
Fax: 630-834-8528  
Monday–Friday  
9 am–12 pm and 1–4 pm

### Recreation Office

#### Iowa Community Center

338 North Iowa Avenue  
630-834-8970  
TDD: 630-941-5961  
Fax: 630-834-8982  
Monday–Thursday, 8:30 am–7 pm  
Friday, 8:30 am–6 pm  
Saturday, 9 am–1 pm

#### Sugar Creek Golf Course

500 East Van Buren Street  
630-834-3325

#### Jefferson Swimming Pool

341 North Harvard Avenue  
630-832-5632

#### Lufkin Swimming Pool

1000 South Ardmore Avenue  
630-279-6286

#### Older Adult Drop-In Center

320 East Wildwood Avenue  
630-834-8525

#### Parks, Building & Grounds Office & Maintenance Facility

42 West Home Avenue  
630-834-3051 or 630-834-8525  
Monday–Friday, 7:30 am–3:30 pm

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*The Parks and Recreation Department will be closed November 24-27, December 23-26 and December 31-January 2, and May 27-29, 2017.*

**Please note:** classes and events have a minimum number of required registrations and may be cancelled if the minimum number is not reached by the applicable registration deadline.

### OUR COMMITMENT

VILLA PARK • Parks and Recreation remains committed to providing the best recreation and leisure services to our community. With our “satisfaction guaranteed” pledge, residents and their guests can be assured that the staff at Villa Park Recreation Department will work to not only meet expectations but exceed them.

# GENERAL INFORMATION

## PARKS AND RECREATION STAFF

### Greg Gola

Director of Parks and Recreation  
630.834.8970 ext. 109  
GregG@invillapark.com

### Gina M. Racanelli, CPRP CPO

Superintendent of Recreation  
630.834.8970 ext. 113  
GRacanelli@invillapark.com

### Dave Elliott

Foreman of Parks, Buildings, & Grounds  
630.834.3051  
DElliott@invillapark.com

### Mikie Kudelas

Social Media Coordinator/  
Program Supervisor II: Youth Specialty, Camps, Dance, Birthday Party Service, Special Events  
630.834.8970 ext. 103  
MKudelas@invillapark.com

### Heather L. Carlson

Early Childhood Director/  
Program Supervisor: Early Childhood, Special Events  
630.834.8970 ext. 123  
HCarlson@invillapark.com

### Suzanne M. Earl, CPO

Aquatic Manager / Program Supervisor: Aquatic Facilities and Programs, Youth & Adult Athletics, Fitness, Teens  
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SEarl@invillapark.com

### Jenny Casale

Program Supervisor: Adults, Seniors  
630.834.8525 ext. 104  
JCasale@invillapark.com

## VILLA PARK OFFICIALS

**Deborah Bullwinkel**  
President

### Board of Trustees

Chris Aiello  
Albert Bulthuis  
Nick Cuzzone  
Donald Kase  
Robert Taglia  
Bob Wagner

**Hosanna Korynecky**  
Village Clerk

## SUPPORT STAFF

### Patty Ruiz

Administrative Analyst  
630.834.3051  
PRuiz@invillapark.com

### Janet Vargas

Program & Event Registration  
Iowa Community Center  
630.834.8970 ext. 110  
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### Cathy Elgeness

Day Care Reservations, Billing & Facility Reservations  
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### Judy Gentile

Customer Service Specialist  
Community Recreation Building  
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### Sue Camasta

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### Katie Hanahan

Assistant Registrar / Camp Director  
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### Brendan Waldorf

Building Supervisor  
Iowa Community Center  
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### Makena Walsh

Building Supervisor  
Iowa Community Center  
630.834.8970 ext. 121  
MWalsh@invillapark.com

**Richard D. Keehner, Jr.**  
Village Manager

## PARKS AND RECREATION ADVISORY COMMISSION

John Banaszak  
Jennifer Burns  
Jorge Cordova  
Gary Schiefer  
Marc Smith  
Cheryl Tucker

## Park Rules and Regulations

It is desirable and in the best interest of the citizens of Villa Park that certain rules be established for use of the Village parks. All patrons are requested to comply with the following:

1. Pets must be on a leash.
2. Alcoholic beverages are not allowed in any park or facility.
3. Driving or parking is not allowed in any grass or sports field.
4. For park hours and locations, please see page 7. Any section or part of any park may be declared closed to the public by the Director of Parks and Recreation at any time for any interval of time.

## Building and Park Rental

The Iowa Community Center and Community Recreation Building are available for rent. In addition, we have many neighborhood park locations for your celebrations!

Rotary Park has many picnic amenities, including restroom facilities, two horseshoe pits, a baseball diamond, a picnic shelter, and an expanded handicap accessible playground. This centrally located park has enough parking to easily accommodate 20 cars, too!

Another great location for a family gathering is Twin Lakes Park. Located in the north central section of the Village, this newly renovated park has a playground, picnic shelter, two lakes for fishing, soccer and baseball fields, natural areas, restrooms, and on-site parking.

We also rent party equipment bags, which contain a variety of sports equipment to make your outdoor party even more FUN! Rental forms are available at the Iowa Community Center and Community Recreation Building. Call 630-834-8970 or 630-834-8525 for rental fees, availability and rental regulations. Requests are accepted now on a first come, first served basis.

## Americans With Disabilities Act

We comply with the Americans With Disabilities Act (ADA) which prohibits discrimination on the basis of disability. ADA requires that all recreation programs and services through the Village of Villa Park be available in the most integrated setting appropriate for each individual.

We work cooperatively with the Northeast DuPage Special Recreation Association (NEDSRA) to provide a "leisure buddy", or other service for individuals requiring assistance for participation in our programs. For those with special needs, the support and encouragement provided by the leisure buddy may be the key ingredient to enjoyment and successful participation.

If any special accommodations are necessary for participation in any of our programs, or to receive any service available through the Village of Villa Park, please notify someone on the Village staff upon registration.

## Vandalism

Please notify VILLA PARK • Parks and Recreation immediately if you see broken play equipment, damaged park benches or vandalism to athletic fields or any park facilities. You can do this by visiting [www.invillapark.com](http://www.invillapark.com) and completing a service request.

### Parks and Recreation Advisory Commission

The Parks and Recreation Advisory Commission meets on the second Tuesday of every month at 7 pm at the Iowa Community Center.

### Instructors Wanted!

Got a special talent or hobby you'd like to share with others? We are always looking for qualified instructors and new program ideas. If you enjoy working with people and have a great idea for a new class, we'd love to hear from you. Part-time and volunteer positions are available. If you are interested, call us at 630-834-8970 or email us at [recreation.staff@invillapark.com](mailto:recreation.staff@invillapark.com).

### Accidents & Injuries Policy

The Village of Villa Park does not provide medical insurance coverage for injuries suffered while participating in recreation programs or while using park facilities. The Village, therefore, assumes no responsibility for personal injury while participating in recreation programs or while using park facilities.

### Speakers Bureau

VILLA PARK • Parks and Recreation staff welcome invitations to speak at your club or organization's next meeting. Presentations include discussion of recreation programs, park facilities and other aspects of the Recreation Department. Please call 630-834-8970 to arrange for a speaker.

### Photo Policy

Photographs and videos are periodically taken of participants while they are engaged in programs, special events, or enjoying the parks. Please be aware that these photos may appear in the local newspapers and/or VILLA PARK • Parks and Recreation publications, including our website.

### Pesticide Information

VILLA PARK • Parks and Recreation is committed to providing quality trees, shrubs and turf areas in our Parks. As part of the maintenance program, chemical applications are necessary to control weeds and insects and to stimulate plant growth.

The Department's staff is licensed by the State of Illinois to apply the chemicals in the Parks. This license is provided after the successful completion of training and testing by the Department of Agriculture. Generally, broadleaf weeds are treated as needed. All treated areas are posted for twenty-four (24) hours after application. Anyone who would like additional information regarding pesticide applications should call the Parks Department office at 630-834-3051.

### In Appreciation

We appreciate the cooperation of School Districts No. 45 and 88! Because of their ongoing support of our programs and events, we are able to offer many programs using their beautiful facilities.

## ADOPT-A-PARK PROGRAM

The Adopt-A-Park Program is a partnership formed by residents along with the Parks and Recreation Advisory Commission, Community Pride Commission, Environmental Concerns Commission, Cable Commission and the Village's Parks and Recreation and Police Departments, in an effort to keep our parks clean, safe and attractive.

By working together, we can provide a beautiful and safe park environment for our children and for all to enjoy, as well as raise awareness throughout the community to reduce litter and increase community pride.

For questions about adopting any of the parks or other Village locations, please contact the Parks and Recreation Department at 630-834-8525, or the Foreman of Parks, Buildings, Grounds & Fleet, Dave Elliott at [DElliott@invillapark.com](mailto:DElliott@invillapark.com) or 630-834-3051.

The adoption application and full program information is available at [www.adoptavillagepark.com](http://www.adoptavillagepark.com) and [www.invillapark.com](http://www.invillapark.com).

## CODE OF CONDUCT

### Equal Access

Program participants, facility guests, and spectators shall not be denied equal access to programs, activities, services or benefits, or be limited in exercise of any right, privilege, advantage or opportunity on the basis of race, sex, creed, national origin, or disability.

### Behavior

Participants, spectators and staff are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make the programs offered at VILLA PARK • Parks and Recreation safe and enjoyable for everyone involved. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by staff.

Participants, spectators, facility guests, and staff shall:

1. Show respect to all participants, spectators, facility guests and staff. They shall also be expected to take appropriate direction from staff.
2. Refrain from using abusive or foul language.
3. Refrain from causing bodily harm to self, other participants, spectators, facility guests, or staff.
4. Show respect for equipment, supplies and facilities.
5. Follow all Village ordinances, facility rules and school rules. These include and are not limited to rules regarding smoking, alcohol, bringing in refreshments into facilities, etc.
6. Not engage in any gang related activities including the display or possession of gang related symbols, the use of hand signals, soliciting membership, intimidating or threatening behavior, wearing or displaying any gang colors or clothing identified with gang activities, etc.

### Discipline

VILLA PARK • Parks and Recreation applies a caring and positive approach to maintaining appropriate behavior at programs and facilities. Staff will apply a positive approach to discipline. Staff will periodically review rules with participants, spectators and facility guests during the program session. If inappropriate behavior occurs, prompt resolution will be sought specific to each individual situation as per the attached Guidelines. The Director of Parks & Recreation reserves the right to combine or delete any of the guidelines, which, in their sole judgment, is necessary in order to insure safety and abate any nuisance.

## Online Registration

- To register online, call the Recreation Department at 630-834-8970 to have your household set up for registration. Once this is done visit [www.invillapark.com](http://www.invillapark.com) and click on Recreation Program Registration and you will be re-directed to the online site. At the Account Log-In you will enter your email address as your log-in and your last name with first letter upper case as your password. The password is case sensitive and requires the first letter to be uppercase.



# PARK AMENITIES



Iowa Community Center Playground



Prairie Path Playground



Lufkin Park



Lions Park



Cortesi Veterans Memorial Park



Jefferson Pool



Rotary Park

## Franklin Park

218 N. Third

Ballfield  
Picnic Area  
Playground Equipment  
Multi-Use Play Area

## Fulton-Douglas Retention Area

Fulton & Douglas

Water Retention Area  
Native Plant Life

## Iowa Community Center

338 N. Iowa Avenue

Picnic Area  
Playground Equipment  
Multi-Use Play Area  
Community Center  
Public Washrooms  
Vending  
Skate Park  
Bocce Ball Court  
Bagger Courts  
Children's Garden  
Butterfly Garden  
Park Shelter

## Jackson Fields

301 W. Jackson

Ballfields  
Multi-Use Play Area  
Sled Hill  
Soccer Fields

## Jefferson Park & Pool

341 N. Harvard

Ballfields  
Ice Skating  
Picnic Area  
Playground Equipment  
Outdoor Swim Pool  
Multi-Use Play Area  
Soccer Fields

## Cortesi Veterans Memorial Park

318 E. Kenilworth

Depot  
Ice Skating  
Passive Area with Benches  
Park Shelter  
Veterans Memorial

## Lions Park

320 E. Wildwood

Lighted Ballfields  
Picnic Area  
Vending  
Basketball Courts  
Playground Equipment  
Multi-Use Play Areas  
Community Center  
Public Washrooms

## Lufkin Park & Pool

1000 S. Ardmore

Picnic Area  
Fishing Pond  
Outdoor Swim Pool  
Multi-Use Play Areas

## North Park

700 N. Harvard

Ballfield  
Sled Hill  
Playground Equipment  
Multi-Use Play Areas

## North Terrace Park

300 N. Westmore

Picnic Area  
Playground Equipment  
Fishing Pond  
Multi-Use Play Areas  
Activity Building  
Park Shelter

## Prairie Path

Salt Creek to Addison  
between Central and Park

Picnic Area  
Playground Equipment  
Natural Areas  
Multi-Use Play Areas  
Park Gazebo  
Historical Museum

## Rotary Park

600 E. Wildwood

Ballfield  
Picnic Area  
Playground Equipment  
Multi-Use Play Areas  
Public Washrooms  
Park Shelter

## Sugar Creek Golf Course

500 E. Van Buren

Nine-Hole Golf Course  
Clubhouse & Pro Shop

## Willowbrook Tennis Courts

1250 S. Ardmore

Lighted Tennis Courts

## Twin Lakes Park

Ardmore at Sidney

Multi-Use Play Areas  
Accessible Washrooms  
Accessible Picnic Shelter  
Accessible Fishing Pier  
Two Lakes  
Natural Areas  
Soccer Field  
Baseball Field

## Westland Park

Monterey at Riordon

Picnic Area  
Playground Equipment  
Multi-Use Play Area

## Westmore Park

500 N. Westmore

Picnic Area  
Playground Equipment  
Multi-Use Play Area  
Community Gardens

## Willowbrook Park

200 N. High Ridge

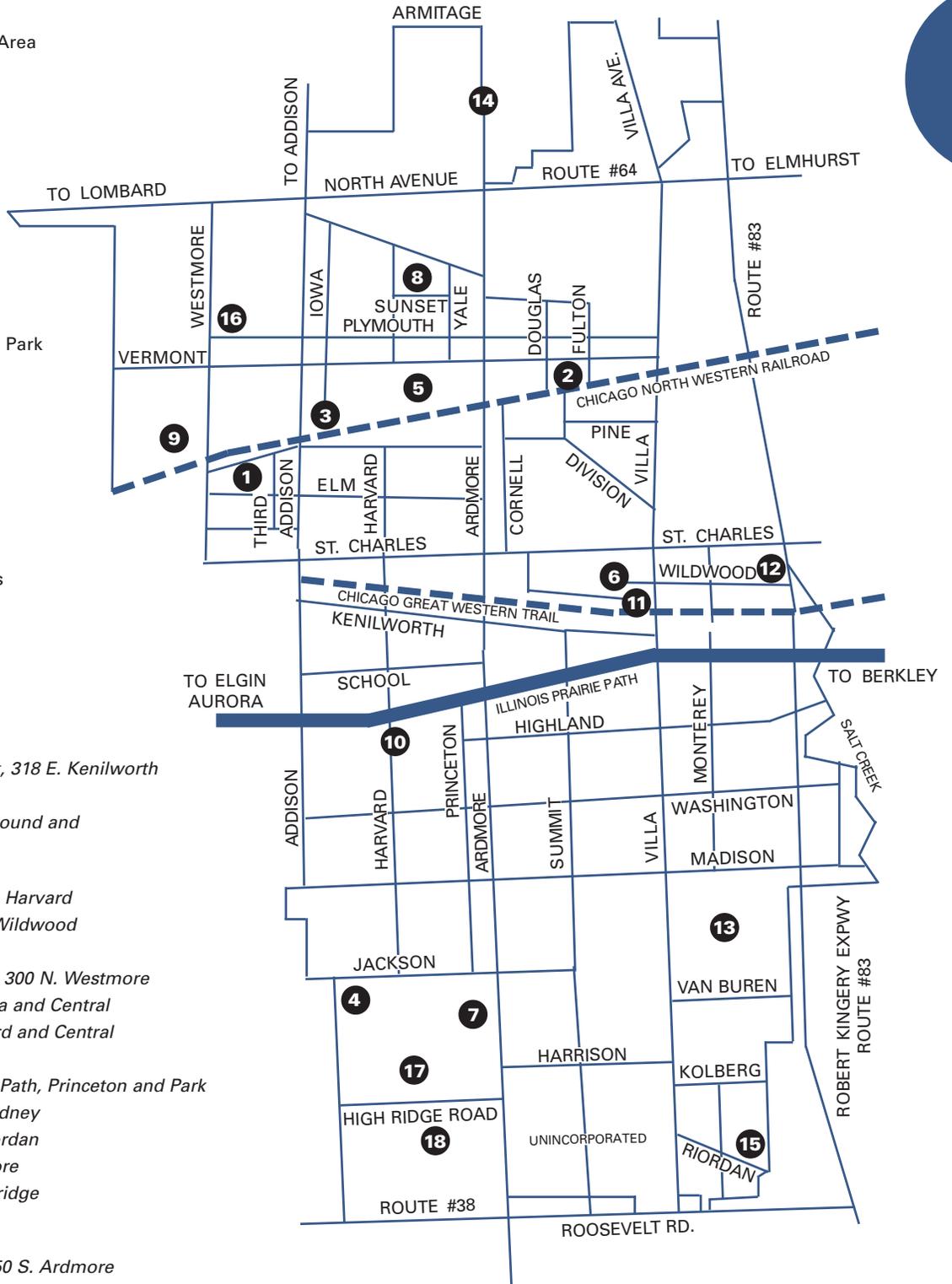
Ballfields  
Picnic Area  
Playground Equipment  
Multi-Use Play Area

### Help us out by keeping a watch on our parks!

Keep a watch over your neighborhood parks. Should you witness any vandalism or suspicious activities, please call 911 and provide the Villa Park Police Department with any information that would lead to the apprehension of vandals.

## Parks and Facilities

- 1 Franklin Park
- 2 Fulton-Douglas Retention Area
- 3 Iowa Community Center
- 4 Jackson Fields
- 5 Jefferson Park & Pool
- 6 Lions Park
- 7 Lufkin Park & Pool
- 8 North Park
- 9 North Terrace Park
- 10 Prairie Path
- 11 Cortesi Veterans Memorial Park
- 12 Rotary Park
- 13 Sugar Creek Golf Course
- 14 Twin Lakes Park
- 15 Westland Park
- 16 Westmore Park
- 17 Willowbrook Park
- 18 Willowbrook Tennis Courts



## Park Hours

### 6 am to Sunset:

- Cortesi Veterans Memorial Park, 318 E. Kenilworth*
- Franklin Park, 218 N. Third*
- Iowa Community Center Playground and Skate Park, 338 N. Iowa*
- Jackson Fields, 301 W. Jackson*
- Jefferson Park and Pool, 341 N. Harvard*
- Lions Park Playground, 320 E. Wildwood*
- Lufkin Park, 1000 S. Ardmore*
- North Terrace Park Playground, 300 N. Westmore*
- Playground on Prairie Path, Villa and Central*
- Prairie Path Playground, Harvard and Central*
- Rotary Park, 600 E. Wildwood*
- Ruggard Gazebo on the Prairie Path, Princeton and Park*
- Twin Lakes Park, Ardmore at Sidney*
- Westland Park, Monterey at Riordan*
- Westmore Park, 500 N. Westmore*
- Willowbrook Park, 200 W. Highridge*

### 6 am to 10 pm:

- Willowbrook Tennis Courts, 1250 S. Ardmore*

### 6 am to 11 pm:

- Lions Park Baseball Field, 320 E. Wildwood*

# EARLY CHILDHOOD

See pages 22-25 for  
Children's Sports

## Exploring Toddler

You and your tot will have a great time moving and exploring. We'll explore colors, read stories, sing, enjoy gym time and mingle with other parents.

**Ages: 18-36 mos w/parent**  
**\$31/\$21 sibling** 5 classes  
 Iowa Community Center  
 ECS03-31 M 5:30-6:30 pm Jan 9-Feb 6  
 ECS03-32 Th 9:15-10:15 am Jan 12-Feb 9  
 ECS03-33 M 5:30-6:30 pm Feb 20-Mar 20  
 ECS03-34 Th 9:15-10:15 am Feb 23-Mar 23  
 ECS03-35 M 5:30-6:30 pm Apr 3-May 1  
 ECS03-36 Th 9:15-10:15 am Apr 6-May 4

## Little Scientists

Welcome to our laboratory. Put on your lab coat as we try experiments that will make Nobel Prize recipients wonder.

**Ages: 4-6**  
**\$31/\$21 sibling** 5 classes  
 Iowa Community Center  
 ECS04-31 W 12:45-1:45 pm Jan 11-Feb 8  
 ECS04-33 W 12:45-1:45 pm Feb 22-Mar 22  
 ECS04-35 W 12:45-1:45 pm Apr 5-May 3

NEW

## Kids in Motion

We will be in constant motion during this fun filled class as we participate in music and movement activities and enjoy gym time.

**Ages: 3-6**  
**\$24/\$19 sibling** 5 classes  
 Iowa Community Center  
 ECS10-30 W 5:15-6 pm Jan 11-Feb 8  
 ECS10-31 W 5:15-6 pm Feb 22-Mar 22  
 ECS10-32 W 5:15-6 pm Apr 5-May 3

## Munchkins in Motion

Jump, wiggle, giggle and roll during this fun filled class. You and your child will participate in music and movement themed activities and enjoy gym time.

**Ages: 18-36 mos w/parent**  
**\$24/\$19 sibling** 5 classes  
 Iowa Community Center  
 ECS23-30 W 9:15-10 am Jan 11-Feb 8  
 ECS23-31 W 6-6:45 pm Jan 11-Feb 8  
 ECS23-32 W 9:15-10 am Feb 22-Mar 22  
 ECS23-33 W 6-6:45 pm Feb 22-Mar 22  
 ECS23-34 W 9:15-10 am Apr 5-May 3  
 ECS23-35 W 6-6:45 pm Apr 5-May 3

## Little Chefs

Little foodies will eat up this fun cooking class. A new recipe will be prepared and enjoyed each week.

**Ages: 4-6**  
**\$31/\$21 sibling** 5 classes  
 Iowa Community Center  
 ECS05-31 W 11:30 am-12:30 pm Jan 11-Feb 8  
 ECS05-32 W 11:30 am-12:30 pm Feb 22-Mar 22  
 ECS05-33 Tu 11:30 am-12:30 pm Apr 4-May 2  
 ECS05-34 W 11:30 am-12:30 pm Apr 5-May 3

## Dynamic Dinosaurs

Explore the world of dinosaurs in this prehistoric class. Dig for dinosaur bones, hunt for dinosaur eggs, paint a dinosaur and pretend to be one.

**Ages: 3-6**  
**\$31/\$21 sibling** 5 classes  
 Iowa Community Center  
 ECS15-31 Tu 11:30 am-12:30 pm Jan 10-Feb 7

## Planes, Trains and Automobiles

In this class you will learn about transportation through songs, stories and crafts. Each week we'll explore a different method of transportation.

**Ages: 3-6**  
**\$31/\$21 sibling** 5 classes  
 Iowa Community Center  
 ECS17-31 Tu 11:30 am-12:30 pm Feb 21-Mar 21

## Baking with the Bunny

Come out and bake Easter goodies! While the delicious goodies are baking, children will participate in a variety of holiday activities highlighted by a visit from the Villa Park Bunny!

**Ages: 4-6 ECS13-31**  
**Ages: 7-10 YHS16-31**  
**\$14/\$12 sibling** 1 class  
 Iowa Community Center  
 F 1-3 pm Apr 14



No Early Bird Registration

## Egg Coloring

Hop over to the Iowa Community Center for a morning of egg coloring. You'll use different materials and dyes to create colorful eggs you can take home for an at-home egg hunt.

**Ages: 4-6 ECS14-31**  
**Ages: 7-10 YHS17-31**  
**\$10/\$8 sibling** 1 class  
 Iowa Community Center  
 F 9-10 am Apr 14



No Early Bird Registration

NEW

## BEYOND PRESCHOOL 2016-2017 EXTENDED YEAR

The regular 2016-2017 Preschool year might be over but your preschooler can continue to enjoy the preschool setting by joining this new class. We will continue to have fun and exciting themes and take the time to help each child discover a fascinating world of learning through play. This program is licensed by the Illinois Department of Child and Family Services and is designed for your currently enrolled pre-schooler. Classes begin the week of May 8 and go through May 26. Priority registration for currently enrolled preschool students will be held until March 17, 2017. Open enrollment begins March 18.

| Preschool Class    | Fee   |
|--------------------|-------|
| 3-Day Resident     | \$130 |
| 3-Day Non-Resident | \$141 |
| 2-Day Resident     | \$87  |
| 2-Day Non-Resident | \$94  |

### Preschool Class Options

#### 3 YEAR OLD PROGRAM

T/TH 8:45-11:15 am

#### 4 YEAR OLD PROGRAM

M/W/F 8:45-11:15 am



## Star Wars Party

In a galaxy NOT SO FAR AWAY, a Star Wars Party was established! Channel your inner Jedi and use the force to have some Star Wars fun. Come dressed as your favorite Star Wars character as we participate in themed activities and enjoy an out of this world snack. The price includes one adult and one child. Please register the parent when registering the child and MAY THE "FOURTH" BE WITH YOU!

**Ages: 3-9**  
**\$15/\$10 sibling** 1 class  
 Cortesi Veterans Memorial Park Depot  
 FEA31-30 Th 4:30 pm May 4



No Early Bird Registration



## The following classes are offered by COOL SCIENCE



### **NEW** Let's be an Astronaut

Blast off in this fun, interactive class! You'll learn about how astronauts live, the foods they eat, the tools they use, and the challenges they face in space as you do experiments, watch fun demos, taste space food and make a craft project.

**Ages: 3-5**  
**\$22** 1 class  
 Iowa Community Center  
 ECS21-30 W 4-5:30 pm Jan 11

### **NEW** Let's Learn About Penguins

Have fun learning about these adorable cold-weather birds as you hear a song about them, learn about their family structure and what they eat. You'll even make a giant penguin to take home with you!

**Ages: 3-5**  
**\$22** 1 class  
 Iowa Community Center  
 ECS21-31 W 4-5:30 pm Jan 25

### **NEW** Let's Do Some Valentine Science

Learn about the science behind Valentine's Day as you make secret valentine messages with invisible ink, create valentine-themed lava lamps and make a tasty valentine treat.

**Ages: 3-5**  
**\$22** 1 class  
 Iowa Community Center  
 ECS21-32 W 4-5:30 pm Feb 8

### **NEW** Let's Learn About Animal Tracks

Learn to identify different kinds of animal tracks and the animals who made them as you listen to a story, play games, conduct experiments and make a craft project.

**Ages: 3-5**  
**\$22** 1 class  
 Iowa Community Center  
 ECS21-33 W 4-5:30 pm Feb 22

### **NEW** Let's Learn About the Water Cycle

Find out how water changes from a puddle on the ground to a gas in a cloud to falling raindrops and back again in this fun, very interactive class! Please bring an oversized t-shirt to wear over your clothes because we'll be doing a lot of experiments with water.

**Ages: 3-5**  
**\$22** 1 class  
 Iowa Community Center  
 ECS21-34 W 4-5:30 pm Mar 8

### **NEW** Let's Learn About Jellyfish

In this fun, hands-on class, preschoolers will learn all about jellyfish! First, they'll listen to a book about them, sing a song and move like them, learn what they eat and who eats them, study their lifecycle and make a jellyfish they can take home.

**Ages: 3-5**  
**\$22** 1 class  
 Iowa Community Center  
 ECS21-35 W 4-5:30 pm Mar 22

## The following classes are offered by LOG ON 2 LEARNING



### Technology Education and Early Keyboarding!

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. In these classes your child will be introduced to STEM (Science, Technology, Engineering, and Math), prepare for school readiness including letter and number recognition, shapes, colors, beginning sounds and early literacy. In addition, your child will learn fine motor skills to navigate a mouse, use problem solving, comprehensive skills and prepare for Kindergarten and beyond. Mini laptops will be provided for each student. **Your child will learn how to respect technology as a learning tool, rather than a toy in isolation!**

### Cities and Buildings/Community Helpers

**Ages: 3-5**  
**\$72** 5 classes  
 Iowa Community Center  
 ECS22-30 Tu 9:30-10 am Jan 10-Feb 7

### Ocean and Marine Life/Food and Nutrition

**Ages: 3-5**  
**\$72** 5 classes  
 Iowa Community Center  
 ECS22-31 Tu 9:30-10 am Feb 14-Mar 14

### Simple Machines

**Ages: 3-5**  
**\$72** 5 classes  
 Iowa Community Center  
 ECS22-32 Tu 9:30-10 am Apr 4-May 2

# EARLY CHILDHOOD (CON'T)

## Preschool

2017-2018 School Year

Our program is designed for your 3, 4 and 5 year old child. Enrolling your child in our preschool program will give your child the advantage they need to succeed in school and beyond. Making new friends and discovering new concepts are just some of the exciting encounters children will experience. Our enthusiastic teachers genuinely care and understand each child's individual developmental needs and learning styles. They take the time to help each child discover, in his or her own way, a fascinating world of learning and play.

Children will learn personal and social skills such as eagerness to learn, managing transitions and playing harmoniously with others. Language and literacy skills will be introduced such as following one or two step directions, using pictures to communicate ideas, alphabet knowledge and listening with interest to stories read aloud. Mathematical thinking will come into play with patterns, sorting, number concepts and spatial relations. Gross motor skills will be taught with active play such as riding a tricycle, jumping on gym mats and climbing on playground equipment. Fine motor skills include copying their first name, cutting with scissors and active play with playdough. Children will also learn the arts through identifying different colors, participating in group music experiences and taking on pretend roles and situations. All these skills are essential to prepare your child for a successful Kindergarten experience.



### Preschool Tuition

**Non-refundable registration fee of \$89**

| Preschool Class    | Annual  | 2-Pay | 4-Pay |
|--------------------|---------|-------|-------|
| 3-Day Resident     | \$1,557 | \$791 | \$402 |
| 3-Day Non-Resident | \$1,689 | \$857 | \$435 |
| 2-Day Resident     | \$1,040 | \$527 | \$270 |
| 2-Day Non-Resident | \$1,121 | \$571 | \$292 |

### Preschool Class Options

#### 3 YEAR OLD PROGRAMS

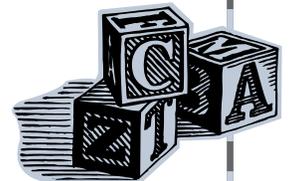
(CHILD MUST BE 3 YEARS OLD BY 9/1/17)

T/TH 8:45-11:15 am

#### 4 YEAR OLD PROGRAMS

(CHILD MUST BE 4 YEARS OLD BY 9/1/17)

M/W/F 8:45-11:15 am



**Both the Preschool program and Funtime Junction are licensed by the Illinois Department of Children and Family Services.**

## Funtime Junction Child Care Program

**Funtime Junction is a one-of-a-kind resource that serves the diverse community of Villa Park and beyond.**

We know that child safety and security is as important as academics and creative activities. All day care rooms are located in a secure hallway with monitored entry. The early childhood wing also houses the preschool program and early childhood specialty classes. As an added benefit, Funtime Junction staff will escort your child to any on site class while in our care. Benefits of Funtime Junction include a vibrant facility, staff that creates curriculums that can stretch your child's imagination and explore NEW ideas and materials to give your child the tools to become innovated learners. Funtime Junction helps to develop your child to be a well-rounded individual and to grow socially, emotionally, physically and intellectually. Children also visit our gymnasium and venture outside to our age appropriate playgrounds daily (weather permitting).

We are currently enrolling children ages 6 weeks through 5 years. Snacks are provided daily. Lunch is also provided if your child is with us at 12 noon with an additional charge of \$5.00/day. Use us as little or as much as you need. We specialize in flexible drop-in agreements or scheduled time agreements. Reservations for this program must be made at the top of the hour with a 2 hour minimum.

For more information, please contact Heather Carlson at [HCarlson@invillapark.com](mailto:HCarlson@invillapark.com) or 630.834.8970.

A non-refundable registration fee of \$35 per family is due at registration and then annually on September 1.

**Monday-Friday  
7:30 am – 6 pm**

| HOURLY FEES              | Resident  | Non-Resident |
|--------------------------|-----------|--------------|
| Infants (6 weeks-23 mos) | \$6.80/hr | \$7.45/hr    |
| 2-6 year olds            | \$6.25/hr | \$6.80/hr    |

# BIRTHDAY PARTIES



We'll help you celebrate your birthday at the Iowa Community Center! All party times and dates are based on availability and are scheduled for two hours, however longer parties are available for an additional fee. A minimum of three weeks is required to book a party and reservations are on a first-come, first-served basis. PLEASE NOTE: these parties are for children and are not intended to be a family birthday party; therefore, we ask that there are no more than 4 adults attending the party. If more than 4 adults will be staying, a multipurpose room will be assigned and a \$25 fee (max 20 adults) will be assessed. For parties larger than 20 adults, please contact the registration office staff for facility rental information.

**NOTE:** A \$50 non-refundable deposit (cash or credit card) is due when reserving your party. The balance is due at least five business days prior to your scheduled party. Early bird discount does not apply. Confirmation of time and date availability must be made with our party planner before sending invitations! Turning in a birthday party request form does not guarantee confirmation of your party. For additional information, call Mikie Kudelas at 630.834.8970 or MKudelas@invillapark.com

## Parties at Iowa Community Center

- Recommended Age Group: 5-12 years
- Choose from our terrific party themes
- Party package includes a gift for the birthday child, decorations, cupcakes, ice cream, drinks and paper goods.
- Party staff will decorate, lead games and activities, serve refreshments and clean up.
- OPTIONAL: Add two pizzas in any combination of cheese, sausage or pepperoni for an additional \$35 (please note: pizza is not available for Saturday/Sunday parties before 4 pm. You are welcome to bring in your own food).

## Fee Structure:

- Monday-Saturday-\$169/R and \$189/NR for up to 20 children, \$3 each additional child (max 30) and \$5 for each additional birthday child.
- Sunday-\$189/R and \$209/NR for up to 20 children, \$3 each additional child (max 30) and \$5 for each additional birthday child.

**THEMES:** Frozen, Princesses, Carnival, Sports, Tropical, Monster High, Legos, Angry Birds, Monsters University, Despicable Me, Teenage Mutant Ninja Turtles, Paw Patrol, The Good Dinosaur, Zootopia and Superheroes.

**NEW THEMES:** Dance Party with a Discover Dance instructor and Magic of Gary Kantor

(Check with the front office or visit our website at <http://www.invillapark.com/211/Parks-Recreation> for more information and fees for these parties)

A O U B E L O N G S E E I

## VOLUNTEERS

*People who make a difference*

*This past year volunteers contributed 3000 hours to various programs and events, enhanced the quality of those programs and made it possible for them to be offered. A big thank you to these recent volunteers.*

BIRTHDAYS  
EARLY  
CHILDHOOD

### SUPER SENSATIONAL SATURDAYS

Kathy Borger  
Kevin Carlson

### MOVIES IN THE PARK

Kevin Carlson

### BIG RIGS AND KIDS

Kathy Borger

### OKTOBERFEST

Kevin Carlson  
Scott Dalton  
Katie Floback  
Bill George  
Ruth George  
Alex Gospodarek  
Haidee Gospodarek  
Rana Baig  
Janet Gorman  
Katie Hanahan  
Becca Kowalski  
Karlie Hinman  
Sue Camasta  
Debbie Ricchetti  
Katie Ricchetti

## Thank You to Our Sponsors

### OKTOBERFEST

#### FRIEND OF VILLA PARK OKTOBERFEST (\$50-\$249)

Bob Goldin: State Farm Insurance  
Mike's Meat Market  
Villa Park Tang Soo Do/Eagle Academy  
Villa Park Jewel-Osco

#### BFF OF VILLA PARK OKTOBERFEST (\$250 & up)

Atomic Transmissions  
Bath Planet  
Elite Remodeling Group  
G.M. Smith & Son Realtors  
Olympia Chiropractic and Physical Therapy  
Renewal by Andersen  
Stella's Place & Shelby's  
Supreme Lobster & Seafood  
Villa Park Professional Fire Fighters Association

*thank you*



# DISCOVER DANCE



All dancers must be the proper age by the first day of class. Proper dance attire is mandatory. Registration for Performance Team classes is open to current Fall/Winter 2016-2017 team dancers.

Please note: there will be no pro-rated fees after classes begin.

**April 3-May 13**

**\$43 6 classes**

Iowa Community Center



## DANCE CLASS DESCRIPTIONS

### Dance Class Attire

#### Creative Dance and Ballet:

Black leotard, pink or black tights, skirts are acceptable, pink ballet shoes

**Jazz:** Black leotard, pink or black tights, black pink jazz shoes

**Tap:** Black leotard, pink or black tights, black slip-on or tie tap shoes for Intermediate & Advanced classes

**Hip Hop:** Comfortable clothing, jazz shoes or sneakers

**Modern:** Black leotard, pink or black convertible tights, no shoes required

**Adult Dance:** Comfortable clothing, ballet or jazz shoes

Dance warm ups (e.g. jazz pants, shrugs, leg warmers) may be worn to class but it is to the instructor's discretion to ask the dancer to remove them once class has begun. Hair must be securely pulled back off the dancer's face for every class. Dancers will be asked to observe class without proper attire and/or hair.



### Creative Dance

Creative Dance provides an introduction to dance and self-expression. For our youngest dancers, instruction includes developmentally appropriate activities in movement, music, coordination and an introduction to ballet. Ballet shoes required.

### Pre-Ballet

Simple ballet steps are taught as well as the five positions of ballet. Skills are completed both at the barre and in the center of the floor. Ballet shoes required.

### Tap/Jazz

This combination class provides you the opportunity to learn the basics of jazz and tap dance. Techniques for each will be taught with simple step combinations and dance routines. You are required to have both jazz and tap shoes by the first class, ballet shoes may not be substituted for jazz shoes.

### Ballet (Beginner, Intermediate & Advanced)

Dancers will increase their knowledge of proper alignment and positioning through a complete barre, center, adagio and allegro. Beginners need no prior knowledge. Intermediate dancers with prior experience will gain a stronger understanding of the lower level techniques and terminology. Advanced dancers with prior experience will be taught how to execute advanced principles. Ballet shoes required.

### Tap Technique

Rhythm technique, movement and tap combination steps will be learned. Dancers with prior experience will gain a stronger understanding of the lower level techniques and terminology. Dancers will also be taught how to execute advanced principles. Tap shoes are required.

### Poms

Thinking about joining a dance team in high school? Wanting to learn some cool tricks and turns? Working on your splits? Then this class is for you! Designed to give dancers some background on a "Poms" layout, this class will focus on splits, turns, and jumps as well as dancing with poms. Jazz shoes are required by the first day of class, ballet shoes may not be substituted for jazz shoes.

### Adult Dance

In this class, you will develop new skills and get a great workout! A blend of ballet, jazz, modern and lyrical dance, dancers will focus on each dance technique individually and in tandem.

### Jazz (Beginner, Intermediate & Advanced)

Patterns and combinations will introduce the varied forms of expression in jazz dance. Beginner dancers need no prior experience and will be provided basic and fundamental training. Intermediate dancers with prior experience will gain a stronger understanding of the lower level techniques and terminology. Advanced dancers with prior experience will learn more extensive techniques and principles. Jazz shoes required. Ballet shoes may not be substituted for jazz shoes.

### Modern

Dancers will learn a style of dance, free from the restrictions of ballet, where students dance barefoot while exploring their use of gravity. Class curriculum will include an introduction to various styles of modern techniques. Dancers work barefoot.

### Hip Hop

Join the latest funky craze in hip hop steps. Learn the fundamental techniques of jazz dance. Dancers can wear gym shoes or jazz shoes.

### 2016-17 Discover Dance Recital Closing Number

Join our Discover Dance Teams as they close out the 2016-2017 Discover Dance Recital! Dancers interested in potentially placing on one of our performance teams in the upcoming 2017-2018 season are encouraged to participate in the closing number to experience what it feels like to perform as part of a performance team. A minimum of 10 dancers is required. Participation is based on a first come first served basis (please pre-register at the registration office using the registration code below, no registration fee, walk-ins will not be accepted). A maximum of 20 positions are available. Dancers must be 5 years or older and currently enrolled in at least one 2016-2017 Discover Dance class. Attendance for both rehearsal dates and dress rehearsal are mandatory (absent dancers will not be permitted to perform the closing number at recital). Jazz shoes are required (ballet shoes are not permitted).

Iowa Community Center

DDR00-31 Sa 1-3 pm Feb 11 & 18\*

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DID YOU KNOW???

We offer  
**DANCE BIRTHDAY PARTIES**  
with a Discover Dance  
Instructor! For more information,  
please email Mikie Kudelas  
at [MKudelas@invillapark.com](mailto:MKudelas@invillapark.com)



DANCE

*The 2016-2017 Discover Dance Recital  
"BELIEVE" will be held on  
Saturday, February 25, 2017 at  
Willowbrook High School at 2 pm.*

**DANCE CLASS SCHEDULE**

|                  | Age | Day | Time         | Code     | Instructor |
|------------------|-----|-----|--------------|----------|------------|
| Beg./Int. Modern | 5+  | M   | 4:30-5:25 pm | DDS13-31 | Amanda     |
| Int./Adv. Modern | 1A  | M   | 5:30-6:25 pm | DDS13-32 | Amanda     |
| Tap Technique    | 7+  | M   | 6:30-7:25 pm | DDS14-31 | Amanda     |
| Hip Hop          | 7+  | M   | 7:30-8:25 pm | DDS06-31 | Amanda     |
| Petite Team      | 1A  | Tu  | 4-4:55 pm    | DDT00-31 | Courtney   |
| Junior Team      | 1A  | Tu  | 5-5:55 pm    | DDT01-31 | Courtney   |
| Pre-Teen Team    | 1A  | Tu  | 6-6:55 pm    | DDT02-31 | Courtney   |
| Power Team       | 1A  | Tu  | 7-7:55 pm    | DDT03-31 | Courtney   |
| Int./Adv. Ballet | 1A  | Tu  | 8-8:55 pm    | DDS30-30 | Courtney   |
| Creative Dance   | 3-4 | W   | 4-4:45 pm    | DDS10-31 | Debbie D.  |
| Pre-Ballet       | 4-5 | W   | 5-5:55 pm    | DDS05-31 | Debbie D.  |
| Tap/Jazz         | 5+  | W   | 6-6:55 pm    | DDS11-32 | Debbie D.  |
| Beg. Ballet      | 5+  | W   | 7-7:55 pm    | DDS02-31 | Debbie D.  |
| Poms             | 8+  | Th  | 6:30-7:25 pm | DDS15-31 | Courtney   |
| Int./Adv. Jazz   | 8+  | Th  | 7:30-8:25 pm | DDS31-30 | Courtney   |
| Adult Dance      | 18+ | Th  | 8:30-9:25 pm | DDS19-31 | Courtney   |

IA=Instructor Approval

**DANCE SHOE EXCHANGE**

If you have dance shoes that no longer fit, you need a larger size or different color; look no further...our shoe exchange can help out. Simply fill out a shoe exchange form at the front office of the Iowa Community Center or email Mikie Kudelas at [MKudelas@invillapark.com](mailto:MKudelas@invillapark.com) and when a match is found, we will contact you. Any shoes you would like to donate to the shoe exchange can be dropped off at the front office.

**DAD'S DANCE**

Calling all dance dads...it's your turn to steal the show! Did your dancer get their coordination from you? Then show off your dance moves at this year's dance recital. It's a great way to show your support for them! Participation is based on a first come first served basis (please pre-register at the registration office using the registration code below, no registration fee, walk-ins will not be accepted). A maximum of 20 positions are available. Dads and dancers (ages 5 and up) are encouraged to sign up for this recital piece. Both rehearsal dates and participation at dress rehearsal are mandatory (performers who miss either rehearsal or dress rehearsal will not be permitted to perform in the Dads' Dance at recital). Jazz shoes are required for dancers (ballet shoes are not permitted) and comfortable gym shoes for the Dads.

Iowa Community Center  
DDR01-31    Sa    12 noon-1 pm    Feb 11 & 18



Questions regarding the Discover Dance Program? Contact Discover Dance Director, Courtney Heneghan at [CHeneghan@invillapark.com](mailto:CHeneghan@invillapark.com).



# YOUTH



## Star Wars Party

In a galaxy NOT SO FAR AWAY, a Star Wars Party was established! Channel your inner Jedi and use the force to have some Star Wars fun. Come dressed as your favorite Star Wars character as we participate in themed activities and enjoy an out of this world snack. The price includes one adult and one child. Please register the parent when registering the child and MAY THE "FOURTH" BE WITH YOU!

**Ages: 3-9**

**\$15/\$10 sibling**

**1 class**

Cortesi Veterans Memorial Park Depot

FEA31-30 Th 4:30 pm May 4



## Magic Class

Now you see it...now you don't! You'll have a great time learning fascinating tricks from the Magic Team of Gary Kantor! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading and more. All materials are provided and you receive a magic kit to take home. If you have already participated in one of our magic classes, join us; you'll learn new and different tricks!

**Ages: 5-12**

**\$20**

**1 class**

Iowa Community Center

YHS01-31 Th 4-4:55 pm

Feb 2

YHS01-32 Tu 4-4:55 pm

May 2



## Baking with the Bunny

Come out and bake Easter goodies! While the delicious goodies are baking, children will participate in a variety of holiday activities highlighted by a visit from the Villa Park Bunny!

**Ages: 4-6**

**ECS13-31**

**Ages: 7-10**

**YHS16-31**



**\$14/\$12 sibling**

**1 class**

No Early Bird Registration

Iowa Community Center

F 1-3 pm Apr 14

## Egg Coloring

Hop over to the Iowa Community Center for a morning of egg coloring. You'll use different materials and dyes to create colorful eggs you can take home for an at-home egg hunt.

**Ages: 4-6**

**ECS14-31**

**Ages: 7-10**

**YHS17-31**



**\$10/\$8 sibling**

**1 class**

No Early Bird Registration

Iowa Community Center

F 9-10 am Apr 14

## The following classes are offered by GLITZY GIRLZ

**NEW**

### Parent/Child: Princess & Pirate Hidden Treasure Trunk

Ahoy, parents! Come out with Glitzy Girlz to hunt for fun! Each princess/pirate will be crowned with headgear. First, you will decorate a wooden treasure box and beaded key chain craft with great assorted beads. Team up together to find a hidden treasure trunk full of dress up props, costume type items, boa scarves etc. A backdrop will be set-up for photos and our staff will be ready to photograph you. Bring camera/phone.

**Ages: 3-9**

**\$27 per couple/\$25 each addtl. child 1 class**

Sunset Knolls, 820 S. Finley Rd, Lombard

YHS11-31 W 6-7:15 pm

Feb 8

**NEW**

### Neon Night

Come join Glitzy Girlz dressed in your fav neon outfit! Our staff will give each girl a make-over with neon hairspray, braid, make-up and neon polish application on nails. Each guest will design her own cool neon beaded bracelet. Our staff will give out neon jewelry and dance to disco lights with glow limbo, freeze dance and hula hoops. You'll take home a neon "goodie". Sign up with friends!

**Ages: 4-11**

**\$25**

**1 class**

Sunset Knolls, 820 S. Finley Rd, Lombard

YHS11-32 W 6-7:15 pm

Mar 8

**NEW**

### Night Out-Flower Power

Come join Glitzy Girlz for a jump start in SPRING! Our staff will pamper you with a hair updo with flower accents, sparkle, make-up and nail application with flower nail decals. Each participant will design her own flower ceramic craft and design a beaded bracelet with a flower charm. The end of class we will provide flowered hula skirt props to use in class and maracas and teach some fun hula dancing with music. Sign up with your friends!

**Ages: 4-10**

**\$26**

**1 class**

Sunset Knolls, 820 S. Finley Rd, Lombard

YHS11-33 Th 6-7:15 pm

Apr 6



See **FITNESS AND WELLNESS**,  
pg. 30, for **FITNESS CLASSES**  
including a **NEW BOXING CLASS**  
for ages 7-12



See **FAMILY EVENTS** on  
page 43 for a **Mom and Son Night at**  
**Sugar Creek Golf Course**



provide Sunrise and Sunset Camps for campers who need care before and/or after camp. With so much fun packed into 10 weeks, you won't want to miss out! You may register for all 10 weeks of SUMMER FUN, weekly or by the day (48 hour notice). Look for more information in the summer brochure or contact Katie Hanahan, Camp Director at KHanahan@invillapark.com.

The following classes are offered  
by **COOL SCIENCE**



**NEW** **Astronaut Science**

Do you have what it takes to be an astronaut? Find out if you do in this fascinating, hands-on class. You'll make and eat astronaut food, use astronauts' tools to complete missions, and make a model of a spaceship.

**Ages: 6-11**  
**\$29** **1 class**  
Iowa Community Center  
YHS18-31 W 6-8 pm Jan 11

**NEW** **All About Valentine Science**

There's more to Valentine's Day than candy hearts and cards ... there's also science! In this fun, hands-on class, you'll make hearts dance and fizz; write mysterious valentine messages with invisible ink; do some target practice with Cupid's arrow; and make a tasty valentine treat.

**Ages: 6-11**  
**\$29** **1 class**  
Iowa Community Center  
YHS18-33 W 6-8 pm Feb 8



LOOKING AHEAD...  
**SUMMER  
CAMP 2017**

It's not too early to start thinking about Summer Camp! It will start the week of June 5 and run through August 11. Campers are divided up by age, Junior Adventure Camp (5-8) and Adventure Camp (8-12) and enjoy daily swimming (weather permitting), weekly field trips and a variety of "Theme Fridays". We also

A O U B E L O N  
**DID YOU KNOW???**  
We offer  
**MAGIC & BALLOON ANIMAL BIRTHDAY PARTIES THROUGH GARY KANTOR!**  
For more information, please email Mikie at MKudelas@invillapark.com

YOUTH

**NEW**  
**VILLA PARK  
SCOUT PROGRAMS**

Calling all Girl Scouts in Villa Park... Need to earn a badge? Looking for a fun evening as a troop? Do you want someone else to prep, teach and do all the cleaning up from the badge project? Contact Mikie Kudelas at MKudelas@invillapark.com or 630.834.8970 to set up a badge program for your Girl Scouts. We're a one-stop shop for earning badges!

**Available classes include:**

**Brownies:**  
Be A Home Scientist  
Snack-travaganza  
Beautiful Bugs  
Test Your Senses  
Be a Space Explorer  
Pizza Party  
Wizardsing World of Scouting

**Cadets:**  
New Cuisines  
Be a Special Agent  
Eating for Beauty  
Pizza Party  
Wizardsing World of Scouting

**Juniors:**  
Simple Meals  
Be a Detective  
Animal Habits  
Pizza Party  
Wizardsing World of Scouting

**What's included in our badge classes:**

- Classes instructed by COOL SCIENCE—A Youth Protection trained and certified instructor to lead and coordinate the class activities
- Room Set up and Clean Up
- Activities designed to fulfill badge requirements
- All materials and supplies for the class activities
- A badge for each participating girl

Do you need a badge and don't see it listed here? Contact Mikie to see if a badge program can be provided for you!

**NEW** **All About the Water Cycle**

Evaporation, precipitation, condensation. Learn what these words mean and more in this very hands-on lab class. Each stage of the water cycle will be explored and we'll study why it is important to humans. Please bring an oversized t-shirt to wear over your clothes because we'll be doing a lot of experiments with water.

**Ages: 6-11**  
**\$29** **1 class**  
Iowa Community Center  
YHS18-35 W 6-8 pm Mar 8

**NEW** **All About Jellyfish**

Which animal is the most venomous on Earth yet has no brain or eyes? You'll learn the answer to this question and more if you attend this fun, hands-on class! Learn about jellyfish and their lifecycle, where they live, their predators, and what they eat as you make a lapbook about them, conduct experiments on buoyancy, and create an oversized model of a jellyfish you can take home.

**Ages: 6-11**  
**\$29** **1 class**  
Iowa Community Center  
YHS18-36 W 6-8 pm Mar 22

# YOUTH (CON'T)

## The following classes are offered by GUITAR FUNDAMENTALS

### Mars Jamzz Group Guitar

Get ready for an intergalactic, out-of this world guitar lesson experience! Our four fun Martians: Bjorn, Bebe, Brubar and Stan teach students the parts of the guitar, notes, guitar tablature, chords, fun songs and more in a setting tailored for group instruction. Students take turns playing melody and chords together with their instructor and each other, to maximize the group experience. Fee includes lesson book. Guitar rentals are available (if needed) through the instructor for an additional \$5 per class. Please contact info@marsjamzz.com for questions and if a rental is needed.

**Ages: 6-12**

**\$119** (no class 3/30) 7 classes

Iowa Community Center

YHS25-30 Th 5:30-6:30 pm Jan 19-Mar 2

YHS25-31 Th 5:30-6:30 pm Mar 16-May 4

### Private Guitar Lessons

Private lessons are offered for students of all ages in a fun, teacher and student setting. The focus of the lessons will be tailored to the pupil's needs and interests. Fee includes lesson book. Guitar rentals are available (if needed) through the instructor for an additional \$5 per class. Please contact info@marsjamzz.com for questions and if a rental is needed. All lessons meet for 30 minutes; for available lesson times, please contact Mikie Kudelas at MKudelas@invillapark.com.

**Ages: 6-12**

**\$177** (no class 3/30) 7 classes

Iowa Community Center

YHS24-30 Th Jan 19-Mar 2

YHS24-31 Th Mar 16-May 4

See pages 42-43 for  
our special events for the  
whole family, such as,  
**Ice Fishing,**  
**Mom/Son Night at Sugar  
Creek Golf Course**  
and  
**Father/Daughter Princess  
Themed Date night,**  
an  
**Egg Hunt and  
Breakfast with the Bunny,**  
and a  
**Splash into Summer Party  
at the Pool!**

## The following classes are offered by CHESS SCHOLARS



No Early Bird  
Registration

### **NEW** Chess Scholars

No previous knowledge of chess is necessary: players of all levels are welcome. Each class will consist of a fun interactive teaching period and guided practice time. Participants will get to the next level under the guidance of an experienced Chess Scholars coach. Children will have an opportunity to test for a Chess Belt® under a unique Chess Scholars system patterned after martial arts belts. There will also be a chess competition with prizes at the end of the session!

**Ages: 5-12**

**\$81**

**6 classes**

Sunset Knolls, 820 S. Finley Rd, Lombard

YHS33-30 Sa 11 am-12 noon Feb 4-Mar 11

### **NEW** Spring Break Chess Scholars Camp

This camp is designed for both beginners and experienced young players. All participants will learn cool new strategies at the appropriate level from a renowned Chess Scholars coach. Each class will consist of a fun interactive teaching period and guided practice time. Children will have an opportunity to test for a Chess Belt® under a unique Chess Scholars system patterned after martial arts belts. There will also be a chess competition with prizes! Each camper will take home a chess set and an award. Please bring your own snacks.

**Ages: 5-12**

**\$102**

**5 classes**

Sunset Knolls, 820 S. Finley Rd, Lombard

YHS33-31 M-F 10-11:30 am Mar 27-31

## AFTER-SCHOOL-STEM program with Chess Scholars

### **NEW** Let's Build It—Chain Reaction in Action!

The ball rolls down the ramp, turns the switch, that moves the post, that activates the zip-line, that knocks the ball down the ramp and into the goal! In this STEM program, students will be building Rube Goldberg "Mouse Trap" chain-reaction machines featuring levers, pulleys, and other simple machines. Engineering and physics concepts will be introduced and reinforced through hands-on, innovative lessons and creative play time. Problem solving skills and teamwork will be put to the test as the complexity of the projects increases from week to week. On the final class, there will be a building competition - How many contraptions can you connect in chain reaction? No previous experience is necessary, just a desire to learn and build. Each student will receive an award on the last day of the session, and have the opportunity to earn Energy Belts to demonstrate their learned skills!

**Grades: 1-6**

**\$105**

**6 classes**

Sunset Knolls, 820 S. Finley Rd, Lombard

YHS33-32 Tu 6-7 pm Feb 7-Mar 14

## WINTER AND SPRING CAMPS

Enjoy your break from school with us at our Winter and Spring Camps! With so many different games and activities planned, you won't want to miss out on a day of fun! Campers will enjoy theme days and an inflatable moon bounce on the last day of Winter Camp. Please send a sack lunch each day. Snacks and drinks will be provided. You may sign up for all camp days or just the ones you want. There will be no camp December 26 and January 2. **Please note:** pre-registration is necessary and we recommend you register early as camp may be full.

### WINTER CAMP



**Ages: 5-12**

Iowa Community Center

**Candy Cane Fun**—it's all about Candy Canes today, from crafts to a Candy Cane hunt!

Tu Dec 27

**Winterfest**—dress for the weather as we will build snowmen, have sled races and much more!

W Dec 28

**Movie on the Big Screen**—the popcorn machine will be working overtime today as we watch a movie on the big screen while enjoying tasty popcorn!

Th Dec 29

**Camp "New Year's Eve" Party**—celebrate the New Year with us!

F Dec 30

**Under the Sea**—don't let the cold weather get you down...it will be all sunshine today as we go "Under the Sea"!

Tu Jan 3

**Wild and Wacky Wednesday**—come to camp today with a wild and wacky hairstyle!

W Jan 4

**Life Size Fun**—play a variety of games that we made "Life Size"!

Th Jan 5

**Inflatable Day**—enjoy jumping all day in the Moon Bounce!

F Jan 6



### SPRING CAMP



**Ages: 5-12**

Iowa Community Center

**Sports Day**—show off your team spirit by wearing your favorite sports team gear!

M Mar 27

**Tropical Day**—all things are Hawaiian today, come dressed in your best tropical gear!

Tu Mar 28

**Pizza Day**—we'll enjoy a delicious pizza lunch today!

W Mar 29

**Inflatable Day**—enjoy bouncing around all day in our moon bounce!

Th Mar 30

**Superhero Day**—SHAZAM! Come dressed as your favorite superhero and enjoy playing superhero games!

F Mar 31

#### WINTER CAMP SCHEDULE

|                    | Sunrise Camp<br>7:30-9 am<br>(\$7 daily) | Winter Camp<br>9 am-4 pm<br>(\$28 daily) | Sunset Camp<br>4-6 pm<br>(\$9 daily) |
|--------------------|--|--|--------------------------------------|
| <b>Tue, Dec 27</b> | YCWR0-21                                 | YCW00-21                                 | YCWN0-21                             |
| <b>Wed, Dec 28</b> | YCWR0-22                                 | YCW00-22                                 | YCWN0-22                             |
| <b>Thu, Dec 29</b> | YCWR0-23                                 | YCW00-23                                 | YCWN0-23                             |
| <b>Fri, Dec 30</b> | YCWR0-24                                 | YCW00-24                                 | YCWN0-24                             |
| <b>Tue, Jan 3</b>  | YCWR0-25                                 | YCW00-25                                 | YCWN0-25                             |
| <b>Wed, Jan 4</b>  | YCWR0-26                                 | YCW00-26                                 | YCWN0-26                             |
| <b>Thu, Jan 5</b>  | YCWR0-27                                 | YCW00-27                                 | YCWN0-27                             |
| <b>Fri, Jan 6</b>  | YCWR0-28                                 | YCW00-28                                 | YCWN0-28                             |

**Please note:** Minimum registration numbers need to be met for Winter Camp to run; therefore a minimum of 10 participants must be registered by December 19 for camp dates December 27-30 and by December 28 for camp dates January 3-6.

#### SPRING CAMP SCHEDULE

|                    | Sunrise Camp<br>7:30-9 am<br>(\$7 daily) | Spring Camp<br>9 am-4 pm<br>(\$28 daily) | Sunset Camp<br>4-6 pm<br>(\$9 daily) |
|--------------------|--|--|--------------------------------------|
| <b>Mon, Mar 27</b> | YCPR0-31                                 | YCP00-31                                 | YCPN0-31                             |
| <b>Tue, Mar 28</b> | YCPR0-32                                 | YCP00-32                                 | YCPN0-32                             |
| <b>Wed, Mar 29</b> | YCPR0-33                                 | YCP00-33                                 | YCPN0-33                             |
| <b>Thu, Mar 30</b> | YCPR0-34                                 | YCP00-34                                 | YCPN0-34                             |
| <b>Fri, Mar 31</b> | YCPR0-35                                 | YCP00-35                                 | YCPN0-35                             |

# GYMNASTICS

All gymnastics classes are held at  
**TUMBLING TIMES GYMNASTICS,**  
400 Rohlwing Road, Addison.

VILLA PARK • Parks and Recreation is proud to partner with Tumbling Times Gymnastics in Addison to provide you with an elite gymnastics training center. Their mission is to build confidence, courage, strength and self-control in a fun and safe environment.



## Open Gym

Tumbling Times program participants and guests are free to work on all of the apparatus, however you must sign a waiver. There is always at least one coach present to monitor the gym.

**Ages: 18 months-16 years of age.**  
**Parents must provide supervision to participants 6 and under.**

**\$10 cash entry at the door**

Su 5:30-7:30 pm  
F 4:15-5:15 pm

See page 42 for  
**NEW  
SLEDDING  
and  
ICE SKATING**  
info including  
**GOAL RENTALS!**

## Parent-Tot Gymnastics

Over, under, forward and back; there's an adventure in every class! With the help of parents, this class will explore the four areas of gymnastics (bars, beam, vault, and tumbling). Participants will learn skills related to jumping, skipping, rolling, climbing and balancing.

**Ages: 18 mos-3**

|    |               | Jan 3 - Feb 12     | Feb 13 - Mar 26 | Apr 3 - May 28    |
|----|---------------|--------------------|-----------------|-------------------|
|    |               | M* 5 weeks \$59    |                 | 7 weeks \$82 (Sa) |
|    |               | Tu-Sa 6 weeks \$70 | 6 weeks \$70    | 8 weeks \$95      |
| M* | 10-10:35 am   | GEC12-30*          | GEC12-38        | GEC12-306         |
| Tu | 11-11:35 am   | GEC12-31           | GEC12-39        | GEC12-307         |
| Tu | 6:20-6:55 pm  | GEC12-32           | GEC12-300       | GEC12-308         |
| W  | 9:30-10:05 am | GEC12-33           | GEC12-301       | GEC12-309         |
| Th | 9:30-10:05 am | GEC12-34           | GEC12-302       | GEC12-310         |
| Th | 6:30-7:05 pm  | GEC12-35           | GEC12-303       | GEC12-311         |
| Sa | 9-9:35 am     | GEC12-36           | GEC12-304       | GEC12-312         |
| Sa | 11-11:35 am   | GEC12-37           | GEC12-305       | GEC12-313         |

## Tiny Times Gymnastics

Children will learn gymnastics body position as well as beginning skills on the bars, floor, springboard and balance beam. All participants must be toilet independent and be able to follow directions without the help of a parent.

**Ages: 3-4**

|    |                | Jan 3 - Feb 12     | Feb 13 - Mar 26 | Apr 3 - May 28 |
|----|----------------|--------------------|-----------------|----------------|
|    |                | M* 5 weeks \$62    |                 | 8 weeks \$100  |
|    |                | Tu-Sa 6 weeks \$74 | 6 weeks \$74    |                |
| M* | 10:45-11:30 am | GEC10-30*          | GEC10-36        | GEC10-303      |
| Tu | 10-10:45 am    | GEC10-31           | GEC10-37        | GEC10-304      |
| Tu | 6:20-7:05 pm   | GEC10-32           | GEC10-38        | GEC10-305      |
| W  | 10:15-11 am    | GEC10-33           | GEC10-39        | GEC10-306      |
| W  | 6:20-7:05 pm   | GEC10-34           | GEC10-300       | GEC10-307      |
| Th | 5:30-6:15 pm   | GEC10-34           | GEC10-301       | GEC10-308      |
| F  | 9-10 am        | GEC10-35           | GEC10-302       | GEC10-309      |

## Super Times Gymnastics

The gymnastics adventure continues! Swinging, rolling, jumping, and balancing; children will learn skills on the bars, floor, springboard and balance beam. All participants must be toilet independent and be able to follow directions without the help of a parent.

**Ages: 5-6**

|    |                | Jan 3 - Feb 12     | Feb 13 - Mar 26 | Apr 3 - May 28    |
|----|----------------|--------------------|-----------------|-------------------|
|    |                | M* 5 weeks \$62    |                 | 7 weeks \$82 (Sa) |
|    |                | Tu-Sa 6 weeks \$74 | 6 weeks \$74    | 8 weeks \$100     |
| M* | 10:45-11:30 am | GEC11-30*          | GEC11-38        | GEC11-306         |
| M* | 4:15-5 pm      | GEC11-31*          | GEC11-39        | GEC11-307         |
| Tu | 10:05-10:50 am | GEC11-32           | GEC11-300       | GEC11-308         |
| Tu | 4:15-5 pm      | GEC11-33           | GEC11-301       | GEC11-309         |
| Tu | 11-11:45 am    | GEC11-34           | GEC11-302       | GEC11-310         |
| W  | 5:30-6:15 pm   | GEC11-35           | GEC11-303       | GEC11-311         |
| Th | 10:45-11:30 am | GEC11-36           | GEC11-304       | GEC11-312         |
| Sa | 9-9:45 am      | GEC11-37           | GEC11-305       | GEC11-313         |

## Beginner Level 1

Participants learn skills on the traditional gymnastics events, including tumbling, bars, vault and beam all in a controlled environment. Children who have never been in a gymnastics class before should enroll in Beginner 1.

**Ages: 6-14**

|    |                   | Jan 3 - Feb 12     | Feb 13 - Mar 26 | Apr 3 - May 28    |
|----|-------------------|--------------------|-----------------|-------------------|
|    |                   | M* 5 weeks \$67    |                 | 7 weeks \$94 (Sa) |
|    |                   | Tu-Sa 6 weeks \$80 | 6 weeks \$80    | 8 weeks \$108     |
| M* | 5:30-6:30 pm      | GYT10-30*          | GYT10-37        | GYT10-304         |
| M* | 4:15-5:15 pm      | GYT10-31*          | GYT10-38        | GYT10-305         |
| Tu | 6-7 pm            | GYT10-32           | GYT10-39        | GYT10-306         |
| W  | 4:15-5:15 pm      | GYT10-33           | GYT10-300       | GYT10-307         |
| Th | 4:15-5:15 pm      | GYT10-34           | GYT10-301       | GYT10-308         |
| Sa | 11:10 am-12:10 pm | GYT10-35           | GYT10-302       | GYT10-309         |
| Sa | 10-11 am          | GYT10-36           | GYT10-303       | GYT10-310         |

## Beginner Level 2

Participants master the skills developed in Beginner 1, while learning new skills on floor, bars, beam and vault. Children who have previously taken gymnastics classes may sign up for Beginner 2 but must demonstrate the required skills of a Level 2 gymnast.

**Ages: 7-14**

|    |                   | Jan 3 - Feb 12 | Feb 13 - Mar 26 | Apr 3 - May 28                     |
|----|-------------------|----------------|-----------------|------------------------------------|
|    |                   | 6 weeks \$84   | 6 weeks \$84    | 7 weeks \$98 (Sa)<br>8 weeks \$112 |
| Tu | 4:15-5:30 pm      | GYT11-30       | GYT11-34        | GYT11-38                           |
| W  | 6-7:15 pm         | GYT11-31       | GYT11-35        | GYT11-39                           |
| Th | 5:30-6:45 pm      | GYT11-32       | GYT11-36        | GYT11-310                          |
| Sa | 11:10 am-12:25 pm | GYT11-33       | GYT11-37        | GYT11-311                          |

## Boys' Gymnastics Level 1

This introduction to boys' gymnastics will feature skills and exercises on the floor, parallel bars, high bar, rings, pommel horse, and vault, as well as strength, flexibility, and endurance.

**Ages: 6-14**

|    |                | Jan 3 - Feb 12                        | Feb 13 - Mar 26 | Apr 3 - May 28                     |
|----|----------------|---------------------------------------|-----------------|------------------------------------|
|    |                | M* 5 weeks \$68<br>Tu-Sa 6 weeks \$80 | 6 weeks \$80    | 7 weeks \$94 (Sa)<br>8 weeks \$112 |
| M* | 6:30-7:30 pm   | GYT15-30*                             | GYT15-32        | GYT15-34                           |
| Sa | 11 am-12:10 pm | GYT15-31                              | GYT15-33        | GYT15-35                           |

## Ninja Warrior

Challenge your Inner Ninja with our Ninja Warrior class! Ninjas will gain endurance and strength with our Ninja Warrior obstacle courses! Climb, crawl, jump, flip, hang and swing your way through a different course each week. Class includes our official Ninja Warrior headband.

**Ages: 4-11**

|    |              | Jan 3 - Feb 12 | Feb 13 - Mar 26 | Apr 3 - May 28 |
|----|--------------|----------------|-----------------|----------------|
|    |              | 6 weeks \$80   | 6 weeks \$80    | 8 weeks \$112  |
| Th | 4:30-5:30 pm | GYT18-30       | GYT18-32        | GYT18-34       |
| F  | 4:15-5:15 pm | GYT18-31       | GYT18-33        | GYT18-35       |

## Tumbling 1 (Rolls to Walkovers)

Tumblers will learn progressions from forward and backward rolls up through front and back walkovers.

**Ages: 6-14**

|          |    |              |               |       |         |
|----------|----|--------------|---------------|-------|---------|
| GYT13-30 | Th | 5:30-6:30 pm | Jan 5-Feb 9   | \$80  | 6 weeks |
| GYT13-31 | Th | 5:30-6:30 pm | Feb 16-Mar 23 | \$80  | 6 weeks |
| GYT13-32 | Th | 5:30-6:30 pm | Apr 6-May 25  | \$108 | 8 weeks |

## Tumbling 2 (Back Handsprings to Back Tucks)

This is for tumblers who can successfully perform a back and front walkover and are ready to learn back handsprings and back tucks.

**Ages: 6-14**

|          |    |              |               |       |         |
|----------|----|--------------|---------------|-------|---------|
| GYT14-30 | Th | 6:45-7:45 pm | Jan 5-Feb 9   | \$80  | 6 weeks |
| GYT14-31 | Th | 6:45-7:45 pm | Feb 16-Mar 23 | \$80  | 6 weeks |
| GYT14-32 | Th | 6:45-7:45 pm | Apr 6-May 25  | \$108 | 8 weeks |

## Villa Park YOUTH BASEBALL ASSOCIATION

### YOUTH BASEBALL AND GIRLS SOFTBALL 2017

#### REGISTRATION DATES:

**Online Registration starts December 1, 2016, at  
[www.vpyb.com](http://www.vpyb.com)**

**In-Person at the Iowa Center, Saturday, January 14 & 21,  
9 am-1 pm**

#### Who Can Register?

The League is open to any boy or girl between the ages of 4 & 18 years. All baseball registrants must be at least 5 years old by September 1, 2017 and must not be older than 18 as of September 1, 2017. For girls fast-pitch softball ages 7-14 years are eligible. All softball registrants must be 7 as of January 1, 2017. All players must register on one of the registration dates. A parent or legal guardian must be with them to sign the registration form and Parent Code of Ethics. All members of last year's teams must re-register at this time. **ALL NEW PLAYERS TO THE LEAGUE MUST PRESENT THEIR BIRTH CERTIFICATE AT REGISTRATION.**

#### DIVISIONS: The League consists of nine divisions

**T-BALL:** up to 6 years (this instructional level uses a T-Ball and Tee)

**FARM:** 7-8 years (also an instructional level, uses a reduced injury factor baseball)

**MINOR:** 9-10 years

**BRONCO:** 11-12 years

**PONY:** 13-14 years

**COLT:** 15-16 years

**PALOMINO:** 17-18 years

**GIRLS FAST-PITCH SOFTBALL:** 7-18 years

And part-time Travel Vipers in Spring and Fall

**Register online at [www.vpyb.com](http://www.vpyb.com)**



See the **SPORTS** section on page 25  
for a **YOUTH VOLLEYBALL CAMP**  
for grades: 4-8

See page 24 for Youth  
**MARTIAL ARTS**  
classes

## IPRA SKI TRIP

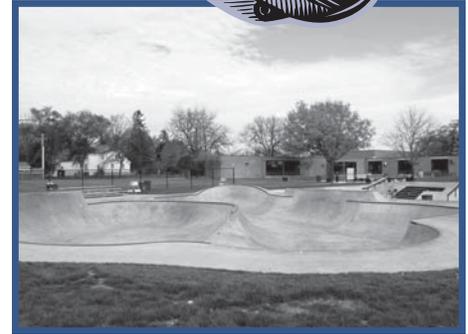
Grab your winter gear and friends and join other local teens for a fun filled day of snow tubing at Wilmot Mountain. The trip includes transportation to and from Wilmot, lift ticket and ski or snowboard rental. An additional \$15 fee for ski or snowboarding lesson: \$10 for lesson and \$5 for helmet rental which must be worn during lesson. Concessions are available for purchase. The drop-off/pick up location is to be determined. Registration deadline is Wednesday, February 1, 2017, 5 pm.

**Grades: 6-12**

**\$130** **1 class**

Drop Off/Pick Up Location TBD

ATY19-31 M 8:30 am-6:30 pm Feb 20



## Skate Competition

Do you have the best skateboarding tricks and are ready to compete for the championship for best skater? Each skater will have 3 minutes to perform as many tricks as they can as they compete against other skaters in their age group. Must register by Wednesday, May 17.

**Ages: 13-17**

**\$10** **1 class**

Iowa Community Center Skate Park

TSP05-30 Sa 10 am-12 noon May 20

## Early Dismissal Skate Day

Done with school early? Have nowhere to go? Come join us at the skate park as we provide skate games, pizza and a drink. You will spend part of the time with organized skate games as well as open skate to practice your skills. Must register by Friday, May 12.

**Ages: 5-12**

**\$10** **1 class**

Iowa Community Center Skate Park

TSP05-31 W 12 noon-2 pm May 17

## Villa Park • Parks and Recreation

### SKATE PARK SAFETY TIPS

**The Skate Park is open from 6 am to sunset 365 days of the year, weather permitting.**

**Please help everyone enjoy the Skate Park by following these safety tips:**

#### Wear protective equipment!

Fast moving skateboards, scooters, and bikes can be dangerous. Protect yourself at the very least with a helmet! Head injuries are serious!

#### Beware of snakes!

Take turns. Snaking occurs when you get in the way of another skateboarder while they are in the middle of their run. If you accidentally snake someone, get out of their way as soon as possible and apologize.

#### Get up & laugh at yourself!

When things don't go as planned, instead of hurting people or objects (like your skateboard); try laughing the next time you take a dive.

#### Give fair warning!

If you lose control of your board, scooter, or bike yell "WATCH OUT" to warn others. This is no time to be shy! Don't be afraid to scream it out.

#### Look before you leap!

Sure, its fun to launch yourself off the pike, but gravity will bring you back down. Wear appropriate safety equipment and watch out for others!

**Children should be supervised at all times.**

**Please keep metal bike pegs and muddy tires OUT of the skate park.**

**HAVE FUN!!**

## FAMILY Open Gym

Jackson Middle School Monday nights from 7-8:30 pm

**Jan 23, 30 Feb 6, 13, 27 Mar 6, 13, 20 Apr 10, 24**

- \$7 cash per family group: one or two supervising adults over the age of 21 accompanied by children under the age of 18
- \$3 cash per individual over the age of 18
- Children under the age of 18 cannot participate without an adult over 21
- Open Gym will be cancelled if there are no participants by 7:30 pm.



## Be a Lifeguard this Summer!

See page 40 for more info.



The following class will be held at:

**PHYSICAL FUSION TRAINING CENTER,  
800 E Roosevelt Rd., Suite D, Lombard**

### Speed & Agility

Movement-based training designed to improve overall athleticism. This program focuses on developing proper technique for athletes to improve their change of direction, acceleration, deceleration, jumping and landing ability, power, speed, strength and explosiveness. It is paramount for athletes to be able to move properly and efficiently in order to reduce the risk of injury and optimize on-field performance.

\$70 Two days per week 12 classes  
\$45 One day per week 6 classes

| Ages | Days | Times    | Jan 9-Feb 18 | Feb 20-Apr 1 | Apr 3-May 13 |
|------|------|----------|--------------|--------------|--------------|
| 7-12 | M/W  | 4-5 pm   | FTN11-30     | FTN11-31     | FTN11-32     |
| 7-12 | Sa   | 10-11 am | FTN11-33     | FTN11-34     | FTN11-35     |
| 13 + | M/W  | 4-5 pm   | FTN11-36     | FTN11-37     | FTN11-38     |
| 13 + | Sa   | 10-11 am | FTN11-39     | FTN11-300    | FTN11-301    |

### Strength & Conditioning

Movement-based training designed to improve overall athleticism. As an athlete increases strength they will be able to run faster and jump higher. This program focuses on teaching proper exercise technique through resistance training with weights, resistance bands and bodyweight exercises. Proper technique is of utmost importance, so there is a progression to this program. As athletes develop proper exercise technique we increase the difficulty and intensity of the workout. It is paramount for athletes to be strong in order to reduce risk of injury and optimize on-field performance.

\$70 Two days per week 12 classes  
\$45 One day per week 6 classes

| Ages | Days | Times       | Jan 9-Feb 18 | Feb 20-Apr 1 | Apr 3-May 13 |
|------|------|-------------|--------------|--------------|--------------|
| 7-12 | M/W  | 5-6 pm      | FTN12-30     | FTN12-31     | FTN12-32     |
| 7-12 | Sa   | 11 am-12 pm | FTN12-33     | FTN12-34     | FTN12-35     |
| 13+  | M/W  | 5-6 pm      | FTN12-36     | FTN12-37     | FTN12-38     |
| 13+  | Sa   | 11 am-12 pm | FTN12-39     | FTN12-300    | FTN12-301    |

### Boxing

Non-competitive boxing provides a great conditioning workout while teaching the fundamentals, art and science of boxing. Our instructor, who is a former professional boxer, constantly emphasizes proper punching technique, footwork, hand-eye coordination, defensive tactics and correct movement patterns specific to boxing. This program is for anyone that wants to learn boxing to its finest detail.

\$70 Two days per week 12 classes  
\$45 One day per week 6 classes

| Ages | Days | Times   | Jan 9-Feb 18 | Feb 20-Apr 1 | Apr 3-May 13 |
|------|------|---------|--------------|--------------|--------------|
| 7-12 | M/W  | 6-7 pm  | FTN13-30     | FTN13-31     | FTN13-32     |
| 7-12 | Sa   | 9-10 am | FTN13-34     | FTN13-35     | FTN13-36     |
| 13+  | M/W  | 6-7 pm  | FTN13-38     | FTN13-39     | FTN13-301    |
| 13+  | Sa   | 9-10 am | FTN13-303    | FTN13-304    | FTN13-305    |

### Bocce Ball League for Teens

Two person teams compete in this popular backyard sport. You don't have to know how to play to join the league. You and your partner can learn. Teams will play one match a week on our outdoor bocce ball court. There must be at least 3 teams registered to run this league.

**Ages: 13-17**

\$35 per team 4 weeks  
Iowa Community Center Bocce Court  
TSP06-31 Tu 5-6 pm May 2-23

### Bags League for Teens

Grab a partner and get ready for some exciting bags action. Teams of two will compete in this league ending with a tournament. Win prizes! There must be at least 3 teams registered to run this league.

**Ages: 13-17**

\$35 per team 4 weeks  
Iowa Community Center  
TSP07-31 Tu 6-7 pm May 2-23

### Open Gym

Jefferson Middle School is the place to be for students in grades 6-8 on Monday nights to hang out with friends, play basketball and other games! Open gym staff will be available to organize, facilitate and participate in activities. You must stay until Open Gym is over, unless previously arranged between parent and staff. No one will be released early unless a parent/guardian enters the building. **Please Note:** Open Gym will be cancelled if there are no participants by 7:30 pm.

**Grades: 6-8**

\$3 per night, payable at the door  
Jefferson Middle School

M 7-8:30 pm  
Jan 23, 30, Feb 6, 13, 27, Mar 6, 13, 20,  
Apr 3, 10, 24



See the Fitness section  
on page 31 for **FREE**  
**FITNESS WEEKS**

See page 42 for **NEW**  
**SLEDDING and**  
**ICE SKATING info**



See page 30 for  
**YOGA** classes  
for ages 13 and older

# SPORTS

The following classes are taught by **All Star Sports Instruction**. All of our programs focus on teamwork and sportsmanship.

## Flag Football Skills

We will focus on the proper mechanics of running pass routes, receiving, line play, taking hand offs and throwing. Basic rules and in-game-know-how will also be taught to prepare them for game play. Each player will learn the main positions both offensive and defensively by having the opportunity to play them all! **THERE WILL BE NO TACKLING!** This program allows players to learn the game without the risk of major injuries in our fun and safe environment.

### Ages: 3-4

Iowa Community Center

|          |    |              |               |      |           |
|----------|----|--------------|---------------|------|-----------|
| ATY08-30 | Tu | 5:45-6:45 pm | Feb 21-Mar 21 | \$56 | 5 classes |
| ATY08-31 | Tu | 5:45-6:45 pm | Apr 4-May 16  | \$65 | 7 classes |

## Multi-Sport

This is for the all-around athlete who wants to take a shot at different sports! Stay active and work on balance, motor skills and hand eye coordination all while learning the rules of baseball, football, floor hockey, soccer, basketball and more! We will focus on a new sport each class and work on basic rules and mechanics all while we play games that keep everyone moving. There's no reason to pick a sport when you can play them all!

Iowa Community Center

### Ages: 3-5

|          |    |           |               |      |           |
|----------|----|-----------|---------------|------|-----------|
| ATY16-30 | Th | 4-4:45 pm | Feb 23-Mar 23 | \$56 | 5 classes |
| ATY16-31 | Th | 4-4:45 pm | Apr 6-May 18  | \$65 | 7 classes |

### Ages: 6-8

|          |    |              |               |      |           |
|----------|----|--------------|---------------|------|-----------|
| ATY16-32 | Th | 4:45-5:45 pm | Feb 23-Mar 23 | \$56 | 5 classes |
| ATY16-33 | Th | 4:45-5:45 pm | Apr 6-May 18  | \$65 | 7 classes |

## Parent Child Super Sports

This program gives you and your child an opportunity to bond and have fun together while learning a variety of sports. This class is great for improving simple motor skills such as; catching, throwing, batting, shooting, passing and helps in developing hand-eye coordination. Parents participate with the child as we play soccer, basketball, hockey, t-ball, football and other sports. This is a great intro to the All Star programs and staff where parents can help in making the kids feel comfortable.

### Ages: 2-3

Iowa Community Center

|          |    |           |               |      |           |
|----------|----|-----------|---------------|------|-----------|
| ATE02-31 | Sa | 9-9:45 am | Jan 14-Feb 11 | \$56 | 5 classes |
| ATE02-32 | Sa | 9-9:45 am | Feb 25-Mar 25 | \$56 | 5 classes |
| ATE02-33 | Sa | 9-9:45 am | Apr 15-May 20 | \$61 | 6 classes |

## Volleyball Skills

This class is a great introduction to volleyball. The coaches from All Star Sports Instruction will coach your player in a fun, non-competitive environment. Each week will feature instruction and instructional games.

### Ages: 8-12

Iowa Community Center

|          |    |        |               |      |           |
|----------|----|--------|---------------|------|-----------|
| ATY07-30 | Th | 6-7 pm | Feb 23-Mar 23 | \$56 | 5 classes |
| ATY07-31 | Th | 6-7 pm | Apr 6-May 18  | \$65 | 7 classes |

NEW

## ALL-STAR SPORTS

### Basketball Camp

All-Star Sports Instruction camps are designed to keep everyone moving and learning at all times. Every part of the game will be covered and broken down into detail. The weakness of each player will be strengthened from day one. Not only will skills be advanced but we also stress the importance of teamwork and a positive mental attitude. The camp will run for 4 days, 1.5 hours each day. Each day will consists of stretching and warm ups, drills and skills, strategy session, and then games. Basketballs are provided.

\$70

4 classes

### Ages: 6-8

|          |      |           |           |
|----------|------|-----------|-----------|
| ATY09-20 | Tu-F | 4-5:30 pm | Dec 27-30 |
|----------|------|-----------|-----------|

### Ages: 8-10

|          |      |           |           |
|----------|------|-----------|-----------|
| ATY09-21 | Tu-F | 5:30-7 pm | Dec 27-30 |
|----------|------|-----------|-----------|



## Jr. T-Ball

This fun and exciting program will prepare each player for the next level of T-Ball.

### Ages: 3-5

Iowa Community Center

|          |    |             |               |      |           |
|----------|----|-------------|---------------|------|-----------|
| ATE01-30 | Th | 4-4:45 pm   | Jan 12-Feb 9  | \$56 | 5 classes |
| ATE01-31 | Sa | 11-11:45 am | Feb 25-Mar 25 | \$56 | 5 classes |
| ATE01-32 | Sa | 11-11:45 am | Apr 15-May 20 | \$61 | 6 classes |

## Skills Basketball

Our instructional program is designed to teach the game of basketball at a basic level while making sure the players stay active and engaged the entire class! Fun basketball-like games will be played to teach the importance of each skill learned. No players will be sitting! We will work on dribbling with each hand, passing and shooting technique and understanding basic offense and defense.

\$56

5 classes

Iowa Community Center

### Ages: 6-8

|          |    |              |              |
|----------|----|--------------|--------------|
| ATY15-31 | Tu | 4:45-5:45 pm | Jan 10-Feb 7 |
|----------|----|--------------|--------------|

### Ages: 8-10

|          |    |              |              |
|----------|----|--------------|--------------|
| ATY15-35 | Tu | 5:45-6:45 pm | Jan 10-Feb 7 |
|----------|----|--------------|--------------|

## Jr. Basketball

Our program is designed to teach the game at a basic level while making sure the players stay active the entire class! Our foundation technique focuses on basic mechanics to build confidence, then adds larger challenges. We will work on dribbling with each hand, passing and shooting, and understanding basic offense and defense.

### Ages: 3-5

\$56

5 classes

Iowa Community Center

|          |    |             |               |
|----------|----|-------------|---------------|
| ATY05-30 | Tu | 4-4:45 pm   | Jan 10-Feb 7  |
| ATY05-31 | Sa | 10-10:45 am | Jan 14-Feb 11 |

## Jr. Soccer

Dribbling, passing and shooting will be taught through fun games and drills; Great for coordination and self-esteem.

Iowa Community Center

### Ages: 3-5

|          |    |             |               |      |           |
|----------|----|-------------|---------------|------|-----------|
| ATE00-30 | Sa | 11-11:45 am | Jan 14-Feb 11 | \$56 | 5 classes |
| ATE00-31 | Sa | 10-10:45 am | Feb 25-Mar 25 | \$56 | 5 classes |
| ATE00-32 | Sa | 10-10:45 am | Apr 15-May 20 | \$61 | 6 classes |
| ATE00-33 | Tu | 4-4:45 pm   | Feb 21-Mar 21 | \$56 | 5 classes |
| ATE00-34 | Tu | 4-4:45 pm   | Apr 4-May 16  | \$65 | 7 classes |

### Ages: 6-8

|          |    |              |              |      |           |
|----------|----|--------------|--------------|------|-----------|
| ATE00-35 | Tu | 4:45-5:45 pm | Apr 4-May 16 | \$65 | 7 classes |
|----------|----|--------------|--------------|------|-----------|

### VP Summer Soccer Camp 2017

Kick off your summer by signing up for a Chicago Fire Soccer Summer Camp! The Chicago Fire Soccer Club and Soccer In the Community have teamed up with Villa Park Recreation to bring you Villa Park Soccer Camp 2017 the week of July 10-14, 2017. Play, learn and train with our passionate, highly qualified Chicago Fire coaches who will support your child and help him/her develop soccer skills in one week of soccer-filled fun. Spaces are limited! Chicago Fire Soccer In The Community Summer Camps are listed as one of "12 totally cool summer camps" by ChicagoParent! All players registered will receive a Soccer In The Community Dri-Fit jersey, ball, individual player evaluation and a ticket to a Chicago Fire game at Toyota Park!

**Interested in our FREE scholarship program?**

**Host a coach for the week of camp and participate in camp for FREE!**

Please email SEarl@invillapark.com for further information and details.

**LITTLE SPARKS: Introduce your child to learn the fundamentals of soccer with mom and dad.**

ATY19-10 M-F Ages: 3-5 8-9 am Jul 10-14 \$75

**COMMUNITY: Build on your child's key soccer skills through activities and themed practices.**

ATY19-11 M-F Ages: 6-9 9 am-12 noon Jul 10-14 \$125

ATY19-12 M-F Ages: 10-14 9 am-12 noon Jul 10-14 \$125

### All Star Sports

### SCHOOL DAY OFF

Join us for a fun vaday off school. Games and activities include but are not limited to soccer, basketball, floor hockey and dance. Come dressed for movement. Bring your smile and you own brown bag lunch!

**Grades: K-5**

**\$33 per day**

**1 class**

Iowa Community Center

SDA02-31 M 10 am-2 pm

Jan 16

SDA02-32 M 10 am-2 pm

Feb 20



## YOUTH SOCCER LEAGUE

The Villa Park Youth Soccer League will hold games on Saturday mornings for 7 consecutive weeks beginning April 8. Participants are randomly assigned to a team the week of March 13. Players must purchase a reversible jersey for \$17.

- Volunteer Coaches are needed to successfully run this league.
- Practices are held one day per week (12U two days per week) between the hours of 5:30 pm and 7:30 pm.
- Please indicate the days you are available to practice on your registration form.
- Requests to be with a particular coach will not be accepted.
- We will do our best to honor car pool/friend requests.
- **Friend or practice requests will not be accepted after March 10.**

The 12U level participates in the Mid Suburban Soccer League that plays games against teams from Addison, Glendale Heights, Itasca, Medinah, Bensenville, Roselle and Wood Dale. Games will be played in Villa Park and in the participating communities. Practices will take place two times per week.

### Age Groups

|    |          |     |          |
|----|----------|-----|----------|
| 6U | ATY00-31 | 10U | ATY00-33 |
| 8U | ATY00-32 | 12U | ATY00-34 |

| Birth Year | Season 2016-2017 | Season 2017-2018 |
|------------|------------------|------------------|
| 2012       |                  | 6U               |
| 2011       | 6U               | 8U               |
| 2010       | 8U               | 8U               |
| 2009       | 8U               | 10U              |
| 2008       | 10U              | 10U              |
| 2007       | 10U              | 12U              |
| 2006       | 12U              | 12U              |
| 2005       | 12U              |                  |

Competition levels are determined by year of birth.

### Spring 2017 Soccer Registration

#### REGISTRATION PROCEDURES

**Priority Registration: \$52**

Wednesday, February 22, 4-7 pm

Saturday, February 25, 10 am-1 pm

Iowa Community Center

**Open Registration: \$62**

Monday, February 27–Friday, March 10

Open Registration is available at both

the Iowa Community Center and the

Community Recreation Building or

please fax to 630.834.8982.

#### SEASON

Practice begins the week of March 20

Games are held April 8-May 20



### Be a VOLUNTEER COACH

The success of the Villa Park Youth Soccer League depends on the dedication of volunteer coaches. Villa Park Youth Soccer is about learning how to play soccer and having fun!

- No experience is necessary. New coaches are welcome.
- A coach is a sincere, caring individual who can share a few hours a week for practices and games.
- A coach is a positive role model encouraging and demonstrating sportsmanship, safety, patience and enthusiasm.

All coaches are required to participate in a screening process that includes a criminal background check.

Applications are available at the Iowa Community Center or online at <http://www.invillapark.com/211/Parks-Recreation>. If you have any questions regarding soccer, please contact Sue Earl at SEarl@invillapark.com or 630.834.8970.

## SPORTS (CON'T)

### Skills Soccer

Taught the All Star way, this program will keep everyone active and engaged both mentally and physically! We will cover simple foot skills, dribbling, passing, shooting, basic rules and even work on spreading the field. This class is a great base to prepare your player for the next level of play.

**Ages: 6-8**

**\$56**

**5 classes**

Iowa Community Center

ATY03-30 Tu 4:45-5:45 pm Feb 21-Mar 21

### Skills Baseball

We have created a system that keeps the players moving and learning even while in the dugout! Mechanics and hand eye coordination are the keys to early success. Players in this program will be more confident in this active class as we work on the proper mechanics of catching, throwing, fielding, base running and batting. This fun and exciting program will prepare each player for the level II, T-ball or coach pitch leagues.

**\$56**

**5 weeks**

Iowa Community Center

**Ages: 6-8**

ATY04-30 Th 4:45-5:45 pm Jan 12-Feb 9

**Ages: 8-10**

ATY04-31 Th 5:45-6:45 pm Jan 12-Feb 9

### Multi-Sport Camp

Have fun and exercise during spring break with your friends in this multi-sport camp for both boys and girls! Spend the afternoon playing sports like soccer, basketball, football and more with the coaches of All-Star Sports. The event will start with warm-ups followed by games and finish by cooling down with a cold drink.

**Ages: 6-12**

**\$99**

**5 classes**

Iowa Community Center

ATY18-31 M-F 4-6 pm Mar 27-31

**NEW**

### Dodgeball Camp

This fast paced class will get your kids moving and dodging like never before. During the class we will teach kids the rules of dodgeball and the strategies to beat the toughest players, including their parents, who we play the last day. So come on out and learn to dodge, dip, duck and dive.

**Ages: 6-12**

**\$99**

**5 classes**

Iowa Community Center

ATY23-30 M-F 6-8 pm Mar 27-31

## MARTIAL ARTS

Welcome to Villa Park Tang Soo Do where future Black Belt leaders are born. Master Tony Perkins, in cooperation with Eagle Academy of Martial Arts, employs his 30 years of teaching experience to create a safe, fun and enriching experience for students of all ages. Participants will learn the dynamic punches and kicks of the Korean art of Tang Soo Do, along with the practical self-defense applications of Hapkido. Classes are designed to instill confidence, promote self-discipline and improve physical fitness and concentration of students at any ability level. Uniforms and belt ranking are optional.

Community Recreation Building, 320 E. Wildwood Ave

### Little Champions

Training designed for our youngest martial artists of all ranks. Through the use of soft targets, focused games and obstacle courses, students will learn the basic stances, punches, kicks, and blocks used in the Martial Arts. In addition, they will improve their gross motor skills, balance and coordination. Emphasized throughout the lessons are the essential tenets of concentration, respect and self-control.

**Ages: 4-5**

**\$69**

*(no class 3/23)* **11 classes**

MAE00-30 Th 6-6:45 pm Mar 9-May 25

### Young Leaders - Level I: (New and returning Leaders White thru 1/2 Orange belt)

Training designed for our young leaders (New or Returning) from white belts to half-orange belts. A high energy class focused on the basic skills of kicking, punching, blocking, jumping and falling. Martial Arts drills challenge students to improve their timing, balance, coordination, strength and flexibility. Emphasized throughout the lessons are the essential tenets of concentration, respect, perseverance, and self-control.

**Ages: 6-12**

**\$69**

*(no class 3/27)* **11 classes**

MAY00-31 M 6:30-7:15 pm Mar 6-May 22

### Young Leaders - Level II: (Yellow thru Orange belt)

Advanced training for returning students who have earned a yellow belt or higher rank. This fast paced program is designed to move beyond basic skills to practical application of techniques. Classes include targeting, one-on-one self-defense skills and sparring drills. In addition to demonstrating the essential tenets of Martial Arts, students are also expected to perform basic techniques with greater proficiency.

**Ages: 6-12**

**\$69**

*(no class 3/23)* **11 classes**

MAY01-31 Th 7-7:45 pm Mar 9-May 25

### Intermediate/Adv. Youth: (Orange/Green thru Brown belt)

Advanced training provided to returning kids who hold the rank of orange/green through brown belt. This program takes a youth centered approach and is designed for the intermediate belts focusing on rank required skills and techniques. Classes include basic and advanced kicks, punches, targeting, self-defense skills, and one-on-one sparring drills. In addition to demonstrating the essential tenets of martial arts, students are also expected to perform basic techniques with greater proficiency.

**Ages: 6-12**

**\$69**

*(no class 3/23)* **11 classes**

MAY02-31 Th 7-7:45 pm Mar 9-May 25

### Adult Group: (All ranks)

Open to all students age 13 and older (and advanced youth with consent of the instructor). High energy classes combine, dynamic kicking and punching drills, joint locks and escapes, sparring, and traditional weaponry as appropriate to the student's rank. Emphasis is placed on physical fitness, practical self-defense and martial arts etiquette/philosophy. Lessons are tailored to student's age, experience level and physical abilities.

**Ages: 13 and older**

**\$89**

*(no class 3/23, 3/27)* **11 classes**

MAA00-31 M 7:30-8:30 pm Mar 6-May 22

MAA00-32 Th 8-9 pm Mar 9-May 25

NEW

### Youth Volleyball Camp

Entering her 14th year of coaching volleyball from ages 8-18, Coach Samolinski, Director of Lions West Volleyball Program, will focus on volleyball skills and techniques. In 2015 Trish took home a silver medal at girls junior national championships. Her team also finished top in the region in the 13u age group qualified and competed at nationals the last 5 years.

\$55 3 classes

Iowa Community Center

#### Grades: 4-6

ATY10-30 Tu-Th 8:30-10 am Jan 3-5

#### Grades: 7-8

ATY10-31 Tu-Th 10 am-12 pm Jan 3-5

Y O U B E L O N G H E R E !



See TEENS section on page 20 for an Early Dismissal SKATE DAY EVENT and a SKATE COMPETITION DAY

SPORTS

### FAMILY Open Gym

Jackson Middle School Monday nights from 7-8:30 pm

Jan 23, 30 Feb 6, 13, 27 Mar 6, 13, 20 Apr 10, 24

- \$7 cash per family group: one or two supervising adults over the age of 21 accompanied by children under the age of 18
- \$3 cash per individual over the age of 18
- Children under the age of 18 cannot participate without an adult over 21
- Open Gym will be cancelled if there are no participants by 7:30 pm.

### Fencing

En Garde! Fencing is an excellent exercise and ideal for all ages. This class offers a basic understanding of attack and defense along with conditioning, instruction and actual bout time. Please wear comfortable clothing and athletic shoes. All equipment is provided. Classes are offered in cooperation with the Lombard Park District.

#### Ages: 8 and older

Sunset Knolls, 820 S. Finley Rd., Lombard

#### Beginner

ATY11-31 Sa 11:30 am-12:30 pm Jan 7-Feb 11 \$56 6 classes

ATY11-32 Sa 11:30 am-12:30 pm Feb 18-Mar 25 \$56 6 classes

ATY11-33 Sa 11:30 am-12:30 pm Apr 8-May 20 \$60 7 classes

#### Advanced

ATY11-34 Sa 10:30-11:30 am Jan 7-Feb 11 \$56 6 classes

ATY11-35 Sa 10:30-11:30 am Feb 18-Mar 25 \$56 6 classes

ATY11-36 Sa 10:30-11:30 am Apr 8-May 20 \$60 7 classes

## ADULT LEAGUES

All Adult League participants must be over the age of 18.

### Men's 16" Softball League

ATA04-30

- Team registration deadline is Tuesday, April 4
- Team registration fee: \$699
- 12 game season and \$850 in awards
- Captain's meeting is Thursday, April 6 at 6:30 pm
- Friday night games at Lions Park start April 14
- Games at

### Men's Under 30 16" Softball League

ATA02-30

- Team registration deadline is Tuesday, May 9
- Team registration fee: \$585
- 9 game season and \$600 in awards
- Captain's meeting is Thursday, May 11 at 7 pm
- Thursday night games at Lions Park start May 18

### Co-Rec 14" Softball League

ATA05-30

- Team registration deadline is Tuesday, May 9
- Team registration fee: \$520
- 8 game season and \$450 in awards
- Captain's meeting is Thursday, May 11 at 6:30 pm
- Wednesday night games at Lions Park start May 17

### Co-Rec Bags League

ATA09-30

- Team registration deadline is Friday, April 21
- Team registration fee: \$50
- 4 week season, May 2-May 23. Awards dependant on registered teams
- Captain's meeting is Tuesday, April 25 at 6 pm
- Tuesday night games start May 2, 7-8 pm
- There must be at least 3 teams registered to run this league
- Iowa Community Center Bags Court

### Co-Rec Bocce Ball League

ATA18-30

- Team registration deadline is Friday, April 21
- Team registration fee: \$50
- 4 week season, May 2-May 23. Awards dependant on registered teams
- Captain's meeting is Tuesday, April 25 at 6 pm
- Tuesday night games start May 2, 6-7 pm
- There must be at least 3 teams registered to run this league
- Iowa Community Center Bocce Court



**Please Note:** To register for any of these leagues, complete the team registration form available at the Iowa Community Center or online at [www.invillapark.com](http://www.invillapark.com).

# ADULT ACTIVITIES

## Pokeno, Coffee and More!



We are going to have a blast playing this fun and easy to learn card/board game where everyone will go home with at least one prize (not monetary). Players will also be treated to snacks and coffee served with lots of laughs. Be sure to invite your friends too! Please call 630.834.8525 to RSVP.

**\$3 per person Residents/Non-Residents**  
Community Recreation Building

|          |    |        |        |
|----------|----|--------|--------|
| ASD00-31 | Th | 1-3 pm | Jan 26 |
| ASD00-32 | Th | 1-3 pm | Feb 23 |
| ASD00-33 | Th | 1-3 pm | Mar 23 |
| ASD00-34 | Th | 1-3 pm | Apr 27 |
| ASD00-35 | Th | 1-3 pm | May 25 |



## Coffee Klatch Club

Please join us for our new program and be sure to invite your friends too. Both residents and non-residents are welcome! Participants can work on their crafts or needlework, artwork (we can provide coloring books and coloring utensils), play board games, or just come to socialize. Coffee and sweet treats will be served. Please RSVP 630.834.8525 one week in advance.

**FREE**

Community Recreation Building

|          |    |        |        |
|----------|----|--------|--------|
| ASD03-31 | Tu | 1-3 pm | Jan 24 |
| ASD03-32 | Tu | 1-3 pm | Feb 21 |
| ASD03-33 | Tu | 1-3 pm | Mar 28 |
| ASD03-34 | Tu | 1-3 pm | Apr 18 |
| ASD03-35 | Tu | 1-3 pm | May 23 |

## Senior Concerns Commission

The Senior Concerns Commission meets the first Monday of each month at 6 pm at Village Hall, 20 S. Ardmore Ave. The meeting is open to the public. Seniors and those interested in issues related to seniors are invited. For information contact the Village Manager's office at 630.592.6052.

The following fitness classes will be held at:

**Physical Fusion Training Center,  
800 E Roosevelt Rd., Suite D, Lombard**

## Strength & Conditioning

Movement-based training designed to improve overall athleticism. As an athlete increases strength they will be able to run faster and jump higher. This program focuses on teaching proper exercise technique through resistance training with weights, resistance bands and bodyweight exercises. Proper technique is of utmost importance, so there is a progression to this program. As athletes develop proper exercise technique we increase the difficulty and intensity of the workout. It is paramount for athletes to be strong in order to reduce risk of injury and optimize on-field performance.

**\$70** Two days per week 12 classes  
**\$45** One day per week 6 classes

| Ages | Days | Times       | Jan 9-Feb 18 | Feb 20-Apr 1 | Apr 3-May 13 |
|------|------|-------------|--------------|--------------|--------------|
| 13+  | M/W  | 5-6 pm      | FTN12-36     | FTN12-37     | FTN12-38     |
| 13+  | Sa   | 11 am-12 pm | FTN12-39     | FTN12-300    | FTN12-301    |

## Boxing

Non-competitive boxing provides a great conditioning workout while teaching the fundamentals, art and science of boxing. Our instructor, who is a former professional boxer, constantly emphasizes proper punching technique, footwork, hand-eye coordination, defensive tactics and correct movement patterns specific to boxing. This program is for anyone that wants to learn boxing to its finest detail.

**\$70** Two days per week 12 classes  
**\$45** One day per week 6 classes

| Ages | Days | Times   | Jan 9-Feb 18 | Feb 20-Apr 1 | Apr 3-May 13 |
|------|------|---------|--------------|--------------|--------------|
| 13+  | M/W  | 6-7 pm  | FTN13-38     | FTN13-39     | FTN13-301    |
| 13+  | Sa   | 9-10 am | FTN13-303    | FTN13-304    | FTN13-305    |

## Barbella's Women Strength & Fitness

A women's only program predicated on increasing strength and endurance while improving range of motion, and burning fat. The wear and tear the body encompasses through life puts a lot of stress on the joints and muscles. This program will help reduce joint and muscle pain and make day-to-day activities more feasible.

**\$70** Two days per week 12 classes  
**\$45** One day per week 6 classes

| Ages | Days | Times        | Jan 9-Feb 18 | Feb 20-Apr 1 | Apr 3-May 13 |
|------|------|--------------|--------------|--------------|--------------|
| 18+  | M/W  | 6:30-7:30 pm | FTN14-30     | FTN14-31     | FTN14-32     |
| 18+  | Sa   | 9-10 am      | FTN14-33     | FTN14-34     | FTN14-35     |



See **SPORTS** on page 25  
for a

## BOCCE BALL LEAGUE

for ages 18 and older



See **Fitness and Wellness**,  
pg. 30, for a **T'AI CHI**  
class for Adults

**Register 3 weeks in advance  
for these programs  
and save \$3!**  
Non-Residents  
add \$3 to the registration fee.

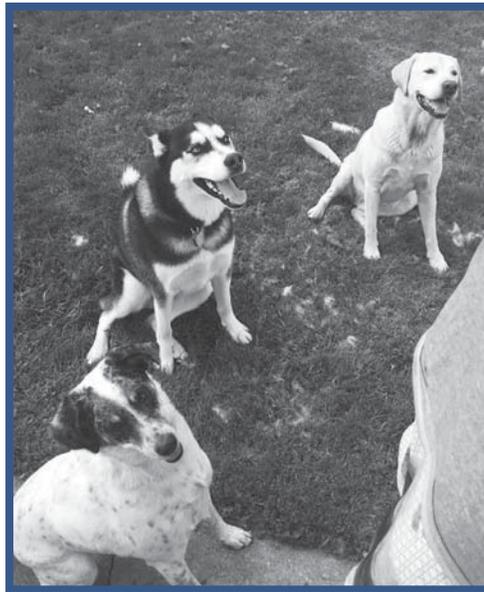
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### K-9 Good Manners – Basic and Intermediate Classes

Our instructor, Kim Grala, brings many years of experience and the philosophy that man's best friend will learn without being harsh. Therefore, metal or chain collars are not allowed. Dogs must wear flat snap or buckle collars. Classes are for dogs ages 5 months and older. Instruction will include sit, down, stay, come when called and walking on a leash. Additionally, instruction will help to re-direct inappropriate behaviors such as jumping, nipping, mouthing and barking plus how to deal with adolescent behavior. All family members, ages 5 and older, are welcome to participate. Basic and Intermediate classes are combined. Please bring a 4 to 6 foot leash, treats and clean-up materials to class. Proof of current vaccinations and Bordetella shot must be presented the first night of class. Enrollment will be ongoing so that you do not have to wait until the next session to begin training your pup. Your pup will participate in 7 classes if enrolled by session deadline.

**Ages: 5 and older w/parental supervision**  
\$95 7 classes

Community Recreation Building  
ASP01-31 W 6:30-7:30 pm  
Open Enrollment begins January 11  
Registration for this session ends April 19



### K-9 Good Manners – Puppy Classes

Our open enrollment Puppy Classes will be instructed by Kim Grala, who is looking forward to helping your puppy, ages 9 weeks through 4 ½ months, adjust to his/her new surroundings. Instruction will help with turning out of control puppies into well-mannered fun pups. Instruction will teach basic manners such as sit, down, stay, come when called, walking on a leash, socialization between puppy and human, plus potty training. Also, methods for redirecting inappropriate behavior, jumping, nipping, mouthing and barking will be practiced. All family members, ages 5 and older, are welcome to participate in these classes. Proof of current vaccinations and Bordetella shot

must be presented the first night of class. Dogs must wear flat snap or buckle collars. Metal or chain collars are not allowed. Please bring a 4 to 6 foot leash, treats and clean-up materials to class. Enrollment will be ongoing so that you do not have to wait until the next session to begin training your pup. Your pup will participate in 7 classes if enrolled by session deadline

**Ages: 5 and older w/parental supervision**  
\$95 7 classes

Community Recreation Building  
ASP02-31 W 7:30-8:30 pm  
Open Enrollment begins January 11  
Registration for this session ends April 19

ADULT



**Meet the team that programs and facilitates the older adult participants. Judy Gentile, Jenny Casale and Sue Camasta (left to right) can be contacted at the Community Recreation Building (320 E. Wildwood or by calling 630.834.8525).**

### IN AND AROUND TOWN

Subsidized taxi rides for Villa Park residents ages 65 and older, and physically challenged residents, living within the boundaries of Villa Park, are available for \$1 per ride per person. A photo ID card is necessary. For information call Village Hall, 630-834-8500. York Township offers transportation for residents ages 55 and older. You must be registered at York Township to participate and you need to call 630.620.2424 two business days, Monday through Friday, prior to your trip. The cost per ride varies from \$2 to \$4 each way.



# ADULT ACTIVITIES (CON'T.)

**Please Note:** at most of our destinations seating will be available for those who wish to minimize their walking. Please contact us with questions.



## FUN ON THE RUN VAN TRIPS



When you travel with us, there is no need to worry about maneuvering traffic, parking or toll expenses. We'll take you to many fun and fascinating destinations as you sit back and enjoy the scenery and leave the driving to us. Pick-up and drop-off is at the Community Recreation Building, 320 E. Wildwood Ave. There is a maximum of ten seats per trip. The transportation fee is \$16 per person resident/\$19 non-resident, round trip, and must be paid at least one week in advance. You pay admission, food and other expenses.

**Registration:** You may call 630-834-8525 to pay by credit card if you have a current registration form on file. Registration forms may be completed at the Community Recreation Building or Iowa Community Center. Registration will also be accepted through the mail, with a check, or in person. Participants must cancel at least two (2) business days prior to a scheduled trip in order to receive a program credit. **NOTE:** Due to frequent unscheduled stops van trip return times are approximate. Please plan accordingly!

**1 Footprint**  
Minimal Walking

**2 Footprints**  
Moderate Walking

**3 Footprints**  
Heavier Walking  
(may include several times on and off vehicle)

### Glessner House/Spoke & Bird Restaurant, Chicago

Visit the home of John and Frances Glessner built in 1887 on exclusive Prairie Avenue, once home to Marshall Field, Phillip Armour and George Pullman. The home features a radical departure from traditional residential design of that era featuring a large central courtyard and unexpected detail paid to the furnishings. Choose from many delicious entrees when the group visits the Spoke & Bird Restaurant for lunch. Admission is \$15 adults/\$12 seniors 60 and older.

### BAPS Shri Swaminaryan Mandir/Ki's Restaurant, Glendale Heights

When we visit this place of worship there will be many fascinating points of interest highlighted by Indian architecture that has been in place for thousands of years. Visitors will leave with a better understanding of Hindu culture. You will be asked to remove your shoes before entering any of Mandir buildings. The group will stop at the famous Ki's for lunch.

### Sawa's Old Warsaw Restaurant/ Shopping, Broadview

It's "Fat Tuesday" and time for our traditional trip to this famous restaurant featuring a delicious buffet lunch with yummy "Panczki" for dessert. Prior to lunch there will be time to shop at the nearby strip mall. Lunch buffet is \$10 (approx.)



### Billy Graham Center Museum/ Claim Jumpers, Lombard

The museum is an inspirational component of this Evangelist's life. The many displays are of remarkable beauty and certain to make a lasting impression as you explore over 500 years of American History. The suggested donation is \$4. The group will stop at Claim Jumpers on the return trip for a delicious lunch.

### Galos Caves/Jolly Inn Restaurant, Chicago

It's time to take a break and treat yourself to a calming spa experience. The sea microclimate inside the cave is known for its many health benefits and safe for all ages. The visit will last 45 minutes. Participants must bring white socks and wear comfortable clothing. The fee is \$10 seniors over 65; \$15 adults. Afterwards we will dine at the famous Jolly Inn Restaurant which features a delicious buffet with many Polish dishes.

### Mayslake Peabody Estate/Oak Brook/Q's Restaurant, Hillside

We will embark on a one hour tour of this outstanding mansion that was built between 1919 and 1921, for Francis Peabody as his retirement home. The historic home is an outstanding example of Tudor Revival Architecture. Participants will need to walk upstairs to the second floor for part of the tour. Admission is \$5. The group will then head to Q's Restaurant for a choice of entrees at very modest prices.

### Ernest Hemingway Museum and Birthplace/Winberie, Oak Park

We will visit the Victorian home where Nobel Prize winning author, Ernest Hemingway, was born in 1899 and spent his early life. The nearby museum displays rare photos of his childhood, diary, early writings and other memorabilia. Admission is \$12, Lunch at Winberie promises to be a taste treat with their award winning soups and sandwiches.

### Illinois Holocaust Museum, Skokie

This museum will share stories of the Holocaust through many exhibits including the Zev and Shifra Karkomi exhibit where visitors can experience pre-war European life, ghettos, concentration camps, liberation and resettlement around the world through more than 500 artifacts. The docent led tour begins at 10:15 am. Admission for seniors and adults is \$10. The group will stop for a late lunch on the return trip.

### Chinatown, Chicago

Join us when we visit this bustling community with many sights, sounds and tastes to explore beyond the Chinatown Gate. Visit the many shops, Chinatown Mural, Chinese American Museum of Chicago and other attractions.

## VAN TRIPS SCHEDULE

| Trip                                   | Day | Time            | Date   | Code     |
|--|-----|-----------------|--------|----------|
| Glessner House/Spoke & Bird Restaurant | Th  | 11 am-3:30 pm   | Jan 19 | AST00-31 |
| BAPS Hindu Temple/Ki's Restaurant      | Tu  | 8:30 am-3:30 pm | Feb 7  | AST00-32 |
| Sawa's Restaurant /Shopping            | Tu  | 10 am-1:30 pm   | Feb 28 | AST00-33 |
| Billy Graham Museum/Claim Jumpers      | W   | 9:15 am-2 pm    | Mar 15 | AST00-34 |
| Galos Caves/Jolly Inn Restaurant       | Sa  | 10 am-3 pm      | Mar 25 | AST00-35 |
| Mayslake Peabody's Home/Q's Restaurant | W   | 10 am-3 pm      | Apr 19 | AST00-36 |
| Ernest Hemingway Museum/Winberie       | Tu  | 10 am-3:30 pm   | Apr 25 | AST00-37 |
| Illinois Holocaust Museum              | Tu  | 9:30 am-3 pm    | May 16 | AST00-38 |
| Chinatown                              | W   | 9:30 am-3 pm    | May 24 | AST00-39 |

**"Your Place!"**

All area seniors are invited to stop-in at "Your Place!" located at the Community Recreation Building, 320 E. Wildwood Ave. Pinochle, Bridge, Canasta, Mahjong, board games or whatever you choose can be played during drop-in hours, or just come to socialize. (The office is closed for lunch Monday-Friday between 12-1 pm.) The Pinochle card group, which meets each Monday and Friday, always welcomes new players. They will help you brush-up on your skills or even learn the game. For more information call Jenny Casale at 630.834.8525 or JCasale@invillapark.com. Monday-Friday 10:30 am-2:30 pm

**Readers' Theatre Group**

We're having a great time performing and singing for various groups! If you love to socialize and would like the chance to perform without having to memorize scripts or lyrics, you'll want to join this group. Please call 630-834-8525 to confirm meeting dates.

**FREE**  
Community Recreation Building  
ASD01-231 M 1-2 pm

**Rules of the Road**

The Secretary of State's office offers this one day class; a great way to fine tune your skills whether or not you are preparing for a driver's test. (This is not an AARP class.) **PLEASE NOTE: PRE REGISTRATION IS REQUIRED ONE WEEK IN ADVANCE!**

**FREE**  
Community Recreation Building  
F 1:30-3:30 pm Feb 17

**Indoor Walking Group**

No matter what the weather you can walk to better health in our Iowa Community Center gymnasium. You may walk as many days and for as long as you wish between 7-9 am. This is a drop-in program.

**FREE**  
Iowa Community Center  
M-F 7-9 am

**Birthday Bunch & Lunch – NEW ACTIVITIES!**

For sure you will want to get in on the fun because we are adding a little more festive to our monthly festivities and kicking it up a notch. Our January\* event will feature a Count Down to a "Happy New Year!" including hats, noisemakers, sparkling juice for a toast to the New Year, plus entertainment. In March\* we will celebrate St. Paddy's Day with our annual party. The menu will include corned beef and turkey sandwiches plus sides and a wee bit of entertainment. As always each month's event features a buffet lunch, sweet treats, Bingo with gift prizes (not monetary) and more! Plus we will sing "Happy Birthday" to those celebrating their special day during the month they attend! Please call 630-834-525 to RSVP.

**\$5 per person payable at the door**  
**\*\$9 per person for the January 12 New Year's and March 9 St. Paddy's celebrations**  
Community Recreation Building

- ASP03-31 Th 12-2 pm Jan 12\* Happy New Year! – Ring in the New!
- ASP03-32 Th 12-2 pm Feb 9 Sock Hop Chair Dancing – Wear your coolest socks!
- ASP03-33 Th 12-2 pm Mar 9\* Happy St. Paddy's – Everyone is Irish!
- ASP03-34 Th 12-2 pm Apr 13 Wear your favorite Easter Bonnet or Tie and you may win a prize!
- ASP03-35 Th 12-2 pm May 11 A little Wacki from Waikiki Luau – Dress for the occasion!



**CASINO TRIPS**



Join us for an exciting day of gaming! Who knows, you may be the big winner of the day! We'll be traveling on the York Center Park District bus for these co-op trips. Pick-up and drop-off is at the Community Recreation Building. Participants must be at least 21 years old. Be sure to bring your state issued photo ID to collect your winnings. The transportation only fee is \$10 Resident/\$12 Non-Resident per person, round trip and must be paid at least one week in advance, providing seating is available. Lunch is on your own. Registration: You may call 630-834-8525 to pay by credit card if you have a current registration form on file. Registration forms may be completed at the Iowa Community Center or Community Recreation Building. Registration will also be accepted through the mail, with a check, or in person. NOTE: Please arrive 15 minutes early for these trips.

| CASINO TRIPS SCHEDULE |     |                 |       |          |
|-----------------------|-----|-----------------|-------|----------|
| Casino/Location       | Day | Time            | Date  | Code     |
| Hollywood, IL         | F   | 9:45 am-4:15 pm | Jan 6 | AST04-31 |
| Ameristar, IN         | F   | 9:30 am-4:30 pm | Feb 3 | AST04-32 |
| Four Winds, MI        | F   | 9:15 am-5:15 pm | Mar 3 | AST04-33 |
| Horseshoe, IN         | F   | 9:30 am-4:30 pm | Apr 7 | AST04-34 |
| Blue Chip, IN         | F   | 9:15 am-5:15 pm | May 5 | AST04-35 |

**FREE** Receive the *Golden Times*  
Don't miss out on the latest trip and activities' information.  
Call Jenny Casale at 630.834.8525 or email  
JCasale@invillapark.com to be put on the mailing list.

**FREE Blood Pressure Checks**  
First Friday of each month  
Community Recreation Building  
12 noon to 1 pm

# FITNESS AND WELLNESS

## Yoga

Yoga is devoted to the development of strength, flexibility, balance focus and meditation with regard to each person's body and needs in mind. You will learn what Hatha Yoga is, proper alignment for your body and skill sets. Bring your own Yoga mat, 2 yoga blocks and a strap. Classes are taught by The Yoga Teachers' Group, Inc. Please wear comfortable clothing.

**Ages: 13 and older**

\$47 (no class 5/29) 5 classes

Iowa Community Center

|          |   |        |               |
|----------|---|--------|---------------|
| FTN04-30 | M | 6-7 pm | Jan 9-Feb 6   |
| FTN04-31 | M | 6-7 pm | Feb 20-Mar 20 |
| FTN04-32 | M | 6-7 pm | Apr 3-May 1   |
| FTN04-33 | M | 6-7 pm | May 15-Jun 19 |

## Beginner Ta'i Chi

T'ai Chi is practiced by millions of people every day, who consider it to be an integral part of their lives, giving them good health, a calm stress-free mind and a flexible body. Appropriate for any age or fitness level.

**Ages: 14 and older**

\$50 7 classes

Iowa Community Center

|          |    |        |               |
|----------|----|--------|---------------|
| FTN01-30 | Tu | 1-2 pm | Jan 3-Feb 14  |
| FTN01-31 | Tu | 1-2 pm | Feb 28-Apr 11 |
| FTN01-32 | Tu | 1-2 pm | May 2-Jun 13  |

## Continuing Ta'i Chi

Improve your posture, balance, flexibility and strength. Experience the release of tension, a reduction of stress and a feeling of positive energy flow through your body.

**Ages: 14 and older**

\$50 7 classes

Iowa Community Center

|          |    |           |               |
|----------|----|-----------|---------------|
| FTN02-30 | Tu | 1-2:30 pm | Jan 3-Feb 14  |
| FTN02-31 | Tu | 1-2:30 pm | Feb 28-Apr 11 |
| FTN02-32 | Tu | 1-2:30 pm | May 2-Jun 13  |

## Ta'i Chi Sword

Beyond the T'ai Chi form, lies the elegant and effective T'ai Chi Sword form. With its dramatic moves and turns, and it's shining blade sweeping through the air and the tassels swirling about, it always captures the attention and imagination of young and old alike. T'ai Chi students can expect to enhance their art and self-expression, and to further refine themselves. Through continued practice you can expect to improve posture, balance, coordination, flexibility and strength, reduce blood pressure, stress, release tension and a feeling of positive energy flow through your body.

**Ages: 14 and older**

\$30 7 classes

Iowa Community Center

|          |    |           |               |
|----------|----|-----------|---------------|
| FTN03-30 | Tu | 2:30-3 pm | Jan 3-Feb 14  |
| FTN03-31 | Tu | 2:30-3 pm | Feb 28-Apr 11 |
| FTN03-32 | Tu | 2:30-3 pm | May 2-Jun 13  |

The following classes will be held at:

**Physical Fusion Training Center, 800 E Roosevelt Rd, Suite D, Lombard**

## Speed & Agility

Movement-based training designed to improve overall athleticism. This program focuses on developing proper technique for athletes to improve their change of direction, acceleration, deceleration, jumping and landing ability, power, speed, strength and explosiveness. It is paramount for athletes to be able to move properly and efficiently in order to reduce the risk of injury and optimize on-field performance.

\$70 Two days per week 12 classes

\$45 One day per week 6 classes

| Ages | Days | Times    | Jan 9-Feb 18 | Feb 20-Apr 1 | Apr 3-May 13 |
|------|------|----------|--------------|--------------|--------------|
| 7-12 | M/W  | 4-5 pm   | FTN11-30     | FTN11-31     | FTN11-32     |
| 7-12 | Sa   | 10-11 am | FTN11-33     | FTN11-34     | FTN11-35     |
| 13+  | M/W  | 4-5 pm   | FTN11-36     | FTN11-37     | FTN11-38     |
| 13+  | Sa   | 10-11 am | FTN11-39     | FTN11-300    | FTN11-301    |

## Strength & Conditioning

Movement-based training designed to improve overall athleticism. As an athlete increases strength they will be able to run faster and jump higher. This program focuses on teaching proper exercise technique through resistance training with weights, resistance bands and bodyweight exercises. Proper technique is of utmost importance, so there is a progression to this program. As athletes develop proper exercise technique we increase the difficulty and intensity of the workout. It is paramount for athletes to be strong in order to reduce risk of injury and optimize on-field performance.

\$70 Two days per week 12 classes

\$45 One day per week 6 classes

| Ages | Days | Times       | Jan 9-Feb 18 | Feb 20-Apr 1 | Apr 3-May 13 |
|------|------|-------------|--------------|--------------|--------------|
| 7-12 | M/W  | 5-6 pm      | FTN12-30     | FTN12-31     | FTN12-32     |
| 7-12 | Sa   | 11 am-12 pm | FTN12-33     | FTN12-34     | FTN12-35     |
| 13+  | M/W  | 5-6 pm      | FTN12-36     | FTN12-37     | FTN12-38     |
| 13+  | Sa   | 11 am-12 pm | FTN12-39     | FTN12-300    | FTN12-301    |

## Boxing

Non-competitive boxing provides a great conditioning workout while teaching the fundamentals, art and science of boxing. Our instructor, who is a former professional boxer, constantly emphasizes proper punching technique, footwork, hand-eye coordination, defensive tactics and correct movement patterns specific to boxing. This program is for anyone that wants to learn boxing to its finest detail.

\$70 Two days per week 12 classes

\$45 One day per week 6 classes

| Ages | Days | Times   | Jan 9-Feb 18 | Feb 20-Apr 1 | Apr 3-May 13 |
|------|------|---------|--------------|--------------|--------------|
| 7-12 | M/W  | 6-7 pm  | FTN13-30     | FTN13-31     | FTN13-32     |
| 7-12 | Sa   | 9-10 am | FTN13-34     | FTN13-35     | FTN13-36     |
| 13+  | M/W  | 6-7 pm  | FTN13-38     | FTN13-39     | FTN13-301    |
| 13+  | Sa   | 9-10 am | FTN13-303    | FTN13-304    | FTN13-305    |

## Barbella's Women Strength & Fitness

A women's only program predicated on increasing strength and endurance while improving range of motion, and burning fat. The wear and tear the body encompasses through life puts a lot of stress on the joints and muscles. This program will help reduce joint and muscle pain and make day-to-day activities more feasible.

\$70 Two days per week 12 classes

\$45 One day per week 6 classes

| Ages | Days | Times        | Jan 9-Feb 18 | Feb 20-Apr 1 | Apr 3-May 13 |
|------|------|--------------|--------------|--------------|--------------|
| 18+  | M/W  | 6:30-7:30 pm | FTN14-30     | FTN14-31     | FTN14-32     |
| 18+  | Sa   | 9-10 am      | FTN14-33     | FTN14-34     | FTN14-35     |

# GROUP FITNESS CLASSES



**FITNESS SCHEDULE: January 3-May 25**

**FREE FITNESS WEEKS: January 16-21 AND March 13-18**

All fitness levels welcome. Modifications are made based on individual needs.

Iowa Community Center

**PRICING:**

**\$6/class**

**Punch Cards**

|               |       |
|---------------|-------|
| 10 Punch card | \$59  |
| 18 Punch card | \$99  |
| 24 Punch card | \$125 |

**Senior Punch Cards (60 and older)**

|               |      |                  |
|---------------|------|------------------|
| 10 Punch card | \$50 | (\$42 by Jan 21) |
| 18 Punch card | \$72 | (\$61 by Jan 21) |
| 24 Punch card | \$83 | (\$70 by Jan 21) |

FITNESS AND WELLNESS

**FITNESS CLASS DESCRIPTIONS**

**CSI—Cardio Strength Interval**

This class will utilize a variety of equipment with alternating segments of cardiovascular and strength training to give you a total body workout.

**Kettlebell Training**

Kettlebell training engages multiple muscle groups at the same time. The abdominals and stabilizing muscles spring into action as we complete functional movements useful for everyday activities. All of these total body moves teach the body to work as one unit, improving balance and coordination, along with strength and endurance.

**Zumba®**

This class incorporates Latin and international rhythms with dance steps like salsa, merengue, and cha cha in a class that is fun and easy to do. Zumba® brings a party atmosphere into your workout.

**Zumba® Gold**

This class is perfect for beginners, older active adults, or individuals new to exercise. Much like Zumba® this class combines high energy and motivating music with unique moves and combinations that are easy to follow.

**Zumba® Toning**

Zumba® Toning is the perfect way to sculpt your body naturally while having a total blast. Learn how to use lightweight, maraca-like Toning sticks to enhance rhythm and tone all target zones, including arms, abs and thighs. All fitness levels are welcome. Burns 500-1000 calories an hour.



**FREE FITNESS WEEKS**

During the weeks of **January 16-21 AND March 13-18**, attend any Fitness Easy Pass class for **FREE**. You need not have an Easy Pass to participate. Please sign in prior to attending each class.

**FITNESS CLASS SCHEDULE**

|               | Monday | Tuesday     | Wednesday     | Thursday            | Saturday |
|---------------|--------|-------------|---------------|---------------------|----------|
| 9-10 am       | CSI    | Zumba® Gold |               | Kettlebell Training | Zumba®   |
| 9:30-10:30 am |        |             | Zumba®        |                     |          |
| 5:30-6:30 pm  |        |             | Zumba® Toning |                     |          |
| 6:30-7:30 pm  | Zumba® |             | Zumba®        | CSI                 |          |
| 7:30-8:30 pm  | CSI    |             |               | Zumba®              |          |
| 8-9 pm        |        |             | Zumba® Toning |                     |          |

**Zumba® Kids**

Zumba® Kids classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance and cultural awareness. Zumba Kids have so much fun without even knowing they're actually working out!

**Ages: 4-8**  
**\$29** **5 classes**

Iowa Community Center  
 FTN06-30 M 4-4:45 pm Jan 9-Feb 6



# GOLF



**Sugar Creek Golf Course**  
**500 E. Van Buren, Villa Park**  
**630-834-3325**

## 2017 Sugar Creek Rates

| WEEKDAY  | Resident | Non-Resident |
|--|----------|--------------|
| Nine Holes                                     | TBD      | TBD          |
| Youth & Senior                                 | TBD      | TBD          |
| <i>Youth—17 and under, Senior—60 and older</i> |          |              |
| Frequent Player*                               | TBD      | TBD          |
| WEEKEND  | Resident | Non-Resident |
| Nine Holes                                     | TBD      | TBD          |
| Youth—Saturday after 11 am**                   | FREE     | FREE         |
| Youth—Sunday after 5 pm**                      | FREE     | FREE         |

\*Weekday Sr./Youth discounts available only with purchase of \$50 Frequent Player Pass.

\*\*Must be accompanied by regular greens fee paying adult weekends only. Not available on holidays, reservations required. Receive one complimentary greens fee for each paid greens fee.

## RENTALS

|  |                   |
|--|-------------------|
| Riding Cart  | \$20 (\$10/rider) |
| <i>(Must be 18 years of age and provide driver's license as deposit)</i> |                   |
| Pull Cart  | \$3               |
| Golf Clubs   | \$12              |
| <i>(Current drivers license required as deposit)</i>                     |                   |

Reservations are not required but are accepted up to 7 days in advance. To book a reservation and guarantee your tee time, we require a credit card number. Internet reservations require the use of a credit card and are available online at [www.sugarcreekgolfcourse.org](http://www.sugarcreekgolfcourse.org).

## Youth/Senior Frequent Player Pass \$50

*(Ages 60 and older and 17 and under)*

This card entitles the bearer to \$11 greens fees for 9 holes Monday-Friday before 2 pm. This pass is available at the same price for both residents and non-residents of Elmhurst and Villa Park. The pass is not transferable.

## Resident Discount Card \$15

*(Ages 18 and older)*

A non-transferable discount card may be purchased for \$15 annually for residents of either Elmhurst or Villa Park with proof of residency. The card entitles the bearer to a reduced greens fee depending on day of week.

## Frequent Tee Time Program (Permanent Tee Time) \$100/foursome

**Open Registration begins Saturday March 4th, 9 am**

Book a permanent tee time for the season (minimum 20 weeks) and receive a weekly complimentary warm-up basket of range balls! (Warm up basket consists of approximately 35 balls to be used in conjunction with your round of golf, cannot be carried over to another day, is non-transferable and has no cash value). The one-time fee for reserving your standing tee time for the season is \$100. Ideal to coincide with the frequent player program (see above) where you can save money on greens fees the more you invest! (Greens fees may also be paid on a weekly basis but do not receive multi-round discounts.)

TBD fees were not available at press time. Please visit [www.sugarcreekgolfcourse.org](http://www.sugarcreekgolfcourse.org) for a complete list of programs and fees.

## Sugar Creek Lighted Driving Range

The practice facility features 25 practice stations with target greens and flags marked with various yardages. Tokens for the ball dispenser are available in the clubhouse for \$5 for a basket of 35 balls.

**HOURS:** May: Dawn-9 pm, Jun/Jul: Dawn-10 pm,  
 Aug: Dawn-9 pm, Sept/Oct: Dawn-8 pm

One basket of 35 balls - \$5

## Driving Range E-Key Investment Program

Sugar Creek also offers an e-key investment program that allows customers to save money by investing in advance for buckets of balls. The personal electronic key is programmable for any dollar amount and is used in place of a punch card system. The key is easy to use and the more you invest, the more you save!

One basket of 35 balls - \$5

## OR

| BUY  | GET              | E-KEY INVESTMENT |
|--|------------------|------------------|
| 10 small baskets                                 | 1 bonus basket   | \$50             |
| 15 small baskets                                 | 3 bonus baskets  | \$75             |
| 20 small baskets                                 | 6 bonus baskets  | \$100            |
| 30 small baskets                                 | 12 bonus baskets | \$150            |
| Season Membership<br><i>(Jan 1-Dec 31, 2017)</i> | Unlimited        | \$395            |

## 2017 ANNUAL SPRING FLING SCRAMBLE - Saturday May 7th

### 9 a.m. Shotgun Start - \$160/Foursome

If you participated in our Annual Fall Classic held on Saturday, October 29th, you will not be disappointed with our Annual Spring Fling! The four-player scramble/best ball event includes a tee gift, prizes and buffet dinner for all participants!

## 2017 LEAGUES

A league is considered any group of 20 or more golfers committed to playing together in consecutive tee times on a weekly basis. The one-time fee for reserving your league for the 2017 season is \$25 per player. Greens fees may be paid on a weekly basis or participate in our Frequent Player Program and save money on greens fees by prepaying in advance (see our frequent player program for pricing)! Please call for details at 630-834-3325 to reserve your league for the 2017 season

## 2017 Monday Sr. Men's League

**Start Date – Monday April 3, 2017**  
**(Ages 60 and older)**

This casual league is an opportunity to meet new friends and play on the same day and time each week. Golfers can sign up as individuals or foursomes. The cost of the league is \$50 (greens fees are paid separately on a weekly basis) and includes weekly prizes and a year-end banquet.

## All lessons and programs are held at Sugar Creek Golf Course, 500 E. Van Buren

To register, call 630.834.3325 or go to [www.sugarcreekgolfcourse.org](http://www.sugarcreekgolfcourse.org).

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## SUGAR CREEK BIRTHDAY CLUB FREE GOLF!

Sign up online for our birthday club and receive a free round of golf on your birthday!



### Golf 101 – Introduction to Golf

Welcome to golf. This class is designed to give all beginners a look at how a golf course works. From booking a tee time to playing the golf course, all students will receive a walk-through of the entire operation. Our goal is to introduce you to the game of golf. The instruction segment of the class will cover the fundamentals: grip, stance, and posture. Establishing these fundamentals will help you start your golf education in the right direction.

**Adults 18 years and up**  
\$99/4 weeks

*Check our website for dates, times, and to register [www.sugarcreekgolfcourse.org](http://www.sugarcreekgolfcourse.org)*

### Golf 102 – Basic Golf Swing Techniques

**Prerequisite** (Golf 101 or 2 years previous experience)  
This class is designed for individuals who are looking to take that next step. Topics of discussion will include: basics (grip, stance, and posture), pre-shot routine, alignment, and proper weight shift. The goal of this class is to help each student better understand the basic foundation of a good golf swing.

**Adults 18 years and up**  
\$99/4 weeks

*Check our website for dates, times, and to register [www.sugarcreekgolfcourse.org](http://www.sugarcreekgolfcourse.org)*

### Golf 103 – Short Game Fundamentals

Learn the techniques that will help on shots from 100 yards and in. Topics will include pitching, chipping, and putting. Our simple approach will lead to more confidence and better scores. Develop your club selection in various situations on the greens to provide opportunities to lower your score..

**Adults 18 years and up**  
\$99/4 weeks

*Check our website for dates, times, and to register [www.sugarcreekgolfcourse.org](http://www.sugarcreekgolfcourse.org)*

### Golf 104 – Adult/Child Program

Enjoy a fun, family-oriented atmosphere in a group lesson format. Topics of discussion will include: basics (grip, stance, and posture), pre-shot routine, alignment, and proper weight shift. The goal of this class is to help all students better understand the basic foundation of a golf swing while spending time with your family.

**1 Adult 18 years & up with 1 Child ages 6-17**  
\$129 per couple/4 weeks

## SUMMER JUNIOR GOLF CAMP

**Jr. Golf Camp begins Monday 6/12 ends Thursday 7/27**

*(no class 7/3 -7/6)*

The Junior Golf Camp runs six weeks (plus a holiday off-week during Fourth of July). Each student attends one day a week - Monday, Tuesday, Wednesday or Thursday - and participates in a pre-round instructional clinic followed by 3, 6, or 9 holes of on-course experience (depending on their age). This program (ages 6-13) is designed to provide both instructional and golf course experience to all youth interested in golf - regardless of previous experience. The program is supervised and overseen by professional instructors, encouraging everyone to enjoy the game of golf while learning proper etiquette, behavior and respect for the golf course and fellow participants. Both high school and college counselors will be assisting in all aspects of instruction and on-course experience - many of whom are former program graduates and familiar faces!

| AGE        | CLINIC TIMES      | TEE TIMES         |
|------------|-------------------|-------------------|
| Ages 11-13 | 10-11 am          | 11:15 am-12:15 pm |
| Ages 8-10  | 11:15 am-12:15 pm | 12:25-1:15 pm     |
| Ages 6-7   | 12:30-1 pm        | 1:15-1:45 pm      |

There will be an informative parents meeting one week prior to the start of the program. We will discuss the program's objectives, rules, regulations and group pairings. The meeting will take place at the Sugar Creek Golf Course clubhouse promptly at 6pm. If your child has signed up for the first time for the summer program it is important that you attend the meeting either on Monday, June 5th or Tuesday, June 6th. **If you have previously participated and are familiar with the summer program, it is not necessary to attend the meeting.**

- **2017 Summer Junior Program Registration is ON-LINE ONLY!**
- **SATURDAY, FEBRUARY 18, 9 am at**
- **[www.sugarcreekgolf.org](http://www.sugarcreekgolf.org)**
- Please be prepared with a credit card to make full payment on-line in order to reserve and confirm a spot in the program (see instruction programs for pricing).
- The Sugar Creek Golf Academy is recognized by the P.G.A. of America and Play Golf America as a Top 100 Performer. This popular program sells out fast!

### High School Golf Team Prep School

This popular program is geared toward preparing players for their high school golf teams. The schedule is designed for the student to establish a routine throughout the summer which will then lead up to the beginning of high school golf team tryouts in early August. This is an excellent opportunity to develop skills and become familiar with Sugar Creek Golf Course, the home course for both Willowbrook Boys and York Girls golf teams.

The high school golf season begins in early August and ends the first week in October. Matches are typically 9 holes, mostly played on weekdays after school. The District and Regional tournaments are 18-hole competitions with the State Finals being a 36-hole event. Classes will be held in the following format for Incoming Freshman-Senior Boys & Girls:

**Ages: 14-17 Incoming Freshman—Senior Boys & Girls**  
\$399 (6 weeks)

- Six group clinics—one and a half hours each
- Four 9-hole on-course playing strategy sessions
- Equipment analysis and advice

**Clinic days (driving range, putting green, full swing, short game):**

Th 3-4:30 pm June 15, 22, 29, July 13, 20, 27

**On-Course strategy sessions:**

Tu 2:45-5 pm June 27, July 11, 18, 25

### Youth After School Instructional Programs

Whether your child is just beginning or fine-tuning their swing, the After School Instructional Program at Sugar Creek is a great way to improve their games. This group class is designed for a junior golfer age 6 to 13. Instruction will cover safety, etiquette, grip, stance, posture, full swing, short game, and putting.

**\$89 for 4 weeks**

#### BOYS GROUP CLASSES – AGES 6-9

W Apr 5, 12, 19, 26 4-4:30 pm  
W May 3, 10, 17, 24 4-4:30 pm

#### BOYS GROUP CLASSES – AGES 10-13

W Apr 5, 12, 19, 26 5-5:40 pm  
W May 3, 10, 17, 24 5-5:40 pm

#### GIRLS GROUP CLASSES – AGES 6-9

Tu Apr 4, 11, 18, 25 4-4:30 pm  
Tu May 2, 9, 16, 23 4-4:30 pm

#### GIRLS GROUP CLASSES – AGES 10-13

Tu Apr 4, 11, 18, 25 5-5:40 pm  
Tu May 2, 9, 16, 23 5-5:40 pm



# PROGRAM REGISTRATION

## How to Register

### Online Registration



To register online, call the Recreation Department at 630-834-8970 to have your household set up for registration. Once this is done visit [www.invillapark.com](http://www.invillapark.com) and click on Recreation Program Registration and you will be re-directed to the online site. At the Account Log-In you will enter your email address as your log-in and your last name with first letter upper case as your password. The password is case sensitive and requires the first letter to be uppercase.

### Drop-off or FAX

Please complete the registration form located on pages 35-36. Please be certain that this form is completely filled out on both sides, your check is signed and included (if dropping off or mailing) and that you have provided an authorized credit card signature – where indicated – if choosing to pay by this method. A service fee of \$40 is assessed for any NSF checks.

### After Hours

After hours, you can drop-off your registration form in our convenient boxes, adjacent to the main entrances of each facility. Please do not leave cash.

**Please note:** Any and all drop-off and faxed registration forms received after office hours will be processed the next business day. Please call 630-834-8970 with any questions.

**FAX to:** 630-834-8982 or 630-834-8528

### Drop-off at:

**Iowa Community Center**  
338 North Iowa Avenue  
or

**Community Recreation Building**  
320 East Wildwood Avenue

**Please Note:** Pre-registration is strongly encouraged for most programs. If you chose not to pre-register, you may be turned away at the door if the program has reached its maximum capacity or supplies have been allocated for a fixed number of participants.

### Additional Information

Villa Park residents may register once they receive the program brochure. Registrations will be processed on a first-come, first-served basis. Non-residents will not be processed until **December 5**. Non-residents must pay an additional \$3 fee per program on most registrations, and will be processed on a first-come, first-served basis. **Note:** You will not receive a confirmation of your registration. We will contact you if a program is full, or if there is an additional situation regarding your choice of program.

Program fees will not be pro-rated. If you register after the start of a program, you are required to pay the full program fee. The age groups we have identified for each of our programs are only guidelines. If you or your child are interested in participating in a program or event, but are not the stated age, please contact us at 630-834-8970.

*Please note:* classes and events have a minimum number of required registrations and may be cancelled if the minimum number is not reached by the applicable registration deadline.

### Early Bird Registration



Residents may register 3 weeks in advance and receive \$3 off the advertised fee on most programs. Credits or refunds will not be issued if the \$3 is not deducted at the time of payment. There are certain programs that are not eligible to receive the Early Bird Discount, and they are indicated within the program brochure. Unfortunately, Early Bird discount is not available for online registration.

### Financial Assistance

If you are interested in our financial assistance fund to provide programs at a reduced rate, you may pick up an application at the Iowa Community Center and the Community Recreation Building. Voluntary donations can be made to this fund, simply by adding a contribution to your fees on your registration form—where indicated.

## FISHING FOR YOUR RECYCLING!



The Village of Villa Park has two Paper Retriever Recycling containers, located at Lufkin Pool, 1000 South Ardmore and Village Hall, 20 S. Ardmore. Residents are encouraged

to bring their unwanted newspapers, magazines, catalogs, junk mail, office and school papers to these receptacles for recycling. **All proceeds from the recycling effort will help support the Fish Re-Stocking Program in all Village ponds.**

### Program Withdrawal Information

We're sorry if you are unable to participate, or continue, in our program(s) and hope you will be able to do so in the near future. Please complete a Program Withdrawal Form (available by calling 630.834.8970) and return it to the Iowa Community Center or the Community Recreation Building.

Please keep the following in mind:

- All requests must be submitted prior to the mid-point of the program (when applicable).
- We will make every attempt to arrange for you to repeat the program at no charge, transfer to another program or receive a program credit.
- Restrictions apply to: trips, preschool registration fees, contractual program offerings, league entry fees, "at the door" admissions, park and building rentals, swim pool passes and daily admissions, Sugar Creek Golf Course greens fees and pro shop purchases.



Go to [invillapark.com](http://invillapark.com) for the link to our Facebook page.



# REGISTRATION FORM

VILLA PARK • Parks and Recreation



Has your contact information changed since your last registration?  Yes  No

First and Last Name of Primary Contact Person \_\_\_\_\_ Birthdate \_\_\_\_\_ (Required)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Primary Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Name \_\_\_\_\_ Phone \_\_\_\_\_

| PARTICIPANT'S FIRST/LAST NAME | BIRTHDATE<br>M/D/Y | ACTIVITY NAME | ACTIVITY # | FEE |
|-------------------------------|--------------------|---------------|------------|-----|
|                               |                    |               |            | \$  |
|                               |                    |               |            |     |
|                               |                    |               |            |     |
|                               |                    |               |            |     |

**Yes!** I would like to make a donation to the VPRD Financial Assistance Fund. **Total Donation** \$ \_\_\_\_\_

Please complete if you are using Visa or Mastercard or Discover

Visa  Mastercard  Discover

Cardholder Name (Print) \_\_\_\_\_

Card # \_\_\_\_\_ Exp. \_\_\_\_\_ CVV \_\_\_\_\_

Authorized Signature \_\_\_\_\_

|   |    |
|---|----|
| <b>Non-Resident Fee \$3/<br/>person per program</b> |    |
| <b>Total Fees</b>                                   | \$ |

**Please see waiver on the reverse side.**

### Waiver & Release

**I have read and agree to all the terms and conditions as stated on the back of this form.**

Parent/guardian or adult participant (**signature**) \_\_\_\_\_ Date \_\_\_\_\_

*Please read the waiver/release of all claims and emergency treatment permission form on the reverse side. This waiver/release must be read and signed by each participating adult 18 years and over, and by a parent or legal guardian for each participant under the age of 18.*

### Mail-In/Drop Off/Fax

Iowa Community Center **OR** Community Recreation  
 338 N. Iowa Ave. Building  
 Villa Park, IL 60181 320 E. Wildwood Ave.  
 FAX: 630-834-8982 Villa Park, IL 60181  
 FAX: 630-834-8528

### Special Accommodations

Please describe any special accommodations needed for the enjoyment of this program.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Participation will be denied** if the signature of adult participant or parent/guardian and date are not on this waiver!

**EMERGENCY TREATMENT PERMISSION**  
 Village of Villa Park Recreation Department

**Waiver/Release of All Claims and Emergency Treatment Permission**

Please read this form carefully and be aware that by signing this form and participating in the programs listed that you will be waiving and releasing all claims for injuries you or your children might sustain arising out of these programs.

**Release and Hold Harmless Agreement**

As a participant in this Villa Park Recreation Department program, I recognize and acknowledge that there are certain risks of injury and I waive and relinquish all claims I or my children may have as a result of participating in this program against the Village of Villa Park and its officials (either elected or appointed), commissioners, officers, agents, employees, and volunteers. I further agree to indemnify, hold harmless and defend the Village of Villa Park and its officials (either elected or appointed), commissioners, officers, agents, employees, and volunteers from and against any and all claims, suits, or cause of actions, including reasonable attorney’s fees, sustained or caused by myself or my children arising out of, in connection with, or in any way associated with the activities of this program.

I give my child permission to participate in this program, and on the child’s behalf as parent and/or legal guardian I hereby waive, release and forever discharge any and all claims against the Village of Villa Park and its officials (either elected or appointed), commissioners, officers, agents, employees, and volunteers for damages and/or injuries which may arise from my child’s participation in this program.

**Emergency Treatment Permission**

I understand that a minor may not be treated, even in an emergency situation, except when, in the opinion of the attending physician, life is in the balance. Consent of a parent or legal guardian is necessary for unmarried minors (under 18) except in such cases. Written consent is required for all other treatment.

Accordingly, as a parent and/or legal guardian, I do hereby authorize the treatment of the minor enrolling in this program in the event of a medical emergency, including administration of first aid, as appropriate, and further agree that I will be responsible for payment of any and all medical services rendered. I understand that the Village does not provide medical insurance for program participants.

I agree that any person or entity, including any doctor, or healthcare provider, may rely on a photocopy of this document the same as if it were an original.

**Acknowledgement**

I have read and fully understand the registration policies, the “Release and Hold Harmless Agreement” and the “Emergency Treatment Permission”. This release and medical authorization form is completed and signed of my own free will even though I understand it is a requirement for participation this program. I represent to the Village of Villa Park that I am familiar with the program and its physical demands and I attest and verify that the participant, whether myself or my child is physically fit for this program.

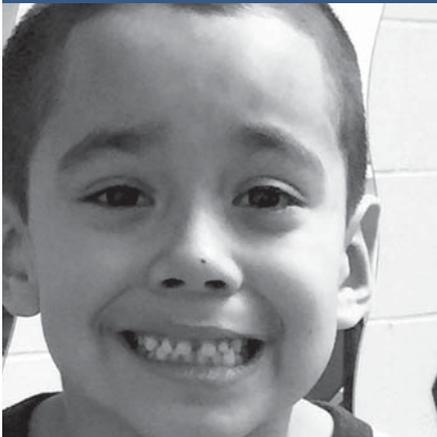
**Photo Consent**

I understand and give my consent for me/my child to be photographed while participating in a Village of Villa Park program or event. I understand that these photos may be used in printed material, electronically as well as on the Park and Recreation web site for publicity purposes.

This waiver must be signed by all participating adults 18 years old and over, and by a parent or guardian for each participant under age 18. If registering a minor participant, I further attest that I have read these instructions to my minor child/ward.



A Service of the Village of Villa Park Parks & Recreation Department



## Programs For Individuals With Disabilities

Through our partnership with Northeast DuPage Special Recreation Association (NEDSRA), individuals with a disability are offered over 600 recreational opportunities each year. If you or someone you know has a disability, contact NEDSRA today for information about recreation programs and services! All ages and ability levels served.

- Featuring:**
- Special Olympics • Social Clubs
  - Cultural Arts Programs
  - Adaptive Sports • Day Camps

New participants receive a **\$20 discount** towards their first program registration!



# Creating the stories behind the faces... for 40 years.

630-620-4500  
nedsra.org

# INDOOR SWIM LESSONS

We are pleased to again offer Indoor Swim Lessons in cooperation with the Addison Park District. The program follows American Red Cross Swim Lesson Guidelines and is very similar to the swim lessons we offer in the summer at Jefferson and Lufkin Pools.

## FEES

### 3-week Session

- Saturday OR Tuesday OR Thursday Adult: \$47
- Tu/Th sessions: \$68

### 4-week Session

- Saturday OR Tuesday OR Thursday Adult: \$62
- Tu/Th sessions: \$90

\$62 Tu, Th or Sa 4-week sessions

\$68 Tu/Th 3-week sessions

\$90 Tu/Th 4-week sessions

All classes will be held at:

**Addison Park District  
Club Fitness Indoor Pool  
1776 W. Centennial Place  
Addison, IL 60101**



## SWIM LEVEL DESCRIPTIONS

### Parent/Tot Swim

#### Ages 4 months to 24 months

Infants and toddlers will develop water comfort in a safe and fun environment. Using games, songs and repetition they will work on developing basic assisted skills that will help them transition into swimming without an adult. A parent or guardian must be in the water with the child.

### Water Explorers

#### Ages 3-6

Children will learn basic breathing skills, floating and the ability to jump in chest deep water and recover. Parents and guardians will not be in the water with the child, but will have the option to remain on the pool deck near the child.

### Level 1: Tadpole

Swimmers develop basic underwater explorations, supine and prone floating along with kicking. Swimmers must be able to put their face under water and must feel comfortable in the water to take this level.

### Level 2: Minnows

Swimmers develop skills such as gliding, treading water and freestyle fundamentals. Swimmers must be able to float to take this level.

### Level 3: Seahorses

Swimmers will do glides with kicking, swim freestyle for 25 yards and learn backstroke fundamentals along with open turn push offs. Swimmers must be able to tread water to take this level.

### Level 4: Puffer Fish

Swimmers will be able to swim freestyle for 50 yards, backstroke for 25 yards and learn elementary backstroke fundamentals. Swimmers must be able to swim the basic front crawl to take this level.

### Level 5: Stingrays

Swimmers will be able to swim 75 yards freestyle, 50 yards of backstroke, 25 yards of elementary backstroke and will learn sidestroke fundamentals. Swimmers must be able to swim the back crawl to take this level.

### Level 6: Sharks

Swimmers will be able to swim freestyle for 100 yards, backstroke for 75 yards, elementary backstroke for 50 yards and will learn breaststroke fundamentals.

### Level 7: Dolphins

Swimmers will be able to swim freestyle for 100 yards, backstroke for 100 yards, breaststroke for 25 yards and will learn butterfly fundamentals.

### Swim and Stroke Clinic

Prepare for swim teams, improve stamina and develop your strokes. Each week will focus on the different advanced strokes including starts and turns. Drills will be incorporated to refine the mechanics of the strokes and to improve endurance and speed. This program is designed to improve proficiency; not to teach strokes.

### Adult & Teen Beginner Swim Lessons

Ages 16 and over can choose between these two levels. The beginning program focuses on water entry, front float, back float and breathing and is ideal for those who have always wanted to learn how to swim. The technique program is great for first-timers just learning to swim or for athletes looking to improve speed and technique. These lessons will provide a great workout and excellent instruction.

| SWIM CLASS SCHEDULE            |       |                |                       |                            |                       |                       |
|--------------------------------|-------|----------------|-----------------------|----------------------------|-----------------------|-----------------------|
| Class                          | Day   | Time           | Session 1<br>Jan 3-28 | Session 2<br>Jan 31-Feb 25 | Session 3<br>Mar 4-30 | Session 4<br>Apr 1-29 |
| Levels 1-6                     | Sa    | 10:45-11:20 am | AQS00-31              | AQS00-32                   | AQS00-33              | AQS00-34              |
| Levels 1-6                     | Tu    | 7:05-7:45 pm   | AQS01-31              | AQS01-32                   | AQS01-33              | AQS01-34              |
| Levels 1-6                     | Tu/Th | 6:20-7 pm      | AQS02-31              | AQS02-32                   | AQS02-33              | AQS02-34              |
| Parent/Tot and Water Explorers | Sa    | 10-10:30 am    | AQS03-31              | AQS03-32                   | AQS03-33              | AQS03-34              |
| Level 7                        | Sa    | 10-10:40 am    | AQS04-31              | AQS04-32                   | AQS04-33              | AQS04-34              |
| Adult/Teen                     | Th    | 7:05-8:05 pm   | AQS05-31              | AQS05-32                   | AQS05-33              | AQS05-34              |
| Swim & Stroke Clinic           | Sa    | 9:40-10:40 am  | AQS06-31              | AQS06-32                   | AQS06-33              | AQS06-34              |

**LOOKING AHEAD...  
LEARN TO SWIM THIS SUMMER!**

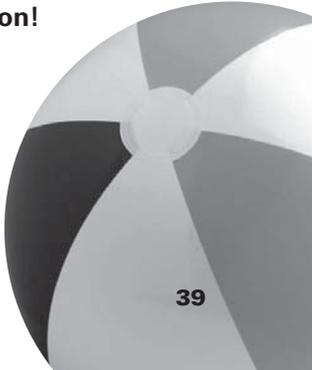
Jefferson and Lufkin Pools host American Red Cross Learn to Swim classes beginning in June of 2017. Swim lessons meet Monday-Friday. A progress report is issued at the conclusion of each session. All levels of classes are offered at both pools along with Private Swim Lessons. The summer brochure will be delivered in April of 2016. Please check the swim lesson schedule at that time and register early. Swim lessons can fill up very quickly.

**Be a part of the pride of Villa Park...  
JOIN THE MARINERS!**  
See page 41.



**Be a Lifeguard this Summer!**  
See page 40 for more info.

**See Family Events on page 42 for a NEW SPLASH INTO SUMMER event at Jefferson Pool to kick-off the summer season!**



# AQUATICS

## WORK AT THE POOLS THIS SUMMER!

Please complete an employment application prior to March 1 and submit to Sue Earl, Aquatic Manager (SEarl@invillapark.com) at the Iowa Community Center. We are looking for pool managers, lifeguards, pool ambassadors (deck/slide and cashier) and Learn to Swim instructors.

### Jefferson Swimming Pool

341 North Harvard Avenue  
630-832-5632

June 3 – August 15

### Lufkin Swimming Pool

1000 South Ardmore Avenue  
630-279-6286

June 10 – September 4

## Season Swim Pool Passes

### Season swim pool passes go on sale May 1

If you have previously purchased a photo pass, you simply need to complete a renewal application. Renewal applications will be emailed to all 2016 pass holders and pass applications for new pass holders will be available at the Iowa Community Center, Community Recreation Building and on our website, <http://www.invillapark.com/211/Parks-Recreation> prior to May 1. Information regarding season swim pass fees and procedures for purchasing swim passes will be available in the Summer 2017 brochure.

## BE A LIFEGUARD THIS SUMMER!

### Lifeguard Certification

Work as a lifeguard this summer, in a great atmosphere for good pay! The American Red Cross (Villa Park's certification program) requires you to be at least 15 years of age and be able to pass a preliminary swim test that includes a 300 yard swim, treading water for 2 minutes with only the legs, retrieving a 10 lb diving brick from a depth of 9 feet then swimming 20 yards with the brick. Successful completion will certify you for two (2) years in Lifeguard Training, First Aid and CPR for the Professional Rescuer. ALL CLASSES MUST BE ATTENDED and lifeguard candidates are required to watch videos and answer questions online through the American Red Cross training website prior to the April 21, 2017 start date. Candidates will receive login information after April 1 and be required to complete an estimated 4-6 hours of online training prior to the start of the class. Lifeguard candidates are required to bring a copy of their online course completion report to the first class. Upon passing this course and receiving an endorsement from the instructor, employment will be strongly considered. *(In addition to the fee listed below, there is a \$35 fee directly payable via credit card to the American Red Cross for the online training portion.)*

**Ages: 15 and older**

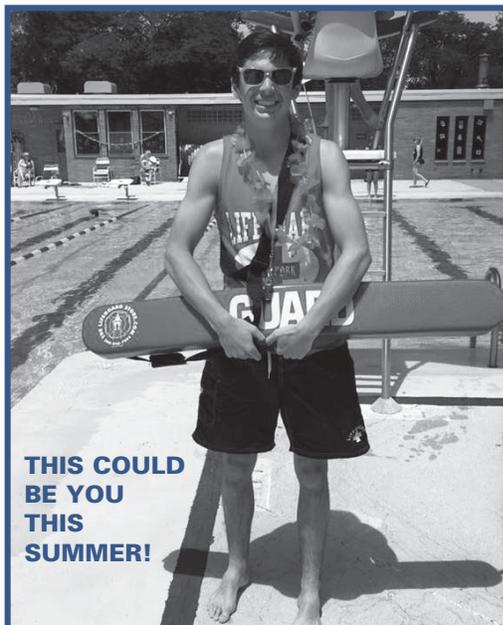
**\$270/Resident \$273/Non-Resident**

AQC00-10

Iowa Community Center & College of DuPage Swimming Pool

|       |                      |        |                                 |
|-------|----------------------|--------|---------------------------------|
| F     | April 21 & 28        | 6-9 pm | Iowa Community Center           |
| Sa/Su | April 22, 23, 29, 30 | 1-5 pm | College of DuPage Swimming Pool |
| Sa    | May 6                | 1-5 pm | Iowa Community Center           |

**PLEASE NOTE:** Contact Sue Earl, Aquatic Manager regarding employment at SEarl@invillapark.com. Employment is not guaranteed and if you'd like to be considered, you must be able to work at both Jefferson and Lufkin Pools. Please complete an employment application prior to the first class.



**THIS COULD  
BE YOU  
THIS  
SUMMER!**

### Jefferson and Lufkin Swim Pool Communication

We have partnered with Simplified Alerts to provide you with up to the minute text and email updates on facility and weather related closures and general announcements. Just log on to [www.simplifiedalerts.com/optin.asp?id=136](http://www.simplifiedalerts.com/optin.asp?id=136) and choose the interest category of your choice. Periodically update your profile to ensure you are receiving up to date information. Please note that your information is secure and will not be sold, rented or used by third parties. We also send out e-newsletters from time to time that feature swim pools and swim pool programs. If you would like to receive our e-newsletters, please let us know by contacting us at [recreation.staff@invillapark.com](mailto:recreation.staff@invillapark.com).

## POOL RENTALS

Jefferson and Lufkin Pools are available for private rentals! Both pools are available evenings when special events are not scheduled. Both pools are available for rental after pool hours. To reserve a date, contact Sue Earl, Aquatic Manager (SEarl@invillapark.com) beginning May 15. Pool rentals are not available Sunday-Thursday beginning August 15.

### RENTAL FEES

Lufkin Pool – R \$165 / NR \$185      Jefferson Pool – R \$195 / NR \$215

# Mariners Swim Team

## Mariners Swim Team

The Mariners swim competitively in the DuPage Swim and Dive Conference, a group of thirteen west suburban swim teams including Wood Dale, Addison and Lombard. The season includes eleven meets, five on Wednesday evenings and five on Saturday mornings, with a season ending conference meet. Practices are each weekday morning at Jefferson Pool and swimmers are expected to attend each practice. It is recommended that beginning swimmers have previous swim lesson experience prior to the start of the season. **Swimmers must successfully swim one length of the pool using a legal stroke in order to participate.** Parents and or family members are strongly encouraged to become involved in the Parents Association.

## Mini Mariners

The Mini Mariners is a team for ages 5-8 who do not have previous team experience. Swimmers can participate on this team for one season only. Practice will be held three times per week. Mini Mariners will compete in the five home meets and are eligible to compete in one of the two conference meets. **All swimmers must successfully swim one length of the pool using a legal stroke in order to participate.** The Mini Mariners team is not a prerequisite for the Mariners Swim Team.

## Swim Team Registration

Register in person at the Iowa Community Center on the days and times listed below. If you met the volunteer requirement in 2016, you will receive the predetermined discount for the team swim suit. If you are new to the program, you will receive 25% off the team swim suit. (You must register during priority registration to receive the discount.) In addition to the registration fee being discounted, priority registration days also allow swimmers to try on the team swim suit. Representatives from the Mariners will be present to answer questions. Registration will not be accepted prior to April 8/12 and online registration will not be accepted.

### Priority Registration

**Saturday, April 8, 11 am-2 pm**

**Wednesday, April 12, 6-8 pm**

**\$109 per child**

**\$99 additional child**

**\$75 Mini Mariners**

### Open Registration

**Begins April 13**

**\$119 per child**

**\$109 additional child**

**\$85 Mini Mariners**

*(Please note that non-residents will pay an additional \$3 per swimmer during priority registration and open registration.)*

**High School swimmers** that practice with their club team during the summer and want to compete with the Mariners, please contact Gina M. Racanelli at GRacanelli@invillapark.com or 630-834-8970 x113 for information regarding a reduced fee.



Be a part of the pride of Villa Park...  
**JOIN THE MARINERS!**



## Pre-Season Practice Schedule

**May 30-June 9**

*Detailed schedule of practice days TBA*

### Mini Mariners

| Age | Practice Time |
|-----|---------------|
| 5-8 | 4:30-5:15 pm  |

### Mariners

| Age   | Practice Time |
|-------|---------------|
| 6-8   | 4:30-5:15 pm  |
| 9-12  | 5:15-6:15 pm  |
| 13-18 | 6:15-7:15 pm  |

## Regular Season Practice Schedule

**June 12-July 14**

### Mini Mariners (M/W/F)

| Age | Practice Time | Code     |
|-----|---------------|----------|
| 5-8 | 9-9:45 am     | AQM00-10 |

### Mariners (M-F)

| Age   | Practice Time | Code     |
|-------|---------------|----------|
| 6-8   | 9-9:45 am     | AQM00-11 |
| 9-12  | 8-9 am        | AQM00-12 |
| 13-18 | 6:30-8 am     | AQM00-13 |

## Evening Workout

Mariner swimmers who are 11 years and older can train an additional hour four days each week in the evening at Jefferson Pool. Please note that this practice option is designed as an additional practice for the Mariners, not in lieu of morning practice.

**Ages: 11-18**

**\$65**

Jefferson Pool

AQM01-10 M / Tu / Th / F 6:15-7:15 pm Jun 12-Jul 28



# FAMILY EVENTS



## Star Wars Party

In a galaxy NOT SO FAR AWAY, a Star Wars Party was established! Channel your inner Jedi and use the force to have some Star Wars fun. Come dressed as your favorite Star Wars character as we participate in themed activities and enjoy an out of this world snack. The price includes one adult and one child. Please register the parent when registering the child and MAY THE "FOURTH" BE WITH YOU!

**Ages: 3-9**

**\$15/\$10 sibling**

**1 class**

Cortesi Veterans Memorial Park Depot

FEA31-30 Th

4:30 pm

May 4

## 9th Annual Ice Fishing Event

The Villa Park Sportsmen's Club invites you to join them for the 9th Annual Ice Fishing event at North Terrace Lagoon. You will learn about ice fishing safety, how to drill holes in the ice and how to catch fish. Prizes will be awarded to children only. Bring your own bait: spikes, wigglers and wax worms. Refreshments will be served indoors. Children under age 12 must be accompanied by an adult and ages 16 and older must have a valid fishing license to fish. A license may be obtained at [www.dnr.state.il.us](http://www.dnr.state.il.us). Please register by February 3 so that you can be contacted if the event date changes due to inadequate ice thickness.

**All Ages**

**FREE**

North Terrace Lagoon

FEA06-31 Sa 9 am-12 noon

Feb 11



## Ice Skating and Sledding



Ice Skating is available at Cortesi Veterans Memorial Park, 318 E. Kenilworth and Jefferson Park, 341 N. Harvard (just east of Jefferson Pool). The rinks will both facilitate family skating while Jefferson Park will also facilitate hockey. The timing of the skating season is dictated by the weather conditions. Contact 630.834.8970 or [www.invillapark.com](http://www.invillapark.com) for details.



Sledding hills are located at North School and Jackson Middle School, and are great for sledders of all ages.

Please dress for the cold weather as there are no shelter-like facilities or restroom facilities.

The Parks and Recreation Department owns two sets of "Pond Goals" and one set of Mini-Mite goals available for weekend rental. \$10 per set allows for a Friday pick-up and requires a Monday return. You must leave a copy of your driver's license or state ID to rent the goals. Please call 630.834.8970 for more information.



## SPLASH into Summer



It's that time...come on out and kickoff the 2017 pool season with us! Grab a towel and your swim suit and head over to Jefferson Pool for an afternoon of FUN! Help us kick off the start of summer by playing pool games, dance competitions, swim races, groove to the tunes played by Coach Josh, DJ Superman and much more. Food will be provided by Michael Anthonys. All children must be accompanied by a parent/guardian.

**Starting May 1, season pool pass holders can pre-register for the event.**

**All Ages**

**FREE for season pool pass holders**

Punch Cards will be accepted as entrance into the event

Non-Pool Pass or Punch Card holders can pay at the door; at press time, daily admission fees have not been set by the Board of Trustees

FEA11-11 Sa 1-3 pm Jun 3



See the SPORTS section on page 25

for an **OPEN GYM**  
for families



**NEW Mom and Son Night at Sugar Creek Golf Course**

Young men and their special date are invited to enjoy an exciting evening at Sugar Creek Golf Course where everyone will be treated to a pizza and pasta buffet from Michael Anthony's and sweet treats. Enjoy great music and entertainment provided by Coach Josh and DJ Superman. If you or your special date has a set of golf clubs, please feel free to bring them and enjoy hitting some balls at the driving range. If you do not have any clubs, a few kids' clubs will be available to use. A photo keepsake of the evening is included. Orders will be accepted at registration for corsage and boutonniere packages. Registration deadline is April 22 for flower orders.

**All Ages**

**\$39 per couple/\$15 each additional son**

Sugar Creek Golf Course, 500 E. Van Buren, Villa Park

FEA09-31 F 6:30-8:30 pm Apr 28

FEA09-32 Corsage/Boutonniere combo \$15

FEA09-33 Additional Boutonniere \$10



**Princess Ball**

Hear Ye! Hear Ye! Young ladies and their favorite date are formally invited to the Princess Ball, which promises to be Villa Park's gala event of the year! You will be treated like royalty while dining on a pizza and pasta buffet from Michael Anthony's, sweet treats and dancing the night away with Coach Josh and DJ Superman at the Iowa Castle. Highlighting the event will be a visit from a very special Princess. You will also walk away from the night with a keepsake photo of you and your date. Orders will be accepted at registration for corsage and boutonniere packages. Registration deadline is February 25 for flower orders.

**All Ages**

**\$33 per couple/\$11 each additional daughter**

Iowa Community Center

FEA07-31 F 6:30-8:30 pm Mar 3

FEA07-32 Corsage/Boutonniere combo \$15

FEA07-33 Additional Corsage \$10



**NEW Breakfast with the Bunny!**

Hop on over and enjoy breakfast with the bunny. Children will participate in a variety of holiday activities before proceeding outdoors for the egg hunt. A special prize will be awarded in each age group, to the child who finds the winning egg: under age 2; 2 to 4; 5 to 7 and ages 8 to 11. Parents may assist children ages 4 and younger. The egg hunt will be held rain or shine. Bring a basket or bag to collect your eggs. Pre-registration is encouraged; day of registration is subject to availability. Thank you to our sponsors: Bob Goldin State Farm Insurance, AAA Overhead Garage Door and Safari Land.



**Priority Registration before 12 pm April 7**

10 and under (breakfast/activities)  
\$9 per participant

11 and up (breakfast only)  
\$5 per participant

**Registration after 12 pm April 7**

10 and under (breakfast/activities)  
\$15 per participant

11 and up (breakfast only)  
\$10 per participant

**Iowa Community Center**

FEA08-31 Sa 9 am Apr 8

# HIGHLIGHTS

- December 7 Pictures with Santa Paws
- 17 Breakfast with Santa
- 27-30 Winter Break Camp
  
- January 3-6 Winter Break Camp
- 12 Birthday Bunch & Lunch
- 16-21 FREE Fitness Week
- 26 Pokeno, Coffee and More!
  
- February 11 9th Annual Ice Fishing Event
- 20 IPRA Teen Ski Trip
- 22 Youth Soccer: Priority In-Person Registration
- 25 Youth Soccer: Priority In-Person Registration
  
- March 3 Princess Ball
- 13-18 FREE Fitness Week
- 23 Pokeno, Coffee and More!
- 27-31 Spring Break Camp
  
- April 8 Breakfast with the Bunny
- 8 Mariners Swim Team Priority Registration
- 12 Mariners Swim Team Priority Registration
- 14 Baking with the Bunny
- 21 Lifeguard Certification Class Begins
- 28 Mom and Son Night at Sugar Creek Golf Course
  
- May 1 Swim Pool Passes go on sale
- 4 Star Wars Party
- 11 Birthday Bunch & Lunch
- 25 Pokeno, Coffee and More!

Y O U   B E L O N G   H E R E !

**FREE**  
**Fitness Weeks:**  
**January 16-21 and**  
**March 13-18!**



Dance the night away at this year's Princess Ball. You don't want to miss out on a chance to visit with the princess. See page 43 for more info.



Hop on over to the Iowa Community Center for your chance to have breakfast with the Villa Park Bunny! For more information, see page 43.



Train to become a lifeguard this year! Certification classes start April 21. See page 40 for more information.

**NEW this year,**  
**BEYOND PRESCHOOL 2016-2017**  
**EXTENDED YEAR! See page 8.**