



*Holiday
Centerpiece*
(See page 43)

Enjoy the Best of the Season!

*Ice
Skating*
(See page 39)

Regardless of the weather **outside** we've got **FUN**
going on **inside** our facilities this season.

COME IN & PLAY!

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*Winter Break
Camps*
(See pages 26, 27 & 56)

Winter Wonderland Swimfest NEW!

(5-12 yr)

Thu • Dec 29 • 1:30-3pm • RPX
Res \$5/NR \$7 (per person) • 14866

Drop your snow shovels and kick off your boots and join the fun at our **NEW Winter Wonderland Swimfest!** Play *Marco North Polo*, complete a craft, and participate in the *Treasure Hunt Iceberg Dive*. Participants are invited to stay for open swim at the end of the event. **Children under 10 yrs must be accompanied by an adult. (SKT)**

*Holiday
Open Gym*
(See page 39)

*Holiday Craft
Jewelry*
(See page 23)

*Mini Dance
Camp*
(See page 19)

*Gingerbread
House Workshop*
(See page 25)

Sports Camps
(See page 26 & 27)

Visit mppd.org



Join Our
Mailing
List

Follow us on



*Holiday
Open House*
at the Conservatory
Dec 3 • FPC • 11am-3pm
(See page 42)

Santa's Mailbox
Dec 1-9
Santa's Calling
Dec 15
(See page 49)



Fitness Membership

Super Sale

Get Fit For
As Little As
79¢ Per Day!

(Now through January 16, 2012)

Don't miss this DEAL!

Look at all you get with our Fitness Memberships—

*Use of two fitness centers, group fitness classes, fitness evaluation, racquetball court time, guest passes, t-shirt, use of an indoor track, indoor pool, 3-punch Spin pass and thank you gifts!**

And More—

With no hidden fees and a staff of nationally certified personal trainers, we've got over 20 years experience in helping people become healthier and more fit!

**Different benefits for different memberships!
Choose the one that's right for you!*

**Grab this
DEAL before
it's Gone!**



Save \$50!

**SAVE
\$50**

When you **purchase** or **renew** a One-Year All-Facility or Fitness Centers Membership or either **PLUS** Memberships — **AND** —

More Savings!

- **Save \$20** on a Fitness Evaluation **OR** Massage **AND** receive a discount coupon from **Sports Authority** and your choice of reuseable lunch bag or waterbottle (*while supplies last*) **with purchase of a One-Year All-Facility or One-Year Fitness Membership!**
- **Save \$20** on a Massage, receive a **FREE** Fitness Evaluation **OR** 1 hr. Personal Training **AND** a pair of knit gloves along with a portable bottle of personal hand sanitizer and a discount coupon from **Sports Authority** **with purchase of a PLUS Membership!**

Thank You Gifts!

Group Exercise | Personal Training | Massage Therapy | Fitness Evaluation | Memberships

MPPD Fitness Centers

6 Types of Fitness Memberships to Choose from!



FITNESS CENTER

1000 W. Central Rd.
847-255-5380

HOURS OF OPERATION

Mon-Fri 5:30am-10pm

Saturday 7am-6pm

Sunday 7am-4pm

HOLIDAY HOURS

1/1 8am-2pm

Closed 12/24, 12/25 & 12/31



FITNESS CENTER

420 W. Dempster St.
847-640-1000

HOURS OF OPERATION

Monday-Friday 5:30am-11pm

Saturday 7am-8pm

Sunday 7am-5pm

HOLIDAY HOURS

12/24 & 12/31 7am-12pm

1/1 8am-2pm

Closed 12/25

1 All-Facility Fitness PLUS Membership*

SAVE \$50

Boost your All-Facility Fitness One-Year Membership by adding the following:

- 1 Fitness Evaluation -OR- 1 hour of Personal Training **NEW!**
- 24 Passport Classes -OR- 24 hours of Racquetball/Wallyball Court Time
- 12 Guest Passes
- 3 Punch Spin® Punch Pass
- Fitness Center T-Shirt

\$408 VALUE!

2 All-Facility Fitness Membership*

SAVE \$50

- RPX Fitness Center
- CCC Fitness Center
- Indoor Pool 8 lanes, 25 yds., Tot Pool
- RPX Gym— 3 Multipurpose Full Courts
- RPX Indoor Track—3 Lane, 1/10 mile
- Equipment Orientation
- One-year memberships receive 50% off Group Fitness Passport & Spin Punch Pass
- \$1 off Big Surf or Meadows Pool
- \$1 off Racquetball/Wallyball Regular Court Fees

3 Fitness Centers PLUS Membership*

SAVE \$50

Boost your Fitness Centers One-Year Membership by adding the following:

- 1 Fitness Evaluation -OR- 1 hour of Personal Training **NEW!**
- 24 Passport Classes -OR- 24 hours of Racquetball/Wallyball Court Time
- 12 Guest Passes
- 3 Punch Spin® Punch Pass
- Fitness Center T-Shirt

\$408 VALUE!

4 Fitness Centers Membership*

SAVE \$50

- RPX Fitness Center
- CCC Fitness Center
- RPX Gym— 3 Multipurpose Full Courts
- RPX Indoor Track—3 Lane, 1/10 mile
- Equipment Orientation
- One-year memberships receive 50% off Group Fitness Passport & Spin Punch Pass
- Use of RecPlex Pool \$1 per visit
- \$1 off Racquetball/Wallyball Regular Court Fees

5 RecPlex Pool Membership

- Indoor Pool— 8 Lane, 25 yds
- Indoor Tot Pool
- RPX Gym— 3 Multipurpose Full Courts
- RPX Indoor Track—3 Lane, 1/10 mile
- \$1 off Racquetball/Wallyball Regular Court Fees
- \$1 off Big Surf or Meadows Pool
- Use of CCC or RecPlex Fitness Center Daily admission fees \$2 per visit

6 RecPlex Gym & Track Membership

- RPX Gym— 3 Multipurpose Full Courts
- RPX Indoor Track—3 Lane, 1/10 mile
- \$1 off Racquetball/Wallyball Regular Court Fees
- Use of CCC or RecPlex Fitness Center \$2 per visit
- Use of RecPlex Pool \$1 per visit

SAVE \$50

*Limited Time Offer!

Save \$50 when you purchase or renew any One-Year All-Facility Fitness or Fitness Centers Membership!

CCC & RecPlex

One-Year Membership*

	Resident Discount Rates					Regular Rates				
	Individual	Couple	Family ^	Youth ^	Senior	Individual	Couple	Family ^	Youth ^	Senior
All-Facility Fitness Plus*	386	613	—	358	358	472	729	—	438	438
All-Facility Fitness*	340	548	676	316	316	432	676	821	401	401
Fitness Centers Plus*	357	553	—	332	332	422	652	—	392	392
Fitness Centers*	311	491	630	289	289	368	585	757	342	342
Pool	136	183	210	126	126	168	225	251	156	156
Gym, Track ⁺	129	175	201	119	119	160	216	242	148	148

Six-Month Membership

All-Facility Fitness	215	364	460	199	199	277	428	573	257	257
Fitness Centers	197	330	421	183	183	243	398	511	225	225
Pool	99	151	183	92	92	119	177	214	110	110
Gym, Track ⁺	94	146	178	87	87	114	172	208	106	106

Three-Month Membership

All-Facility Fitness	141	244	306	131	131	180	287	368	167	167
Fitness Centers	130	227	289	120	120	157	266	342	146	146
Pool	57	82	98	53	53	72	99	118	66	66
Gym, Track ⁺	52	77	93	48	48	67	93	113	62	62

One-Month Membership

All-Facility Fitness	78	119	153	72	72	101	138	177	93	93
Fitness Centers	73	108	138	67	67	90	125	158	78	78
Pool	36	52	72	33	33	46	62	82	42	42
Gym, Track ⁺	31	46	67	28	28	38	57	77	35	35

Daily Rates

All-Facility Fitness	7	n/a	n/a	6	6	10	n/a	n/a	9	9
Fitness Centers	6	n/a	n/a	5	5	9	n/a	n/a	8	8
Pool	5	n/a	n/a	4	4	7	n/a	n/a	6	6
Gym, Track ⁺	5	n/a	n/a	4	4	8	n/a	n/a	6	6
Upgrade to Use Fitness Centers (per visit)	2	n/a	n/a	2	2	2	n/a	n/a	2	2

Reduced Program Fee *Entitles each member to a discount on: Fitness Evaluation, Personal Training, Group Fitness Passport, Spin Punch Card, Sampler Pack, Racquetball and Wallyball.

^Youth 14 and 15 yrs. old must attend a free equipment orientation session prior to using the Fitness Center.

+Racquetball/Wallyball court fees are separate.

No Initiation Fee or Annual Maintenance Fee! Visa, MasterCard, Discover, Diners Club, Cash and Checks accepted.

Five Membership Classifications **Individual** (19 yrs and older), **Couple** (two persons of any age or gender living together in the same household), **Family** (five members in the same household; additional family members prorated at family rate), **Youth** (18 yrs and younger—participants must be 14 yrs or older to use the Fitness Centers or the free weight room; 14 and 15 yr olds must complete an orientation program prior to use), **Senior** (62 yrs and older).

Resident/Non-Resident Rates To receive resident discount rates proof of residency is required, otherwise regular rates will be in effect. Non-residents who work for a business located within the Park District boundaries receive a 15% discount on individual membership rates. (Does not apply to daily fees.)

Closing Activity Areas Periodically, areas are closed for maintenance and repair. This is considered in the fee schedule. There are no fee adjustments or other compensation for down times not exceeding two weeks.

Fitness Equipment Orientations Conducted by a Personal Trainer and included in Fitness Centers membership. Non-members must pay a fee. 24-hour pre-registration required.

RecPlex Racquetball Fees

\$4/hr members fee (Non-members)
\$5/hr regular court fee also pay daily fee)

RACQUETBALL 10-PUNCH CARD

MEMBERS	NON-MEMBERS
\$35	\$45

RecPlex Wallyball Fees

\$6/hr members fee (Non-members)
\$7/hr regular court fee also pay daily fee)



Personal Training *Improve*

3 Simple Steps to Improve Your Life!

1 CONTACT the Fitness Program Manager

Call 847-640-1000, ext. 224 today!

The Fitness Program Manager will take you through a consultation in order to determine which of the Personal Trainers will be the best fit for you. We want to keep things "Personal" by getting to know a little about you.

2 SCHEDULE a Fitness Evaluation

Your new Personal Trainer will contact you to schedule your **Fitness Evaluation**.

The baseline Fitness Evaluation is a necessary and **required** step in the Personal Training process.

3 BEGIN your Personalized Program

Personal Training means different things to different people.

Your Personal Trainer will fill many new roles for you as you embark on your fitness journey. They will become an educator, a motivator, and an accountability partner.

PERSONAL TRAINING SERVICES

Available at RecPlex & CCC

Check out our Personal Trainers' biographies on www.mppd.org

Personal Training Policy

- 1) All cancellations must be made at least 24 hours in advance.
- 2) No-shows and/or cancellations made less than 24 hours will be charged full price.
- 3) All sessions must be used within 6 months of purchase date.
- 4) Sessions are nontransferable and nonrefundable.

One-on-One Personal Training (14 yr-Adult)

Our certified personal trainers can develop a personalized exercise program to help you achieve your fitness goals in a safe, effective and highly motivating way. We will do our best to accommodate you if you would like private Yoga, Pilates, PiYo, Spinning, Pre/Post-Natal, Sports Specific, Youth, or a number of other types of Personal Training experiences such as nutrition counseling and ***DTR on Staff***. Fitness Evaluation is required prior to the start of personal training. **(CS/MM)**

SESSION	MEMBER*	NON-MEMBER	SESSIONS	MEMBER*	NON-MEMBER
1 Session	\$40	\$45	12-Pack	\$448	\$504
3-Pack	\$117	\$132	18-Pack	\$640	\$720
6-Pack	\$229	\$258	24-Pack	\$811	\$912

*MEMBER includes our All-Facilities, Fitness, or PLUS Membership holders.

Group Training (14 yr-Adult)

If you enjoy working out with friends or family members, our personal training staff will help develop a program that you can do together. Each session is one hour. Individual Fitness Evaluations are required. **(CS)**

SESSION	2 PEOPLE	3 PEOPLE	4 PEOPLE
3-Pack	\$170	\$240	\$300
6-Pack	\$310	\$450	\$580
12-Pack	\$580	\$855	\$1120
24-Pack	\$1080	\$1605	\$2120

Sampler Pack (14 yr-Adult)

Includes a Fitness Evaluation, three Personal Training sessions, and a 25-minute Massage! **(CS)**

MEMBER*	NON-MEMBER
\$180	\$200

*MEMBER includes our All-Facilities, Fitness, or PLUS Membership holders.

**GREAT
GIFT
IDEA!**

Fitness Evaluation (14 yr-Adult)

The baseline Fitness Evaluation is a necessary and a **required** step in the Personal Training process. During this meeting, your Personal Trainer will learn about your previous fitness experience and medical history, as well as record your blood pressure, resting heart rate, body weight, body composition, cardiovascular fitness, muscular strength and endurance, posture, and flexibility. Medical clearance may be necessary. **(CS/MM)**

SESSION	"PLUS" MEMBER	MEMBER*	NON-MEMBER
1 Session	Included in PLUS Membership!	\$50	\$55

*MEMBER includes our All-Facilities or Fitness Membership holders.



Check out our updated kickboxing class
MMA & Fitness Kickboxing
Total Body Conditioning!

Same instructors with a new format! (Pg 8)

FACILITY ABBREVIATIONS

CCC Central Community Center
RPX RecPlex

LRC Lions Recreation Center
FPC Friendship Park Conservatory

MP Meadows Pool
BSP Big Surf Pool
MPGC Mt. Prospect Golf Course

Therapy Mind & Body

Massage

Exercise is wonderful, however exercise also causes micro traumas to the belly of the muscles often leaving you stiff and sore. Massage can reach those exercise-damaged muscles and provide relief. Open to male or female patrons. Seniors, pregnant women or individuals with special health problems should consult a physician prior to scheduling a massage. Call or stop by to make an appointment. RecPlex 847-640-1000. Payment must be made in full when scheduling the appointment. **(MM)**

SESSION	75 MIN	55 MIN	25 MIN
1 Session	\$85	\$60	\$35
3-Pack	\$235	\$165	\$95
6-Pack	\$455	\$305	\$175

Massage packages
expire 6 months from
purchase date.

Hot Stone Massage

Hot stone massage is done with Basalt stones from volcanoes. It addresses problem areas by using pressure and moist heat to increase blood flow to specific areas. It enhances range of motion, making a joint more flexible to allow for greater stretch. Contraindicators: Pregnancy, Diabetes, High Blood Pressure, and Osteoporosis. Massages are available at RecPlex. Call 847-640-1000, or stop by to make an appointment. Payment must be paid in full when scheduling an appointment. **(MM)**

SESSION	75 MIN
1 session	\$95
3-Pack	\$270

Massage packages
expire 6 months from
purchase date.

Massage Cancellation Policy

- 1) All cancellations must be made at least 24 hours in advance.
- 2) No-shows and/or cancellations made less than 24 hours will be charged full price.

Beginning Tai Chi *(14 yr-Adult)*

Tai Chi is an ancient Chinese health exercise that promotes vitality, structural balance, strength and longevity for all ages. It utilizes specific breathing techniques and slow, precise physical movements to help prevent arthritis, respiratory disease and high blood pressure. Exercises can also be modified to be done in a chair. **(CS)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Tue	1/3-3/6*	10:45-11:45am	RPX	Dance Studio	\$63/69	14605

*No class Tue 2/21.

Intermediate Tai Chi *(14 yr-Adult)* **NEW!**

This class is a continuation of the Beginning Tai Chi class. Building from the Yang Style Short Form, "Grasp the Sparrow's Tail," we will add single forms to move into the Long Form that will build strength, flexibility, balance and fun. **(CS)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Tue	1/3-3/6*	9:30-10:30am	RPX	Dance Studio	\$63/69	14610

*No class Tue 2/21.

Yoga *(14 yr-Adult) Light Workout*

This class teaches a heightened awareness to your body and your breathing through postures and poses. It offers many health benefits including improved flexibility and relaxation. Most poses can be modified, so yoga truly is for everyone. Please bring a towel or yoga mat to class. **(CS)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Mon	1/2-3/5	7:20-8:50pm	LRC	Multi Purpose	\$110/121	14637

Combo Yoga *(14 yr-Adult)* **NEW!**

Now you can practice Yoga twice a week with our new combination class. Enjoy **Athletic Yoga** on Monday evenings at the Friendship Park Conservatory and **Forrest Yoga** at the Central Community Center on Wednesday evenings. See individual class descriptions below for more details. **(CS)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
M/W	1/2-3/7	6-7:30pm	Mon - FPC Wed - CCC	\$210/231	14887

Athletic Yoga *(14 yr-Adult) Intermediate Workout*

Discover how Athletic Yoga can help improve your strength, flexibility, balance and coordination. You will learn and practice breathing exercises and guided meditation techniques that will help you reduce stress and improve overall health and well being. **(CS)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/2-3/5	6-7:30pm	FPC	\$110/121	14600

Forrest Yoga *(14 yr-Adult) Intermediate Workout*

This challenging practice empowers the student while emphasizing breath connection, core strength, body awareness, and most importantly, joy. Forrest Yoga does not require strength or flexibility; it only requires that you bring a willingness to learn how to feel authentically and respond honestly. **Instructor Sarah Hagye. (CS)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Wed	1/4-3/7	6-7:30pm	CCC	\$110/121	14609

Pilates with Mini Ball *(14 yr-Adult)*

This class will incorporate a Pilates mini ball into a modified pilates exercise routine. The emphasis is on strengthening the core of your body, while gaining long and lean muscles throughout your body. You will also improve your balance, flexibility and stability. For all fitness levels. Mini balls are provided for class use. **Instructors Caroline Schaefer & Lóree Labahn. (CS)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Mon	1/2-3/5	7-7:45pm	RPX	Studio 201	\$100/110	14615
M/W	1/2-3/7	7-7:45pm	RPX	M-Studio 201 W-Studio 200	\$180/198	14616
Wed	1/4-3/7	7-7:45pm	RPX	Studio 200	\$100/110	14617

GROUP FITNESS PASSPORT CLASSES

Available at RecPlex

WINTER SESSION • JAN 2 – MAR 11 (10 wks)

This pass is your "passport" to participate in any of the Group Fitness Passport classes during this 10-week session. You do not register for any of these classes specifically and can attend any of the Passport classes. For this 10-week session, you may either purchase a 10-class passport, a 20-class passport (if you'll attend classes twice a week), a 30-class passport (if you'll attend classes three times a week) or an unlimited passport for unlimited classes. Purchase the number of classes that will meet your fitness needs and that you will be able to use through the end of the session.

Daily class fees only accepted for Group Fitness Passport classes

Passport Provisions

1. The Park District reserves the right to cancel any fitness class with consistently low attendance.
2. Passports and passes must be shown every time you attend a class.
3. Sharing passports is not permitted. Each participant must purchase his or her own individual passport.
4. Onsite babysitting is available at RecPlex (see page 53).
5. Showers and lockers are available at RecPlex. Bring your own lock.
6. The Group Fitness Passport is valid for a 10-week session only. There are no refunds or carryovers into the next session.
7. Refunds/credits will be considered after a passport session begins only in the case of illness. A doctor's letter must be presented and will be honored only during the current passport session. There is a \$3/person service fee.
8. If your passport is lost or stolen, it cannot be replaced. A new one must be purchased.

*Want to bring a friend?
Download a coupon from our web site
www.mppd.org
click on "What's Hot"*

C O U P O N

Good for 1 FREE Group Fitness Passport Class

January 2–8, 2012

Name _____ Phone _____

*Present this coupon to the instructor.
One-time use per person for Winter Session.*

**Check out our new
ZumbAtomic class for
your child!
(See pg 10)**

Group Fitness Passport Class Schedule

WINTER SESSION • 1/2-3/11 (10 wks)

MONDAY

8:45-9:45 am	Senior Forever Fit	Studio 200
9:30-10:30 am	Total Body Challenge	Studio 201
10-11 am	Aerobics 101	Studio 200
5:30-6:30 pm	Total Body Challenge	Studio 201
5:40-6:40 pm	Zumba	Studio 200
6:45-7:45 pm	Step 101	Studio 200
8-9 pm	Zumba	Studio 200

TUESDAY

9-10 am	FreeMotion Circuit	Fitness Center
9:30-10:30 am	Have-a-Ball	Studio 201
5:45-6:45 pm	Kick 'N Core	Studio 201
6-7 pm	Have-a-Ball	Studio 200
6-7 pm	FreeMotion Circuit	Fitness Center
7-8 pm	Tighter Assets	Studio 201
8-9pm	Zumba Toning	Studio 200
8:05-8:50 pm	PIYO	Studio 201

WEDNESDAY

8:45-9:45 am	Senior Forever Fit	Studio 200
9:30-10:30 am	Kick 'N Core	Studio 201
10-11 am	Body Blast	Studio 200
5-5:45 pm	PIYO	Studio 200
5:45-6:45 pm	Total Body Challenge	Studio 201
6-7 pm	A Step Above	Studio 200
6:50-7:50 pm	Body Blast	Studio 201
8-9 pm	Zumba	Studio 200

THURSDAY

8:45-9:45 am	Zumba Gold	Studio 200
9-10 am	FreeMotion Circuit	Fitness Center
9:30-10:30 am	A Step Above	Studio 201
5:45-6:45 pm	TurboKick	Studio 201
6:50-7:50 pm	Tighter Assets	Studio 201
7-8 pm	FreeMotion Circuit	Fitness Center
8-9 pm	Zumba Toning	Studio 200

FRIDAY

8:45-9:45 am	Senior Forever Fit	Studio 200
9:15-10:15 am	Total Body Challenge	Studio 201
10-11 am	Aerobics 101	Studio 200
12-12:45	Fusion Strength	Studio 201

SATURDAY

8-9:15 am	Weekend Warrior	Studio 201
9-10 am	FreeMotion Circuit	Fitness Center
9:30-10:30 am	Step	Studio 201
9:30-10:30 am	Zumba	Studio 200
10:30-11:30 am	Body Blast	Studio 200

SUNDAY

8:45-9:45 am	Zumba	Studio 200
10-11 am	Zumba Toning	Studio 200

Updated schedule is available online at www.mppd.org

NEW CLASSES ARE HIGHLIGHTED

Check out our new
Spin/Fitness Combo Card!
(See pg 10)

WINTER PASSPORT FEES (14 yr & older)

CLASSES	DATE	NON-MEMBER		MEMBER*	
		R/NR	DAILY	R/NR	DAILY
10	1/2-3/11	\$58/64	\$7/8	\$29/32	\$7/8
20	1/2-3/11	\$104/115	\$7/8	\$52/57	\$7/8
30	1/2-3/11	\$141/155	\$7/8	\$70/77	\$7/8
Unlmtd	1/2-3/11	\$169/186	\$7/8	\$84/93	\$7/8

SENIORS WINTER PASSPORT FEES (62 yr or better)

CLASSES	DATE	NON-MEMBER		MEMBER*	
		R/NR	DAILY	R/NR	DAILY
10	1/2-3/11	\$50/54	\$7/8	\$25/27	\$7/8
20	1/2-3/11	\$89/99	\$7/8	\$44/49	\$7/8
30	1/2-3/11	\$121/133	\$7/8	\$60/66	\$7/8
Unlmtd	1/2-3/11	\$145/160	\$7/8	\$72/80	\$7/8

*Passport Discount for MEMBERS

All current One-Year Plus Pass, All-Facility Fitness Pass or Fitness Centers members are eligible for a **50% discount** on all Passports. *Daily class fees excluded.*

Senior Forever Fit (Beginner/Light)

No more excuses! This class is designed to meet the needs of our mature adults. Class activities include light aerobics, walking, muscle strengthening and toning exercises, and stretching/relaxation. This class is also great for beginners and those who have not exercised in years. **(CS)**

Step 101 (Beginner)

You'll combine slower-paced Step aerobics with basic, easy-to-follow moves and combinations. Good for participants who are new to step and those who are looking for a basic step workout. **(CS)**

FreeMotion Circuit (Beginner-Advanced)

This class alternates aerobic exercise using bikes, steps, etc. with strength-endurance exercises using the weight training machines and free weights. The benefits include a great total body workout that will increase your cardiovascular endurance, strength, lean muscle mass and bone density. **(CS)**

Aerobics 101 (Beginner/Intermediate)

Lively, lo-impact cardio class that may include intervals of upper and lower body strength training and core exercises. **(CS)**

Zumba, Zumba Toning & Zumba Gold

(Beginner/Intermediate)

Zumba, the newest fitness dance craze, is a fusion of Latin and International dance themes. Zumba combines high energy dance moves and slower fitness intervals to maximize caloric output, increase fat burning and tone your entire body. There are 45 and 60-minute classes. The 60-minute class will incorporate core exercises for your midsection. Zumba Toning will incorporate weighted maracas for an extra calorie burn. **Zumba Gold** is designed for beginners, pre/post natal and older populations. **(CS)**

Have-a-Ball (Intermediate/Advanced)

Get on the Ball and join this challenging class that uses resistance, Pilates and medicine balls to lead you through various cardio exercises, strengthening, and toning of the upper and lower body as well as your core body muscles. Be sure to add this exciting class to your schedule. **(CS)**

Kick 'N Core (Intermediate/Advanced)

A combination of kickboxing movements, strength training and intensive core exercises. **(CS)**

Fusion Strength (Beginner-Advanced)

Blending the focus of yoga, the precision of Pilates, and the muscular engagement of strength training. **(CS)**

Step (Intermediate/Advanced)

The instructor of this class will lead a choreographed routine. You are guaranteed to enjoy a refreshing intermediate workout. Strength and core training will be incorporated as well. **(CS)**

A Step Above (Intermediate/Advanced)

Are you ready to take it "A Step Above" the basic step class? This class has fun and challenging step choreography, along with a strength conditioning segment. **(CS)**

TurboKick (Intermediate/Advanced)

This class combines rockin' music, simple dance grooves, athletic drills, high energy routines—it's kickboxing with an edge! **(CS)**

Total Body Challenge (Advanced)

A complete conditioning class that includes aerobics (step, Hi/Lo aerobics and/or slide aerobics) plus body sculpting exercises using weights and tubes, other muscle conditioning exercises and stretching for the ultimate workout! **(CS)**

Weekend Warrior (Advanced)

A 75-minute weekend workout. Give your weekend the jumpstart it deserves. Class activities may include step, Hi/Lo, and slide as well as muscular strength and conditioning. **(CS)**

Body Blast (Beginner/Intermediate)

Blast your body into shape using various weight bearing exercises for both the upper and lower body. Great class to help increase your bone density. **(CS)**

Tighter Assets (Beginner-Advanced)

EVERYTHING from the waist down is exercised in this class. A warm-up will be followed by exercises and stretches to tone these problem areas into shape! **(CS)**

PIYO (Beginner/Intermediate)

This class will give you the best of Pilates and Yoga all rolled into one class. Focus is more on rhythmic movement and core strengthening. Bring your own sticky mat to class, otherwise regular mats are provided. **(CS)**

FACILITY ABBREVIATIONS

CCC Central Community Center

LRC Lions Recreation Center

RPX RecPlex

FPC Friendship Park Conservatory

MP Meadows Pool

BSP Big Surf Pool

MPGC Mt. Prospect Golf Course

FITNESS CLASSES

Weight Loss Challenge *(18 yr-Adult)*

Join Mount Prospect's very own "Biggest Loser Challenge" just like on TV!

The WLC is a 10-week program that meets weekly to learn about proper nutrition, how to improve eating habits and find out exactly how many calories a day your body burns. This new information will teach how to lose weight and keep it off. The goal is to have participants living healthy with vim, vigor and vitality for the rest of their lives. Because of all the helpful information attendance at the weekly meetings is a KEY factor in ensuring success.

The WLC 10-week program provides:

- Proper nutrition coaching.
- Encouragement to exercise.
- Group support.
- Metabolism and body composition test.

Each week participants will weigh-in and consult with their coaches. The program encourages participants to eat a healthy level of protein and calories each day and teaches the benefits of good nutrition. Topics include: protein, carbohydrates, water and digestion, vitamins, dining out, exercise, sugar, healthy oils and more.

Previous contests ended with an average weight loss of over 19 pounds and over 10 inches per person! (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Wed	1/4-3/7	6:45-7:45pm	RPX	Play & Learn	\$42/46	14635

Weight Loss Exercise Class *(14 yr-Adult)*



Eating a healthy diet is only half the battle in getting back in shape! This class is designed for those individuals currently enrolled in the Weight Loss Challenge class and would like additional help in sculpting their bodies. Class location will vary and may include time on the track, fitness center, Spin room, and studios. (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Wed	1/4-3/7	8-9pm	RPX	Varies*	\$80/88	14636

*First class will meet outside the Spin Studio.

MMA & Fitness Kickboxing Total Body Conditioning *(14 yr-Adult)*



MMA (Mixed Martial Arts) and Fitness Kickboxing Total Body Conditioning is a program that combines the conditioning exercises of MMA athletes with a fitness kickboxing workout. This combination is a great way to develop all aspects of physical fitness and is a terrific way to shed body fat. **Instructor T.O.P. Fitness Kickboxing.** (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Thu	1/12-3/8	6-7pm	RPX	Studio 200	\$90/99	14612
Th/Sa	1/12-3/10	Thu 6-7pm Sat 8:15-9:15a	RPX	Studio 200	\$162/178	14613
Sat	1/14-3/10	8:15-9:15am	RPX	Studio 200	\$90/99	14614

Wedding Party Boot Camp *(14 yr-Adult)*

Is your wedding day fast approaching? We are now recruiting all brides and grooms, their families, and their bridal party for an intense 10-week program to get in shape for the big day. Each enlisted recruit will receive a Boot Camp t-shirt (required uniform), and will meet 3 times a week for a combination of rigorous conditioning, toning and aerobic workouts, including an individual fitness assessment. You must be present the first day for your evaluation. Fee includes one camp T-shirt; additional T-shirts are available for \$5 each. (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
M/W/Th	1/2-3/8	8-9pm	RPX	Studio 201	\$165/182	14634

Friendship Park Conservatory is a beautiful location for your wedding!

(See pages 45 & 60)

Holiday Boot Camp *(14 yr-Adult)*

Are you tired of gaining weight around the holidays? Kick it up a notch this holiday season and join our Holiday Boot Camp. This class will meet two times per week for a total body workout. Put down that holiday cookie and join us! (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
M/W	12/5-12/28	8-9pm	RPX	Studio 201	\$45/50	13969

Baby Boomers Boot Camp *(14 yr-Adult)*



Tired of walking into classes designed for 20-30 year olds? If so, then try this new class. Specifically designed for those participants that look forward to a challenging cardio workout which is kind and gentle to the body, might just be what you are looking for. Class location will vary and may include time on the track, fitness center, Spin room, and studios. (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
W/F	1/11-3/2	5:45-6:45pm	RPX	Varies*	\$112/123	14601

*First class will meet in the Spin Studio.

Expecting Moms on the Move

Whether you're pregnant or already delivered your baby, this is the perfect class for you. Low-impact cardio exercise, combined with Pilates and Yoga movements designed specifically for the pre/post natal participant. Resistance Balls, weights and bands will be used to enhance the toning phase for both upper and lower body exercises. Each class will end with a few minutes of guided relaxation and meditation. Physicians release must be presented at the first class. **Instructor Fran Zelinski, Certified Pre/Post-Natal Instructor.** (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Tu/Sa	1/3-3/10	Tue 7:05-8:05pm Sat 10:30-11:30am	RPX	Studio 200 Studio 201	\$120/132	14606

SPINNING®



Our **Spinning®** class will “rev up” your fitness program! Expert coaching and a specially designed studio with 15 STAR TRAC Spin Bikes will push you beyond your limits! The unbeatable group energy will power you up hills that once seemed too steep to climb. Discover what millions worldwide have discovered about **Spinning®**. You’ll think fitness is simply **SPINtastic!**

These classes incorporate upper body strength training with core exercises. Core exercises performed after 45 minutes of Spinning.

Spin Class Schedule RecPlex Spin Studio

DAY	TIME	
Mon	8:45-9:30am	
Mon	12-12:45pm	
Mon	7-7:45pm	
Tues	6-6:45am	
Wed	9:30-10:15am	
Wed	12-1pm	+ CORE
Wed	7-7:45pm	
Thur	6-6:45am	
Thur	7-7:45pm	
Fri	8:45-9:45am	+ CORE
Sat	8-9am	+ CORE
Sat	9-9:45 am	
Sun	9-9:45 am	

Schedule subject to change.
Updated schedule available online
at mppd.org



Spinning® — Indoor Cycling (14 yr-Adult)

Check out our Spin Card system! Your "Spin Card" will be valid for 8 weeks. You do not register for any of these classes specifically and can attend any of the Spin classes listed on our schedule. You may either purchase 10-punches (if you plan on attending once a week), 20-punches (twice a week), 30-punches (three times a week), or unlimited if you plan on attending four or more classes a week. The more you buy the more you save. This 45-minute, high energy, indoor cycling Spin class will strengthen your legs and tone your backside, while leaving you with a calm and focused mind. Our new spin studio consists of 15 state-of-the-art Star Trac stationary Spin bikes. Spin Studio door will open 10 minutes before class— all seats are first-come, first-serve. Drop-ins welcome 5 minutes before class starts. **Full classes will not accept drop-ins. (CS)**

Check out our new
Spin/Fitness Combo Card!
(See pg 10)

WINTER SPIN PUNCH PASS

PUNCHES	DATE	NON-MEMBER	MEMBER*	DAILY
		R/NR	R/NR	
10	1/2-3/11	\$100/110	\$50*/55*	\$12
20	1/2-3/11	\$195/214	\$98*/107*	\$12
30	1/2-3/11	\$268/294	\$134*/147*	\$12
Unlimited	1/2-3/11	\$320/352	\$160*/176*	\$12

*MEMBER includes all current One Year Plus Pass, All-Facility Fitness Pass or Fitness Centers members. Discount applies to all Spin Punch Passes. Daily class fee excluded.

Training for a Marathon?

Enhance your program with our new Sunday Spinning class—a great cross-training option!

Baby Boomers on Bikes (14 yr-Adult) NEW!

Tired of walking into classes designed for 20-30 year olds? If so, then try this new class. Specifically designed for those participants that look forward to a challenging cardio workout which is kind and gentle to the body. This class might just be what you are looking for. **(CS)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Sat	1/7-3/10	7:15-8am	RPX	Spin Studio	\$100/110	14602
Su/Sa	1/7-3/11	7:15-8am	RPX	Spin Studio	\$180/198	14603
Sun	1/8-3/11	7:15-8am	RPX	Spin Studio	\$100/110	14604

SAVE \$50

Fitness Membership Sale!

(Details on page 1)

FACILITY ABBREVIATIONS

CCC Central Community Center
RPX RecPlex

LRC Lions Recreation Center
FPC Friendship Park Conservatory

MP Meadows Pool
BSP Big Surf Pool
MPGC Mt. Prospect Golf Course



Zumba Resolution *(14 yr-Adult)*

NEW!

Join us for a special morning of Zumba to kickoff the new year! (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Sun	1/1	10-11am	RPX	Studio 200	\$7/8	14864

Combo Group Fitness & Spin Card Sampler Pack

NEW!

(14 yr-Adult)

Includes 5 Spin punches and 5 Group Fitness punches! (CS)

DATE	NON-MEMBER R/NR FEE	MEMBER R/NR FEE
1/2-3/11	\$80/88	\$40/44

Tweens & Teens

ZumbAtomic *(9-13 yr)*

NEW!

Sure, chillin' out is cool. But rockin' out is a blast! That's why you're gonna love the ZumbAtomic fitness program for kids. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop, and more) and high-octane workouts designed to get the maximum fun and fitness all at the same time. Safe and effective, kids can't wait to get into the ZumbAtomic groove. Watch their energy and fitness levels soar as they get the groove. **While you are participating in our Zumba Toning class, your child can experience their own fun right next door!** (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Sun	1/8-3/4	10-11am	RPX	Studio 201	\$72/79	14638

Teen Spin *(12-16 yr)*

NEW!

Designed for our teen population! This class has it all, fun, energetic, and age appropriate music! Join this class to increase your cardio levels, strengthen the muscles of the lower body and energize yourself for the day. **This is a great crosstraining class for runners and swimmers!** (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Sat	1/7-3/10	11am-12pm	RPX	Spin Studio	\$100/110	14633



Rookie Triathletes & Roadrunners *(14 yr-Adult)*

NEW!

Whether you are planning to run in your first 5k or maybe even attempting your first mini triathlon, this class will give you the skills you need to be successful. A great cross training class that will incorporate running, biking and swimming. Class meets twice a week, with an optional 3rd instructor-free day in the pool. (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Tu/Th/Sa	1/3-3/10	6-7pm	RPX	Tu-Spin Studio	\$110/121	14865
		6-7pm		Th-Track		
		7:15-9am		Sa-Pool		

Form & Function with Free Weights *(14 yr-Adult)*

NEW!

This small group class is perfect if you are just getting back to weight training or have been training for quite some time. Led by a personal trainer, this class will teach you to use proper form with dumbbells, barbells and plates to maximize your workouts while avoiding injuries. In addition to proper form, you will learn which muscles benefit from each exercise. (MM)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Sat	1/7-1/28	9-10am	RPX	Fitness Center	\$36/39	14607
Sat	2/4-2/25	9-10am	RPX	Fitness Center	\$36/39	14608

Small Group Training *(14 yr-Adult)*

NEW!

Small Group Training gives you the enthusiasm and encouragement of a group environment (2-4 people) while also providing personalized attention. Training emphasis will be on increasing cardiovascular endurance, strength, core, flexibility, and much more! All fitness levels welcome. Bring your workout buddy or meet a new one! **Min 2/Max 4 per class.** (CS)

DAY	DATE	TIME	LOCATION*	R/NR FEE	CODE
Tu/Th	1/10-2/2	8-9pm	RPX	\$148/163	14621
Tue	1/10-1/31	8-9pm	RPX	\$80/88	14622
Tu/Th	1/10-2/2	10:30-11:30am	RPX	\$148/163	14623
Tue	1/10-1/31	10:30-11:30am	RPX	\$80/88	14624
Thu	1/12-2/2	10:30-11:30am	RPX	\$80/88	14625
Thu	1/12-2/2	8-9pm	RPX	\$80/88	14626
Tue	2/7-2/28	10:30-11:30am	RPX	\$80/88	14627
Tue	2/7-2/28	8-9pm	RPX	\$80/88	14628
Tu/Th	2/7-3/1	10:30-11:30am	RPX	\$148/163	14629
Tu/Th	2/7-3/1	8-9pm	RPX	\$148/163	14630
Thu	2/9-3/1	8-9pm	RPX	\$80/88	14631
Thu	2/9-3/1	10:30-11:30am	RPX	\$80/88	14632

*Room will change between Fitness Center, Studios & Track

RecPlex Winter Health Fair

Must pre-registrater at RecPlex!

(Registration Deadline 1/11/12)

Know Your Numbers (18 yr-Adult)

Service provided by Northwest Community Healthcare. Results are confidential and mailed to you. In-person registration begins **Monday, November 28**. A 12-hour fast is required before the Complete Blood Profile (water is encouraged). This program is not insurance or Medicare reimbursable. (MM)

Complete Blood Profile: Complete Metabolic Panel, Complete Blood Count, Lipid Profile (total cholesterol, triglycerides, HDL, LDL, and cholesterol/HDL ratio).

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Fri	1/13	6:45-8:30am	RPX	Conference	\$75	14597

Prostate Cancer Blood Test: Prostatic Specific Antigen (PSA) Test. Recommended for men age 50 and over.

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Fri	1/13	6:45-8:30am	RPX	Conference	\$60	14598

Thyroid Profile: Thyroid Stimulating Hormone (TSH) and a Thyroid Cascade. Detects abnormalities in thyroid gland function.

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Fri	1/13	6:45-8:30am	RPX	Conference	\$50	14599

SILVER SERIES

Our new Silver Series have been designed for participants 60 yrs and up, who are looking for a class that will enable them to keep their bodies feeling and looking young for long time to come!

Silver Sit & Fit (60 yr & up)



This class allows the participant to be seated while working out the entire body. This is a great class option for those with knee and balance issues, or for those that need to increase their overall body strength. (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Thu	1/5-3/8	9-9:45am	CCC	Cyber Room	\$70/77	14619

Silver Stretch (60 yr & up)



Over time, we gradually lose our range of flexibility and at times may struggle with our balance. Fortunately, there are exercises and stretches designed to help you increase your range of flexibility and help you maintain better balance. Bring a yoga mat to class. (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Tue	1/3-3/6	9-9:45am	CCC	Cyber Room	\$70/77	14620

Silver Pilates/Yoga (60 yr & up)



This class combines rhythmic, flowing Pilates exercises and Yoga postures. Great for beginners, no previous yoga or Pilates experience necessary. (CS)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Wed	1/4-3/7	9-9:45am	CCC	Cyber Room	\$70/77	14618



FACILITY ABBREVIATIONS

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MP Meadows Pool
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REC PLEX INDOOR WINTER SEASON AMERICAN RED CROSS SWIM LESSONS

WINTER SESSION • JAN 2 – MAR 11 (10 wks)

Level 1

Water Exploration (3-5 yr)

Designed to familiarize the tot swimmer with the aquatic environment, we will introduce supported floating and beginning arms. As in all levels, safety skills are introduced in conjunction with stroke techniques. It's a great beginning for your tot, so don't miss out. **Must be 3 yrs old before the first day of class.** (SKT)

RPX Group Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Tue	1/3-3/6	4:45-5:15pm	\$68/80	14699

RPX Semi-Private Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Mon	1/2-3/5	9:30-10am	\$80/90	14700
Mon	1/2-3/5	10:30-11am	\$80/90	14701
Mon	1/2-3/5	5-5:30pm	\$80/90	14702
Mon	1/2-3/5	6-6:30pm	\$80/90	14703
Tue	1/3-3/6	5:45-6:15pm	\$80/90	14704
Wed	1/4-3/7	10-10:30am	\$80/90	14705
Wed	1/4-3/7	1-1:30pm	\$80/90	14706
Wed	1/4-3/7	5-5:30pm	\$80/90	14707
Wed	1/4-3/7	6-6:30pm	\$80/90	14708
Thu	1/5-3/8	9:30-10am	\$80/90	14709
Thu	1/5-3/8	1:30-2pm	\$80/90	14710
Thu	1/5-3/8	5:15-5:45pm	\$80/90	14711
Thu	1/5-3/8	6:15-6:45pm	\$80/90	14712
Thu	1/5-3/8	7:30-8pm	\$80/90	14713
Sat	1/7-3/10	11-11:30am	\$80/90	14714
Sat	1/7-3/10	12-12:30pm	\$80/90	14715
Sun	1/8-3/11	10-10:30am	\$80/90	14716
Sun	1/8-3/11	11:45am-12:15pm	\$80/90	14717

Level 2

Primary Skills (3-5 yr)

Unsupported floating with kicks and rhythmic breathing are the primary components of this level. The emphasis here is on fundamental locomotion; reaching and extension assists are among the Red Cross safety issues.

Prerequisite: Level 1 certificate, or having the ability to submerge face, blow bubbles and float on front and back with support. (SKT)

RPX Group Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Thu	1/5-3/8	4:45-5:15pm	\$68/80	14718

RPX Semi-Private Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Mon	1/2-3/5	10-10:30am	\$80/90	14719
Mon	1/2-3/5	1-1:30pm	\$80/90	14720
Mon	1/2-3/5	5:30-6pm	\$80/90	14721
Tue	1/3-3/6	5:15-5:45pm	\$80/90	14722
Tue	1/3-3/6	6:15-6:45pm	\$80/90	14723
Tue	1/3-3/6	7:30-8pm	\$80/90	14724
Wed	1/4-3/7	9:30-10am	\$80/90	14725
Wed	1/4-3/7	10:45-11:15am	\$80/90	14726
Wed	1/4-3/7	5:30-6pm	\$80/90	14727
Wed	1/4-3/7	6:30-7pm	\$80/90	14728
Thu	1/5-3/8	10-10:30am	\$80/90	14729
Thu	1/5-3/8	1-1:30pm	\$80/90	14730
Thu	1/5-3/8	5:45-6:15pm	\$80/90	14731
Thu	1/5-3/8	7-7:30pm	\$80/90	14732
Sat	1/7-3/10	11:30am-12pm	\$80/90	14733
Sat	1/7-3/10	12:30-1pm	\$80/90	14734
Sun	1/8-3/11	10:30-11am	\$80/90	14735
Sun	1/8-3/11	11-11:30am	\$80/90	14736

Level 1 & 2

Primary Skills (6-18 yr)

This class covers the same skills taught in Levels 1 & 2 but tailored for older children. Skills to be covered are submerging face and head, blowing bubbles, front and back floating and preparation for Level 3. (SKT)

RPX Group Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Sun	1/8-3/11	12:30-1:15pm	\$68/80	14856

RPX Semi-Private Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Tue	1/3-3/6	5:45-6:30pm	\$80/90	14692
Wed	1/4-3/7	5-5:45pm	\$80/90	14693
Thu	1/5-3/8	4:45-5:30pm	\$80/90	14694
Thu	1/5-3/8	6:45-7:30pm	\$80/90	14695
Sat	1/7-3/10	10-10:45am	\$80/90	14696
Sat	1/7-3/10	12-12:45pm	\$80/90	14697
Sun	1/8-3/11	11-11:45am	\$80/90	14698

Register early for swim lessons as they fill up fast!
A waiting list is available for each swim level.

Group Lessons

One instructor to every 6-14 students.



Semi-Private Lessons

One instructor to every 3-5 students.



Level 3

Stroke Readiness (6-18 yr)

Improving skill competency is emphasized at this level. Deep water work, including elementary backstroke, diving, rotary breathing and treading water. **Prerequisite:** Level 2 certificate or have the ability to fully submerge head, float on front and back, and swim on front and back for 15 yards. (SKT)

RPX Group Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Thu	1/5-3/8	7:45-8:30pm	\$68/80	14737

RPX Semi-Private Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Mon	1/2-3/5	1:30-2:15pm	\$80/90	14738
Mon	1/2-3/5	5-5:45pm	\$80/90	14739
Tue	1/3-3/6	4:45-5:30pm	\$80/90	14740
Tue	1/3-3/6	6:45-7:30pm	\$80/90	14741
Tue	1/3-3/6	7:45-8:30pm	\$80/90	14742
Wed	1/4-3/7	1:30-2:15pm	\$80/90	14743
Wed	1/4-3/7	5-5:45pm	\$80/90	14744
Thu	1/5-3/8	10:30-11:15am	\$80/90	14745
Thu	1/5-3/8	5:45-6:30pm	\$80/90	14746
Sat	1/7-3/10	11-11:45am	\$80/90	14747
Sat	1/7-3/10	12:45-1:30pm	\$80/90	14748
Sun	1/8-3/11	11:45am-12:30pm	\$80/90	14749
Sun	1/8-3/11	12:30-1:15pm	\$80/90	14750

Level 4

Stroke Development (6-18 yr)

Introduction of breast, sidestroke, butterfly and competitive turns. Refinement of the basic skills such as headfirst entry and treading water. Students will become confident with the basic strokes and safety skills; CPR is reviewed. **Prerequisite:** Level 3 certificate or the ability to fully submerge head 15 times in a row, perform front crawl and elementary backstroke 15 yards. (SKT)

RPX Group Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Thu	1/5-3/8	4:45-5:30pm	\$68/80	14751

RPX Semi-Private Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Mon	1/2-3/5	5-5:45pm	\$80/90	14813
Tue	1/3-4/6	5:45-6:30pm	\$80/90	14814
Sat	1/7-3/10	11-11:45am	\$80/90	14815
Sat	1/7-3/10	12:45-1:30pm	\$80/90	14816
Sun	1/8-3/10	11:45am-12:30pm	\$80/90	14817

Don't let their fears take shape!

Level 5

Stroke Refinement (6-18 yr)

In this level we'll review the front and back crawl and elementary back, breast and sidestrokes. Diving safety is discussed. Flip turns and surface dives are introduced. **Prerequisite:** Level 4 certificate or the ability to perform a standing front dive, swim 25 yards front and back crawl and swim 15 yards breast and sidestroke. (SKT)

RPX Group Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Tue	1/3-3/6	4:45-5:30pm	\$68/80	14759

RPX Semi-Private Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Thu	1/5-3/8	5:45-6:30pm	\$80/90	14760
Sat	1/7-3/10	11-11:45am	\$80/90	14761
Sun	1/8-3/11	12:30-1:15pm	\$80/90	14762

Level 6

Skill Proficiency (6-18 yr)

We'll reinforce and refine the strokes and prepare participants for competitive swimming. Spinal injury management is introduced. **Prerequisite:** Level 5 certificate or the ability to perform a standing front dive, swim 25 yards breaststroke, sidestroke and butterfly, swim 50 yards front and back crawl and tread water for 2 minutes. (SKT)

RPX Group Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Tue	1/3-3/6	4:45-5:30pm	\$68/80	14763

RPX Semi-Private Lessons

DAY	DATE	TIME	R/NR FEE	CODE
Thu	1/5-3/8	5:45-6:30pm	\$80/90	14764
Sat	1/7-3/10	12-12:45pm	\$80/90	14765
Sun	1/8-3/11	10-10:45am	\$80/90	14766



REC PLEX SWIM LESSONS (Indoor)

WINTER SESSION • JAN 2 – MAR 11 (10 wks)

Infant Water Adjustment (6-18 mo)

This parent/tot class will acquaint your baby with water through songs, games and fun pool activities. After a brief orientation on the pool deck, both you and your child will be in the warm-water tot pool as our quality instructors teach you how to work with your baby in the water. Diapers with tight-fitting rubber pants are mandatory. Rubber pants are available for purchase at the RecPlex front desk. **Min 5/Max 9. (SKT)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/2-3/5	6:30-7pm	RPX	\$68/80	14809
Tue	1/3-3/6	7-7:30pm	RPX	\$68/80	14810
Wed	1/4-3/7	11:15-11:45am	RPX	\$68/80	14811
Sat	1/7-3/10	10-10:30am	RPX	\$68/80	14812

Tot Swim Program (18 mos-3 yr)

Tots and their parents learn basic water skills so they can feel safer in and around water. You will share written, oral and in-water experiences with your little one, and you'll enjoy the warm-water tot pool during this class. Diapers with tight-fitting rubber pants are mandatory for children still in diapers. Rubber pants are available for purchase at the RecPlex front desk. **Min 5/Max 9. (SKT)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Tue	1/3-3/6	7-7:30pm	RPX	\$68/80	14767
Wed	1/4-3/7	11:15-11:45am	RPX	\$68/80	14768
Sat	1/7-3/10	9-9:30am	RPX	\$68/80	14769
Sat	1/7-3/10	9:30-10am	RPX	\$68/80	14770

Adult Swim Lessons Semi-Private (16 yr-Adult)



Designed for men and women who wish to learn or improve their swimming skills, strokes and techniques. It's never too late to learn!
Min 5/Max 12. (SKT)

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sun	1/8-3/11	9-10am	RPX	\$80/90	14854
Sun	1/8-3/11	10-11am	RPX	\$80/90	14855

SWIM TEAM

Swim Team Winter Season (5-18 yr)

Join our developmental competitive swim team. This unique experience will provide swimmers with personal instruction and training in stroke mechanics, starts, and turns. Skills will be taught and refined through a variety of water, dryland, and strength drills. Mt. Prospect Park District belongs to the Northern Illinois winter swim conference. Our fall and winter swim season runs from October 18th through early-March. Boys and girls will compete within their own age group during the 8 scheduled swim meets which take place on Saturday afternoons. **Prerequisite: 5-8 yr olds must be able to swim front crawl stroke 25 yds or 1 length of the pool. Ages 9 yrs and up must be able to swim 50 yds front crawl and 25 yds of one other stroke (back-stroke, breaststroke, or butterfly).** Swim Team starts October 17. **(SKT)**

AGE	DAY	LOCATION	TIME	R/NR FEE	CODE
5-8 Girls	MWF	RPX	M/W 5:45-7pm; F 4:30-6pm	\$245/279	13462
5-8 Boys	MWF	RPX	M/W 5:45-7pm; F 4:30-6pm	\$245/279	13463
9-10 Girls	MWF	RPX	M/W 6:30-8:30pm; F 4:30-6pm	\$347/380	13464
9-10 Boys	MWF	RPX	M/W 6:30-8:30pm; F 4:30-6pm	\$347/380	13465
11-12 Girls	MWF	RPX	M/W 6:30-8:30pm; F 4:30-6pm	\$347/380	13466
11-12 Boys	MWF	RPX	M/W 6:30-8:30pm; F 4:30-6pm	\$347/380	13467
13-14 Girls	MWF	RPX	M/W 6:30-8:30pm; F 4:30-6pm	\$347/380	13468
13-14 Boys	MWF	RPX	M/W 6:30-8:30pm; F 4:30-6pm	\$347/380	13469
15-18 Girls	MWF	RPX	M/W 6:30-8:30pm; F 4:30-6pm	\$347/380	13470
15-18 Boys	MWF	RPX	M/W 6:30-8:30pm; F 4:30-6pm	\$347/380	13471



FACILITY ABBREVIATIONS

CCC Central Community Center
RPX RecPlex

LRC Lions Recreation Center
FPC Friendship Park Conservatory

MP Meadows Pool
BSP Big Surf Pool
MPGC Mt. Prospect Golf Course

WATER EXERCISE CLASSES (Indoor)

WINTER SESSION • JAN 2 – MAR 11 (10 wks)

Aqua Arthritis (Light Workout)

This is a very special class that is designed for arthritis sufferers. It can help you loosen your limbs, relax and find comfort and exercise in the soothing waters of our pool. A great way to meet new people, too.

Min 8/Max 35. (SKT)

DAY	DATE	TIME	LOCATION	R/NR FEE	SR FEE	CODE
M/W/F	1/2-3/16	1:30-2:30pm	RPX	\$157/175	\$141/157	14771
Tu/Th	1/3-3/15	10:30-11:30am	RPX	\$105/117	\$94/105	14772
Tu/Th	1/3-3/15	6:45-7:45pm	RPX	\$105/117	\$94/105	14773

Aqua Power (Inter. to Adv. Workout)

This popular program includes plenty of aerobics (water STEP aerobics and circuit training), strengthening and toning exercises, plus stretching. A great routine to get into—for only 1-2 hours a week! Min 5/Max 39. (SKT)

DAY	DATE	TIME	LOCATION	R/NR FEE	SR FEE	CODE
Tu/Th	1/3-3/15	7:45-8:45pm	RPX	\$105/117	\$94/105	14780
Tu/Th	1/3-3/15	9-10am	RPX	\$105/117	\$94/105	14781

Aqua Ease (Moderate Workout)

This moderate workout provides increased cardiovascular fitness, strength and flexibility in the water. Try it and see how much better you feel in just five weeks. Bring a friend or relative and enjoy this class together. Min 8/Max 39. (SKT)

DAY	DATE	TIME	LOCATION	R/NR FEE	SR FEE	CODE
Sat	1/7-3/17	9-9:45am	RPX	\$53/59	\$47/53	14774
M/W	1/2-3/14	9:30-10:15am	RPX	\$105/117	\$94/105	14775
M/W/F	1/2-3/16	10:30-11:15am	RPX	\$157/175	\$141/157	14776
M/W	1/2-3/14	5:55-6:40pm	RPX	\$105/117	\$94/105	14777

Aqua Jog Deep Water

(Inter. to Adv. Workout)

This vigorous no-impact workout increases cardiovascular endurance, muscular strength and flexibility. You'll notice a difference in your stamina and energy level, and make new friends in the meantime. Min 5/Max 25. (SKT)

DAY	DATE	TIME	LOCATION	R/NR FEE	SR FEE	CODE
M/W	1/2-3/14	9-10am	RPX	\$105/117	\$94/105	14778
Fri	1/6-3/16	9-10am	RPX	\$53/59	\$47/53	14779

Great for
Cross-Training!

Strive for Five
June 16, 2012



RecPlex Pool

420 W. Dempster St.
Office (847)640-1000 x248

Indoor Pool Complex

Did you know that RecPlex's swim classes aren't the only thing the giant pool features? Just pick up the kids for a family swim or join a friend for an afternoon dip in the pool. Whether you swim for fun or exercise, we're the perfect indoor swimming facility!

■ Winter Pool Hours

General Swim Times

Open Swim Sat 2-7:45pm & Sun 2-4:45pm

Parent & Tot Mon-Thu 11:45am-1pm & Fri 9am-1pm

Senior Swim Hour M/W/F 2:15-3:15pm

Family Float Night Fri 6-9pm

Please note: Children under 17 yrs must be accompanied by an adult to family float.

Lap Swim Times

All Lanes Lap (Adults 17 yr & up only)

Early Bird M-F 5:30-9am

Lunch Lap M-F 11:45am-1:15pm

2 Lanes Lap (Adults 17 yr & up only)

Mon-Fri 5:30am-10pm

Sat 7am-7:45pm

Sun 10am-4:45pm

■ Fees

AGE	RES*	NON-RES
Adult (19-61 yr)	\$5	\$7
Youth (3-18 yr)	\$4	\$6
Senior (62+ yr)	\$4	\$6
Under age 3	FREE	FREE

*Discount Rate with Resident I.D.

SAFETY NOTICE

For Open & Family Swim

Children under 10 yrs. must be accompanied by an adult (17 yrs or older).

Non-swimmers under 10 yrs. must be accompanied by an adult in the water.

HOLIDAY POOL HOURS

The pool will be open for recreational swim hours Dec. 19-23 & Dec. 26-30 during the following hours.

Please Note: Parent & Tot Swim will not be held during Holiday Hours.

HOLIDAY WEEKDAYS

Mon-Thu 1:30-5pm

Thu, Dec 29 3-5pm only

Fri 6-9pm

HOLIDAY WEEKENDS

Sat 2-7:45pm

Sun 2-4:45pm

EXCEPTIONS

Nov 24 7am-11:45am (lap swim only)

Dec 24 7am-11:45am (lap swim only)

Dec 25 **Closed** (Christmas Day)

Dec 29 3-5pm (open swim)

Dec 31 7am-11:45am (lap swim only)

Jan 1 8am-1:45pm (lap swim only)

Apr 8 10-11:45am (lap swim only)

EXCEPTIONS

RecPlex Pool hours and schedule subject to change due to holiday hours and special events. Pool and All-Facility passes accepted.

Fitness pass-holders may purchase a daily upgrade.

Think Safety First—Avoid Pool Accidents

Pool accidents occur on the deck and in shallow water through simple carelessness, horseplay and running. Please make sure your child obeys, understands and respects our pool rules. They ensure everyone's protection and enjoyment.

Top Lifeguards Receive Top Training

We're proud of our pros!

In addition to our general Red Cross Lifeguard Certification requirement, members of our Big Surf, Meadows and RecPlex Pools Staff receive even more rigorous water training and testing conducted by Metro Risk Management Agency. MRMA conducts an intensive program at our sites with follow-up surprise audits to check on staff performances throughout the season. And they've given our staff a thumbs-up all the way! **(SKT)**

You Swim, We Babysit

(9 mo-6 yr)

While you're swimming at RecPlex, be confident in knowing that your child will be happy and busy in our bustling babysitting area. Don't forget to make your appointment 24 hours in advance by calling (847)640-1000. (See page 53 for fees and more details.) **(NP)**

DAY

Mon-Thu

Fri-Sat

TIME

8:45am-12pm & 4-7pm

8:45am-12pm

PARENTS AND GUARDIANS

The Mt. Prospect Park District requires that children under the age of 10 be accompanied by an adult (17 yrs or older) to programs and facilities. Any minor child left unattended at a park facility will be transferred to the care of the Mt. Prospect Police Department. We encourage you to make arrangements for your children to have accessibility to you in the event of an emergency.

Winter Wonderland Swimfest (5-12 yr)

Thu • Dec 29 • 1:30-3pm • RPX

Res \$5/NR \$7 (per person) • 14866

Drop your snow shovels and kick off your boots and join the fun at our **NEW Winter Wonderland Swimfest!** Play Marco North Polo, complete a craft and participate in the *Treasure Hunt Iceberg Dive*. Participants are invited to stay for open swim at the end of the event. **Children under 10 yr must be accompanied by an adult. (SKT)**

The Mt. Prospect School of CLASSICAL BALLET

Come Dance With Us!

The Mt. Prospect Center for Tap & Jazz

The Mt. Prospect Park District offers dance classes for students of all ability levels and ages 2 1/2 through adult. Due to the progressive nature of our program, most classes for students in 1st grade and above are not offered for open enrollment during the winter session. **Only the classes on pages 17-19 are available for enrollment at this time.** For more information on the Mt. Prospect Park District Dance Program, please call the Cultural Arts office at 847-640-1000 or refer to our website www.mppd.org. (TW)



Photo courtesy of Mitchell Studios.

Parent & Tot Dance (2 1/2-4 1/2 yr with parent)

Dance with your child while engaging creative movement, playing dance games and learning various forms of dance. Parents and tots should wear comfortable clothing that allows the body to move and ballet slippers or socks with rubber grips on the bottom. Register under the child's name. (TW)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	R/NR FEE	CODE
Sat	1/7-2/18	9:30-10am	Brittany Burns	RPX	\$37/42	14305
Wed	1/11-2/22	9:15-9:45am	Beth Sullo	RPX	\$37/42	14306

Tiny Tappers (Born by 9/1/08)

For every child who enjoys moving and tapping to their favorite contemporary children's music from Dora the Explorer, The Wiggles, Sesame Street & more. This class is an introduction to the world of dance designed especially for our young dancers. Children will learn basic dance concepts as they develop large motor coordination & body awareness. Parents & guests are invited for an in-studio performance during the final class. All dancers should wear tap shoes. (TW)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	R/NR FEE	CODE
Sat	1/7-2/18	9-9:30am	Brittany Burns	RPX	\$37/42	14335
Thu	1/12-2/23	1-1:30pm	Beth Sullo	RPX	\$37/42	14338

Princess Ballerinas (Born by 9/1/08)

For every girl who dreams of becoming a princess. A springboard to our pre-ballet program, this class offers an introduction to the world of dance designed especially for the youngest dancers. Children will learn to express themselves through movement and dance using the stories of familiar princesses as a starting point. Children will also begin to understand basic concepts such as tempo, levels and space. Each seven-week class will culminate with an in-studio performance during the final class. (TW)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	R/NR FEE	CODE
Sat	1/7-2/18	8:30-9am	Vikki Baron	LRC	\$37/42	14323
Sat	1/7-2/18	11:45am-12:15pm	Vikki Baron	LRC	\$37/42	14324
Mon	1/9-2/20	12:15-12:45pm	Linda Berry	LRC	\$37/42	14325
Mon	1/9-2/20	3:30-4pm	Linda Berry	LRC	\$37/42	14326
Thu	1/12-2/23	9-9:30am	Linda Berry	LRC	\$37/42	14327
Thu	1/12-2/23	11:15-11:45am	Linda Berry	LRC	\$37/42	14328
Fri	1/13-2/24	4:30-5pm	Vikki Baron	LRC	\$37/42	14329

FACILITY ABBREVIATIONS

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 LRC Lions Recreation Center
 RPX RecPlex
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 FPC Friendship Park Conservatory
 BSP Big Surf Pool
 MPGC Mt. Prospect Golf Course

Performing Arts

Follow us on 

Pre-Ballet Spring Recital

Saturday, June 2

Dress Rehearsal May 30, 31 & June 1

Forest View Educational Center

Pre-Ballet & Pre-Tap classes marked as FULL are not open to new students at this time.

Pre-Tap Spring Recital

Saturday, June 2

Dress Rehearsal May 30, 31 & June 1

Forest View Educational Center

Pre-Ballet *(Born by 9/1/07-Kindergarten)*

Our Pre-Ballet program nurtures the young child's natural love of dance and emphasizes creativity, musicality and having fun. Children learn classical ballet positions and preparatory ballet steps, laying the groundwork for formal ballet training. **New Pre-Ballet students must pay a \$41 costume fee. (TW)**

DAY	DATE	TIME	INSTRUCTOR	LOCATION	GRADE	R/NR FEE	CODE	
Sat	1/7-5/26*	10-10:45am	Vikki Baron	LRC	Kindergarten	\$123/128	14307	FULL
Sat	1/7-5/26*	10:45-11:30am	Vikki Baron	LRC	Born by 9/1/07	\$123/128	14308	FULL
Sat	1/7-5/26*	12:15-1pm	Vikki Baron	LRC	Preschool/KG	\$123/128	14309	
Mon	1/9-5/21*	1-1:45pm	Linda Berry	LRC	Born by 9/1/07	\$123/128	14310	FULL
Mon	1/9-5/21*	1:45-2:30pm	Linda Berry	LRC	Kindergarten	\$123/128	14311	FULL
Mon	1/9-5/21*	2:30-3:15	Linda Berry	LRC	Preschool/KG	\$123/128	14879	
Wed	1/11-5/23*	3:45-4:30pm	Linda Berry	LRC	Born by 9/1/07	\$123/128	14312	FULL
Wed	1/11-5/23*	4:30-5:15pm	Linda Berry	LRC	Kindergarten	\$123/128	14313	FULL
Thu	1/12-5/24*	9:30-10:15am	Linda Berry	LRC	Born by 9/1/07	\$123/128	14314	
Thu	1/12-5/24*	10:20-11:05am	Linda Berry	LRC	Kindergarten	\$123/128	14315	
Fri	1/13-5/25*	5:15-6pm	Vikki Baron	LRC	Preschool/KG	\$123/128	14316	FULL

*No class 3/17, 3/19, 3/21-3/24, 3/26, 3/28-3/31, 4/30 & 5/2-5/5.

Pre-Tap *(Born by 9/1/07 - Kindergarten) Beg & Cont*

The fundamentals of tap are introduced in a class format that stimulates creativity and self-expression. Students march, hop, skip, leap and learn. All dancers should bring tap shoes and ballet slippers. Girls should wear leotards and tights. Boys should wear a t-shirt and jazz pants or shorts. **New Pre-Tap students must pay a \$41 costume fee. (TW)**

DAY	DATE	TIME	INSTRUCTOR	LOCATION	GRADE	R/NR FEE	CODE	
Tue	1/10-5/22*	5:30-6:15pm	S. Smolenski	RPX	KG	\$123/128	14318	FULL
Wed	1/11-5/23*	9:45-10:30am	Beth Sullo	RPX	Born by 9/1/07	\$123/128	14319	
Wed	1/11-5/23*	10:30-11:15am	Beth Sullo	RPX	KG	\$123/128	14320	
Wed	1/11-5/23*	5-5:45 pm	Sandy Smolenski	RPX	Preschool/KG	\$123/128	14880	
Thu	1/12-5/24*	1:45-2:30pm	Beth Sullo	RPX	Preschool/KG	\$123/128	14322	FULL

*No class 3/20-3/22, 3/24, 3/27-3/29, 3/31, 5/1-5/3 & 5/5.



So You Think You Want To Dance During Winter Break?

Winter Break Mini-Dance Camp *(Boys & Girls 3-7 yr)*



Winter break dance camp is designed for children at every level of dance education, from those with little or no training to those who have had a few years of classes. Dance Camp activities include daily dance classes plus music, arts & crafts, dance history, creative expressions, dance videos and a lot more with a winter theme! Please bring a snack and drink. **Instructor Brittany Burns. (TW)**

DAY	DATE	TIME	LOCATION	GRADE	R/NR FEE	CODE
M-Th	12/19-12/22	10am-12pm	RPX	3-4yr PS	\$50/55	14782
M-Th	12/19-12/22	1-3pm	RPX	KG-1st	\$50/55	14783

Hip Hop Workshop

If you've always wanted to give Hip Hop dance a try, this is the perfect time! Join us for a fun, fast-paced and funky workshop that will challenge your mind and body! **Instructor Christina Beile-Varey. (TW)**

DAY	DATE	TIME	LOC	GRADE	R/NR FEE	CODE
Tu-Th	12/27-12/29	12:30-1:15pm	RPX	7th +	\$25/30	14254
Tu-Th	12/27-12/29	11:45am-12:30pm	RPX	4th-6th	\$25/30	14255
Tu-Th	12/27-12/29	11-11:45am	RPX	1st-3rd	\$25/30	14256
Tu-Th	12/27-12/29	1:15-2pm	RPX	For Guys	\$25/30	14257

Beginning Adult Ballet *(18 yr-Adult)*

Through the traditional ballet class structure of barre work, center exercise and traveling across the floor, our adult ballet classes will help you dance your way to stronger, longer muscles, improve posture, flexibility, agility, balance and core strength in a supportive and upbeat environment. **Min 6/Max 12. (TW)**

DAY	DATE	TIME	INSTRUCTOR	LOCATION	R/NR FEE	CODE
Tue	1/10-5/1*	8:35-9:35pm	Linda Berry	LRC	\$124/129	14241

*No class 3/27.

Master Ballet Class Series *(14 yr-Adult)*

Designed for committed and experienced Intermediate and Advanced level dancers, these weekly technique classes offer dancers the opportunity to reach their potential by training with master teacher Susan Lloyd in a fast-paced, fun and uniquely enriching class. These are non-recital classes and dancers should be enrolled in Intermediate 2 Ballet or above. Dancers new to the dance program are welcome to enroll and should call 847-632-9333 ext. 27. **Instructor Sue Lloyd. (TW)**

DAY	DATE	TIME	LOCATION	LEVEL	R/NR FEE	CODE
Tue	1/10-5/1*	5:10-6:25pm	LRC	Inter Technique	\$128/133	14302
Tue	1/10-5/1*	6:30-7:55pm	LRC	Adv Technique	\$132/137	14303
Tue	1/10-5/1*	6:30-8:30pm	LRC	Adv Tech w/Int Pointe	\$172/177	14304

*No class 3/27.

Adult Jazz & Tap

Discover your rhythm and learn the fundamentals of jazz and tap dance while enjoying a fun and unique workout set to popular music and Broadway favorites. Students may wear comfortable clothing which allows the body to move and tap shoes and jazz shoes or ballet slippers. **Min 6/Max 12. (TW)**

DAY	DATE	TIME	INSTRUCTOR	LOCATION	R/NR FEE	CODE
Thu	1/5-5/10*	8:30-9:30pm	Kim Miller	RPX	\$132/137	14228

*No class 3/29 & 5/3.

Beginning Teen Jazz

Make 2012 your year to dance! Our Beginning Teen class is for students with no previous dance experience who are looking to start their training with students in their own age group. **Min 6/Max 12. (TW)**

DAY	DATE	TIME	INSTRUCTOR	LOCATION	R/NR FEE	CODE
Thu	1/5-5/10*	4-4:45pm	Kim Miller	RPX	\$132/137	14242

*No class 3/29 & 5/3.

Ballroom Dance *(18 yr-Adult)*

Don't let the "stars" have all the fun! Grab your partner and put on your dancing shoes. This class is a great way to get ready for all those upcoming events—weddings, reunions and parties. Our instructor combines the joy of movement with the romance of ballroom dancing. Class may decide on dances learned. Dress comfortably but wear shoes that have smooth bottoms. No tennis shoes or rubber soled shoes. Couples only. **Instructor Joyce Smith. Min 4/Max 8 couples. (TW)**

DAY	DATE	TIME	LOCATION	ROOM	COUPLES	CODE
Fri	1/13-2/17	7:45-8:45pm	RPX	Dance Studio	\$105/110	14239

Ballroom Dance Continuing *(18 yr-Adult)*

Keep dancing after learning the basics. Each week the class will decide which dance to cover from the following: single swing, east coast swing, salsa, rumba, cha-cha, slow dancing, night club two-step, fox trot, and waltz. This class builds upon beginning ballroom and will improve lead-follow concepts, partnering skills, and feeling the music. Dress comfortably. Wear shoes with smooth bottoms—NO tennis or rubber soled shoes. Couples only. **Instructor Joyce Smith. Min 4/Max 8 couples. (TW)**

DAY	DATE	TIME	LOCATION	ROOM	COUPLES	CODE
Fri	1/13-2/17	8:45-9:45pm	RPX	Dance Studio	\$105/110	14240

Not sure what to wear to dance class?

Dress code information is available on our web site at

www.mppd.org


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LRC Lions Recreation Center
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MPGC Mt. Prospect Golf Course

Continuing Dance

Follow us on 

CLASSES ON THIS PAGE ARE ONLY AVAILABLE TO STUDENTS RETURNING FROM THE FALL SESSION.

Introduction to Ballet (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	GRADE	R/NR FEE	CODE
Wed	1/4-4/25*	5:15-6:15pm	Linda Berry	LRC	2nd	\$124/129	14272
Wed	1/4-4/25*	6:15-7:15pm	Linda Berry	LRC	1st	\$124/129	14273
Thu	1/5-4/26*	4:30-5:30pm	Vikki Baron	LRC	2nd	\$124/129	14274
Fri	1/6-4/27*	6-7pm	Vikki Baron	LRC	1st	\$124/129	14275
Sat	1/7-4/28*	9-10am	Vikki Baron	LRC	1st	\$124/129	14276
Sat	1/7-4/28*	1:15-2:15pm	Linda Berry	LRC	1st/2nd	\$124/129	14277
Mon	1/9-4/30*	4:05-5:05pm	Tara Schulz	LRC	2nd	\$124/129	14278
Mon	1/9-4/30*	4-5pm	Linda Berry	LRC	2nd	\$124/129	14279
Mon	1/9-4/30*	5-6pm	Linda Berry	LRC	1st	\$124/129	14280
Tue	1/10-5/1*	6:20-7:20pm	Vikki Baron	LRC	2nd	\$124/129	14281

*No class 3/26-3/31.

Junior Ballet (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE	CODE
Thu	1/5-4/26*	4:30-5:30pm	Caryn Hobbs	LRC	Jr 3	\$124/129	14282
Fri	1/6-4/27*	5:15-6:15pm	Amy Hubert	LRC	Jr 3	\$124/129	14283
Mon	1/9-4/30*	5:10-6:10pm	Tara Schulz	LRC	Jr 2	\$124/129	14285
Mon	1/9-4/30*	6:15-7:15pm	Tara Schulz	LRC	Jr 1	\$124/129	14286
Tue	1/10-5/1*	4:10-5:10pm	Tara Schulz	LRC	Jr 2	\$124/129	14287
Tue	1/10-5/1*	5:15-6:15pm	Tara Schulz	LRC	Jr 1	\$124/129	14288

*No class 3/26, 3/27, 3/29 & 3/30.

Intermediate Ballet (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE	CODE
Wed	1/4-4/25*	7:15-8:45pm	Linda Berry	LRC	Int 3 (ballet/pointe)	\$132/137	14260
Thu	1/5-4/26*	5:30-7pm	Caryn Hobbs	LRC	Int 3 (ballet/pointe)	\$132/137	14261
Thu	1/5-4/26*	5:45-6:45pm	Amy Hubert	LRC	Int 1	\$124/129	14262
Thu	1/5-4/26*	7-8:15pm	Caryn Hobbs	LRC	Int 2 (ballet/pre-pointe)	\$127/132	14263
Fri	1/6-4/27*	6:15-7:30pm	Amy Hubert	LRC	Int 2 (ballet/pre-pointe)	\$128/133	14869
Mon	1/9-4/30*	5:45-7pm	Amy Hubert	LRC	Int 2 (ballet/pre-pointe)	\$128/133	14264
Tue	1/10-5/1*	4:10-5:10pm	Amy Hubert	LRC	Int 1	\$124/129	14265

*No class 3/26-3/30.

Accelerated Intermediate Ballet (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE*	CODE
Thu	1/5-4/26*	8:15-9:15pm	Caryn Hobbs	LRC	Beg	\$124/129	14226
Thu	1/5-4/26*	8:15-9:15pm	Amy Hubert	LRC	Cont	\$124/129	14227

*No class 3/29.

Advanced Ballet (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE^	CODE
Wed	1/4-4/25*	6:35-8:05pm	Amy Hubert	LRC	Adv 3	\$199/204	14229
Wed	1/4-4/25*	8:05-9:35pm	Amy Hubert	LRC	Adv 1/2	\$199/204	14230
Thu	1/5-4/26*	6:45-8:15pm	Amy Hubert	LRC	Open	\$199/204	14231
Mon	1/9-4/30*	8-9:30pm	Amy Hubert	LRC	Adv 1	\$199/204	14232

*No class 3/26, 3/28 & 3/29. ^Fees include \$55 for pointe dance costume.

Ballet Expressions (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE	CODE
Wed	1/4-4/25*	4-5:30pm	Amy Hubert	LRC	Junior	\$128/133	14236
Wed	1/4-4/25*	4:30-6pm	Amy Hubert	LRC	Interm	\$132/137	14237
Wed	1/4-4/25*	4:45-6:30pm	Amy Hubert	LRC	Senior	\$135/140	14238

*No class 3/28.

Important Information for

CONTINUING DANCE STUDENTS

- Students in these classes must be returning from the fall session. Students should have received registration information in mid-November. Any questions, please call the Cultural Arts office at 847-640-1000 or refer to our website www.mppd.org.
- Classes begin Wednesday, January 4.
- Ballet runs for 16 weeks; Tap & Jazz runs for 17 weeks.
- No classes during Spring Break, March 25-31 unless scheduled by your instructor.

Spring Ballet Recital

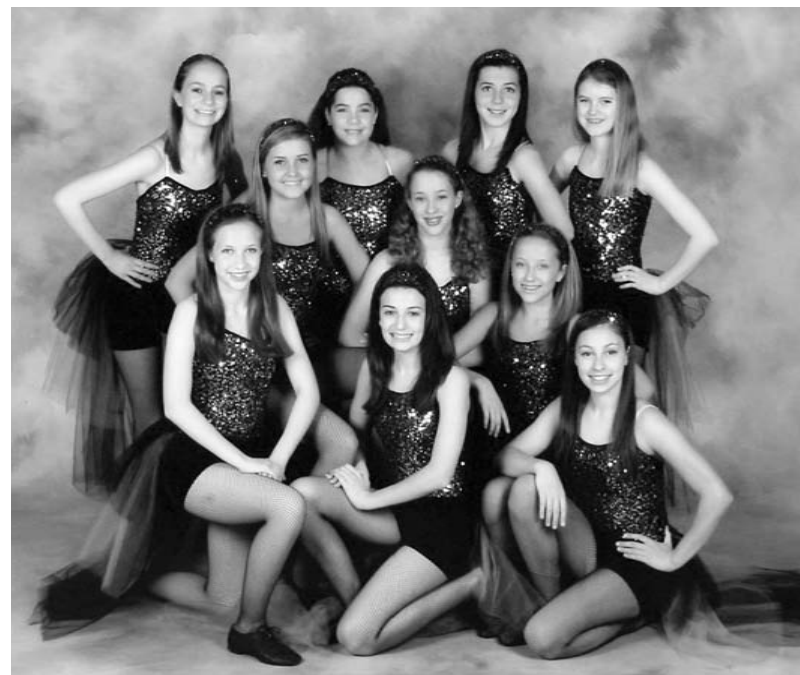
(Intro to Ballet & above)

May 4 & 5

Dress Rehearsal May 2 & 3

Schaumburg Prairie Center for the Arts

Photo courtesy of Mitchell Studios.



FACILITY ABBREVIATIONS

CCC Central Community Center
RPX RecPlex

MP Meadows Pool
LRC Lions Recreation Center
FPC Friendship Park Conservatory

BSP Big Surf Pool
MPGC Mt. Prospect Golf Course

Tap Dance (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE	CODE
Wed	1/4-5/9*	5:45-6:30pm	S. Smolenski	RPX	Tap 1	\$123/128	14332
Wed	1/4-5/9*	8:15-9pm	S. Smolenski	RPX	Tap 2 ^	\$123/128	14333
Tue	1/10-5/8*	8:45-9:30pm	Brittany Burns	LRC	Tap 3 ^	\$123/128	14334

*No class 3/27, 3/28, 5/1 & 5/2.

^By placement.

Tap & Jazz Combo (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	GRADE	R/NR FEE	CODE
Sat	1/7-5/12*	10:15-11:15am	Brittany Burns	RPX	1st/2nd	\$132/137	14330
Tue	1/10-5/8*	4:15-5:15pm	Beth Sullo	RPX	1st/2nd	\$132/137	14331

*No class 3/27, 3/31, 5/1 & 5/5.

Beginning Jazz (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE	CODE
Thu	1/5-5/10*	4-4:45pm	Kim Miller	RPX	Beg Teen	\$132/137	14242
Fri	1/6-5/11*	6-6:45pm	Brittany Burns	RPX	Beg 1/2	\$123/128	14243

*No class 3/29, 3/30, 5/3 & 5/4.

Junior Jazz (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE	CODE
Wed	1/4-5/9*	3:15-4pm	Brittany Burns	RPX	Jr 2/3	\$123/128	14289
Wed	1/4-5/9*	6:30-7:15pm	S. Smolenski	RPX	Jr 1/2	\$123/128	14291
Fri	1/6-5/11*	4-4:45pm	Brittany Burns	RPX	Jr 2/3	\$123/128	14292
Tue	1/10-5/8*	6:15-7pm	S. Smolenski	RPX	Jr 3	\$123/128	14293

*No class 3/27, 3/28, 3/30, 5/1, 5/2 & 5/4.

Intermediate Jazz (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE	CODE
Wed	1/4-5/9*	4-5pm	Brittany Burns	RPX	Int 1	\$132/137	14266
Wed	1/4-5/9*	7:15-8:15pm	S. Smolenski	RPX	Int 2	\$132/137	14267
Mon	1/9-5/7*	4:15-5:15pm	Kim Miller	RPX	Int 3 Beg	\$132/137	14268
Mon	1/9-5/7*	6:15-7:15pm	Kim Miller	RPX	Int 3 Cont	\$132/137	14269
Tue	1/10-5/8*	7-8pm	S. Smolenski	RPX	Int 1	\$132/137	14270
Tue	1/10-5/8*	8-9pm	S. Smolenski	RPX	Int 2	\$132/137	14271

*No class 3/26, 3/27, 3/28, 4/30, 5/1 & 5/2.

Advanced Jazz (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE	CODE
Thu	1/5-5/10*	4-5pm	C. Beile-Varey	RPX	Adv 2	\$132/137	14233
Thu	1/5-5/10*	5:45-6:45pm	C. Beile-Varey	RPX	Adv 1 Beg	\$132/137	14234
Tue	1/10-5/8*	7:45-8:45pm	Brittany Burns	LRC	Adv 1 Cont	\$132/137	14235

*No class 3/27, 3/29, 5/1 & 5/3.

Tap & Jazz Dance Recital

May 18 & 19

Dress Rehearsal week of May 16th

Forest View Educational Center

Lyrical Jazz (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE	CODE
Thu	1/5-5/10*	4:45-5:45pm	Kim Miller	RPX	3/4	\$132/137	14294
Thu	1/5-5/10*	7:30-8:30pm	Kim Miller	RPX	1/2	\$132/137	14295
Fri	1/6-5/11*	4-5:15pm	Amy Hubert	LRC	5	\$135/140	14297
Fri	1/6-5/11*	5-6pm	Brittany Burns	RPX	4	\$132/137	14298
Mon	1/9-5/7*	3:15-4:15pm	Kim Miller	RPX	2/3	\$132/137	14299
Mon	1/9-5/7*	5:15-6:15pm	Kim Miller	RPX	3	\$132/137	14300
Mon	1/9-5/7*	7-8pm	Amy Hubert	LRC	2	\$132/137	14301

*No class 3/26, 3/29, 3/30, 4/30, 5/3 & 5/4.

Hip Hop for Guys (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	R/NR FEE	CODE
Fri	1/6-5/11*	6:45-7:15pm	C. Beile-Varey	RPX	\$98/103	14253
Fri	1/6-5/11*	7:30-8pm	Brittany Burns	RPX	\$98/103	14849

*No class 3/30 & 5/4.

Hip Hop (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOC	LEVEL	R/NR FEE	CODE
Fri	1/6-5/11*	4:30-5:15pm	C. Beile-Varey	RPX	2nd	\$123/128	14245
Fri	1/6-5/11*	5:15-6pm	C. Beile-Varey	RPX	1st	\$123/128	14246
Fri	1/6-5/11*	6-6:45pm	C. Beile-Varey	RPX	3rd	\$123/128	14247
Fri	1/6-5/11*	6:45-7:30 pm	Brittany Burns	RPX	2nd	\$123/128	14850
Sat	1/7-5/12*	11:45am-12:30pm	Caryn Hobbs	RPX	4th grade	\$123/128	14248
Sat	1/7-5/12*	12:30-1:15pm	Caryn Hobbs	RPX	Int 3/Adv	\$123/128	14249
Sat	1/7-5/12*	1:15-2pm	Caryn Hobbs	RPX	Int 2	\$123/128	14250
Sat	1/7-5/12*	2-2:45pm	Caryn Hobbs	RPX	Int 1	\$123/128	14251
Sat	1/7-5/12*	2:45-3:30pm	Caryn Hobbs	RPX	5th/6th	\$123/128	14252
Sat	1/7-5/12*	3:30-4:15pm	Caryn Hobbs	RPX	5th/6th	\$123/128	14851

*No class 3/30, 3/31, 5/4 & 5/5.

Beginning Teen Hip Hop (ONLY RETURNING STUDENTS)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE	CODE
Fri	1/6-5/11*	3:45-4:30pm	C. Beile-Varey	RPX	Beg	\$123/128	14244

*No class 3/30 & 5/4.

Interested in a Hip Hop Workshop?

(See pg 26)

Impulse Dance Ensemble (By permission)

DAY	DATE	TIME	INSTRUCTOR	LOCATION	LEVEL	R/NR FEE	CODE
Thu	1/5-5/10*	5-5:45pm	C. Beile-Varey	RPX	Adv	\$123/128	14258
Thu	1/5-5/10*	6:45-7:30pm	C. Beile-Varey	RPX	Int	\$123/128	14259

*No class 3/29 & 5/3.

INSURANCE

The Mt. Prospect Park District does not carry medical or accident insurance for program participants—the costs would make program fees prohibitive. Please review your own personal health insurance plan to be certain that you and your family have the proper coverage.

SPECIAL PERFORMANCES

Mt. Prospect Community Band (18 yr-Adult)

Under the sponsorship of the Mt. Prospect Park District, the Community Band invites anyone with experience to join and enjoy making music again. There are no auditions for membership. Music and percussion equipment are provided. We ask only for your time and enthusiasm. For more information, call (847)640-1000, ext. 229. Instructor Ralph Wilder, Founding Director. (TW)

DAY	DATE	PLACE	ROOM	TIME
Mon	1/3-5/23	RPX	Multi	7:30-9:30pm

See Holiday dates on pg 49!

Kids On Stage (8-12 yr)

Curtain up, light the lights, and imagine yourself center stage! Come join our team and learn about acting while meeting new friends as we present our Children's Theatre Production of a comedy in one act. All actors will receive a speaking role! During production week, additional dress rehearsals will be scheduled at Lions Recreation Center.

Spring performance April 13 & 14 Instructor Paula Winkler. Min 6/Max 40. (TW)

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Thu	1/12-4/5	6:30-8:30pm	RPX	\$105/110	14342

Mt. Prospect Park District and District 214 Community Education presents



The Mt. Prospect Community Band

Sun • March 11 • 2pm
Forest View Educational Center
(2121 S. Goebbert Rd., Arlington Heights)



\$7 advance only

Buy tickets at
RecPlex only
starting 2/1/2012



Community Education
TOWNSHIP HIGH SCHOOL DISTRICT 214

Mt. Prospect Community Band summer performance



Scene from previous Kids On Stage.

Mt. Prospect
Park District
640-1000
or 255-5380
www.mppd.org

Prospect
Heights
Park District
394-2848
www.phparkdist.org

River
Trails
Park
District
255-1200
www.rtpd.org

We're Partner Districts - 3 ways to have fun!

FACILITY ABBREVIATIONS

CCC Central Community Center
RPX RecPlex

LRC Lions Recreation Center
FPC Friendship Park Conservatory

PHS Prospect High School
BSP Big Surf Pool
MPGC Mt. Prospect Golf Course



Phone 847-342-0573

Due to the supplies needed, please register for Studio classes at least 2 full days in advance.

ADULT STUDIO ART CLASSES

Beginning Oil Painting (16 yr-Adult) **NEW!**

Have you always wanted to try oil painting, but don't know where to start? Beginning Oil Painting is for you. Work with a professional artist who can lead you through the basic steps of getting started, to the more intricate steps of producing a finished piece. No experience is necessary, only a desire to learn. **Instructor Jennifer Krentz. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	SR FEE	CODE
Wed	1/11-2/15	6:30-9:30pm	Studio	\$97/102	\$87/92	14343

Oil Painting Studio Time (18 yr-Adult)

Like to oil paint, but you don't have the room? Want guidance, but don't necessarily need lessons? Want to paint and socialize with other artists? Then Studio Time is for you. Studio time allows you to work on your own subject matter, at your own pace, with guidance for those times when you need it. This class is recommended for more experienced artists.

Instructor Jennifer Krentz. Min 8/Max 14. (TW)

DAY	DATE	TIME	LOCATION	R/NR FEE	SR FEE	CODE
Wed	1/11-2/15	12:30-3:30pm	Studio	\$93/98	\$83/88	14345

Holiday Craft Jewelry (18 yr-Adult) **NEW!**

Jewelry basics are taught as you create simple pieces for gift giving. Choose from earrings, bookmarks, key rings and bracelets. You will be amazed at the professional look of your creations using a vast assortment of beads and metals. Homemade gift bags and boxes will be demonstrated and available for you to purchase. If the look you love is artsy, funky, fun and chic, you will thoroughly enjoy this class! **Instructor Ruth Yueill. Min 8/Max 14. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Thu	12/1	6:30-9:30pm	Studio	\$34/39	13620

Cards for all Occasions (18 yr-Adult) **NEW!**

Beat the winter blues and venture into the world of homemade cards! Pieces to make 8 cards are precut and ready for assembly. Follow the samples or personalize each design. Complete instruction and assistance in using stamps, ink, designer paper, glitters, pop-ups, punches and embossers. Three hours of craft, conversation and fun! A great stress reliever — beginners welcome! **Instructor Ruth Yueill. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	SR FEE	CODE
Tue	1/24	6:30-9:30pm	Studio	\$19/24	\$17/22	14344

YOUTH STUDIO ART CLASSES

Color With Me (3-5 yr w/Parent)

This popular seven-week program offers a chance for you and your child to work at your own creative pace. Each class combines a variety of media with unique and imaginative craft projects. This is a wonderful chance to share quality time with your budding artist! The mess is guaranteed, but so is the fun! **Instructor Ruth Yueill. Min 8/Max 12. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/9-2/20	9:30-10:30am	Studio	\$70/75	14347

Kindergarten Art Adventure (5-6 yr)

Join us for a creative adventure designed specifically for Kindergarteners. We'll dabble in both arts and crafts with paint projects for all seasons. Step-by-step drawings, paper mache, plaster art, watercolors, pastels and more! Emphasis is on providing a seven-week, stress free compliment to a kindergarten's busy day. **Instructor Ruth Yueill. Min 8/Max 15. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/9-2/20	12:45-2:15pm	Studio	\$70/75	14890
Thu	1/12-2/23	12:45-2:15pm	Studio	\$70/75	14348

Winter Drawing Series (8-12 yr)

Join us for a series of one hour drawing classes in specialized themes. A great way to expand basic skills while drawing what you love. Small group setting allows for individual assistance and steady improvement. Fun for both boys and girls between the ages of 8 to 12 years old. **Instructor Ruth Yueill. Min 8/Max 15. (TW)**

DAY	DATE	TIME	LOCATION	THEME	R/NR FEE	CODE
Mon	1/9-2/6	4-5pm	Studio	Star Wars/Galactic Adventures	\$65/70	14883
Mon	1/9-2/6	5-6pm	Studio	Furry Winter Friends	\$65/70	14884
Wed	1/11-2/8	4-5pm	Studio	Faces and Fashion	\$65/70	14885
Wed	1/11-2/8	5-6pm	Studio	Famous Places Around the World	\$65/70	14886





The Art Academy Program *(Gr 5th-12th)*

The Art Academy offers the serious minded art student a place to experiment and develop their personal style and talents by working on a wide variety of pieces. Each studio formatted session is based on a central theme. This allows the first time student to concentrate on improving techniques while the repeat student is challenged with fresh ideas and subject matter to advance their skills. Each student is required to bring and maintain a sketch book. **Instructor Sandie Pappanduros. Min 5/Max 12. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Thu	1/12-3/1	6:30-8:30pm	Studio	\$150/155	14349

"Chilly" Thespians *(7-9 yr)*

What's there to do on a winter's day? Use your imagination and put on a play! A concentrated version of our popular weeklong camp with focus on visual arts in the theatre. It's warm inside with the hustle and bustle of a one-day show! Sets, costumes, and programs are all part of the fun. Theatre professional Amy Cornelius will write, cast and direct our production. Parents and friends join us at three; with a day to prepare what will be will be! Bring a lunch. **Instructor Amy Cornelius. Min 8/Max 12. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sat	1/21	9am-3pm	Studio	\$59/64	14346

Winter Wonders *(7-11 yr)*

Brr, it's cold! Warm up your creativity with wonderful winter projects! Complete a sparkling canvas of green trees, forest friends and gently falling snow. Leap to the chilly arctic with clay pot igloos and sculpted penguins. Choose from 4 box styles to design a winter home for all of your treasures. Decorate with frosty paints, snowflakes and "icy" embellishments. **Instructor Studio Staff. Min 8/Max 15. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/16	1-4pm	Studio	\$29/34	14350
Sun	1/29	1-4pm	Studio	\$29/34	14351

Mosaic Workshop *(8-15 yr)*

Our studio staff has mastered mosaic and is eager to share this addicting art with you! A variety of project choices for beginners and next-step students. Full instruction in design, glass-cutting and grouting. Supplies included — must work independently. **Instructor Studio Staff. Min 8/Max 15. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sat	1/28-2/18	10-11:45am	Studio	\$90/95	14352

Studio Paint Pass *(4-14 yrs)*

With flexible hours and a variety of projects, our **Studio Paint Pass** reflects our commitment to the younger artists of our community. One **Paint Pass** provides ten hours of creativity in the form of five two-hour visits. New projects are added weekly and we continue to offer additional instruction in drawing, painting, jewelry making, scrap booking, etc. during many **Paint Pass** visits. The **Paint Pass** has been used by groups of friends as a fun outing, families looking to make special gifts, and individuals looking for creative time in an instructional setting. Purchase a pass, choose the day and time, and we'll do the rest! Children 6 and under need to be accompanied by an adult. Children must work independently. **(TW)**

# PUNCHES	DATE	PLACE	R/NR FEE
5	12/21-2/19	The Studio	\$70/75

THE STUDIO PAINT PASS SCHEDULE

DAY	DATE	HOURS	DAY	DATE	HOURS
Tue	12/20	10am-3pm	Sun	1/29	12-4pm
Tue	12/27	10am-3pm	Sat	2/4	11am-3pm
Sat	1/7	11am-3pm	Sun	2/12	12-4pm
Sun	1/15	12-4pm	Sat	2/18	12-4pm
Sat	1/21	11am-3pm			

Textured Canvas Workshop *(9-14 yr)*

Discover the bold effects achieved by adding a variety of dimensional media to your paintings. Ordinary craft glue, modeling paste, tissue, wire and fabric scraps as well as sculpting gel add layers of interest to your creations. Complete three 11 X 14 canvases. Previous painting skills not required. A truly unique and fun challenge for your young artist. **Instructor Ruth Yueill. Min 8/Max 15. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Thu	1/19-2/9	4-5:45pm	Studio	\$69/74	14353

All Swirled Up *(8-14 yr)*

What do you get when combining clay pots and polymer clays? A crazy combination of colors and shapes rolled together and oven baked for a one-of-a-kind creation! Roll clay coils and balls while cutting clay shapes. Impress the clay with paper clips, bottle caps, scissors and more! Adhere clay to pots and bake to perfection! 2 pots designed and baked in class 1 and completed in class 2. Truly unique! A great start in working with polymer clays! **Instructor Ruth Yueill. Min 8/Max 15. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Tue	1/31-2/7	4-6pm	Studio	\$38/43	14834
Sat	2/4-2/11	3-5pm	Studio	\$38/43	14835

FACILITY ABBREVIATIONS

CCC Central Community Center
RPX RecPlex

LRC Lions Recreation Center
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PHS Prospect High School
BSP Big Surf Pool
MPGC Mt. Prospect Golf Course

HOLIDAY HAPPENINGS

Adult Ornament Workshop *(18 yr-Adult)*



Join us for a fun night out at Friendship Park Conservatory to create five unique and beautiful ornaments. Styles can be easily duplicated for gift giving. Class is set in stations with all supplies included yet plenty of extras for that personal touch! Learn to papercraft gift tags and bags as well. Bring a friend and craft your way back to the genuine homemade keepsake gift!

Instructor Ruth Yueill. Min 8/Max 18. (TW)

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Wed	12/7	6:30-9:30pm	FPC	\$34/35	13638

Ornament Workshop *(all ages)*

Adorn your tree with beautiful, quality ornaments made lovingly at The Studio! Three ornaments per person registered. Sign up early to reserve a space; drop in anytime between 10am and 3pm. Allow one hour to complete the projects. **Children 6 and under need an adult present.** **Instructor Studio Staff. Min 8/Max 15. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sat	12/10	10am-3pm	Studio	\$25/30	13641

Art Parties at the Studio!

The Studio hosts the best arts & crafts birthday celebrations! Pick a date, pick a theme, choose 2 crafts and let the fun begin!

Parties begin at age 6 and offer creative celebrations for kids up to age 14. For scheduling and more details, call Ruth Yueill at The Studio (847-342-0573).

Visit mppd.org



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Follow us on

Wrap Up Your Shopping

Gift Cards now available. Purchase a Mt. Prospect Park District Gift Card between December 1–24 and we will provide you with a gift bag and tissue to “wrap up your shopping.” Don’t forget gift cards are the perfect “fit” and can be used for massages, memberships, classes, and golf. Why spend hours at the mall when you can “wrap up your shopping” with a stop at the Mt. Prospect Park District? (NP)



Gingerbread House Party *(all ages)*

Let the decorating pros lead you through each step in assembling your gingerbread house to create a one-of-a-kind candyland creation! Is your house a chalet, cottage or right out of Santa’s Village? A wonderful afternoon guaranteed to get you in the holiday spirit! **Registration Note:** Please only register one name per family. **Age 10 and under must be accompanied by a parent.** **Instructor Ruth Yueill. Min 10/Max 30. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sun	12/11	1-4pm	Studio	\$42/47	13639

Be My Valentine *(7-12yr)*



A variety of projects in shades of pink, purple and red with hearts and flowers galore! Step-by-step instruction and plenty of paint to complete projects for holiday wearing, gifting and decorating! Nothing says “I love you” like a homemade treasure! **Instructor Studio Staff. Min 8/Max 12. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sat	2/4	9-11 m	Studio	\$19/24	14836
Sat	2/4	1-3pm	Studio	\$19/24	14837

Looking for Winter Break Programs?

(See pages 26, 27 & 56)

Spend Your Winter Break With Us!

Hip Hop Workshop *(Boys & Girls 10-18 yr)*

If you've always wanted to give Hip Hop dance a try, this is the perfect time! Join us for a fun, fast-paced and funky workshop that will challenge your mind and body! **Instructor Christina Beile-Varey. (TW)**

DAY	DATE	TIME	LOC	GRADE	R/NR FEE	CODE
Tu-Th	12/27-12/29	12:30-1:15pm	RPX	7th +	\$25/30	14254
Tu-Th	12/27-12/29	11:45am-12:30pm	RPX	4th - 6th	\$25/30	14255
Tu-Th	12/27-12/29	11-11:45am	RPX	1st - 3rd	\$25/30	14256
Tu-Th	12/27-12/29	1:15-2pm	RPX	For Guys	\$25/30	14257

Winter Break Mini-Dance Camp *(Boys & Girls 3-7 yr)*



Winter break dance camp is designed for children at every level of dance education, from those with little or no training to those who have had a few years of classes. Dance Camp activities include daily dance classes plus music, arts & crafts, dance history, creative expressions, dance videos and a lot more with a winter theme! Please bring a snack and drink. **Instructor Brittany Burns. (TW)**

DAY	DATE	TIME	LOCATION	GRADE	R/NR FEE	CODE
M-Th	12/19-12/22	10am-12pm	RPX	3-4yr PS	\$50/55	14782
M-Th	12/19-12/22	1-3pm	RPX	KG-1st	\$50/55	14783



Holiday Hitting Clinic *(Boys & Girls 7-14 yr)*

Take the rust off of your hitting rhythm with this mid-winter clinic. Swing analysis, soft toss, live pitching and pitching machines will help you improve in the off-season. Participants will move from station to station with their own age group. **Min 5/Max 20. (JP)**

DAY	DATE	TIME	LOCATION	AGE	R/NR FEE	CODE
M-Th	12/19-12/22	9-10am	LRC	7-9	\$30/35	14559
M-Th	12/19-12/22	11am-12pm	LRC	10-14	\$30/35	14560
Tu-F	12/27-12/30	9-10am	LRC	7-9	\$30/35	14561
Tu-F	12/27-12/30	11am-12pm	LRC	10-14	\$30/35	14562

Holiday Pitcher/Catcher Camp *(Boys & Girls 7-14 yr)*

Learn pitching form that can increase the speed of your fastball and protect your throwing arm at the same time. Catchers will be taught how to help get the strike calls for your team. Different techniques to throw out base runners will also be included. Participants will be grouped by age. **Instructor SportsKids Staff. Min 5/Max 15. (JP)**

DAY	DATE	TIME	LOCATION	AGE	R/NR FEE	CODE
M-Th	12/19-12/22	10-11am	LRC	7-9	\$30/35	14563
M-Th	12/19-12/22	12-1pm	LRC	10-14	\$30/35	14564
Tu-F	12/27-12/30	10-11am	LRC	7-9	\$30/35	14565
Tu-F	12/27-12/30	12-1pm	LRC	10-14	\$30/35	14566

Winter Break Inline Hockey Camp *(Boys & Girls 9-14 yr)*

Join us to learn inline hockey! Players will learn skating, stick handling and shooting during this three-day camp. Player must be dressed in complete hockey gear to participate in the camp. For more information please contact Brian Taylor at 847-255-5380. **Instructor Inline Hockey Staff. Min 15/Max 50. (BT)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
M/W/F	12/26-12/30	9am-12pm	CCC	\$65/75	14511

Looking for an All Day (7am-6pm)
Winter Break Program?

(See pages 56)

Pastime Athletics Winter Break Baseball Camp *(Boys & Girls 6-14 yr)*

Players will gain a wealth of knowledge including specific drills, explanations of proper fundamentals as well as learning what it takes to make it playing travel, high school, college or pro ball. The same video analysis program that Major League teams train with will be used as well. Instructor qualifications are High School and College baseball players as well as High School Head coach and Associate Pro Scout. Participants will be divided into groups by age and ability level. **Instructor Pastime Athletics. Min 7/Max 30. (JP)**

DAY	DATE	TIME	LOCATION	AGE	R/NR FEE	CODE
M-Th	12/19-12/22	1-2:30pm	RPX	7-9	\$55/60	14573
M-Th	12/19-12/22	2:30-4pm	RPX	10-12	\$55/60	14574

Winter Break Volleyball Camp *(Gr 5-8)*

SPECIALTY CAMP: This 2-day camp is designed to teach players about specific positions such as defensive specialist, hitter/blocker and setters. **SERVING CAMP:** This 1-day camp is designed to teach participants many aspects of serving with a strong reinforcement on proper form, body alignment, toss arm swing and different types of serves! Players will learn to develop their physical as well as mental awareness before, during and after each serve. **Instructor Dominic DiSilvio F.O.C.U.S. Sports Staff. Min 8/Max 40. (JP)**

DAY	DATE	TIME	LOCATION	CAMP	R/NR FEE	CODE
Mon/Tue	12/19-12/20	9am-12pm	RPX	Specialty	\$60/65	14579
Wed	12/21	9am-12pm	RPX	Serving	\$30/35	14580

Hot Shots Holiday Basketball Camp *(Boys & Girls K-6th Gr)*

Hot Shots Basketball Camps will focus on the fundamentals including shooting, ball handling, passing, and basic offensive and defensive principles. Camp highlights include individual instruction, 5-on-5 team play, daily contests, Shoot Out, 3-on-3 tournaments, T-Shirt and many more great prizes. Participants will be grouped by age and ability levels. **Instructor Hot Shots Sports Staff. Min 8/Max 32. (JP)**

DAY	DATE	TIME	LOCATION	GRADE	R/NR FEE	CODE
M-F	12/19-12/23	9am-12pm	CCC	K-2nd	\$155/165	14567
M-F	12/19-12/23	9am-12pm	CCC	3rd-6th	\$155/165	14568
Tu-F	12/27-12/30	9am-12pm	CCC	K-2nd	\$125/135	14569
Tu-F	12/27-12/30	9am-12pm	CCC	3rd-6th	\$125/135	14570

Winter Break T-Ball Camp *(Boys & Girls 4-6 yr)*

Get ready for the spring with this fun camp! Learn the basics of batting, base running, catching and throwing. We'll concentrate on the very fundamentals of the game in a fun and safe environment. **Instructor SportsKids Staff. Min 8/Max 40. (JP)**

DAY	DATE	TIME	LOCATION	AGE	R/NR FEE	CODE
M-Th	12/19-12/22	1-2pm	LRC	4-6	\$30/35	14575
Tu-F	12/27-12/30	1-2pm	LRC	4-6	\$30/35	14576

All-Star Sports Winter Break Camp *(Boys & Girls 4-6 yr)*

Get out of the cold and expose your child to a variety of sports this winter break. We will play football, basketball, t-ball, soccer, floor hockey and more. Equipment will be tailor made to ensure success with every participant. All games will be structured and well supervised in a safe setting. **Instructor SportsKids Staff. Min 7/Max 30. (JP)**

DAY	DATE	TIME	LOCATION	AGE	R/NR FEE	CODE
M-Th	12/19-12/22	1-2:30pm	CCC	4-6	\$45/50	14555
M-Th	12/19-12/22	2:30-4pm	CCC	7-9	\$45/50	14556
Tu-F	12/27-12/30	1-2:30pm	CCC	4-6	\$45/50	14557
Tu-F	12/27-12/30	2:30-4pm	CCC	7-9	\$45/50	14558

Jr. Gymnastics Winter Break Camp *(Boys & Girls 4-6 yr)*

Learn the proper techniques to various equipment such as vault, beam, tumbling and high bar. Equipment is tailor made for the participants to ensure success as well as safety. **Instructor SportsKids Staff. Min 5/Max 25. (JP)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
M-Th	12/19-12/22	2:30-3:30pm	LRC	\$30/35	14571
Tu-F	12/27-12/30	2:30-3:30pm	LRC	\$30/35	14572

Winter Break Tumbling Camp *(Boys & Girls 7-14 yrs)*

Learn techniques to make you a better tumbler with your floor exercise. Participants will be grouped according to ability. **Instructor SportsKids Staff. Min 5/Max 25. (JP)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon-Thu	12/19-12/22	2:30-4pm	LRC	\$45/50	14577
Tue-Fri	12/27-12/30	2:30-4pm	LRC	\$45/50	14578

FACILITY ABBREVIATIONS

CCC Central Community Center	LRC Lions Recreation Center	MP Meadows Pool
RPX RecPlex	FPC Friendship Park Conservatory	BSP Big Surf Pool
		MPGC Mt. Prospect Golf Course

BASKETBALL LEAGUES

Men's Winter Basketball Leagues

(18 yr-Adult)

Each team will play a 10-game schedule. Teams must provide their own jerseys with numbers. Team colors will be selected at time of registration on a first-come, first-served basis. Team registration only. **Registration accepted at RecPlex only, phone-in registration accepted with credit card payment.** Min 6/Max 8 teams/league. (BA)

DAY	DATE	TIME	LOCATION	DIVISION	TEAM FEE	CODE
Sun	1/15-3/25	1-5pm	LRC	Under 6'	\$575	13643
Mon	1/16-3/26	6:35-10:30pm	LRC	C	\$575	13644
Tue	1/17-3/27	6:30-10:30pm	LRC	B	\$575	13645
Wed	1/18-3/28	6:30-10:30pm	LRC	C	\$575	13646
Thu	1/19-3/29	6:30-10:30pm	LRC	A	\$575	13647

Looking for Youth Basketball?
(See page 33)

VOLLEYBALL LEAGUES

Winter Co-Ed Volleyball Leagues

(16 yr-Adult)

Men and women needed for co-recreational volleyball league. Regardless of ability, everyone welcome. Team registration only accepted. IHSA rules, rally scoring, teams play a 10 week schedule, three matches per game. **Max 12 teams per league. (BA)**

DAY	DATE	TIME	LOCATION	DIVISION	TEAM FEE	CODE
Thu	1/19-3/22	6:30-10:30pm	RPX	Recreational	\$275	13651

Spring Co-Ed Volleyball Leagues

(16 yr-Adult)

DAY	DATE	TIME	LOCATION	DIVISION	TEAM FEE	CODE
Thu	4/12-6/14	6:30-10:30pm	RPX	Recreational	\$275	14848

Co-Ed Open Volleyball

DAYS	TIMES	PLACE	R/NR FEES*
Mon	7:30-11pm	RPX	\$5/8
Wed	7:30-11pm	RPX	\$5/8

*Gym & Track daily fee or valid RecPlex membership.

2012 SOFTBALL LEAGUES

Summer Adult Softball Leagues

(16 yr-Adult)

Openings available for Men's 16" Leagues and 14" Co-Rec Leagues. A variety of nights and level of play are available to new teams or veteran competitive teams. **Registration will be accepted in-person only on Saturday, February 4.** Returning teams

Register In-person at RecPlex only—no mail-in or phone registration accepted.

from the 2011 season will be given the opportunity to register between **10am-Noon** to remain in the same league level and night that they played in during the 2011 season. Returning teams that would like to change levels or nights and any new team can register on Saturday, February 4 from **Noon-3pm**.

Registration after February 4 will be accepted for any team at Recplex during regular business hours until all league spots are filled. These leagues are very popular and they fill quickly, it is strongly recommended to register on Saturday, February 4.

The Men's 16" Leagues will be played at the Majewski Athletic Complex, the site of ten ASA National Tournaments. The Co-Rec Leagues will be played at Kopp Park and their post-season tournament will be played at Majewski Athletic Complex. (BA)

For more information please call 847-640-1000.

Game Times

LEAGUE	LOCATION	TIME
16"	Majewski	6:45pm, 8pm and 9:15pm (unless otherwise noted)
Co-Rec	Kopp	6:30pm, 7:45pm and 9pm (unless otherwise noted)

Awards

- First and Second place teams will receive a sponsor trophy.
- First Place Team will also win prize money or credit towards the following season.

2012 Summer Adult Softball Leagues (5/7-8/3; 12 wks)

DAY	DATE	TIME	PARK	BALL	DIVISIONS	R/NR FEE	CODE
Mon	5/7-7/30	6:30-10:30pm	MAC	16"	Men's C	\$750	14357
Mon	5/7-7/30	6:30-10:30pm	MAC	16"	Men's B	\$750	14358
Mon	5/7-7/30	6:30-10:30pm	MAC	16"	Men's A	\$750	14359
Mon	5/7-7/30	6:30-10:30pm	KP	14"	Co-Rec	\$750	14360
Tue	5/8-7/31	6:30-10:30pm	KP	16"	Men's C	\$750	14361
Tue	5/8-7/31	6:30-10:30pm	MAC	16"	Men's Over 50	\$750	14362
Tu/W/F	5/8-8/3	6:30-10:30pm	MAC	16"	Classic	\$1900	14363
Wed	5/9-8/1	6:30-10:30pm	MAC	16"	Men's C	\$750	14364
Thu	5/10-8/2	6:30-10:30pm	MAC	16"	Men's C	\$750	14365
Thu	5/10-8/2	6:30-10:30pm	MAC	16"	Men's A	\$750	14366
Thu	5/10-8/2	6:30-10:30pm	MAC	16"	Men's B	\$750	14367
Thu	5/10-8/2	6:30-10:30pm	KP	14"	Co-Rec	\$750	14368
Fri	5/11-8/3	6:30-10:30pm	MAC	14"	Co-Rec	\$750	14369

FACILITY ABBREVIATIONS

CCC Central Community Center	LRC Lions Recreation Center	MP Meadows Pool
RPX RecPlex	FPC Friendship Park Conservatory	BSP Big Surf Pool
		MPGC Mt. Prospect Golf Course

INDOOR TENNIS LESSONS

Mt. Prospect Park District has teamed up with River Trails Tennis Center (RTTC), located one block south of RecPlex at 2831 Malmo Drive in Arlington Heights. RTTC has top-of-the-line tennis instruction designed for all ages and skill levels. Participants are required to bring their own racket and must dress in proper tennis attire. Once your lesson is over, enjoy all the club amenities including shower, sauna, whirlpool and TV lounge. For additional information and directions, please call 847-593-0580 or visit www.rivertrailstennis.net. **Maximum student/pro ratio: 5:1. (JP)**

Adult Classes

Beginner No prior or very limited tennis experience. Not yet able to sustain a rally of several shots. Emphasis is on stroke development.

Adv/Beginner Can play at a moderate pace. Emphasis is on stroke improvement and basic playing strategy.

Intermediate Has match experience and hits at a faster pace. Emphasis is on mastering control and directional shot making ability.

Adv/Inter Established players elevate through competitive drills.

Advanced Players pushed to the limit through match-like drills.

DAY	DATE	TIME	LOCATION	LEVEL	R/NR FEE	CODE
Mon	1/2-2/20	9:30-11am	RTTC	Adv/Int	\$288/298	14377
Mon	1/2-2/20	5:30-7pm	RTTC	Inter	\$336/346	14378
Mon	1/2-2/20	5:30-7pm	RTTC	Adv/Int	\$336/346	14379
Mon	1/2-2/20	6-7pm	RTTC	Beg	\$224/234	14380
Tue	1/3-2/21	10-11am	RTTC	Adv/Beg	\$192/202	14381
Tue	1/3-2/21	11am-12pm	RTTC	Beg	\$192/202	14382
Tue	1/3-2/21	6-7:30pm	RTTC	Adv/Int	\$336/346	14383
Tue	1/3-2/21	6:30-7:30pm	RTTC	Beg	\$224/234	14384
Tue	1/3-2/21	6:30-7:30pm	RTTC	Adv/Beg	\$224/234	14385
Wed	1/4-2/22	8:30-10am	RTTC	Adv/Int	\$288/298	14386
Wed	1/4-2/22	10-11am	RTTC	Beg	\$192/202	14387
Wed	1/4-2/22	6-7:30pm	RTTC	Adv	\$336/346	14388
Wed	1/4-2/22	6-7:30pm	RTTC	Inter	\$336/346	14389
Thu	1/5-2/23	9:30-11am	RTTC	Inter	\$288/298	14390
Thu	1/5-2/23	10-11:30am	RTTC	Adv/Int	\$288/298	14391
Thu	1/5-2/23	5:30-6:30pm	RTTC	Adv/Beg	\$224/234	14392
Thu	1/5-2/23	5:30-6:30pm	RTTC	Beg	\$224/234	14393
Fri	1/6-2/24	9:30-11am	RTTC	Inter	\$288/298	14394
Fri	1/6-2/24	10-11am	RTTC	Adv/Beg	\$192/202	14395
Fri	1/6-2/24	10:30am-12pm	RTTC	Adv/Int	\$288/298	14396
Sat	1/7-2/25	9-10am	RTTC	Beg	\$224/234	14397
Sat	1/7-2/25	10-11am	RTTC	Adv/Beg	\$224/234	14398
Sun	1/8-2/26	4-5pm	RTTC	Beg	\$224/234	14399
Sun	1/8-2/26	4-5pm	RTTC	Adv/Beg	\$224/234	14400
Sun	1/8-2/26	5-6:30pm	RTTC	Inter	\$288/298	14401
Sun	1/8-2/26	5-6:30pm	RTTC	Adv/Int	\$288/298	14402

Youth Classes

Tiny Tots (4-6 yr) Emphasis is on fun and fundamental strokes.

Mighty Mites (6-8 yr) Your child will improve ball control through fun drills and learn to enjoy competition through a lot of point playing.

Hot Shots (8-10 yr) A 23" or 25" racquet is suggested for this level.

Future Stars (10-14 yr) Future Stars classes transition into playing full court with regular tennis balls. Most students use a 26" or 27".

Middle School Training (11-14 yr) These classes are for the older beginner player. Most students will use a 26" or 27" racquet.

Tournament Training (11-18 yr) Players prepare for the rigors of High School competition and USTA Tournaments.

DAY	DATE	TIME	LOCATION	LEVEL	R/NR FEE	CODE
Mon	1/2-2/20	4-5:30pm	RTTC	Future	\$288/298	14512
Mon	1/2-2/20	4-5:30pm	RTTC	Tourn	\$288/298	14513
Mon	1/2-2/20	6-7pm	RTTC	Mid Sch	\$192/202	14514
Mon	1/2-2/20	6-7pm	RTTC	Hot Shots	\$192/202	14515
Tue	1/3-2/21	4-5pm	RTTC	Mighty	\$192/202	14516
Tue	1/3-2/21	4-5pm	RTTC	Tiny Tots	\$192/202	14517
Wed	1/4-2/22	4-5pm	RTTC	Mighty	\$192/202	14518
Wed	1/4-2/22	4:30-6pm	RTTC	Future	\$288/298	14519
Wed	1/4-2/22	4:30-6pm	RTTC	Tourn	\$288/298	14520
Wed	1/4-2/22	5-6pm	RTTC	Tiny Tots	\$192/202	14521
Thu	1/5-2/23	4-5:30pm	RTTC	Future	\$288/298	14522
Thu	1/5-2/23	4:30-5:30pm	RTTC	Mighty	\$192/202	14523
Thu	1/5-2/23	5:30-6:30pm	RTTC	Hot Shots	\$192/202	14524
Thu	1/5-2/23	5:30-6:30pm	RTTC	Mid Sch	\$192/202	14525
Fri	1/6-2/24	4-5pm	RTTC	Hot Shots	\$192/202	14526
Fri	1/6-2/24	4-5pm	RTTC	Mighty	\$192/202	14527
Fri	1/6-2/24	4:30-6pm	RTTC	Future	\$288/298	14528
Fri	1/6-2/24	5-6pm	RTTC	Mid Sch	\$192/202	14529
Sat	1/7-2/25	12-1:30pm	RTTC	Future	\$288/298	14530
Sat	1/7-2/25	12-1pm	RTTC	Hot Shots	\$192/202	14531
Sun	1/8-2/26	12:30-2pm	RTTC	Tourn	\$288/298	14532
Sun	1/8-2/26	2-3pm	RTTC	Tiny Tots	\$192/202	14533
Sun	1/8-2/26	2-3pm	RTTC	Hot Shots	\$192/202	14534
Sun	1/8-2/26	3-4pm	RTTC	Mighty	\$192/202	14535
Sun	1/8-2/26	3-4pm	RTTC	Hot Shots	\$192/202	14536
Sun	1/8-2/26	4-5pm	RTTC	Mid Sch	\$192/202	14537

Mt. Prospect Outdoor Tennis Club

Membership includes reserved court time (weekend mornings included), tournaments and social outings. Information about the year-round tennis club is now available at Lions and RecPlex. **(BA)**

MEMBERSHIP*	DATE	R/NR FEES	CODE
Individual	4/5-11/3	\$25/35	12637
Couple	4/5-11/3	\$40/50	12638

*Annual Membership is for the full season April 1, 2011– March 31, 2012. The fee does not include tournament entry fees, indoor court time or club social events. For more information please visit www.mptennisclub.wordpress.com or e-mail tonygoetter@yahoo.com.

RESERVED COURT TIME FOR CLUB MEMBERS AT LIONS MEMORIAL PARK
Tue/Thu • 5-11pm Sat/Sun • 7am-Noon

Prime-time fees apply to:

- Adult classes on weekdays after 5pm
- Adult and Youth classes Sundays before 5pm.

Nonprime-time fees apply to:

- Adult classes weekdays before 5pm
- Adult and Youth classes Sundays after 5pm
- Youth classes weekday afternoons.

YOUTH BASEBALL & SOFTBALL LEAGUES

Mt. Prospect Baseball

(Boys & Girls 5-18 yr)

Mt. Prospect Park District and Mt. Prospect Baseball/Softball Association have joined together to provide the best possible program for our young players. This program is run by a parent based volunteer advisory committee and coaches. For more details please visit our website.

www.mppd.org/youth_athletics/youth_baseball_league.

Whether you're a rookie or an old pro, come out to play America's favorite sport. Before you know it the snow will be gone and at the parks around town you'll hear those great words "PLAY BALL." Don't miss out! **Registration for summer leagues begins in January (see below).**

Parents/guardians must attend registration. Registration is accepted in person only. **All players must attend registration for uniform sizing!** New players must provide a copy of their Birth Certificate for proof of age. All players will be placed in their age groups, no player may play up or down their age division. The fees range from \$70-\$155. No candy fundraiser.

Eligible players must be born between Sept 1, 1994 – Sept 1, 2007.

Coaches Needed! Hey, mom / dad, your children need your help. What better way to spend time with your kids than playing baseball or softball? If you are interested in coaching baseball, call Bob Ancona 847-640-1000. If you are interested in coaching softball, call Joe Cullotta 847 297-2481.

Coaches & parents are needed to serve on the advisory committee or sub-committees. There are several committees available such as the rules, travel program, awards, uniforms, field crew, or future directions. The Advisory Committee meets the second Tuesday of every month at 8pm at RecPlex. All meetings are open to the public and all parents and coaches are invited to attend any meeting. Check our website for the most current information. If you are interested in serving on a committee, please call Mike Jensen 847-577-7388. **(BA)**



REGISTRATION DATES

DAY	DATE	TIME	PLACE
Sat	1/14	9am-3pm	RPX
Tue	1/17	6:30-9pm	RPX
Sat	1/21	9am-3pm	RPX

Late registration fee \$25 after 1/21.

For registration information, please call Harry Witzke at 847-899-1619.

Player Evaluation Day

Sun • Jan. 29 • PHS Fieldhouse

All Pony League players, new players, and players wishing to go into the re-draft must attend this evaluation day. Times of the evaluation will be given to the players/parents at registration. All players will go through a series of basic drills and be rated on their skill level. The actual ratings will never be public knowledge, they are used only for draft purposes. All players should wear comfortable clothing; gym shoes and they should bring their mitt. **Wee-Tee and Tee-Ball players DO NOT ATTEND evaluation day.**

FACILITY ABBREVIATIONS

CCC Central Community Center

LRC Lions Recreation Center

MP Meadows Pool

BSP Big Surf Pool

RPX RecPlex

FPC Friendship Park Conservatory

MPGC Mt. Prospect Golf Course



Athletics

Wee-Tee League *(Boys & Girls 5 yr)*

This new instructional tee-ball league is for 5 year olds only. Players will be placed according to their neighborhood and school. League meets on Saturdays for 1 1/2 hours each week. The first 45 minutes will be practice and developmental skills and the last 45 minutes will be an actual game situation. Coaches are needed. Fee includes tee shirt and hat.

Contact Bill Cantieri 224-532-3949.

R/NR FEE \$80/90 CODE 14544

Tee-Ball *(Boys & Girls 6 yr)*

Rostered by neighborhoods and schools. Fosters fun while learning rules of the game. No score kept. Fee includes full uniform.

Contact Bill Cantieri 224-532-3949.

R/NR FEE \$135/145 CODE 14542

Rookie *(Boys & Girls 7 yr)*

Rostered by neighborhoods and schools. Coach pitched. No score kept. Fee includes full uniform.

Contact Bill Cantieri 224-532-3949.

R/NR FEE \$135/145 CODE 14543

Bronco *(8-12 yr)*

Players are selected to teams based on a player draft. Returning players will remain on the same team unless they request to be placed in the draft at time of registration. All new players, late registration and players requesting to switch teams will be placed in the draft. The purpose of the draft is to try to balance the teams by ability and age. In most cases players age 8-9 will play Bronco B, players age 9 and 10 will play Bronco A and players age 11 and 12 will play Bronco Major. (Based on total number and ages of players in the system). Fee includes a full uniform socks, pants, jersey and hat.

Contact Mike Jensen 847-577-7388.

R/NR FEE \$165/175 CODE 14541

Pony *(13-14 yr)*

All players are drafted on teams in an effort to create a balance of ability and age. This league prepares the player for high school baseball. Fee includes full uniform.

Contact Mike Jensen 847-577-7388.

R/NR FEE \$165/175 CODE 14545

Stallions *(Physically Challenged 8 yr & up)*

Coaches teach and play competitive baseball within a safe and fun environment.

Contact Joe Cullotta at 847-297-2481.

R/NR FEE \$125/135 CODE 14546

High School League *(14-18 yr)*

High school boys can continue thier baseball careers through their teens. Players will be selected through a draft system. Volunteer coaches are needed. League play will begin in May. Games will be played at Friendship Park and Kopp. All teams will play 14-18 games, depending on total number of players and teams. Fee includes full uniform.

Contact Mike Jensen 847-577-7388.

R/NR FEE \$140/150 CODE 14888

Umpire Sign Ups *(16 yr-Adult)*

Good Pay! Sign up at registration. Umpire Training clinic will be held in January. Register for the Baseball Umpire Clinic (page 32).

Contact Bob Ancona at 847-640-1000.

Mt. Prospect Girls Softball *(7-18 yr)*

Mt. Prospect Park District and Mt. Prospect Baseball/Softball Association have joined together to provide the best possible softball program for our young players. This program is run by a parent based volunteer advisory committee and coaches. For more details please visit our website.

www.mppd.org/youth_athletics/girls_softball_league.

Parents and child must attend registration for uniform sizing.

New players must provide a birth certificate for proof of age.

Registration will be accepted in person only at RecPlex on the following dates and times.

REGISTRATION DATES			
DAY	DATE	TIME	PLACE
Sat	1/14	9am-3pm	RPX
Tue	1/17	6:30-9pm	RPX
Sat	1/21	9am-3pm	RPX
Late registration fee \$25 after 1/21.			
For registration information, please call Harry Witzke at 847-899-1619.			

Volunteer coaches are needed! If you are interested in coaching softball, call Joe Cullotta 847 297-2481.

All new players and players moving up an age group must attend the player evaluation day on **Sunday, January 29** at Prospect High School Fieldhouse. Times of the evaluation will be given to you at registration.

Coaches & parents are needed to serve on the advisory committee or sub-committees. There are several committees available such as the rules, travel program, awards, uniforms, field crew, future directions and the 60th anniversary. The Softball Advisory Committee meets the first Wednesday of every month at 6:30 pm at RecPlex. All meetings are open to the public and all parents and coaches are invited to attend any meeting. Check our website for the most current information. If you are interested in serving on a committee, please call Mike Jensen 847-577-7388.

There are three age divisions, all players will be placed in their proper age division. No players will be allowed to play up or down their age division. Fees include a full uniform of socks, pants, jersey and visor. **(BA)**

DIVISION	R/NR FEE	CODE
GIRLS MINOR (7-10 yr)	\$165/175	11153
GIRLS MAJOR (11-13 yr)	\$165/175	11154
GIRLS SENIOR (14-18 yr)	\$165/175	11155

Pastime Athletics Winter Baseball School (6-14 yr)

Mt. Prospect Park District has teamed up with Pastime Athletics to provide this baseball school. The program will give players a chance to learn advanced baseball/softball fundamentals from a professional coaching staff. Players will be broken down by age. Instructor qualifications are High School and College Baseball players as well as High School Head Coach and Associate Pro Scout. **Instructor Pastime Athletics. Min 5/Max 25. (JP)**

Rookies (6-7 yr) & Minors (8-9 yr)

These levels incorporate baseball into fun interactive games and activities that preach developmental skills. This is the perfect class for any future star. Hitting, Fielding, Throw & Catch, Pitching and Baserunning are some of the activities covered.

Majors (10-11 yr) & All-Stars (12-14 yr)

Players will learn specific drills, explanations of proper fundamentals as well as learning what it takes to make it playing travel, high school, college or pro ball. The same video analysis program that Major League teams train with will be used as well.

DAY	DATE	TIME	LOCATION	LEVEL	R/NR FEE	CODE
Sat	1/14-2/11	5-6pm	RPX	Rookies	\$59/64	14838
Sat	1/14-2/11	5-6pm	RPX	Minors	\$59/64	14839
Sat	1/14-2/11	6-7pm	RPX	Majors	\$59/64	14840
Sat	1/14-2/11	6-7pm	RPX	All-Stars	\$59/64	14841
Sat	2/18-3/17	5-6pm	RPX	Rookies	\$59/64	14490
Sat	2/18-3/17	5-6pm	RPX	Minors	\$59/64	14491
Sat	2/18-3/17	6-7pm	RPX	Majors	\$59/64	14492
Sat	2/18-3/17	6-7pm	RPX	All-Stars	\$59/64	14493

Baseball Umpire Clinic (15 yr-Adult)

This clinic will cover proper mechanics and handling of situations that may arise during games. There will be three classroom classes and three gym classes featuring proper positioning, balls and strikes and situation calls. The instructors are all state certified and have officiated at the IHSA State Tournament, college level, American Legion Tournament and Semi-Pro Leagues. Participants successfully completing this course are eligible to work games for the Mt. Prospect Park District youth leagues.

Participants MUST wear an umpire uniform to all classes.

Instructor Northwest Umpire's Training Academy. (BA)

DAY	DATES	PLACE	ROOM	TIME	R/NR FEE	CODE
Thu	1/19, 1/26 & 2/2	RPX	Conference	7-9pm	\$50/60	14407
Sun	1/22, 1/29 & 2/5			11am-1pm		

***Participants are strongly encouraged to attend all six classes.**

Umpires Needed!

Call Bob Ancona 847-640-1000.

PRIVATE BASEBALL/SOFTBALL LESSONS

3 Private Lesson Packages

(Boys & Girls 5-18 yr)

Mt. Prospect Park District has partnered with **Pastime Athletics** to offer individual private baseball and softball lessons throughout the year. Lessons will be half hour sessions with a choice of pitching, hitting, or fielding in packages of three. Students will be given use of the same video motion analysis used by Major League teams as well as the most current training equipment and techniques. Students will be trained by some of the best coaches in the country giving them the best chance at achieving whatever goal they wish to accomplish through sport. This is a can't miss opportunity to receive the best instruction at a Park District rate. Lessons dates and times will be set up per mutual agreement after registration.

Instructor Pastime Athletics. (JP)

LESSON	PLACE	R/NR FEE
Hitting	RPX	\$120/130
Fielding	RPX	\$120/130
Baseball Pitching	RPX	\$120/130
Softball Pitching	RPX	\$120/130
Catching	RPX	\$120/130
Combo (Hit/Pitch/Field)	RPX	\$120/130

Video Motion Analysis Evaluation (Boys & Girls 5-18 yr)

Evaluate your baseball/softball mechanics like the pros! Using the same video system that Major League teams use, your mechanics will be broken down frame by frame into specific absolutes of either hitting or pitching. During the session, your instructor will show you comparisons between your mechanics and Major League player's mechanics. The goal is to identify what you need to improve upon with your mechanics and how to fix them. After the session, your video will be e-mailed to you to keep. It can be used for future reference with any coach or instructor you may have. The session will last no more than 30 minutes. **Instructor Pastime Athletics. (JP)**

LESSON	PLACE	R/NR FEE
VMA Evaluation	RPX	\$40/45

More Baseball/Softball programs are available during Winter Break!

(See pages 26 & 27)

Youth Athletics Mission Statement

It is our mission to teach basic skills, where young people need to play sports in a safe, and nurturing environment, where all children will receive an equal opportunity to play regardless of skill level.

YOUTH BASKETBALL

Hot Shots Basketball Skills Clinics *(Boys & Girls 6-12 yr)*

Hot Shots Sports is a private organization that develops and organizes youth athletic programming. Hot Shots Sports programs stress the pure enjoyment of being involved in athletics and offers the opportunity for children to develop their skills in an environment where everyone plays and reward is given for the effort rather than the result. Participants learn to have respect for each other on and off the court. Hot Shots Sports was founded in 1994 and continues to provide athletic programming in New York City, Denver and Chicago.

Hot Shots Sports Philosophy: Our Coaches have the responsibility to provide excellent instruction in the fundamentals and strategy of sport as well as create a healthy setting in which children can determine the benefits of sports participation.

Join us in a fun filled environment designed to introduce young athletes to one of the greatest team sports. Develop early basketball skills such as shooting, dribbling, passing and basic rules of the game. Each class includes instruction as well as structured games. This class is for the basketball beginner looking to understand the game, learn new skills, and have a ball. **Instructor Hot Shots Sports Staff. Min 7/Max 25. (JP)**

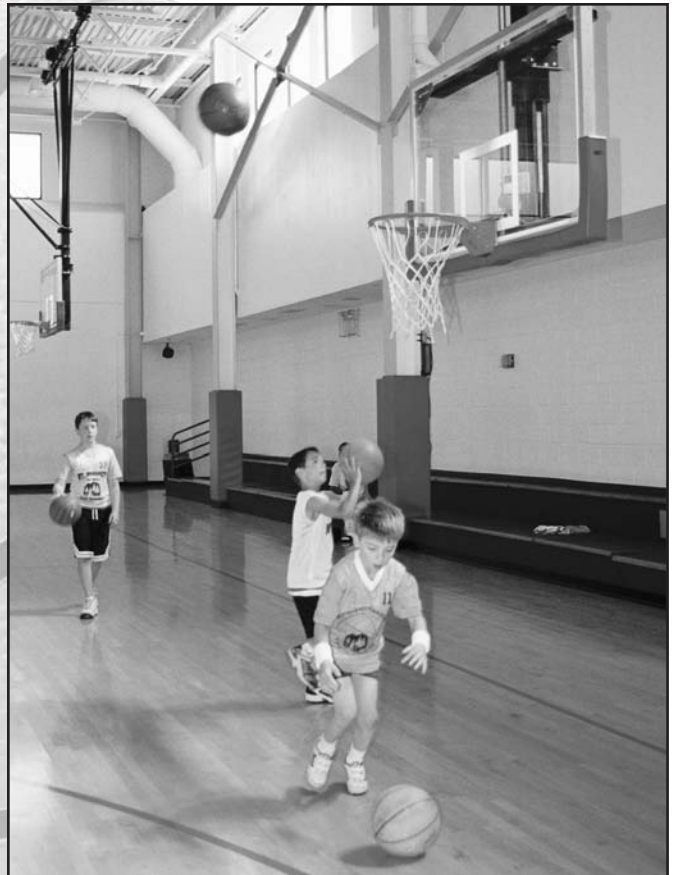
DAY	DATE	TIME	LOCATION	AGE	R/NR FEE	CODE
Sun	1/8-3/11	9:45-10:45am	CCC	6-8	\$120/130	14452
Sun	1/8-3/11	10:45-11:45am	CCC	9-12	\$120/130	14453

Mt. Prospect Park District Competitive Basketball Spring League *(Boys & Girls Gr 5th-8th)*

Mt. Prospect Park District has created a unique league in which teams have the ability to choose the dates in which their team can play. Games will begin in March and run through April. Each team entered in the league will receive 9 games guaranteed. 8 regular season games with a single elimination tournament to conclude the season. Games will be played Mondays-Thursdays as well as on Saturdays (no more than 3 games/week). **Team registration deadline is February 24th.** Please visit our website at www.mppd.org and click "youth athletics" then "youth basketball league" to download registration forms and detailed league information. For more information call Joe Patterson at 847-640-1000. **Min 4/Max 16 teams. (JP)**

MPPD Youth Basketball Spring League

DAY	DATE	LEAGUE	R/NR FEE	CODE
M-Th/Sa	3/10-4/21	5th Grade Boys	\$500	14551
M-Th/Sa	3/10-4/21	5th Grade Girls	\$500	14548
M-Th/Sa	3/10-4/21	6th Grade Boys	\$500	14549
M-Th/Sa	3/10-4/21	6th Grade Girls	\$500	14550
M-Th/Sa	3/10-4/21	7th Grade Boys	\$500	14547
M-Th/Sa	3/10-4/21	7th Grade Girls	\$500	14552
M-Th/Sa	3/10-4/21	8th Grade Boys	\$500	14553
M-Th/Sa	3/10-4/21	8th Grade Girls	\$500	14554



FACILITY ABBREVIATIONS

CCC Central Community Center
RPX RecPlex

LRC Lions Recreation Center
FPC Friendship Park Conservatory

MP Meadows Pool
BSP Big Surf Pool
MPGC Mt. Prospect Golf Course

YOUTH SOCCER

Goal! United Soccer Program *(Boys & Girls 18 mo-6 yr)*

The Mt. Prospect Park District has teamed up with the **Pastime Athletics United Soccer Child Development Program** to offer this exciting new program to the community. The "Goal" of the program is to create an interactive learning environment in which sports are presented in a fun and exciting way. Children will be encouraged to develop social interaction and teamworking skills, coordination, and self esteem through games and physical soccer activity. Class will meet in the gymnasium. Participants should wear comfortable clothes and gym shoes for class. **Instructor Pastime Athletics Staff. Min 5/Max 25. (JP)**

Ponies *(18-24 mos w/Parent)*

Fun, fun, fun! Child and parent will learn basic soccer skills in an enjoyable setting. Each child will have fun learning soccer through a variety of games and activities.

Phillies *(26-30 mos w/Parent)*

Phillies will teach a child basic coordination skills while providing the activities that will promote an enjoyable experience.

Stallions *(2.5-3.5 yr w/Parent)*

Stallions is more advanced than a Phillies class. It will also give the child, who is not ready to go on his/her own, one more class with an adult. We will focus on developing the child's ability to participate on their own.

Thoroughbreds *(3-4 yr Beginner)*

Our most popular class! We will focus on coordination of basic soccer fundamentals. Students will also start to learn the importance of how a team works in soccer. This is truly a great class for a future soccer star.

Broncos *(3-4 yr Advanced)*

Broncos is designed to be a more advanced class for a 3-4 year old. Some actual soccer games will be part of each class.

Racers *(5-6 yr)*

Racers classes bridge the learning gap before starting park district soccer leagues. Players will learn more advanced soccer skills and techniques while building courage, confidence, concentration and coordination.

DAY	DATE	TIME	LOCATION	LEVEL	R/NR FEE	CODE
Sat	1/14-2/11	4-4:50pm	RPX	Ponies	\$59/64	14845
Sat	1/14-2/11	4-4:50pm	RPX	Phillies	\$59/64	14846
Sat	1/14-2/11	4-4:50pm	RPX	Stallions	\$59/64	14847
Sat	1/14-2/11	3-3:50pm	RPX	Thoroughbreds	\$59/64	14842
Sat	1/14-2/11	3-3:50pm	RPX	Broncos	\$59/64	14843
Sat	1/14-2/11	3-3:50pm	RPX	Racers	\$59/64	14844
Sat	2/18-3/17	4-4:50pm	RPX	Ponies	\$59/64	14429
Sat	2/18-3/17	4-4:50pm	RPX	Phillies	\$59/64	14430
Sat	2/18-3/17	4-4:50pm	RPX	Stallions	\$59/64	14431
Sat	2/18-3/17	3-3:50pm	RPX	Thoroughbreds	\$59/64	14426
Sat	2/18-3/17	3-3:50pm	RPX	Broncos	\$59/64	14427
Sat	2/18-3/17	3-3:50pm	RPX	Racers	\$59/64	14428

Brazilian Soccer Skills Class *(Boys & Girls 4th-8th Gr.)*

The primary objective of this program is focused on developing the technical skills of each player the Brazilian Way! Technical skills are broken down in fun learnable phases. For developing quick feet, close dribbling and passing skills we have nothing better than using a futsal ball. Players at Brazilian Skills Skool spend roughly 2/3 of their time using a size 3 futsal ball and the remaining time with a conventional ball working on areas such as long range passing, heading, finishing and game-like situations. Visit www.nextwaveathletics.com for more information. **Instructor Next Wave Athletics. Min 7/Max 20. (JP)**

DAY	DATE	TIME	LOCATION	GRADE	R/NR FEE	CODE
Sun	1/15-2/12	1-2pm	RPX	4th-5th	\$60/70	14408
Sun	1/15-2/12	2-3pm	RPX	6th-8th	\$60/70	14409





Personal Soccer Training *(Boys & Girls 5-18yr)*

Personal soccer training is all about one-on-one advice, guidance and motivation. The whole reason for paying for your own soccer trainer is to get the attention and training program that's right for you.

The first step of the one-on-one program is to identify your needs. This is done through an assessment session, which will identify your strengths and challenges. Once you have completed the initial assessment we will draw up a list of aims and objectives, which will then be used to create your own individual program.

We will provide a free consultation, which will give us the opportunity to highlight our goals and how we plan to achieve the learning objectives and outcomes of the program. Our technical directors of soccer will develop a structured development plan to meet the individual needs of each and every player.

1-on-1 is ideal for anyone who wishes to see rapid progression and anyone who is passionate and hungry about playing soccer.

Our 1-on-1 soccer specific personal training is designed to focus on the areas that a youth player needs to succeed in the modern game. Our trainers will help you improve your technique, flexibility, speed, agility, power with and without the ball. Players can choose to train regularly or have a one off session where we can design a training program for them.

Please visit www.nextwaveathletics.com for more information. Lesson dates and times will be set up per mutual agreement after registration. **Instructor Nextwave Athletics. (JP)**

LOCATION R/NR FEE
RPX \$60/70

Save Time!

Download Youth Soccer Registration Forms at:
www.mppd.org
click on "Youth Athletics"

Photo Policy

Please be aware that staff may take photos of participants enrolled in Park District programs, classes, events or people on Park District properties and/or parks. These photos are for Park District use only and may be used for publication.

FACILITY ABBREVIATIONS

CCC Central Community Center **LRC** Lions Recreation Center **MP** Meadows Pool
RPX RecPlex **FPC** Friendship Park Conservatory **BSP** Big Surf Pool
MPGC Mt. Prospect Golf Course

Mt. Prospect Park District Boys & Girls Outdoor Spring League *(Gr K-8)*

In our seven age divisions, instructional co-ed teams are formed according to neighborhood zones. Games are played on Sunday afternoons. Practices will begin mid-March. The official season begins in April and runs through mid-June. Uniforms consist of a reversible jersey, navy shorts and red soccer socks. If you do not have a uniform from the previous season, you can purchase them at the time of registration. All players are required to have shinguards in order to play. Volunteer Coaches and assistant coaches needed! If you are interested, call Joe Pellegrino or Joe Patterson at 847-640-1000. **Min 40/Max 125. (JP)**

Kindergarten-2nd Grade Divisions - Within these divisions the focus of the season will be on player development, teamwork and fun. Teams will meet 1 day/week for practice. These divisions will use a #3 size soccer ball for practices & games. Your child must be at least 5 and enrolled in Kindergarten for the upcoming school year to be eligible play in the league.

3rd-4th Grade Divisions - Within these divisions the game is played more like "real soccer" with offsides being introduced. The focus still remains on player development, teamwork, and fun. Teams will meet 1-2 times/week for practice. These divisions will use a #4 size soccer ball for practices and games.

5th-8th Grade Divisions - Within these divisions the game is played with little to no restrictions. IHSA rules apply with some minor modifications. Teams will play a 6 week regular season and conclude the season with a 2 week playoff. Teams will meet 1-2 times/week for practice. These divisions will use a #5 size soccer ball for practices and games.

Registration must be done in person at RecPlex ONLY!
Save \$5 between 2/3/12-2/19/12.

2012 Spring Soccer Season *(9 wks)*

DAY	DATE	LOCATION	GRADE	R/NR FEE*	CODE
Sun	4/15-6/10	MLPK	Kindergarten	\$70/80	14373
Sun	4/15-6/10	MLPK	1st	\$70/80	14371
Sun	4/15-6/10	MLPK	2nd	\$70/80	14372
Sun	4/15-6/10	MLPK	3rd	\$70/80	14370
Sun	4/15-6/10	MLPK	4th	\$70/80	14374
Sun	4/15-6/10	MLPK	5th & 6th	\$70/80	14375
Sun	4/15-6/10	MLPK	7th & 8th	\$70/80	14376

*Please Note: Fees do not include uniforms.

Soccer Uniforms

Reversible Red/White Jersey	\$15
Navy Blue Shorts	\$7
Red Soccer Socks	\$5

Register on or before February 19th and get a \$5 discount on registration fee!

Gymnastics (5-16 yr)

Our program fosters the development of grace, agility and strength and includes levels from Pre-Gymnastics through Advanced Work Outs. Students learn techniques on all apparatus such as beam, bars, horse and floor exercise tumbling. Students who are 5-6 yr. old beginners should start at Jr. Gym 1. Students who are 7 yrs. and older should start in Girls or Boys Beginner classes. All other levels are ability levels that a staff member will evaluate. These classes are held at Prospect High School (PHS), 801 W. Kensington Road. Please use Door # 14 for class entry. **Instructors Ken Fontana and SportsKids Staff. Min 4/Max 21. (JP)**



Jr. Gymnast 1 (Boys & Girls 5-6 yr)

Four events will be covered with this introductory class. Age appropriate tricks for bar, floor, low balance beam & vault will be introduced. Students will learn the basic movements for each event in a well-supervised and safe environment.

Jr. Gymnast 2 (Boys & Girls 5-6 yr)

Pre-Requisite for this class is completion of Jr. Gymnast 1 or the participant must be able to complete the following: perform a successful cartwheel, simple walks and balances on the beam, swings and supports with the bars, and squat on with the vault.

Girls & Boys Beginner (7-8 yr)

The beginner class will cover all of the basic skills and safety techniques for each event. Girls will cover the 4 Olympic events; floor, beam, bars & vault. Boys will cover the 6 Olympic events floor, parallel bars, low bar, vault, pommel horse & rings.

Girls & Boys Advanced/Beginner (7-12 yr)

The advanced/beginner class will cover the following areas in each event: Floor-Tricks that will be covered include rolling and limber work from handstands, 1-Arm cartwheels & round-offs. Vault-Students will learn the proper steps to the vault and work on going over the vault. Beam-Students will train on leaps, jumps & turns as well as how to vault to the beam. Pommel Horse (Boys only)-Students will get introduced to leg swings and circles. Rings (Boys only)-Students will begin to work with low and high rings with advanced balances.

Girls Intermediate (7-15 yr)

The Intermediate level classes will cover the following: Floor-Walk-Over work and drills for handsprings. Vault-Students will be introduced to handsprings with proper repulsion drills and regulating the approach to the vault. Beam-Students will train for advanced dismounts and cartwheel work. Bars-Students will train for advanced mounts onto the bar along with more advanced exercises.

Girls & Boys Advanced Work Out (7-15 yr)

This class is designed for students who have attained the Intermediate level skills in each event and are looking for a challenge to fine tune their skills and to challenge themselves to learn more difficult tricks in all areas of gymnastics. The following gives an idea of the tricks that students will be exposed to: Floor-Students will train for flip-flops, handsprings, saltos & beyond. Vault-Students will be exposed to handsprings, 1/2 ons & proper approach to the vault. Beam-Students will train for full turns, 1 arm cartwheels & back walkovers. Bars-Students will train on flyaways as well as other more advanced tricks when ready. Pommel Horse (Boys only)-Boys will train for combinations, scissors & movement on the horse. Rings (Boys only)-Advanced swings and combination tricks will be covered.

Gymnastics Class Schedule

DAY	DATE	TIME	LOC	LEVEL	AGE	R/NR FEE	CODE
Sat	1/7-3/17*	12:15-2:15pm	PHS	Boys Adv W/O	9-16	\$112/117	14432
Sat	1/7-3/17*	12:15-2:15pm	PHS	Girls Adv W/O	9-16	\$112/117	14433
Sat	1/7-3/17*	2:15-3:15pm	PHS	Girls Beg	7-8	\$90/95	14434
Sat	1/7-3/17*	2:15-3:15pm	PHS	Boys Beg	7-8	\$90/95	14435
Sat	1/7-3/17*	2:15-3:15pm	PHS	Jr. Gym 2	5-6	\$85/90	14436
Sat	1/7-3/17*	2:15-3:15pm	PHS	Jr. Gym 1	5-6	\$85/90	14437
Sat	1/7-3/17*	3:15-4:30pm	PHS	Girls Adv/Beg	7-12	\$95/100	14438
Sat	1/7-3/17*	3:15-4:15pm	PHS	Girls Beg	9-12	\$90/95	14439
Sat	1/7-3/17*	3:15-4:30pm	PHS	Boys Adv/Beg	7-12	\$95/100	14440
Sat	1/7-3/17*	3:15-4:30pm	PHS	Girls Inter	9-16	\$95/100	14441
Tue	1/10-3/13	6:30-7:30pm	PHS	Boys Beg	7-8	\$90/95	14442
Tue	1/10-3/13	6:30-8:30pm	PHS	Girls Adv W/O	9-16	\$112/117	14443
Tue	1/10-3/13	6:30-8:30pm	PHS	Boys Adv W/O	9-16	\$112/117	14444
Tue	1/10-3/13	7:30-8:45pm	PHS	Boys Adv/Beg	7-12	\$95/100	14445
Wed	1/11-3/14	6:30-7:30pm	PHS	Jr. Gym 1	5-6	\$85/90	14446
Wed	1/11-3/14	6:30-7:30pm	PHS	Girls Beg	7-8	\$90/95	14447
Wed	1/11-3/14	6:30-7:30pm	PHS	Jr. Gym 2	5-6	\$85/90	14448
Wed	1/11-3/14	7:30-8:45pm	PHS	Girls Adv/Beg	7-12	\$95/100	14449
Wed	1/11-3/14	7:30-8:45pm	PHS	Girls Inter	9-16	\$95/100	14450
Wed	1/11-3/14	7:30-8:30pm	PHS	Girls Beg	9-12	\$90/95	14451

*No class 1/14.

Tumbling For Cheerleading (Girls 7-18 yr)

Class will focus on tumbling skills specifically for cheerleading; round-offs, flip flops, standing back tucks and running tumbling. Students must have basic tumbling skills before entering the class; bridges including cartwheels & handstands. Coaches will work with students individually based on their skill level from beginner to advanced. These classes will be held at Prospect High School (PHS), 801 W. Kensington Road. Use Door #14 for entry. **Instructor SportsKids Staff featuring Robbie Shoop. Min 4/Max 20. (JP)**

DAY	DATE	TIME	LOCATION	AGE	R/NR FEE	CODE
Tue	1/10-3/13	6:30-7:30pm	PHS	7-11	\$92/97	14507
Tue	1/10-3/13	7:30-8:30pm	PHS	12-18	\$92/97	14508
Wed	1/11-3/14	6:30-7:30pm	PHS	7-11	\$92/97	14509
Wed	1/11-3/14	7:30-8:30pm	PHS	12-18	\$92/97	14510

Karate (7 yr-Adult)

Children and adults will enjoy learning the art of karate. Classes are taught by instructors of the Illinois Shotokan Karate Club under the direction of John DiPasquale, four time National Champion, U.S. Karate National Coach and National Faculty Member of ASEP (American Sport Education Program). Beginner Students will not be permitted to register into the current session after the second class has met. Registration for continuers through advanced students will be accepted after the start date, but full class fee will be required. For more information regarding Illinois Shotokan Karate Club please visit www.iskc.com. **(JP)**

Classes are held at:

River Trails Middle School **(RTMS)**, 1000 Wolf Rd., Mt. Prospect;
 Mark Twain School **(MTS)**, 515 E. Merle, Wheeling;
 Central Community Center **(CCC)**, 1000 West Central Rd., Mt. Prospect;
 or Al Hatendorf Center **(AHC)**, 225 E. Elk Grove Blvd., Elk Grove Village.

Youth Karate (7-14 yrs)

Karate skills put children in touch with their bodies and help to build coordination, agility, strength and poise as well as personal safety skills.

Adult-Karate (15 yrs-Adult)

Release tension and develop cardiovascular fitness! Karate develops poise, agility, improving overall muscle tone and teaching self-defense skills.

Parent/Child (7 yrs-Adult)

Fees are per person. An excellent opportunity to share quality time with your child while developing muscle tone, coordination, cardiovascular fitness and karate skills.

Please Note:

- Uniform & Belt Testings are options available through the ISKC instructor.
- Youth, Parent & Child, & Adult classes will train together.

DAY	DATE	TIME	LOC	AGE	BELT	LEVEL	R/NR FEE	CODE
Tue	1/3-3/20	6:30-7:30pm	MTS	8-14	No Exp	Beg	\$105/115	14454
Tue	1/3-3/20	6:30-7:30pm	MTS	8-14	1+ Ses	Cont	\$105/115	14455
Tue	1/3-3/20	6:30-8pm	MTS	8-14	Ylw-Blk	Int/Adv	\$147/159	14456
Tue	1/3-3/20	8:05-9:05pm	MTS	HS-Adult	Red-Blu	Cont	\$105/115	14457
Tue	1/3-3/20	8:05-9:05pm	MTS	HS-Adult	White	Beg	\$105/115	14458
Tue	1/3-3/20	8:05-9:35pm	MTS	HS-Adult	Grn-Blk	Int/Adv	\$147/159	14459
Wed	1/4-3/21	5:30-6:30pm	CCC	8-14	Whi&Red	Beg/Con	\$105/115	14460
Wed	1/4-3/21	6:30-8pm	CCC	8-14	Blu-Blk	Int/Adv	\$147/159	14461
Wed	1/4-3/21	6:30-7:30pm	CCC	8-14	Org-Ylw	Novice	\$105/115	14462
Wed	1/4-3/21	8-9pm	CCC	HS-Adult	Whi-Prpl	Beg/Con	\$105/115	14463
Wed	1/4-3/21	8-9:30pm	CCC	HS-Adult	Brn-Blk	Int/Adv	\$147/159	14464
Sat	1/7-3/17	9:05-10:20am	RTMS	HS-Adult	Red-Blu	Cont	\$116/128	14465
Sat	1/7-3/17	9:05-10:20am	RTMS	7-14	Red-Blu	Cont	\$116/128	14466
Sat	1/7-3/17	9:15-10:15am	RTMS	7-14	White	Beg	\$96/106	14467
Sat	1/7-3/17	9:15-10:15am	RTMS	7-Adult	Prnt&Chld	Beg	\$96/106ea	14468
Sat	1/7-3/17	9:15-10:15am	RTMS	HS-Adult	White	Beg	\$96/106	14469
Sat	1/7-3/17	10:20-11:35am	RTMS	7-Adult	Brown	Int	\$116/128	14470
Sat	1/7-3/17	10:20-11:35am	RTMS	7-Adult	Grn-Prpl	Novice	\$116/128	14471
Sat	1/7-3/17	11:40am-1:10pm	RTMS	7-Adult	Black	Adv	\$135/147	14472
Mon	1/9-3/26	5:45-6:45pm	AHC	8-Adult	Whi-Org	Beg/Con	\$105/115	14473
Mon	1/9-3/26	6:45-7:45pm	AHC	8-Adult	Ylw&Blu	Int	\$105/115	14474
Mon	1/9-3/26	6:45-8pm	AHC	8-Adult	Grn-Blk	Adv	\$126/138	14475

Pre-Karate (4-7 yr)

Through a variety of fun activities, your child will develop coordination, strength and personal safety skills in a well-supervised setting. This program will give your child the lead she/he needs in developing memory and agility skills necessary to be successful in school and other sports. **(JP)** Classes are held at: Central Community Center **(CCC)**, 1000 West Central Rd., Mt. Prospect; River Trails Middle School **(RTMS)**, 1000 Wolf Rd., Mt. Prospect; or Al Hatendorf Center **(AHC)**, 225 E. Elk Grove Blvd., Elk Grove Village.

DAY	DATE	TIME	LOCATION	LEVEL	R/NR FEE	CODE
Wed	1/4-3/21	4-4:45pm	CCC	Beg/Cont	\$105/115	14494
Wed	1/4-3/21	4:45-5:30pm	CCC	Int/Adv (Instr perm)	\$105/115	14495
Sat	1/7-3/17	9:05-9:50am	RTMS	Beg (No exp)	\$96/106	14496
Sat	1/7-3/17	9:55-10:40am	RTMS	Cont (1 + prior ses)	\$96/106	14497
Sat	1/7-3/17	10:45-11:30am	RTMS	Int/Adv (3 ses & up)	\$96/106	14498
Mon	1/9-3/26	4-4:45pm	AHC	Beg (No exp)	\$105/115	14499
Mon	1/9-3/26	4:50-5:35pm	AHC	Cont (1 + prior ses)	\$105/115	14500

Budo Tai-Jutsu (7yr-Adult)

Budo Tai-Jutsu = Karate + Judo + Jujitsu + Aikido. By combining these arts, you'll learn how to protect yourself in everyday life. It's also a great way to improve your physical condition, coordination and gain self confidence. **Instructor Jerry Kurowski. Min 2/Max 15. (JP)**

DAY	DATE	TIME	LOCATION	AGE	LEVEL	R/NR FEE	CODE
Tue	12/13-1/17	6:30-7:30pm	CCC	7-Adult	Beg	\$45/50	14410
Tue	12/13-1/17	7:30-9:30pm	CCC	7-Adult	Adv	\$90/95	14411
Thu	12/15-1/19	7:30-8:30pm	CCC	15-Adult	Beg	\$45/50	14412
Thu	12/15-1/19	7:30-9:30pm	CCC	15-Adult	Adv	\$90/95	14413
Tue	1/24-2/28	6:30-7:30pm	CCC	7-Adult	Beg	\$45/50	14414
Tue	1/24-2/28	7:30-9:30pm	CCC	7-Adult	Adv	\$90/95	14415
Thu	1/26-3/1	7:30-8:30pm	CCC	15-Adult	Beg	\$45/50	14416
Thu	1/26-3/1	7:30-9:30pm	CCC	15-Adult	Adv	\$90/95	14417

Bully-Safe Youth Jiu-Jitsu (4-14 yr)

Threshold Martial Arts' Bully Safe program combines a traditional kids' martial arts lesson with an emphasis on bully-proofing strategies and prevention. Learn to be confident both physically and mentally, in a fun and safe environment. Students are taught five primary rules of engagement which are supplemented with the superior techniques of Brazilian Jiu-Jitsu. These five rules teach children how to effectively overcome both verbal and physical attacks. This program is taught by active duty police officers who are uniquely positioned to give valuable insight of the safety of your child. Classes will be broken into age groups at the time of class. Uniform required, can be purchased through Threshold Martial Arts. Class takes place at Threshold Martial Arts Academy **(TMAA)**, 1381 E. Oakton Street, Suite #2, Des Plaines. **Instructor Treshold Martial Arts Staff. Min 5/Max 30. (JP)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
M/W	1/16-2/29	5:15-6pm	TMAA	\$110/115	14418
Mon	1/16-2/27	5:15-6pm	TMAA	\$59/64	14419
Wed	1/18-2/29	5:15-6pm	TMAA	\$59/64	14420

FACILITY ABBREVIATIONS		
CCC Central Community Center	LRC Lions Recreation Center	MP Meadows Pool
RPX RecPlex	FPC Friendship Park Conservatory	BSP Big Surf Pool
		MPGC Mt. Prospect Golf Course

TOTS & KIDS PROGRAMS

Parent & Tot Sports Stop (2-3 yr w/parent)

Parents are an integral part of helping their tots participate in basic sports movement. We will provide the fun, nurturing environment and sports equipment needed to guide your tot through an introduction to organized sports movement. **Instructor SportsKids Staff. Min 5/Max 20. (JP)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/9-2/27	10:10-10:50am	LRC	\$60/65	14487
Thu	1/12-3/1	9:10-9:50am	LRC	\$60/65	14488
Sat	1/14-3/3	8:10-8:50am	CCC	\$60/65	14489

Sporting Encounters (3-4 yr)

This class will allow each participant a chance to experience a variety of sports in a fun and safe environment. Sports that your child will be exposed to include basketball, soccer, floor hockey, tumbling, tennis, and many more. All equipment used during the class will be tailor made to ensure success with every participant. **Instructor SportsKids Staff. Min 5/Max 20. (JP)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/9-2/27	2-2:50pm	LRC	\$70/75	14503
Thu	1/12-3/1	11-11:50am	LRC	\$70/75	14504

Solo Sports Class (4-6 yr)

This class is for the participant who would like to enjoy individual sports instead of team based sports. Sports like golf, tennis, track events, badminton, tumbling, and more will be the focus of Solo Sports. Your child can build self esteem with personal accomplishment. These sports can last a lifetime. **Instructor SportsKids Staff. Min 3/Max 15. (JP)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/9-2/27	11-11:50am	LRC	\$70/75	14501
Thu	1/12-3/1	1-1:50pm	LRC	\$70/75	14502

Little Dribblers (4-6 yr)

Even future stars have to learn the basics of dribbling, passing, shooting and defensive positioning. Participants will learn teamwork & sportsmanship as they learn the game of basketball. Equipment will be tailor made to ensure success with every participant. **Instructor SportsKids Staff. Min 5/Max 20. (JP)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/9-2/27	10-10:50am	LRC	\$70/75	14482
Thu	1/12-3/1	2-2:50pm	LRC	\$70/75	14483
Sat	1/14-3/3	9-9:50am	CCC	\$70/75	14484

Mini Soccer (4-6 yr)

This class is a great introduction to the sport of soccer. Basic soccer skills such as running, kicking, passing and game play will be covered. Games will be used to incorporate the skills taught during class in a fun safe environment. **Instructor SportsKids Staff. Min 4/Max 20. (JP)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/9-2/27	3-3:50pm	LRC	\$70/75	14485
Thu	1/12-3/1	10-10:50am	LRC	\$70/75	14486

T-Ball Training Camp (4-6 yr)

Learn the basics of batting, base running, catching and throwing. We will concentrate on the very fundamentals of game play and have a good time while at it, too! Remember to bring a glove to each class! **Instructor SportsKids Staff. Min 5/Max 20. (JP)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/9-2/27	1-1:50pm	LRC	\$70/75	14505
Thu	1/12-3/1	9-9:50am	LRC	\$70/75	14506

All-Star Sports Class (5-6 yr)

Expose your child to a variety of sports with this class. Sports that will be covered include tot tennis, golf, t-ball, soccer, basketball, floor hockey, and more. Equipment will be tailor made to ensure success with every participant. Games will be organized and fun, with an emphasis on sportsmanship and teamwork. Register today for this memorable program. **Instructor SportsKids Staff. Min 5/Max 20. (JP)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/9-2/27	3-3:50pm	LRC	\$70/75	14404
Thu	1/12-3/1	11-11:50am	LRC	\$70/75	14405
Sat	1/14-3/3	9-9:50am	CCC	\$70/75	14406

Looking for Floor Hockey?
(See page 40)

Mt. Prospect Park District Rules & Procedures

Each Mt. Prospect Park District registered participant (including parent of minor participant) and coach agrees to the rules and procedures for their specific athletic leagues and/or program including but not limited to the following governing bodies: USA Hockey, Amateur Softball Association, IHSA Basketball, IHSA Soccer, IHSA Swimming and Diving, US Volleyball Association, US Pony Baseball Federation, USGA.

The Park District reserves the right to modify rules when deemed appropriate to enhance the program. The Park District additionally reserves the right to enforce all applicable provisions of Ordinance No. 525 as to any person on Park District premises.

FACILITY ABBREVIATIONS

CCC Central Community Center

LRC Lions Recreation Center

MP Meadows Pool

BSP Big Surf Pool

RPX RecPlex

FPC Friendship Park Conservatory

MPGC Mt. Prospect Golf Course

Fun With Football (4-6 yr)

Are you ready for some football? This class will cover passing, catching, team offense/defense in a safe and fun environment. Controlled scrimmages will be played once the basic skills have been taught. **Instructor SportsKids Staff. Min 5/Max 20. (JP)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/9-2/27	11-11:50am	LRC	\$70/75	14423
Thu	1/12-3/1	1-1:50pm	LRC	\$70/75	14424
Sat	1/14-3/3	8-8:50am	CCC	\$70/75	14425

Kidnastics (3-6 yr)

Learn the basics of gymnastics in a safe and well supervised environment. Balance beam, bars, tumbling, and vaulting equipment will be featured. Class is held at either Lions Rec Center (LRC) or Prospect High School (PHS). **Instructor SportsKids Staff. Min 5/Max 20. (JP)**

DAY	DATE	TIME	LOCATION	AGE	R/NR FEE	CODE
Mon	1/9-2/27	9-9:50am	LRC	3-4	\$70/75	14476
Mon	1/9-2/27	2-2:50pm	LRC	4-6	\$70/75	14477
Thu	1/12-3/1	10-10:50am	LRC	4-6	\$70/75	14478
Thu	1/12-3/1	3-3:50pm	LRC	4-6	\$70/75	14479
Sat	1/21-3/10	1:10-2pm	PHS	4-6	\$70/75	14480



Ice Skating (All ages)

Dazzle your friends as you skate across our shimmering rink at Lions Park and Friendship Park. The Mt. Prospect Park District will assume no responsibility for injuries received from participating in this activity. (CG)

Lions Park Sheltered Park

WARMING HOUSE HOURS

(Located in the Lions Recreation Center)

Mon-Fri	4-8pm
Sat-Sun	11am-3pm

WARMING HOUSE CLOSED

Christmas Eve 12/24
 Christmas Day 12/25
 New Year's Eve 12/31
 New Year's Day 1/1

Other Ice Rinks

High Ridge Knolls Park at Beau Drive

PLEASE NOTE: A temperature of 15-18 degrees must be maintained for 72 continuous hours prior to initially prepare the rinks. Rinks must be closed at times due to unfavorable conditions (including extreme cold). For ice conditions call the weather line at 847-364-2828.

Holiday CCC Open Gym

Make some new friends or sharpen up your athletic skills when you join us during the holiday break!

For **Holiday Open Gym** times visit mppd.org and click on **Parks & Facilities** then CCC.

Holiday CCC Inline Open Skating

Don't just sit around over the holiday! Join us and bring a friend!

For **Holiday Open Skate** times visit mppd.org and click on **Parks & Facilities** then CCC.

Have a Birthday Blast!

We've got a great selection of birthday party packages to choose from! *See pages 58 & 59!*

CENTRAL COMMUNITY CENTER

■ Inline Skate Rink

Central Community Center houses our inline skate rink. Come and enjoy family skates, open skate times with friends or just come alone and get some great exercise!

■ Skate Hours

Open Skate Hours

Schedules available at Central Community Center and online at www.mppd.org.

Skate Times For Adult Inline Hockey Team Rentals

Call (847)255-5380 for availability.

Party Packages

Available during open skate hours. *(Reservations required)*
Schedules available at CCC and online at www.mppd.org.

■ Kid's Priority Gym

AGE	RES DAILY FEES	N/RES DAILY FEES
Youth (3-18 yr)	\$4	\$6
Adult (19-61 yr)	\$5	\$8
Seniors (62 & older)	\$4	\$6

Children under 10 years old must be accompanied by an adult (17 yrs or older).

Open Skate Fees

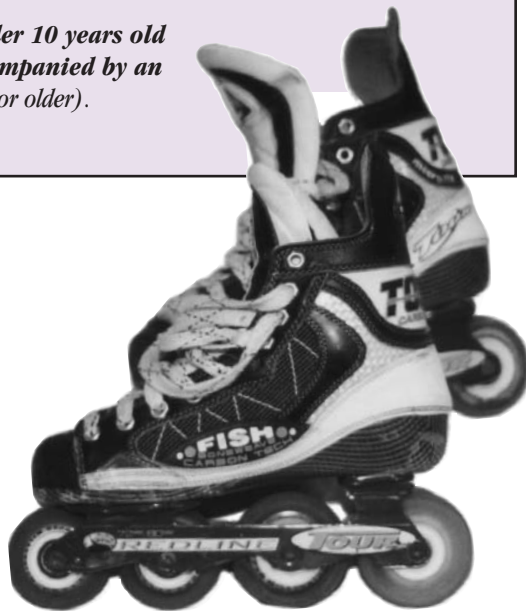
Youth (3-18 yr)	\$3
Adult (19-61 yr)	\$5
Seniors (62 yr & older)	\$3
Family Skate	\$10

(Up to five family members. One must be a skating adult. Only applicable during Family Skate Hours.)

Skate/Rink Rental Fees

Skates \$5/pair
Rink \$100/hour
Rink \$85/hour for current registered adult league teams

Personal inline skates are subject to inspection and rental will be required if skates do not pass inspection.



INLINE SKATING & HOCKEY

Learn To Skate (4 yr-Adult)

Participants will learn proper starting and stopping techniques, how to turn and fall safely. Fee includes instruction, skates rental, and protective equipment for use during the class. **Min 3/Max 10. (BT)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sat	1/7	9-10am	CCC	\$25/35	14481

Cub Inline Hockey Program (5-8 yr)

This program is designed for those players with little or no skating or hockey experience. Emphasis on skating, shooting, passing and defensive responsibilities. This program also includes player and parent orientation. Players must have required inline hockey equipment. **Min 10/Max 50. (BT)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sat	1/14-4/14	9-10am	CCC	\$85/95	14421

Floor Hockey (4-6 yr)

Learn the fundamentals of hockey with age-appropriate equipment. Class includes stick handling, passing, shooting along with team play. Sportsmanship and fun will be emphasized. **Instructor Inline Hockey Staff. Min 5/Max 20. (BT)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sat	1/14-3/10	8-9am	CCC	\$53/63	14422

Inline Hockey— The Game Starts Here!

ECO TIP

De-icing Made Simple! Consider using non-toxic substances such as clean clay cat litter, sand, or fireplace/stove ash to prevent hazardous waste from chemicals when de-icing your driveway and sidewalks.

FACILITY ABBREVIATIONS

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LRC Lions Recreation Center

RPX RecPlex

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MP Meadows Pool

BSP Big Surf Pool

MPGC Mt. Prospect Golf Course

INLINE HOCKEY LEAGUES

Youth Inline Hockey Leagues (7-17 yr)

League emphasizes fun, skill development, team play and sportsmanship. Teams are formed according to individual performance evaluations. This program is sanctioned by USA Roller Sports Association (USARS). According to USARS guidelines, each age division is determined by the players age as of December 31, 2011. Age groups may be combined in order to develop the program. Games and practice time will vary depending on registration. (BT)

Player Evaluations

DAY	DATE	TIME	LOCATION	DIVISION
Tue	1/3	6-7:30pm	CCC	Mites (7-8yr)
Wed	1/4	6-7:30pm	CCC	Squirts (9-10yr)
Thu	1/5	6-7:30pm	CCC	PeeWee (11-12yr)
Tue	1/3	7:30-9pm	CCC	Bantam (13-14yr)
Tue	1/3	7:30-9pm	CCC	High School (15-17yr)

DAY	DATE	LOCATION	DIVISION	R/NR FEE	CODE
Tu-Sa	1/3-4/7	CCC	Mites	\$135/150	14583
Tu-Sa	1/3-4/7	CCC	Squirts	\$135/150	14582
Tu-Sa	1/3-4/7	CCC	PeeWee	\$135/150	14581
Tu-Sa	1/3-4/7	CCC	Bantam	\$135/150	14584
Tu-Sa	1/3-4/7	CCC	High School	\$135/150	14585

Adult Competitive Inline Hockey League (18 yr-Adult)

League format is based on the number of teams registered. Leagues will consist of a regular season and playoffs. Participants must provide their own equipment and game jersey. This league is sanctioned and operated under the direction of the USA Inline Hockey Association. For more information, please call Brian Taylor at 847-255-5380. (BT)

DAY	DATE	LOCATION	DIVISION	R/NR FEE	CODE
Sun	1/8-4/15*	CCC	Bronze	\$1000	14354
Sun	1/8-4/15*	CCC	Silver	\$1000	14355
Sun	1/8-4/15*	CCC	Gold	\$1000	14356

*No games 2/5 & 4/8.

More Inline Hockey programs are available during Winter Break!

(See pages 26 & 27)



FRIENDSHIP PARK CONSERVATORY EVENTS



You are cordially invited to the
Mt. Prospect Park District's Friendship Park Conservatory

Holiday Open House (All ages)

Sat • Dec 3 • 11am-3pm • FPC
FREE Admission!

Young or not so young...this event is one you don't want to miss. Join us at Friendship Park Conservatory for a day of holiday fun. There will be musical groups of all ages, crafts for kids, live reindeer, snowy hay rides, and of course the man in the big red suit too! Sip some hot cider, enjoy a cookie or two, and take in the beautiful floral display of the atrium. Of course, bring your camera for that special photo. Poinsettias will be available for purchase. (TW)

Sponsored
in part by:

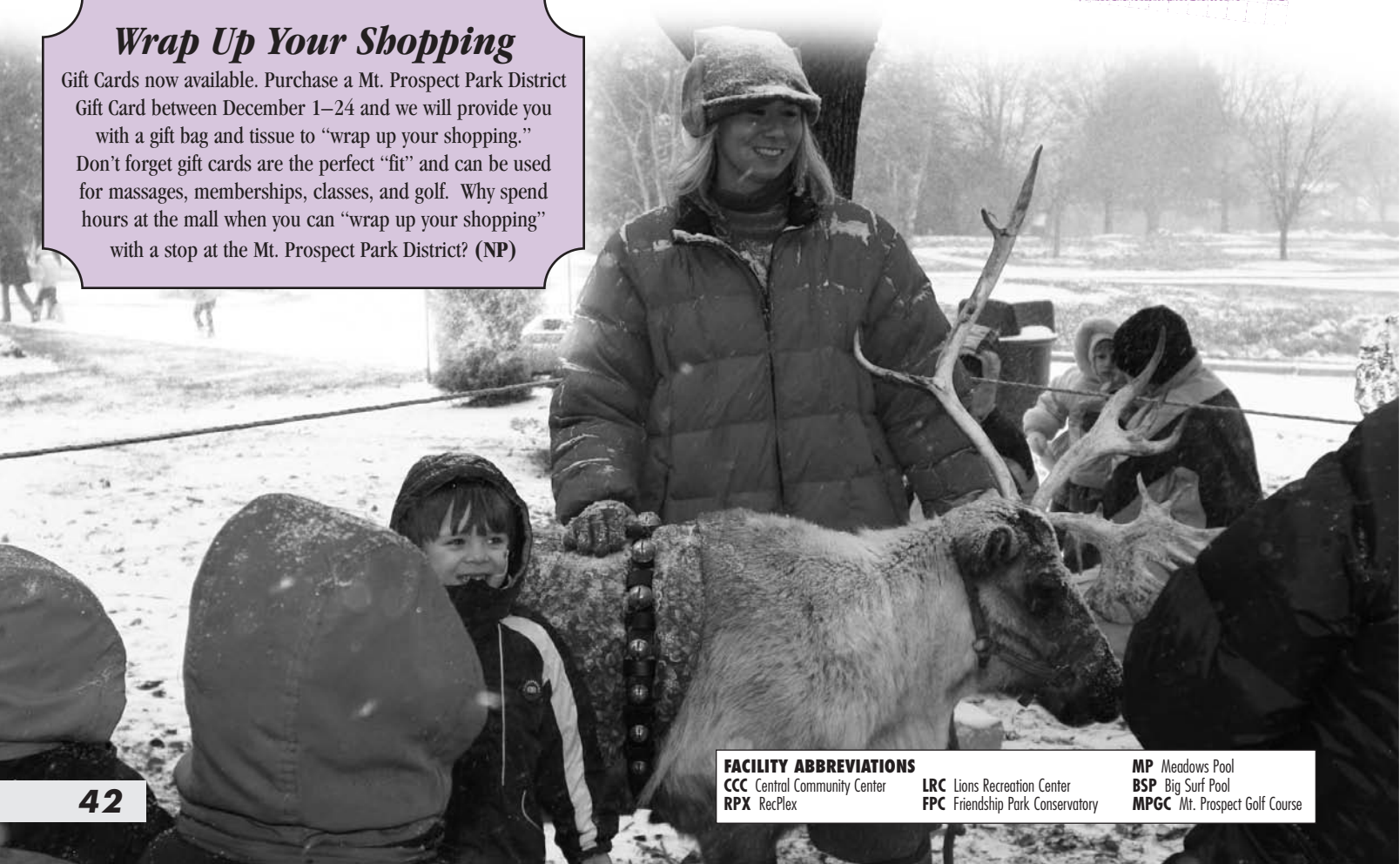
Daily Herald
Big Picture . Local Focus

N&P
Novak & Parker
HOME APPLIANCE
since 1913



Wrap Up Your Shopping

Gift Cards now available. Purchase a Mt. Prospect Park District Gift Card between December 1-24 and we will provide you with a gift bag and tissue to "wrap up your shopping." Don't forget gift cards are the perfect "fit" and can be used for massages, memberships, classes, and golf. Why spend hours at the mall when you can "wrap up your shopping" with a stop at the Mt. Prospect Park District? (NP)



FACILITY ABBREVIATIONS

CCC Central Community Center

RPX RecPlex

LRC Lions Recreation Center

FPC Friendship Park Conservatory

MP Meadows Pool

BSP Big Surf Pool

MPGC Mt. Prospect Golf Course

FPC TOURS & TRIPS

Conservatory Group Tours *(all ages)*

Join us for a tour of the Friendship Park Conservatory's greenhouse and seasonally decorated atrium. For reservation and pricing information please contact Mary Drogos at 847-298-3500. **Min 15/Max 40.**

Nicholas Conservatory & Garden Tour *(18 yr-Adult)* **NEW!**

It might be freezing in Chicago, but with just a short trip we can be in the tropics! Join us for a docent led tour of the brand new Nicholas Conservatory, located along the Rock River in Rockford, Illinois. This newly constructed, 5-story facility features the 3rd largest collection of tropicals in the state, along with beautiful water features and sculptures. After our time in the tropics, we'll enjoy lunch at a local restaurant, before returning. **Lunch is not included in cost of trip. Trip Coordinator Barb Koch. Min 8/Max 14. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Wed	1/25	9am-3pm	FPC	\$22/25	14586

FPC ADULT CLASSES

Whimsical Miniature Garden Series: Romance in the Garden *(18 yr-Adult)* **NEW!**

Sometimes it's the smallest things that bring the most joy! Come join us to make a whimsical miniature garden. Our first class will be "Romance in the Garden." We will provide plants and accessories for you to create your own table top garden, complete with container. Makes an ideal gift. **Registration Deadline Monday, January 23, 12 noon. Instructor Barb Koch. Min 6/Max 12. (NP/TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/30	7-8:30pm	FPC	\$35/40	14596



Holiday Centerpiece *(18 yr-Adult)* **NEW!**

It's your chance to wow your friends with your own candlelight holiday centerpiece. We'll provide a container and all the natural materials (greenery, pine cones, etc.) to create something special for your home. Please bring your own shears to class. **Instructor Barb Koch. Min 6/Max 14. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	12/12	7-8:30pm	FPC	\$15/20	14009

Succulent Terrarium *(18 yr-Adult)* **NEW!**

Terrariums are back...and this one will be filled with interesting succulents. We will provide the container, soil mix, and assorted easy-care plants so you can create something unique. Easy to care for...easy to make! **Instructor Barb Koch. Min 6/Max 14. (TW)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/23	7-8pm	FPC	\$15/20	14593



Cooking with Dave at FPC *(18 yr-Adult)* **NEW!**

Thu • Feb 2 • 7-9pm • FPC
\$20/25 • 14784

Who doesn't like Pasta? David Esau of *Dave's Specialty Foods* will be preparing some of his favorite pasta dishes. He will also cover sauces, proper serving techniques, choosing the right noodle for your sauce, and more. As usual, everyone will enjoy tasty samples along with the recipes and his famous cooking tips. Space is limited and advance registration is required to attend. Wine will be available for purchase. **Don't miss it! Min 20/Max 50. (SKT)**

FPC Kids Classes

Rockin' Roarin' Dinosaurs (3-6 yr)

What has claws, what has teeth, what has a tail and what eats meat? Could it be a roarin' T-Rex, a stompin' Triceratops or a rockin' Stegosaurus? Enter the world of dinosaurs to discover the mysteries of the past. We'll be using books, videos, music and making take-home crafts. **Instructor Mary Drogos. Min 5/Max 12. (KM)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	12/5-12/12	1-2:30pm	FPC	\$14/19	14589
Tue	12/6-12/13	9:30-11am	FPC	\$14/19	14590
Wed	12/7-12/14	1-2:30pm	FPC	\$14/19	14591
Thu	12/8-12/15	9:30-11am	FPC	\$14/19	14592

Tis' the Season (3-6 yr)

Let it snow! Let it snow! Let it snow! What lies beneath the blanket of snow? Where do plants and animals go? Surprises await us as we explore this winter wonderland and create sparkling keepsakes, featuring games, festive music and seasonal books. **Instructor Mary Drogos. Min 5/Max 12. (KM)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Mon	1/9 -1/23	1-2:30pm	FPC	\$20/25	14594
Tue	1/10 - 1/24	9:30-11am	FPC	\$20/25	14595

Reach for the Stars (3-6 yr)

Would you like to swing on a star or carry moonbeams home in a jar? We'll take an imaginary trip through our galaxy in search of the known and unknown. Is the Milky Way really a candy bar? Where does the sun go at night? Can you catch a falling star? Get ready to blast off and bring back souvenirs from our journey. Books and crafts will make the trip a memorable one! **Instructor Mary Drogos. Min 5/Max 12. (KM)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Wed	1/11-1/25	1-2:30pm	FPC	\$20/25	14587
Thu	1/12-1/26	9:30-11am	FPC	\$20/25	14588



LOST & FOUND

Mt. Prospect Park District is not responsible for lost or stolen property. Lost and found property turned into the District and deemed to be worth \$100 or more will be held for two weeks. If unclaimed after two weeks, the property will be turned over to the custody of the Mount Prospect Police Department. All other lost and found property will be held for four weeks and then will be disposed.

ECO TIP

Think outside the envelope! Reuse all those beautiful holiday cards...just cut them, punch a hole, add a ribbon, and reuse them as gift tags next year.

For more information call the Conservatory at 847-298-3500.



Scout Badge Programs at the Conservatory

Girl and Boy Scouts of all levels can earn various nature-oriented merit badges through Friendship Park Conservatory. Please call 847-298-3500 for a list of badge programs offered and to discuss programming and scheduling. **(SKT)**

FACILITY ABBREVIATIONS

CCC Central Community Center

LRC Lions Recreation Center

HSNC Hill Street Nature Center

RPX RecPlex

FPC Friendship Park Conservatory

BSP Big Surf Pool

MPGC Mt. Prospect Golf Course

FPC is Healthy for You!

Bring your kids to **Friendship Park Conservatory** and let them get reacquainted with nature!

- The average US child spends 20% of his/her waking time watching TV.
- Set a good example. Be active & eat colorful healthy foods.
- Choose organic fruits & veggies, if possible, along with whole grains.
- Friendship Park's 3/4 mile walking path offers parents & children an opportunity to walk & talk, see & share nature, and enjoy some fresh air.

Friendship Park Conservatory is available for your special event!

Friendship Park Conservatory is an alluring place to consider for your next business function, corporate meeting or holiday party. A hidden jewel of the north-west suburbs, our facility has an inviting atmosphere that mixes comfort with celebration. We can help bring to life your own personalized event right in the midst of a picturesque oasis. For rental options and assistance in planning your event, please call our rental coordinator, Pat at 847-298-3500. Please visit our facility or our website at www.mppd.org/conservatory.php.



Mt. Prospect Park District supports Scouting and Indian Guides programs

Scout Badge Programs at the Conservatory

Girl and Boy Scouts of all levels can earn various nature-oriented merit badges through Friendship Park Conservatory. Please call 847-298-3500 for a list of badge programs offered and to discuss programming and scheduling. **(SKT)**

Girl Scout/Boy Scout Fitness Badge Class (6-14 yr)

Attention Girl Scout and Boy Scout Leaders! Does your troop need to earn badges related to dance, fitness or healthy lifestyles? Call Caroline Schaefer at 847-640-1000 ext.250 for more information. Classes are custom tailored to fit your needs. **(CS)**

Scouts & Indian Guides Programs at The Studio

Try something creatively different and plan your next outing with us! Weeknights and weekends are available with themed projects for all ages. Scouts of all levels can earn various artistic merit badges through The Studio. For scheduling and more details, call Ruth Yueill at The Studio (847-342-0573). **(TW)**





Winter Season

Pro Shop Winter Hours

- DEC** • Monday-Friday 9am-1pm
Closed Saturdays & Sundays
Closed 12/24-12/31
- JAN** • Monday-Friday 9am-1pm
Closed Saturdays & Sundays
Closed 1/1
- FEB** • Monday-Sunday 9am-1pm

Reminders:

- **Mt. Prospect Golf Course** closes for the season **Dec. 1**.
- **Golf Pro Shop** open through the holidays for golf merchandise and gift certificates.
- **The Grill** closed for food service but available for prearranged parties and events 11/1/10–4/1/11. (Call Open Kitchen's at 847-259-5960)

Reserve 2012 Weekend Tee Times

Teams holding a weekend permanent tee time for the 2011 season will have the chance to renew their same time for the 2012 season. Teams renewing must consist of at least **THREE** of the same four team members as last season. If any renewing team did not like their time from last season, they will have the first opportunity to move to any open tee time slot once the registration period has ended. After this process, any tee times that remain open that were not renewed from last season will then be subject to an in-house lottery of the new teams that applied for a permanent tee time for this season.

Everyone must buy either an "A" Unlimited Play Season Pass for \$1395 (Residents only) or a 20-Play Saturday and/or Sunday Permanent Tee Time Discount Card (\$735 residents/\$750 non-residents per day) for each day to be able to participate in permanent times. This gives you 20 pre-paid 18 hole rounds that you can use for your permanent tee time or ANYTIME else during the week. Once you run out of these 20 rounds, your pass will then turn into a discount card and you will begin to pay the discount green rate for your rounds. The "A" pass and discount card are **NOT** exchangeable with other people and are for your own personal use only.

In addition to the buying either the "A" Unlimited Play Season Pass or Saturday and/or Sunday Permanent Tee Time Discount Card, each team member is required to pay a \$50 permanent tee time fee. Once the pass/card and permanent tee time fee is paid by **ALL** four members, your tee time application will be complete.

Permanent tee times will begin April 7th and end September 2nd. There will be no permanent tee times on August 4th or 5th due to the club championship.

If you have any questions regarding permanent tee times, please call the pro shop at 847-259-4200. Registration for permanent tee times begins **Monday, January 17th**.



GOLFERS!

Don't forget—you must validate your residency to golf at resident rates. See inside back cover.

Swing Analyzer *(15 yr-Adult)*

The P3Proswing Golf Analyzer/Simulator provides a visual representation of highly accurate analysis of club mechanics including: swing path angle, club face angle, club head speed, and angle of attack. Players hit real golf balls into a 12-ft screen while the computer immediately analyzes the data. Included in all our private golf lessons this season. Patrons may use the P3 at \$10/half hour during normal winter Golf Shop hours.

Must call for reservations 847-259-4200. (BB)

FACILITY ABBREVIATIONS

- | | | |
|-------------------------------------|---|--------------------------------------|
| CCC Central Community Center | LRC Lions Recreation Center | MP Meadows Pool |
| RPX RecPlex | FPC Friendship Park Conservatory | BSP Big Surf Pool |
| | | MPGC Mt. Prospect Golf Course |

SENIOR ACTIVITIES

Seniors Programs. . .

Seniors—Don't stay home! Come out and make some new friends while staying active! We'd love to have you join us. Here's a sample of a few classes and activities you might enjoy at the Mt. Prospect Park District. (TW)

Cards for All Occassions	pg. 23
Adult Karate	pg. 37
Adult Tennis	pg. 29
Aqua Exercise Classes	pg. 15
Ballroom Dance	pg. 19
Bridge Club	pg. 48
Budo Tai-Jutsu	pg. 37
Community Band Concert	pg. 22 & 49
Fitness Memberships & Classes	pg. 2-5
Friendship Park Conservatory Trips	pg. 43
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NORTHWEST SPECIAL RECREATION ASSOCIATION

Providing Recreation Services to Individuals With Special Needs

The Mt. Prospect Park District in cooperation with the **Northwest Special Recreation Association (NWSRA)** offers year-round leisure opportunities for individuals of all ages with special needs. Recreation programs are offered in a variety of locations to people with similar abilities and interests. Through NWSRA, the Park District is able to offer such programs as cooking, dance, art, sports, swimming, gymnastics, horseback riding and much more to those with special needs, who require a closer staff to participant ratio than is typically offered in a park district program. NWSRA staff are all certified leisure professionals with knowledge and background of the needs of individuals with disabilities, including those with physical, mental, visual, hearing, learning, behavioral or emotional limitations. NWSRA programs introduce leisure opportunities as well as enhance personal, social and developmental skills of the individuals involved.

Through NWSRA, the Park District also offers opportunities for structured inclusion in Park District programs. Any individual with special needs who is interested in participating in a Park District program may do so by contacting NWSRA or the member park district. Individuals registering, are strongly encouraged to communicate any special accommodation needs. NWSRA is the Park District resource for understanding the needs of individuals with disabilities. The ultimate goal of both NWSRA and the Park District is to provide a positive leisure experience for every individual in their programs.

For more information on NWSRA programs or inclusion services available through NWSRA, a brochure is available at the Park District office or at the NWSRA office at 3000 W. Central Road, Suite 205, Rolling Meadows, IL., 847-392-2848 or 847-392-2855 (TTY).

*Therapeutic Recreation —
The Benefits Are Endless!™*

www.nwsra.org

Wrap Up Your Shopping

Gift Cards now available. Purchase a Mt. Prospect Park District Gift Card between December 1–24 and we will provide you with a gift bag and tissue to “wrap up your shopping.” Don’t forget gift cards are the perfect “fit” and can be used for massages, memberships, classes, and golf. Why spend hours at the mall when you can “wrap up your shopping” with a stop at the Mt. Prospect Park District? (NP)

Guitar Private Instruction *(9 yr-Adult)*

Private instruction in guitar including rock, bluegrass, classical and blues. Please call 847-640-1000 to make an appointment. Fee includes 4 lessons to be scheduled with the instructor. Cancellation of scheduled lessons must be made 24 hours in advance. No-shows and/or cancellations made less than 24 hours in advance will forfeit the fee for the missed lesson.

Instructor Peter Hurtenbach. (TW)

DAY	DATE	PLACE	TIME	R/NR FEE
Sat/Sun	1/7-3/3	RPX	8:30am-2pm*	\$70 (\$18 per half hour lesson)

*By appointment only.

ADULT SAFETY PROGRAMS

Home Firearm Safety *(21 yr-Adult)*

Learn how to safely handle and store guns in the home. Certified instructors with over 45 years of combined law enforcement experience will familiarize you with a wide variety of firearms including pistols, rifles & shotguns.

Please do NOT bring your own firearms to class. Participants will receive a Certificate at completion of the class. **Carboy** is located at 1645 Carboy in Mt. Prospect. **(CM)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
W/Th	12/14-12/15	7-9pm	CARBOY	\$60	14874
Wed	1/11-1/18	7-9pm	CARBOY	\$60	14875

Home Firearm Safety For Women *(21 yr-Adult)*

Ladies! Do you own a gun or thinking about buying one? Do you have NO EXPERIENCE with firearms? This is a great way to familiarize yourselves with firearms in a relaxed and inviting environment. You will learn safe gun handling procedures and guidelines for storing pistols, rifles & shotguns in the home from certified instructors with over 45 years of combined law enforcement experience. Please do NOT bring your own firearms to class. Participants will receive a Certificate at completion of the class. **Carboy** is located at 1645 Carboy in Mt. Prospect. **(CM)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sat	1/7-1/14	9-11am	CARBOY	\$60	14876
Tue	2/7-2/14	7-9pm	CARBOY	\$60	14877

Refuse To Be A Victim *(18 yr-Adult)*

What can you do to keep yourself safe from violent and property crimes? Safety experts agree the single most important factor in surviving a criminal attack is having a personal safety strategy in place before it is needed. This seminar is full of crime prevention and personal strategies you can use to develop your own safety plan. You will learn about the psychology of the criminal mind, home & phone security, automobile & travel security, personal & technological security and more! Participants will receive a Certificate at completion of the class. **Carboy** is located at 1645 Carboy in Mt. Prospect. **(CM)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sat	1/21	9am-12:30pm	CARBOY	\$35	14878

PLEASE NOTE

The lower level of Lions Recreation Center is not handicapped accessible. Please contact Lois Kazan, ADA Coordinator at (847) 255-5380, in advance, so other arrangements can be made.

Dog Training That Works *(16 yr-Adult)*

Focusing on positive reinforcement, this class provides a comprehensive program of dog-friendly and owner-friendly instruction for obedience exercises, hand signals, games, tricks and effective solutions for problem behaviors. Dogs 5 months and older are welcome, including those who have failed other training approaches. Dogs do not attend the first class, but first class attendance is mandatory for the owners. Bring proof of rabies vaccination. **Instructor Dennis Damon. Min 8/Max 20. (CG)**

DAY	DATE	TIME	LOCATION	R/NR FEE	2ND DOG FEE	CODE
Wed	1/11-2/29	7:30-8:30pm	LRC	\$85/95	\$70/80	14673

Practical Puppy Training *(16 yr-Adult)*

This is the most important class you will take with your puppy. Focusing on positive reinforcement, this program is designed to educate new puppy owners in the optimum development of their puppies, to correct existing problems, and to prevent future problem behaviors. Coursework includes socialization exercises, house training, puppy mouthing, leash training, foundation obedience work, management strategies, massage, grooming, nutrition and more! Open to puppies 7 weeks to 5 1/2 months who have had their first set of vaccinations. Older puppies are accepted with instructor approval. Puppies attend all classes. **Instructor Wendy DeCarlo. Min 6/Max 20. (CG)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Wed	1/11-2/15	6:25-7:25pm	LRC	\$65/75	14675

CPR/AED Certification Class *(14 yr-Adult)*

These classes comply with the American Heart Association's rules and regulations and includes a lecture, film, and supervised mannequin practice. Registrants must attend an entire class to attain certification. CPR/AED class will include both infant and adult resuscitation and AED training. Class takes place at Elk Grove Township Fire Dept. **(BGTFD)**, 1415 Algonquin Rd., Arlington Heights. Call 847-364-4236 for directions. **Instructor Elk Grove Township Fire Dept. (MM)**

DAY	DATE	TIME	LOCATION	R/NR FEE	CODE
Sat	1/21	9am-2pm	EGTFD	\$60	14672

Bridge Club *(16 yr-Adult)*

Card play rotates so you and your partner will play against a different partnership each round (Chicago Rubber Bridge). Scores are published and distributed weekly so you will know how well you're doing. New players are always welcome, and coffee is always served. You may even win some quarterly prizes too. **(TW)**

DAY	DATE	PLACE	TIME	R/NR FEE
Wed	Continuous	FPC	6:30-10pm	\$12/10-wk punch card or \$1.50/door



SPECIAL HOLIDAY EVENTS WITH SANTA

■ *Santa's Calling*

Now you can receive a phone call directly from Santa before Christmas. Calls will only be made within the 224 & 847 area codes. Calls will be placed between 6pm and 8pm only on Thursday, Dec 15. Forms for Santa's Calling can be filled out at Lions Recreation Center, RecPlex or Central Community Center Dec 1-9. **(KM)**

■ *Santa's Mailbox*

Kids! Here's a chance to make sure your letter gets to Santa on time. And it's free! Just put your postage-free letter in the specially provided mailboxes at Lions Recreation Center, Central Community Center or RecPlex Dec 1-9. Be sure all letters include a return address and we'll do the rest. **(KM)**

Winter Wonderland Swimfest (5-12 yr) **NEW!**

Thu • Dec 29 • 1:30-3pm • RPX
Res \$5/NR \$7 (per person) • 14866

Drop your snow shovels and kick off your boots and join the fun at our **NEW Winter Wonderland Swimfest!** Play *Marco North Polo*, complete a craft, and participate in the *Treasure Hunt Iceberg Dive*. Participants are invited to stay for open swim at the end of the event. **Children under 10 yrs must be accompanied by an adult. (SKT)**

ECO TIP

Aerosol vs Pump! Did you know that aerosol cans are not recyclable or reusable? If possible, buy cleaning & beauty products in pump-action spray bottles.

Mt. Prospect Community Band Holiday Concerts

Come hear the 70-member Mt. Prospect Community Band play all of your holiday favorites at their annual series of FREE holiday concerts. **(TW)**

DAY	DATE	TIME	PLACE
Sun	12/4	4pm	Trinity United Methodist Church, Mt. Prospect
Mon	12/5	7:30pm	Bridgeway Village, Bensenville
Mon	12/12	7pm	Lutheran Home Chapel, Arlington Heights

AFFILIATE ORGANIZATIONS

Green & White Soccer Association
www.gwsoccer.com

Fencing Club
www.ifcfencing.org

Mt. Prospect Bike Club
www.mpbikeclub.com • Don Ami 847-358-8814

Mt. Prospect Football Association
www.mpfootball.com * 847-636-1912

Mt. Prospect Cheerleading
www.gompcc.com

GET FIT! GET MOVING!

Sign up today for any of these great fitness classes we've put together for teens in mind!

ZumbAtomic For Teens (pg. 10)

Teen Spin (pg. 10)

Fitness Kickboxing (pg. 9)

Rookie Triathletes & Roadrunners (pg. 10)

Holiday Bootcamp (pg. 9)

Small Group Training (pg. 10)

AND THERE'S MORE...

Take advantage of our Super Fitness Sale that gives you access to TWO Fitness Centers! (pg. 1)

Looking for Winter & Spring Break Programs?

(See pages 26, 27 & 56)



Have a Birthday Blast!

We've got a great selection of birthday party packages to choose from! (See pages 58 & 59!)

TEENS

Club RecPlex (Gr 6th-8th)

Club Rec Plex occurs Friday evenings during the school year at Rec Plex. Regular activities include basketball, swimming and volleyball. Join your friends to play some games and have fun. All registered participants must participate in an activity.

Club Rec Plex is only for students in 6th-8th grades. Regular hours are 7-10pm. Weekly registration for Club Rec Plex begins at 6:30pm. Participants that arrive prior to 6:30pm will be charged a daily fee and then must register and pay for Club Rec Plex at 6:30pm. Rec Plex members will not be charged an additional fee but must follow registration procedures. (NP)

DAY	DATE	LOCATION	TIME	RES	NON-RES
Fri	12/2-6/1	RPX	6:30-10pm	\$4	\$6

We're doing our part by

Going Green!

This brochure was designed, proofed and shipped to the printer 100% digitally! It's also printed with soy-based ink on recycled paper!

HELP WANTED

The Mt. Prospect Park District provides equal employment opportunities to all persons regardless of race, creed and all other legally protected categories.

Program leaders, lifeguards and swim instructor positions are available at Mt. Prospect Park District facilities.

Stop by and fill out an application.

AMERICANS WITH DISABILITIES ACT COMPLIANCE STATEMENT

The Mt. Prospect Park District will not discriminate against eligible residents for participation on the basis of a disabling condition. We invite any resident with a special need to contact our staff upon registration so that a smooth inclusion may occur. In addition to the programs listed within our brochure, our District provides additional specialized services for people with disabilities through Northwest Special Recreation Association (NWSRA). Feel free to call them at (847) 392-2848 for more details.



Kid Rock Classes

rockitkids.com

Clap your hands and tap your toes; here at Kid Rock anything goes! Each week we will use our imaginations while singing songs, dancing to the beat, playing with rhythm instruments and props, and practicing fine and large motor skills. Our unique curriculum incorporates various learning styles while combining play with music, enhancing listening skills and promoting socialization. Parents participate in Kid Rock I; Kid Rock II is without parent participation to encourage independence. Curriculum does not repeat throughout the year. It's fun and learning that can't be "beat!" **Instructor Rock N' Kids. Min 4/Max 12. (KM)**

Kid Rock I (20-36 mos. with Parent)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Thu	1/12-2/16	9:30-10:10am	LRC	Multi Purpose	\$50/55	14807

Kid Rock II (3-4 yr without Parent)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Thu	1/12-2/16	10:15-10:55am	LRC	Multi Purpose	\$50/55	14808

Tot Rock (12-24 mos. w/Parent)

It's music and fun rolled into one! Tot Rock is an introductory music class with a large sensory component. Each week we will use rhythm instruments like maracas and tambourines, play with props like a parachute and beanbags, and explore sensory items like bubbles and feathers. In addition to improving your tot's newly-acquired motor skills, each class provides structured and unstructured time to encourage socialization and stimulate your tot. Curriculum does not repeat throughout the year. Sing, dance and play the Tot Rock way! **Instructor Rock N' Kids. Min 4/Max 12. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Thu	1/12-2/16	11-11:40am	LRC	Multi Purpose	\$50/55	14669

More Tots & Kids classes at the Conservatory!

See page 44!

All Parent/Tot Classes

Parents may bring infant under 9 months in carrier or stroller. Over 9 months, see "Babysitting" on page 53.

Tots & Kids Classes

Tiny Tot Gym I (9-18 mos w/Parent)

We combine free play with circle activities to help impressionable tots develop their gross motor skills, create self-awareness independently on age-appropriate gym equipment and just plain have fun. Parents enjoy working with their child on a one-to-one basis. Parents may bring infants under 9 months in a carrier/stroller. **Instructors Mon-Suzy Crothers & Tue-Mary Vitale. Min 8/Max 16. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Mon	1/9-2/27*	9:30-10:15am	RPX	Gym 2	\$30/35	14665
Tue	1/10-2/21	9:30-10:15am	RPX	Gym 2	\$30/35	14666

*No class 2/20.

Tiny Tot Gym II (18-30 mos w/Parent)

Your tot will flip over our songs, circle activities and have a great time on our gym equipment! The benefits of this class include socialization with other children, bonding with parents, and interacting with a variety of imaginative activities. Parents work with their child on a one-to-one basis. Parents may bring infants under 9 months in a carrier/stroller.

Instructors Mon-Suzy Crothers & Tue-Mary Vitale. Min 8/Max 16. (KM)

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Mon	1/9-2/27*	10:15-11am	RPX	Gym 2	\$30/35	14667
Tue	1/10-2/21	10:15-11am	RPX	Gym 2	\$30/35	14668

*No class 2/20.

Play N' Stay Together (2-4 yr w/Parent)

Calling all parents/caregivers, this is a wonderful opportunity to spend quality time with your little one. Each week you'll explore weekly themes that include crafts, circle time songs, group play, interaction time and more. The class will begin in the Play & Learn room then move to the Gym. Please bring an optional snack for story time. This class is developed to work one-on-one with your child. Parents may bring infants under 9 months in a carrier/stroller. **Instructor Suzy Crothers. Min 8/Max 16. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Mon	1/9-2/27*	11:15am-12:15pm	RPX	Play & Learn	\$42/47	14664
Wed	1/11-2/22	10:45-11:45am	RPX	Play & Learn	\$42/47	14867

*No class 2/20.

NOTE: Spring Classes

Next set of classes will begin the week of March 5th. Detail information will be available in our Spring Brochure scheduled to come out in mid February.

FACILITY ABBREVIATIONS

CCC Central Community Center LRC Lions Recreation Center MP Meadows Pool
 RPX RecPlex FPC Friendship Park Conservatory BSP Big Surf Pool
 MPGC Mt. Prospect Golf Course

P.T. Tumblers (2-4 yr w/Parent)

You and your child will flip over fun large motor movement, circle activities, free play, mat activities and more. Roll on over for some fun. **Instructor Lisa Groharing. Min 6/Max 12. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	AGE	R/NR FEE	CODE
Tue	1/10-2/21	9:45-10:30am	CCC	Gym	2-3 yr	\$35/40	14661
Tue	1/10-2/21	10:45-11:30am	CCC	Gym	2-3 yr	\$35/40	14662
Tue	1/10-2/21	1-1:45pm	CCC	Gym	3-4 yr	\$35/40	14663

Lions, Tigers & Bears— Oh My! (2-4 yr w/Parent)

You and your child will participate in adventures through songs, projects, games and other wild activities. The weekly animal theme will guide you through the fun. During story time you will enjoy a snack and drink that the parent provides. **Instructor Cheryl Grigolo. Min 10/Max 14. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Thu	1/12-2/23	10am-11pm	CCC	403	\$42/42	14658

Central Station

Alphabet Express (3-5 yr)

All aboard at CCC for this popular class! Circle time, weekly alphabet crafts & lessons, music, engaging literature, ample opportunity for center time and developing new friendships. Great for preschoolers looking for additional structured activity or those that missed the cutoff. Pull ups okay. Please provide a snack and drink for your child. Children should be comfortable participating without their parent. **Instructors Kathy Bukowski & Phyllis Hartman. Min 10/Max 15. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Mon	1/9-2/27*	12:30-2:30pm	CCC	Preschool	\$63/68	14797

*No class 2/20.

Einstein Explorers (3-5 yr)

We'll extend your child's learning day and introduce them to new explorations. This class will explore circle time, songs, projects, games and other activities to create future Einsteins. Sign up for one or all classes. New curriculum everyday. Please provide a lunch and drink for your child. Children must be potty trained and comfortable participating without their parents/caregivers. Minimum must be met 2 business days before classes. **Instructors Preschool Staff. Min 10/Max 15. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Tue	1/10	12-3pm	RPX	Babysitting	\$14/18	14798
Thu	1/12	12-3pm	RPX	Babysitting	\$14/18	14799
Tue	1/17	12-3pm	RPX	Babysitting	\$14/18	14800
Thu	1/19	12-3pm	RPX	Babysitting	\$14/18	14801
Tue	1/24	12-3pm	RPX	Babysitting	\$14/18	14802
Thu	1/26	12-3pm	RPX	Babysitting	\$14/18	14803
Tue	1/31	12-3pm	RPX	Babysitting	\$14/18	14804
Thu	2/2	12-3pm	RPX	Babysitting	\$14/18	14805

Once Upon a Time (3-5 yr)

Join us in our magical room as we expose the children to literature fun. Each week we'll explore a new book, create a project and do a group activity based on the book. Children should be potty trained and comfortable to participate without their parent. **Instructors Janine Coffee & Phyllis Hartman. Min 10/Max 14. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Fri	1/6-2/24	12:30-2:30pm	CCC	Preschool	\$72/77	14660

Fantastic Fridays! (3-5 yr)

Take some time for yourself while your child is having a fantastic time! Your child will be engaged in circle time, music, art, centers, open play, gym time and plenty of fantastic fun. Please provide a snack and drink for your child. Children should be potty trained and comfortable participating without their parent/caregiver. Class begins at 9:00 but running late is no problem. **Instructors Jeanette Cromie & Tiffany Ensalaco. Min 9/Max 16. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Fri	1/6-2/24	9am-12pm	LRC	Multi Purpose	\$96/101	14806

Building Buddies (3-5 yr)

Lunch anyone? Your preschooler will enjoy our "ocean view" classroom in this fun class. Circle time, weekly alphabet activities, exposure to a variety of art mediums, gym time, story time, music and free play all add to the excitement of building new friendships. Pull ups okay. Children should be comfortable participating without their parent. Bring a lunch w/beverage. **Instructors Kathy Bukowski & Phyllis Hartman. Min 9/Max 15. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Wed	1/11-2/22	12:30-2:30pm	CCC	Preschool	\$63/68	14796

Winter Wiggleland (3-5 yr)



When it was cold and snowy outside come inside to our Winter Wiggleland. The children will be participating in stories, music, art and large motor skills to welcome winter. Sign up for one or all four days, curriculum does not repeat. Children need to bring a lunch and beverage, be potty trained and able to participate without parent/caregiver. Great opportunity to get your holiday business done or just break the winter blues. **Instructors Kathy Bukowski & Phyllis Hartman. Min 10/Max 14. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Tue	12/20	10am-2pm	CCC	Preschool	\$18/22	14792
Wed	12/21	10am-2pm	CCC	Preschool	\$18/22	14793
Tue	12/27	10am-2pm	CCC	Preschool	\$18/22	14794
Wed	12/28	10am-2pm	CCC	Preschool	\$18/22	14795

FACILITY ABBREVIATIONS

CCC Central Community Center
RPX RecPlex

LRC Lions Recreation Center
FPC Friendship Park Conservatory

MP Meadows Pool
BSP Big Surf Pool
MPGC Mt. Prospect Golf Course

Early Childhood

Living it Up at Lions (P.D.O.) (3-5 yr)

Parents Day Out! Take some time for yourself while your child is living it up! Your child will be engaged in circle time, music, art, centers, open play, gym and more lively excitement. Please provide a snack and drink for your child. Children should be toilet trained and comfortable participating without their parent/caregiver. Sign up for all the days or only for the ones that are needed. Daily themes will be incorporated. Min must be met 2 business days before the class date. **Instructors TBA. Min 10/Max 16. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Wed	1/11	9am-12pm	LRC	Multi Purpose	\$14/18	14818
Wed	1/18	9am-12pm	LRC	Multi Purpose	\$14/18	14819
Wed	1/25	9am-12pm	LRC	Multi Purpose	\$14/18	14820
Wed	2/1	9am-12pm	LRC	Multi Purpose	\$14/18	14821
Wed	2/8	9am-12pm	LRC	Multi Purpose	\$14/18	14659

Reading Readiness (4-6 yr) **NEW!**

This program is designed to strengthen your child's reading readiness skills the fun way — through games and activities. A certified reading specialist will gear activities towards your child's needs. Lesson plans include working on letter recognition, letter-sound correspondence, phonemic awareness, and concept of print. Your child will have the opportunity to master the building blocks of learning how to read. **Instructor Ann Sandler. Min 4/Max 10. (KM)**

DAY	DATE	TIME	LOCATION	ROOM	R/NR FEE	CODE
Wed	1/11-2/22	10-10:45am	CCC	403	\$65/70	14829

Mother & Son Luau (4-8 yr w/Mom) **NEW!**

Mom, get out of the cold, grab your little guy(s) and head over to our Hot! Hot! Hot! gym. This will be a perfect evening of games, dancing, craft and dining on delicious kids fare food. This night will be your passport to fun! Come dressed the part to beat those winter blues. **Min 20 couples/Max 40 couples. (KM)**

DAY	DATE	TIME	LOCATION	FEE	ADDITIONAL BOY	CODE
Fri	2/3	6-8pm	LRC Gym	\$30/35	\$10/15 addn'l boy	14674

All Parent/Tot Classes
Parents may bring infant under 9 months in carrier or stroller. Over 9 months, see "Babysitting" on page 53.

REC PLEX BABYSITTING

Looking for a place where you can drop off your child while you take a class? Our caring staff will watch your children in a safe, colorful environment while you take a break, run errands or keep personal appointments. There is a three-hour daily maximum per child. Children must be pre-registered through our park office 24 hours in advance. Registration will be taken on a first-come, first-served basis. Our staff will supervise a maximum of three children per hour under age one. All children must be at least 9 months old and be up-to-date on immunization shots. Hourly rates will be doubled for entire time your child was supervised if you exceed the three hour daily maximum. **(NP)**

Nine months to six year old children are welcome!
Call 847-640-1000 to make an appointment!

DAY	PLACE	ROOM	TIME	PROGRAM R/NR FEE	NON-PROGRAM R/NR FEE
Mon-Thu	RPX	Babysit Rm	8:45am-12pm 4-7pm	\$3.50/4	\$5.50/6
Fri-Sat	RPX	Babysit Rm	8:45am-12pm	\$3.50/4	\$5.50/6

PARENTS AND GUARDIANS

The Mt. Prospect Park District requires that children under the age of 10 be accompanied by an adult (17 yrs or older) to programs and facilities. Any minor child left unattended at a park facility will be transferred to the care of the Mt. Prospect Police Department. In addition, we strongly encourage you to make arrangements for your children to have accessibility to you in the event of an emergency.



KINDERMUSIK

Any questions, please contact *Kindermusik by Colleen* at 847-987-4039 or kindermusikbycolleen.com.



(Birth-18 mos with adult)

Kindermusik Village provides a delightful environment unlike any other. Through a unique blend of multi-level activities that include creative movement, vocal play, object and instrument exploration all senses are engaged. Kindermusik Village is for

lap-babies, crawlers and walkers. **Instructor Kindermusik by Colleen.** Min 6/Max 12. (NP)

“Cock A Doodle Moo!”

DAY	DATE	TIME	LOCATION	R/NR FEE [^]	CODE
Fri	1/20-3/16*	10:45-11:25am	CCC	\$75/80	14654
Sat	1/21-3/17*	11:30am-12:10pm	CCC	\$75/80	14655
Tue	1/24-3/20*	5:45-6:25pm	CCC	\$75/80	14656
Mon	1/30-3/19*	9:15-9:55am	CCC	\$75/80	14657

*No class 1/31, 2/3, 2/4, 2/17, 2/18, 2/20 & 2/21.

[^]Home materials fee of \$40 payable to instructor at first class. Home materials include a picture board book, CD of class songs, Sunshine jingle instrument and a set of art banners.



(6 mos-3 yr with adult)

Kindermusik's Sign & Sing is a developmentally appropriate program for parents and hearing children based on American Sign Language. Using everyday items in engaging small and large group activities, we'll sign songs and practice the way we say the words, play with toys, and help the

children learn both the spoken word and the sign. Parent's will learn to spot their babies' most "teachable moments" and the sign language teaching methods of the experts. Plus they'll learn to recognize and respond to their children's version of signs. When a child is chasing a bubble or asking for the ball, make the sign for it and say the word, and then sees the adult make the sign. Throughout the program over 75 signs will be used in various activities and games that we play together. **Instructor Kindermusik by Colleen.** Min 6/Max 12. (NP)

“Sign & Sing”

DAY	DATE	TIME	LOCATION	R/NR FEE [^]	CODE
Mon	1/30-6/4*	10:45-11:25am	CCC	\$150/155	14653

*No class 2/20, 3/26, 4/9 & 5/28.

[^]Home materials fee of \$35 payable to instructor. Home materials include Family Activity Guide, DVD Glossary and clip-on flashcards.



(18 mos-3 1/2 yr with adult)

This program encourages toddlers to uncover an engaging musical world while building confidence, self-control and communication skills. Our Time reflects the emotional foundations of school readiness. Our Time is a unique

opportunity for parent and children to interact and learn together in an unhurried and joyful manner. **Instructor Kindermusik by Colleen.** Min 6/Max 12. (NP)

“Away We Go!”

DAY	DATE	TIME	LOCATION	R/NR FEE [^]	CODE
Fri	1/20-6/1*	10-10:40am	CCC	\$150/155	14649
Sat	1/21-6/2	10:30-11:10am	CCC	\$150/155	14650
Tue	1/24-5/22*	6:30-7:10pm	CCC	\$150/155	14651
Mon	1/30-6/4*	10-10:40am	CCC	\$150/155	14652

*No class 1/31, 2/3, 2/17, 2/20, 2/21, 3/26, 3/27, 3/30, 4/6, 4/9, 5/25 & 5/28.

[^]Home materials fee of \$55 payable to instructor. Home materials include double CD, two interactive story books, home activity book, two harmonicas.



(Preschool 3 1/2-5 yr)

Imagine That's curriculum, "Toys I Make, Trips I Take" will take your child on an incredible journey of discovery and exploration....a journey that is only limited by the power of imagination. We'll use the theme of a toy

shop to make our pretend-creations, using rhythm and songs with every imaginary saw, hammer, and nail. The result is building the preschoolers sense of a sequence of events which is good for storytelling as well as making their ideas a reality. Each week provides preschoolers one uninterrupted session of imaginative play that's guided in a very specific, sequential way with special sharing time with parents the last 10 minutes of class. **Instructor Kindermusik by Colleen.** Min 6/Max 12. (NP)

“Toys I Make, Trips I Take”

DAY	DATE	TIME	LOCATION	R/NR FEE [^]	CODE
Sat	1/21-6/2*	9:30-10:10am	CCC	\$165/170	14647
Tue	1/24-5/22*	5-5:40pm	CCC	\$165/170	14648

*No class 1/31, 2/4, 2/18, 2/21, 3/27, 3/31, 4/7 & 5/26

[^]REQUIRED home materials fee of \$65 payable to instructor. Home materials include 2 CD's, 2 books, Toys I make, Trips I take play set, family activity book, and Kindermusik drum, all in a back pack.

Have a Birthday Blast!

We've got a great selection of birthday party packages to choose from! *See pages 58 & 59!*

FACILITY ABBREVIATIONS

CCC Central Community Center
RPX RecPlex

LRC Lions Recreation Center
FPC Friendship Park Conservatory

MP Meadows Pool

BSP Big Surf Pool

MPGC Mt. Prospect Golf Course

PRESCHOOL



**Mt. Prospect Park District
Li'l Mountaineers
Preschool Program—
A Great Place To Begin!**

The Mt. Prospect Park District Li'l Mountaineers Preschool program provides an early learning environment. We believe that early learning and development are highly interrelated. Each child is unique. Each child grows and develops skills at their own pace. Young children learn through active exploration of their environment through child-initiated and teacher-selected activities. We provide an early childhood curriculum that is appropriate for the group and individual child. Preschool staff and families work together to ensure that the children are provided with the optimal learning experiences. A copy of your child's birth certificate, a non-refundable \$40 registration fee and May 2012 tuition are required. (KM)

Classes run from September 2011 through May 2012. Parents are expected to commit to a full school year.

Preschool 2011-2012

There is limited openings to begin preschool in January 2012. Please call 847-640-1000 x290 to inquire if the class you are interested in is available. All fees are monthly payments.

2 1/2-3 Year Olds

AGE	DAYS	DATE	PLACE	TIME	R/NR FEE
2 1/2-3	M/W	Sept-May	RPX	9:30-11am	\$82/92
2 1/2-3	T/Th	Sept-May	RPX	9:30-11am	\$82/92

(Must be 3 by March 1, 2012 and toilet trained, Pull-Ups may be accepted)

3-4 Year Olds (New 2.5 hour classes!)

AGE	DAYS	DATE	PLACE	TIME	R/NR FEE
3-4	T/Th	Sept-May	LRC	9:15-11:45am	\$124/134
3-4	T/Th	Sept-May	CCC	9:15-11:45am	\$124/134
3-4	T/Th	Sept-May	CCC	12:30-3:00pm	\$124/134
3-4	M/W/F	Sept-May	CCC	9:15-11:45am	\$166/176

(Birthday on or prior to September 1, 2008 and toilet trained —No Pull-Ups.)

Pre-Kindergarten (New 2.5 & 3 hr classes!)

AGE	DAYS	DATE	PLACE	TIME	R/NR FEE
Pre-K	M/W/F	Sept-May	RPX	12:30-3:30pm	\$162/172
Pre-K	M-F	Sept-May	RPX	9am-12pm	\$250/260
Pre-K	M/W/F	Sept-May	RPX	9am-12pm	\$162/172
Pre-K	T/TH	Sept-May	RPX	9am-12pm	\$110/120
Pre-K	T/TH	Sept-May	RPX	12:45-3:15pm	\$110/120
Pre-K	M/W/F	Sept-May	LRC	9:15-11:45am	\$142/152

(Birthday on or prior to September 1, 2007 and toilet trained)

Jr. Kindergarten

DAYS	DATE	PLACE	TIME	R/NR FEE
T/W/Th/F	Sept-May	LRC	12:45-3:45pm	\$203/213

(Must be 5 years old by March 1, 2012)

BEFORE- & AFTER-SCHOOL CHILD CARE

KinderKlub (AM Kindergarten in Fall '11)

Looking for someone to care for your Kindergarten child in the afternoon? We're hosting an afternoon KinderKlub program. If your child attends Kindergarten in the morning at **Brentwood, Devonshire, John Jay, Robert Frost, Forest View and Westbrook schools exclusively**, they can be bussed to RecPlex for supervised recreational activities during the afternoon. Program activities include large and small motor development, storytelling, music, number and alphabet review, art projects, sports activities and much more. Details concerning fees and availability are provided through Youth/Tot Dept at 847-640-1000. We offer 3 or 5 day options. There is a non-refundable fee of \$25 per family and 9 equal monthly payments throughout the school year. (KM)

August 25 through last day of school June 2012

DAY	TIME	PLACE	COST
M-F	Noon-4pm	RPX	\$17 per day; 5 days \$340 a month; 3 days \$204 a month

Extended Care 7-9am and/or 4-6pm available for additional fee.

Kids Klub (Gr 1-5)

This daily program operates in conjunction with the calendar year of full days of School District 59. (KM)

Before/After School Care

Looking for someone to take care of your kids before and/or after school? The Park District will provide before and after school supervision for the first through fifth graders from **Devonshire, Robert Frost, Brentwood, Forest View and John Jay* elementary schools only**. Children must register through the RecPlex office with a current emergency form on file. There is a non-refundable fee of \$25 per family. Details concerning fees and availability are provided through the RecPlex office; call Youth/Tot Department at 847-640-1000. Robert Frost and Devonshire student transportation arrangements are handled through the school office. For John Jay, the Park District provides transportation to RecPlex for a Minimum of 5 and a maximum of 12 students for a weekly fee. We offer a 3- or 5-day program. There are 9 equal monthly payments throughout the school year. (KM)

**John Jay operates on a different schedule; please contact RecPlex office for detailed information.*

August 25 through last day of school June 2012

DAY	7-9AM DROP OFF		3:30-6PM PICK UP	
	1ST CHILD	ADDL CHILD	1ST CHILD	ADDL CHILD
M-F	\$6/day	\$5/day	\$7.50/day	\$6.50/day
MTWHF	\$120/month	\$100/month	\$150/month	\$130/month

Off-School Specials *(K-5th gr)*

Our Off-School Specials provide recreational programming for the children while school is not in session. Each day is uniquely programmed in our well equipped Kids Klub room to keep the kids active and having fun. Days can consist of trips, sports, games, special themes, crafts and much more. Please see each of the day's permission slips for the daily activities. Forms will be available a month before the specific day. Register at least 10 days in advance to receive the Early Bird Fee. In order to receive the 2nd child fee you must sign all children up at the same time. Space is limited. Do not wait until forms are available to register. Follow Dist. 59 calendar. No refunds less than 5 days prior to the program day. Minimum must be met 4 days prior to program date. Check in no later than 9am.

Min 25/Max 65. (KM)

Winter Session *(Full Day Program)*

DAY	DATE	TIME	LOCATION	ROOM	EARLY BIRD	REGULAR	CODE
					1ST/2ND CH	1ST/2ND CH	
Mon	1/16	7am-6pm	RPX	Kids Klub	\$30/25	\$35/30	14670
Mon	2/20	7am-6pm	RPX	Kids Klub	\$30/25	\$35/30	14671

Kids Klub Closed

HOLIDAY	DATE
Observation of Christmas	12/23 & 12/26
Observation of New Year's	1/2

Looking for Spring Break Camps?

Spring Break Camp will be held at RecPlex March 26–March 30. Details will be available by February 14. Registration available February 8. (See our Spring brochure for more details)



Winter Break Camps *(K-5th gr)*

Spend part of your holiday with us, and we'll make sure that games, crafts, field trips and other recreational activities will keep you busy the entire time you're off school. Winter Break Camp is held in our well equipped Kids Klub room to keep the kids active and having fun. Details on specific activities will be available at www.mppd.org and Lions, CCC and RecPlex offices. You may register for one or all of the days. Please register at least 10 days in advance to receive Early Bird fee. In order to receive the 2nd child fee you must sign all children up at the same time. Permission forms must be filled out, these forms will be available approximately four weeks prior to our camp. No refunds less than 5 days prior to camp. Check-in no later than 9am. **Min 25/Max 65. (KM)**

Winter Break Session

DAY	DATE	TIME	LOCATION	ROOM	EARLY BIRD	REGULAR	CODE
					1ST/2ND CH	1ST/2ND CH	
Mon	12/19	7am-6pm	RPX	Kids Klub	\$30/25	\$35/30	14639
Tue	12/20	7am-6pm	RPX	Kids Klub	\$30/25	\$35/30	14640
Wed	12/21	7am-6pm	RPX	Kids Klub	\$30/25	\$35/30	14641
Thu	12/22	7am-6pm	RPX	Kids Klub	\$30/25	\$35/30	14642
Tue	12/27	7am-6pm	RPX	Kids Klub	\$30/25	\$35/30	14643
Wed	12/28	7am-6pm	RPX	Kids Klub	\$30/25	\$35/30	14644
Thu	12/29	7am-6pm	RPX	Kids Klub	\$30/25	\$35/30	14645
Fri	12/30	7am-6pm	RPX	Kids Klub	\$30/25	\$35/30	14646

Children may not arrive before 7am.

Looking for more Winter Break Programs?

(See pages 26 & 27)

Wrap Up Your Shopping

Gift Cards now available. Purchase a Mt. Prospect Park District Gift Card between December 1–24 and we will provide you with a gift bag and tissue to “wrap up your shopping.” Don't forget gift cards are the perfect “fit” and can be used for massages, memberships, classes, and golf. Why spend hours at the mall when you can “wrap up your shopping” with a stop at the Mt. Prospect Park District? (NP)

Visit mppd.org



Join Our Mailing List

Follow us on 

Mount Prospect Veterans Memorial Expansion

Presented by Mt. Prospect Parks Foundation and Mt. Prospect Park District

We will be expanding the Veterans Memorial at Lions Memorial Park with a striking and venerable addition. Here's your chance to buy a brick or bench and be a part of this lasting tribute to U.S. veterans and current military personnel. Our beautiful new design integrates the existing Veterans Memorial Bandshell into a tranquil and dignified setting featuring a fountain and columns for engraved bricks. You can decide to purchase a brick or bench or simply make a donation towards this exciting project. Visit our website at www.mppd.org/veteransmemorial for prices and order forms.

All donations are welcome. Brick and bench sales are final. We reserve the right to approve messages and placement and color of benches and bricks.



ON TV and NOW ON THE WEB!

Mt. Prospect Park District's *INSIDE THE PARK* Video Magazine

Tune into channel 17 or click on www.mppd.org to view all the latest on Park District events. *Inside the Park* is a slick, fast-paced show that features all of the current Mt. Prospect Park District programs and activities. Check us out — we've been on since 2000!

To stay in the know — check out our show!

Inside the Park can be seen on MPTV channel 17 (Comcast and WOW) at 11am Monday–Thursday and 8pm Friday–Sunday.

Inside the Park video magazine is produced through a partnership with the Village of Mount Prospect Television Services (MPTV) and Howard Kleinstein, cable production coordinator.



Questions about the MPPD Foundation?

Call 847-255-5380

Make checks payable to:

Mt. Prospect Parks Foundation

FACILITY ABBREVIATIONS

CCC Central Community Center

LRC Lions Recreation Center

RPX RecPlex

FPC Friendship Park Conservatory

MP Meadows Pool

BSP Big Surf Pool

MPGC Mt. Prospect Golf Course

Parties



Have an Awesome Birthday Bash With Us!

mppd.org

Visit us online at www.mppd.org to reserve your party today!

■ Studio Arts & Crafts Birthday Party

(847) 342-0573 *(Recommended for ages 6 & up)*

Head to *The Studio* for a “one-of-a-kind” craft birthday spectacular! Over 500 parties have come through our door as our super staff guides you through custom choices in theme, colors and quality projects. No two parties are ever the same! Create 2 projects per party – dozens of choices for boys and girls! Start to finish instruction provided – book early – our calendar fills up fast! Contact Ruth Yueill at 847-342-0573 or drop in during open studio hours at 1326 W. Central Rd. at Melas Park. (TW)

■ Magic Birthday Party

(847) 255-5380 ext. 272 *(Recommended for boys & girls, ages 4-14; parties also available for adult audiences)*

Make your party unique, entertaining, and memorable with the incredible magic of Gary Kantor. All shows are interactive—your child will come up on stage and become a junior magician and be “a star” right before your eyes! (NP)

■ Flower Fancy Glam Party

(847) 255-5380 ext. 272 *(Recommended for girls ages 4-8)*

Each girl has her hair done with handmade flower barettes, clips followed by a make-up application; and nails are primed with flower nail art. Each guest also creates two projects decorated with flower embellishments. The party concludes with a fashion show and each guest receives a fancy silk flower lei to take home. (NP)

■ Hidden Treasure Chest Party

(847) 255-5380 ext. 272 *(Recommended for boys & girls, ages 4-6)*

Ahoy mates & dolls! This popular co-ed party includes a group treasure hunt as well as two age-appropriate craft projects! (NP)

■ Super Sassy Spa Party

(847) 255-5380 ext. 272 *(Recommended for ages 7-12)*

Come enjoy a day at the spa! This fun, interactive party includes facials, manicures and pedicures complete with cool nail art. Each guest also creates her own crystal beaded charm bracelet. An awesome spa bag filled with goodies is included. (NP)

■ Pop Rock Glam Jam

(847) 255-5380 ext. 272 *(Recommended for ages 6-11)*

Each girl is treated to a rock star make-over in this fun party! The guests also decorate a crystal beaded bracelet and a personalized memory album is created for the birthday girl! The second half of the party includes the Limbo, a hula hoop competition, The Cha-Cha slide and Freeze Dance. There is also a unique way to include boys in this party! (NP)

■ Glamour Girlz Bling Party

(847) 255-5380 ext. 272 *(Recommended for ages 4-10)*

Each girl gets her own “glam” look including hair extensions, make-up and nail polish applications. Each guest also designs a crystal beaded bracelet and decorates a small wooden jewelry trinket box. This party finishes with a red carpet fashion show complete with boas. (NP)



Let's Party!

Themed Birthday Parties

We can change your average party into a fantastic memorable experience!

■ Inline Skating Party

(847) 255-5380 ext. 272 *(Recommended for ages 6-13)*

This package includes time on the skating rink as well as time in one of our Party Rooms. Prices range from \$120-150 based on a 10 person minimum. Includes party room, skating time, invitations, set up and clean up. Inline skate rental is included or you can bring your own. **(NP)**

■ Hockey Party

(847) 255-5380 ext. 272 *(Recommended for boys & girls, ages 5-10)*

Here is a unique party for the sports lover! Party includes 30 minutes of hockey instruction on the inline rink led by one of our talented hockey staff. Activities will include puck passing, basic rules of the game, simple drills, and of course, inline skating. **(NP)**

■ Sports Birthday Party

(847) 255-5380 ext. 272 *(Recommended for ages 4 & up)*

Our professional staff will design a sports birthday party especially for your child. Party package includes an hour of planned sports activity, the birthday child picks the sports they want to play, as well as one hour in one of our party rooms. Package price start at \$12 per person (minimum of 10 kids). **(NP)**

■ Pom-Pom Step Birthday Party

(847) 640-1000 ext. 285 *(Recommended for girls, ages 7-12)*

At this energetic party, participants will spend one hour learning a choreographed routine to fun energetic music, on a step bench while using pom-poms. Participants will take the pom-poms home after the party as a souvenir of the exhilarating party. After the work out participants will have access to a party room for an hour of snacks, gift opening (snacks are provided by the rental group). **Max 25. (EK)**

■ RecPlex PlayPlex Indoor Playground

(847) 640-1000 *(Recommended for ages 3-5)*

A bright and colorful place where children can safely bounce, tumble, and climb! Adult super-vision required. Child must be at least 3 years old and under 4 ft. in height. Rent our party room next door too. **(EK)**

■ RecPlex Pool Party (847) 640-1000

They swim, you rest! Our 8-lane pool and tot pool are available for rental year-round and we're happy to accommodate your group! Our gym, basketball courts and other rooms are also available. **(EK)**

■ Golf Birthday Party *(Weather dependent)*

(847) 259-4200 *(Recommended for ages 5-13)*

Kids of all ages can have a party at our golf driving range and putting green. A golf professional will act as your party liaison. Providing instruction on our driving range and a putting contest on the practice green. After play you'll party in our private banquet tent. Packages include food (choice of pizza or hotdog w/chips), pop, range balls and golf club rental and prizes. Bring your own cake! A minimum of eight guests is required. Package price is \$17.50 per person. **(BB)**



FACILITY ABBREVIATIONS

CCC Central Community Center

LRG Lions Recreation Center

RPX RecPlex

FPC Friendship Park Conservatory

MP Meadows Pool

BSP Big Surf Pool

MPGC Mt. Prospect Golf Course

Rentals

Follow us on 

Think of Mt. Prospect Park District when planning your next event—we have much to offer!

Central Community Center

(847)255-5380

Conveniently located approximately 1 mile from the Mount Prospect Metra station, this beautiful facility offers a regulation inline skating rink, gymnasium, and five rental activity rooms. We proudly offer a unique and flexible birthday party service designed to fit your individual needs. We love helping make your event a success!



Friendship Park Conservatory

(847)298-3500

We're the perfect setting for your special event. Imagine how lovely your photos could be in such a stunning setting. Enjoy pre-dinner cocktails in the reception foyer offering a panoramic view of the courtyard and an exquisite indoor atrium display that changes with the seasons. Rent all or part of this facility for a very personalized event. Our banquet room looks out onto a sea of flower beds and can be customized to provide an intimate atmosphere for 30, 75 or up to 120 guests. For a virtual tour, visit www.letsplanawedding.com then click "Reception Venues."

Mt. Prospect Golf Club

(847)259-4200

This is the ideal facility for all your golf and banquet needs. Our clubhouse features a restaurant, covered veranda and pro shop all in a classic style country-club setting with views of our historic golf course. The outdoor banquet tent seats up to 150 guests and can accommodate any golf outing or event. Open Kitchens Foods operates all of our food, beverage and banquet services and can arrange beverage service and catering for any type of event. For information, please contact event coordinator Jan Benedetto at 847-812-7439.



RecPlex

(847)640-1000

We can accommodate any size group for any occasion. Rent a room, the pool, the gym, or the entire building. Volleyball or basketball courts are also available for private use (limited times).

From birthday parties to business seminars—we can meet your individual needs.

Lions Recreation Center

(847)632-9333

An affordable alternative for special gatherings, our facility has rental packages for any event you have in mind. Rent a room, the gym or the entire building. We'll assist you in creating a memorable experience for your guests at a location nestled in residential surroundings convenient to public transportation.



RESIDENTS PLEASE NOTE!

You must validate your residency within the Mt. Prospect Park District in order to register for activities at resident rates. Please visit RecPlex, CCC, MP Golf Course, Lions Rec Center or Friendship Park Conservatory. **DO IT TODAY!**

Details on Inside Back Cover!

Early Registration Deadline is December 7 • *All early registration subject to lottery*

Early Registration

Through December 7

Bring proof of residency to receive resident rates (details inside back cover). Register at RecPlex, CCC, MP Golf Course, Lions Rec Center or Friendship Park Conservatory.

Open Registration

Begins December 9

Bring proof of residency to receive resident rates (details inside back cover). Registration open to residents and non-residents. Register at RecPlex, CCC, MP Golf Course, Lions Rec Center or Friendship Park Conservatory.

Phone

847-956-5353

M/W 9am-5pm • Tu/Th/F 9am-1pm • Sat 10am-1pm
Please have your class codes ready along with your credit card.

Online

www.mppd.org • Everyday • 24 Hours a Day
The Park District has taken all precautions to insure the privacy of your personal information. The registration form runs on a secure server and your information will be encrypted. See page 62.

PLEASE NOTE

If you have not validated your Park District residency, you will not receive resident rates.

Reminders

LOTTERIES Lotteries will be held for programs which go over their limit from all registrations received through December 7. Any registration received after December 7 will be processed simultaneously with all registrations received as availability exists on December 9.

REGISTRATION Unless notified otherwise by park personnel, you will be automatically registered for the classes and times you prefer. **No receipt will be sent to you.** If you are not admitted to a class, you will be notified by phone. You will receive a full refund if we cancel a class.

REFUNDS To view our refund policy go to www.mppd.org/refund/. If refunds are given, a service fee of \$3.00 per program will be charged. Service fees will be waived for any credit put on your Park District file. Refunds will be processed as a family credit unless specified otherwise.

CANCELLATIONS To cancel your registration for a class you must contact us at least 2 full days prior to the start of a class, unless otherwise stated. We cannot guarantee a credit/refund if these guidelines are not met. Service fees still apply for refunds.

NON-RESIDENT FEES A surcharge for non-residents will be added to most programs. This fee may be waived for certain activities at the discretion of the Park District. Residents are given admission priority to all activities, prior to walk-in registration.

PRIORITY RESIDENT REGISTRATION Residents pay taxes to the Mt. Prospect Park District and support the parks in our community. They have first priority in our registration process. In using a lottery system for our more popular programs, residents' names will be drawn first. After our residents have been served, we then allow non-residents into our programs. We are here to serve you fairly.

Mt. Prospect Park District Golf & Recreation Staff

Sharon Anderson (SA)- *Director of Recreation*
Brett Barcel (BB)- *PGA Director of Golf Operations*
Bob Ancona (BA)- *Athletic Program Manager*
Christina Greco (CG)- *Lions Recreation Center Manager*
Jeff Langguth (JL)- *PGA Head Professional*
Mike Macella (MM)- *Fitness Coordinator*

Kathy Muellner (KM)- *Early Childhood & Youth Manager*
Joe Patterson (JP)- *Youth Athletic Coordinator*
Nancy Prosser (NP)- *Facilities Manager*
Brian Taylor (BT)- *Central Community Center Coordinator*
Sarah Thompson (SKT)- *Aquatic Manager*
Teri Wirkus (TW)- *Cultural Arts Manager*

For General Programming Inquiries, Class Cancellations, Transfers and Availability of Classes, Call
847-640-1000 or 847-255-5380

Online Form

Follow us on 

IN ORDER TO SAFEGUARD YOUR CREDIT CARD INFORMATION AND PROVIDE THE CONVENIENCE OF REGISTERING ONLINE, THE MT. PROSPECT PARK DISTRICT REQUIRES THE FOLLOWING INFORMATION.

Complete form (please print) and enclose credit card information (see below).

Family Last Name _____

Address _____

City _____ Zip _____

Home Phone (_____) _____ Work Phone (_____) _____ E-mail _____

MAIL TO: Attn: REGISTRAR
Mt. Prospect Park District
420 W. Dempster St.
Mt. Prospect, IL 60056



Please list the full names and birthdates of all members of your immediate family who reside in the same dwelling as you.

Online Registrations will only be processed for those individuals listed on this application.

Full Name (First/Middle/Last)	Male/Female	Birthdate (Month/Day/Year)
1. _____	___ / ___	___ / ___ / _____
2. _____	___ / ___	___ / ___ / _____
3. _____	___ / ___	___ / ___ / _____
4. _____	___ / ___	___ / ___ / _____
5. _____	___ / ___	___ / ___ / _____
6. _____	___ / ___	___ / ___ / _____

Payment for registrations made through Mt. Prospect Park District's Online Registration Program must be made by Visa, MasterCard, Discover or Diners Club card. The Visa, MasterCard, Discover or Diners Club card information listed below will be used for all Online Registrations received for those individuals listed above. The Mt. Prospect Park District reserves the right to cancel Online Registration privileges if the Visa, MasterCard, Discover or Diners Club card listed below is ever declined when processing payment.

The following Visa, MasterCard, Discover or Diners Club account may be used for payment for all Online Registrations received by the Mt. Prospect Park District for individuals listed on this application.

Cardholder Name (please print) _____

Cardholder Authorized Signature _____ Date _____

Credit Card (check one) Visa MasterCard Discover Diners Club

Account Number _____ Expiration Date _____

This application will be kept on file. Please keep a copy for your files.

If any information on this form changes, you must resubmit a new form in order to use our Online Registration Program.

Reminder:

***To Receive Resident Rates You Must Come In Person
To Validate Mt. Prospect Park District Residency.***

If you do not validate your residency, you will be registering at non-resident rates. See inside back cover for details.

Click On  For the Latest Information!

1. Prospect Meadows Park

Forest Ave.
Baseball Diamond (1)
Basketball
Playground
Shelter

2. Meadows Pool & Park

1401 W. Gregory St.
Outdoor Pool
Baseball Diamonds (3) 2 lighted
Softball Diamond
Shelter & Concessions

3. Fairview Park & School

Gregory St. & Fairview St.
Playground
Baseball Diamonds (2)

4a. Melas Park

1400 W. Central Rd.
Football/Soccer Fields (5)
Walking Path (1.3 mi. perimeter)
Shelter
Concessions

4b. The Studio

1326 W. Central Rd.
Visual Arts Center

5. Westbrook School

Central Rd. & Weller Ln.
Playground
Baseball Diamonds (2)

6. We-Go Park

Between Lancaster St. & We-Go Tr.
Playground
Basketball

7. Mt. Prospect Golf Club

600 See-Gwon Ave. (847-259-4200)
18 hole Golf Course
Clubhouse/Bar & Grille
Pro Shop
Meeting Room

8. Weller Creek

Along Weller Creek & Council Trail
Basketball (2)
Scenic Trails

9. Robert T. Jackson Clearwater Park

Golf Rd. & Busse Rd.
Playground
Tennis Courts (4)
Lake
Walking Path/Public Walk (3/4 mi.)
Shelter

10. Sunset Park

Lonnquist Blvd. & Wa-Pella Tr.
Baseball Diamond (1)
Playground
Soccer Practice Field (1)

11. Robert Frost School & Park

Linneman Rd. & Frost Dr.
Baseball Diamond (1)
Playground/Walking Path (1/4 mi.)
Basketball

12. Kopp Park

Dempster St. & Linneman Rd.
Baseball Diamond (1)
Softball Diamond (1)
Pathways
RecPlex Recreation Center
Soccer Fields (2)

13. RecPlex

420 W. Dempster St. (847-640-1000)
Fitness Center/Free Weight Room
Indoor Pool/Tot Pool
Indoor Walking/Running Track
Racquetball Courts (3)
Gymnasium (3 courts)
Multipurpose Rooms
Preschool/Youth Programs
Playgrounds (Indoor/outdoor)

14. Gregory Park

411 E. Rand/Gregory
Baseball Diamond (1)

15. Hill Street Nature Center

Hill St./Rand Rd.
Walking Path/Boardwalk
Playground/Picnic Area/Shelter
Team-Building Course

16. Emerson Park

Gregory St. & Emerson St.
Playground
Basketball Court

17. Busse Park

Thayer St. & Owen St.
Baseball Diamonds (2)
Basketball (half courts in tennis area)
Playground
Tennis Courts (2)

18. Owen Park

Busse St. & Owen St.
Playground
Baseball Diamond (1)
Basketball Court

19. Lions Memorial Park

411 S. Maple St. (847-632-9333)
Recreation Center/Dance Studio
Outdoor Big Surf Wave Pool
Veterans Memorial Bandshell
Baseball Diamonds (2) 1 lighted
Football Fields (4)
Ice Skating
Soccer Fields (2)
Tennis Courts (8 lighted)
Playground

20. Sunrise Park

Sunset & William St.
Soccer Fields (3)
Playground
Walking Path/Public Walk (0.42 mi.)

21. Countryside Park

South Emerson St. near Golf Rd.
Playground
Basketball Court
Walking Path/Public Walk (0.22 mi.)

22. Brentwood Park

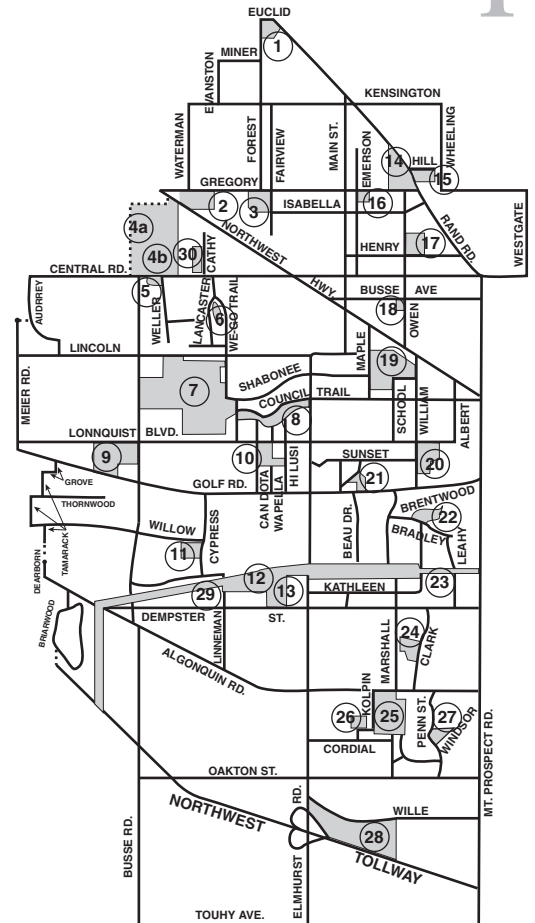
Dulles St. & Brentwood St.
Baseball Diamond
Playground (owned by Dist. #59)

23. High Ridge Knolls

Between Rt. 83 & Mt. Prospect Rd.
Baseball Diamonds (2)
Playground/Pathways (1 mi.)

24. Einstein Park

Marshall St. & Florian St.
Baseball Diamonds (2)
Basketball Court
Playground & Shelter



25. Friendship Park Conservatory

395 Algonquin Rd. (847-298-3500)
Conservatory/Greenhouse/Atrium
Banquet & Meeting Rooms

26. Rosemary S. Argus Friendship Park

Algonquin Rd. & Koplín St.
Baseball Diamonds (3) 2 lighted
Playground
Ice Skating
Tennis Courts (4 lighted)
Soccer Field (1)
Walking Path/Public Walk (0.94 mi.)

27. Devonshire Park

Pennsylvania Ave. & Windsor Dr.
Baseball Diamond (1)
Playground (2)

28. Majewski Metro Athletic Complex

Elmhurst Rd. & Wille Rd.
Soccer Fields (4)
Softball Diamonds (3 lighted)
Fieldhouse

29. Redwood Playground

Redwood St. & The High Lines
Garden Plots
Playground
Bike Path (0.3 mi. to Busse; 0.7 mi. to RecPlex)

30. Central Community Center and Administrative Offices

1000 W. Central Rd. (847-255-5380)
Fitness Center
Inline Skating Rink
Multipurpose Rooms
Youth Gym

By Age

5 YEAR OLDS & UNDER

All-Star Sports	38
Ballet	17-18
Building Buddies	52
Bully-Safe Youth Jiu Jitsu	37
Central Station Alphabet Express	52
Color With Me	23
Conservatory Classes	44
Crafts	23, 25, 44
Einstein Explorers	52
Fantastic Fridays	52
Floor Hockey	40
Fun With Football	39
Gymnastics	36
Infant Water Adjustment	14
Inline Skating & Hockey	40
Kid Rock	51
Kidnastics	39
Kindergarten Art Adventures	23
Kindermusik	54
KinderKlub	55
Lions, Tigers & Bears—Oh My!	52
Little Dribblers	38
Living It Up At Lions	53
Mother & Son Luau	53
Once Upon A Time	52
Parent & Tot Dance	17
Parent & Tot Sports Stop	38
Play N' Stay Together	51
Pre-Karate	37
Preschool	55
Pre-Tap	18
P.T. Tumblers	52
Reading Readiness	53

Soccer	34-35, 38
Solo Sports Class	38
Sporting Encounters	38
T-Ball Training Camp	38
Tiny Tappers	17
Tiny Tot Gym	51
Tot Swim Lessons	12, 14
Tot Tennis	29
Winter Break Camps	26-27
Winter Wiggleland	52

6-9 YEAR OLDS

Art Classes	23-25
Ballet	18
Baseball/Softball	30-32
Basketball	33
Budo Tai-Jitsu	37
Bully-Safe Youth Jiu Jitsu	37
Conservatory Classes	44
Crafts	23-25
Dance Classes	17-21
Fun With Football	39
Gymnastics	36
Hip Hop for Guys	21
Inline Skating, Hockey	40-41
Karate	37
Kids Klub AM, PM	55
Kids On Stage	22
Off-School Specials	56
Soccer	34-35, 38
Swim Lessons	12-14
T-Ball Training Camp	38
Tennis	29
Tumbling for Cheerleading	36
Winter Break Camp	26-27, 56
Winter Drawing Series	23

10-13 YEAR OLDS

Art Classes	23-25
Ballet	20
Baseball/Softball	30-32
Basketball	33
Budo Tai-Jitsu	37
Bully-Safe Youth Jiu Jitsu	37
Club RecPlex	50
Crafts	23-25
Dance Classes	17-21
Guitar Lessons	48
Gymnastics	36
Hip-Hop	21, 26
Inline Skating, Hockey	40-41
Karate	37
Kids On Stage	22
Off-School Specials	56
Soccer	34-35
Studio Paint Pass	24
Swim Lessons	12-14
Jazz Dance	19, 21
Tennis	29
Tumbling for Cheerleading	36
Winter Break Camp	26-27, 56
Winter Drawing Series	23

14-17 YEAR OLDS

Art Classes	23-25
Ballet	19-20
Baseball/Softball	30-32
Beginning Oil Painting	23
Bridge Club	48
Budo Tai-Jitsu	37
CPR/AED Certification Class	48
Crafts	23-25
Dance Classes	17-19

Dog Training That Works	48
Golf	46
Guitar Lessons	48
Gymnastics	36
Hip-Hop	21, 26
Inline Skating, Hockey	40-41
Karate	37
MMA & Fitness Kidboxing TBC	8
Pilates With Mini Ball	5
Practical Puppy Training	48
Raquetball	3
Soccer Training	35
Spinning	9
Swim Lessons	12-14
Jazz Dance	19, 21
Tennis	29
Tumbling for Cheerleading	36
Volleyball	28
Wallyball	3
Yoga/Tai Chi	5

18 YEAR OLDS & UP

Adult Art Classes	23
Adult Swim Lessons	14
Baby Boomers Boot Camp	8
Baby Boomers on Bikes	9
Ballet	19-20
Ballroom Dance	19
Baseball Umpire Clinic	32
Basketball, Adult	28
Bridge Club	48
Budo Tai-Jitsu	37
Conservatory Trips/Events	42-43
Dog Training That Works	48
Expecting Moms on the Move	8
Fitness Centers/Memberships	2-3

Golf	46
Group Fitness Classes	6-7
Guitar Lessons	48
Holiday Craft Jewelry	23
Inline Skating, Hockey	40-41
Karate, Adult	37
MMA & Fitness Kidboxing TBC	8
Oil Painting	23
Personal Fitness/Training	4
Pilates With Mini Ball	5
Practical Puppy Training	48
Raquetball	3
Softball, Adult	28
Spinning	9
Tai Chi	5
Tennis	29
Volleyball	28
Wallyball	3
Water Exercise Classes	15
Wedding Party Boot Camp	8
Yoga/Tai Chi	5

SENIORS

All preceding programs are open to seniors; however, these programs are specifically designed for seniors.

Art Classes	23
Ballroom Dance	19
Bridge Club	48
Conservatory Trips/Events	42-43
Health Fair/Tests	11
Senior Activities	47
Senior Forever Fit	6-7
Senior Swim	16
Silver Series	11
Water Exercise Classes	15
Yoga/Tai Chi	5

By Program

A	
Adult Safety Programs	48
Affiliate Organizations	49
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Art Academy	24
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B	
Baby Boomers Boot Camp	8
Baby Boomers on Bikes	9
Babysitting, RecPlex	53
Ballet	17-20
Ballroom Dance	19
Baseball	30-32
Baseball Umpire Clinic	32
Basketball	28, 33
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Budo Tai-Jitsu	37
Building Buddies	52
Bully-Safe Youth Jiu-Jitsu	37
C	
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Chilly Thespians	24

Club RecPlex for Teens	50
Color With Me	23
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Crafts	23-25, 43-44
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Dance Classes	17-21
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E	
Einstein Explorers	52
Expecting Moms on the Move	8
F	
Fantastic Fridays	52
Fitness Centers/Memberships	2-3
Fitness Classes	4-11
Floor Hockey	40
Form & Function with Free Weights	10
Fun With Football	39
G	
Gingerbread House Party	25
Girl/Boy Scout Badges	45
Golf	46
Group Fitness Classes	6-7
Guitar Lessons	48
Gymnastics	36
H	
Health Fair/Tests	11
Hip-Hop	21, 26

Holiday Boot Camp	8
Holiday Craft Jewelry	23
Holiday Open House	42
I	
Ice Skating	39
Inline Skating, Hockey	40-41
J	
Jazz Dance	19, 21
K	
Karate	37
Kickboxing	8
Kid Rock	51
Kidnastics	39
Kids Klub-AM, PM	55
Kids On Stage	22
Kid's Priority Gym	40
Kindergarten Art Adventures	23
KinderKlub	55
Kindermusik	54
L	
Lions, Tigers & Bears—Oh My!	52
Little Dribblers	38
Living It Up At Lions	53
M	
Massage	5
Map	63
MMA & Fitness Kidboxing TBC	8
Mighty Mountaineers	51
Mother & Son Luau	53
Mt. Prospect Parks Foundation	57

O	
Off-School Specials	56
Oil Painting	23
Once Upon A Time	52
Online Registration Form	62
Ornament Workshops	25
P	
Parent & Tot Dance	17
Parent & Tot Sports Stop	38
Performing Arts	17-21
Personal Fitness Services	4
Personal Training	4
Pilates With Mini Ball	5
Play N' Stay Together	51
Pools	16
Practical Puppy Training	48
Preschool	55
P.T. Tumblers	52
R	
Raquetball	3
Reading Readiness	53
Registration	61-62
Rentals	60
Rookie Triathletes & Roadrunners	10
S	
Santa's Calling & Santa's Mailbox	49
Senior Activities	47
Senior Swim	16
Silver Series	11
Soccer/Soccer Leagues	34-35, 38

Softball	28, 31
Solo Sports Class	38
Spinning	9
Sporting Encounters	38
Studio Paint Pass	24
Swim Lessons/Swim Team	12-14
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T-Ball Training Camp	38
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Tap Dance	17-19, 21
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Tennis	29
Tiny Tot Gym	51
Tumbling for Cheerleading	36
V	
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Volleyball	28
W	
Wallyball	3
Water Exercise Classes	15
Wedding Party Boot Camp	8
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Winter Break Camps	26-27, 56
Winter Drawing Series	23
Winter Wiggleland	52
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Yoga	5
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ZumbaAtomic	10
Zumba Resolution	10

DON'T FORGET TO VALIDATE YOUR RESIDENCY

We want to be sure that you receive the correct rate for our programs that you're entitled to as a **resident** of Mt. Prospect Park District. If you haven't already done so, you must validate your residency in order to receive resident rates for our many memberships, classes and activities. All you have to do is visit RecPlex, Central Community Center (CCC), Lions Rec Center, Mt. Prospect Golf Course or Friendship Park Conservatory, show your proof of residency* and be entered into our registration system. Whether you're a first-time user or one of our long-time, loyal patrons—**everyone** has to re-establish their residency with us. It's a quick and easy process that will allow you to enjoy resident rates.

Thank you for your support, time and cooperation!

***Acceptable Proofs of Residency:**
The following MUST have your name and address printed on it: Driver's License or State ID, Current Utility Bill, Real Estate Tax Bill, Signed Lease or Residential Closing Statement, or Public Aid Card.

YOUTH & SENIORS
You must verify your age
in order to receive discounts,
as applicable.

Directory

Our Mission

The Mt. Prospect Park District Board of Commissioners has established the following principles of intent guiding the development and operations of the District:

1. Provide quality open land, facilities and wholesome recreation for residents of the Mt. Prospect Park District.
2. Provide safe and environmentally responsible open land, facilities and recreation.
3. Apply fiscally responsible and prudent business practices over assets of the Mt. Prospect Park District.
4. Promote and maintain community partnerships.
5. Provide optimum access to all lands and facilities for the Mt. Prospect Park District residents.
6. Promote and maintain inter-governmental and corporate relationships.
7. Provide quality employment opportunities at the Mt. Prospect Park District.

Board of Commissioners

John Eilering *President*
Timothy Doherty *Vice President*
Julia Caporusso *Secretary*
William (Bill) Klicka *Treasurer*
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Lisa Tenuta *Commissioner*
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Director of Administration & Human Resources
Catherine A. Miller
Director of External Affairs & Executive Director of MP Parks Foundation
Sharon Anderson
Director of Recreation
Lou Ennesser
Director of Parks & Planning
Brett Barcel
Director of Golf Operations

ADMINISTRATIVE OFFICES (CCC)

847-255-5380 Fax 847-255-1438
1000 W. Central Road
Monday-Friday • 9 am-5 pm
12/23, 12/26, 12/30, 1/2 & 2/20 • Closed

CENTRAL COMMUNITY CENTER (CCC)

847-255-5380 Fax 847-392-5726
1000 W. Central Road
Monday-Friday • 5:30 am-10 pm
Saturday • 7 am-6 pm
Sunday • 7 am-4 pm
1/1 • 8am-2pm
12/24, 12/25, 12/31 • Closed

LIONS RECREATION CENTER (LRC)

847-632-9333 Fax 847-632-9325
411 S. Maple Street
Monday- Thursday • 9 am-9 pm
Friday • 9 am-6 pm
Saturday • 9 am-5 pm
Sunday • 12-5 pm
12/24, 12/25, 12/31 & 1/1 • Closed

RECPLEX (RPX)

847-640-1000 Fax 847-364-2824
420 W. Dempster Street
Monday-Friday • 5:30 am-11 pm
Saturday • 7 am-8 pm
Sunday • 7 am-5 pm
12/24 & 12/31 • 7am-12pm
1/1 • 8am-2pm
12/25 • Closed

FRIENDSHIP PARK CONSERVATORY (FPC)

847-298-3500 Fax 847-296-2053
395 Algonquin Road, Des Plaines
Monday-Thursday • 9 am-5 pm
Friday • 9 am-4 pm
Saturday & Sunday • 11 am-3 pm
12/24, 12/25, 12/31 & 1/1 • Closed

MT. PROSPECT GOLF CLUB COMMUNITY CENTER (MPGC)

847-259-4200 Fax 847-632-9334
847-632-9300 (*Tee Time Reservations*)
600 See-Gwun
Tuesday-Sunday • 6 am-Dusk
Monday • 9 am-Dusk

THE STUDIO

847-342-0573
1326 W. Central Road

Additional Information

Weather Line
847-364-2828 (*after 8:30 am*)
If weather is inclement call to find out if programs will be held.
Mt. Prospect Park District Web Site address
www.mppd.org

With Thanks...

The Mt. Prospect Park District appreciates the opportunity to cooperatively use the facilities of School Districts 57, 59 and 214.



Please recycle—We do!