



Village of Elmwood Park
Department of Parks and Recreation
WINTER/SPRING 2011 PROGRAMS
2 Conti Parkway, Elmwood Park, IL 60707
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Linda Patryn
Play School Instructor
Lauren LaPuma
Play School Assistant

Ron Czekalski
Alan Schmidt
Ted Gruber
Rosemary Spizzirri
Cindy Kelly
Recreation Instructors

REGISTRATION

Registration for the Winter Program will begin on Tues., January 4, at 9:00 a.m. Phone registration will not be taken. Please double check the appropriate times and dates for your program.

MAGIC CLASS
Ages 5 to 12

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

Instructor: Magic Team of Gary Kantor
Tues., Feb, 22, from 6:45 – 7:40 p.m. and
Wed., Mar., 23, from 5:00– 5:55 p.m.
Class size: Min., 5 – Max., 30 Fee: \$ 20.00 per class

OPEN GYM KIDS & ADULTS

The Open Gym schedule does vary from week to week. For this reason a schedule is posted at the main entrance of the gym weekly. Copies are also available at the front desk or call 708-452-3935. Gym shoes are required for all gym activities and open gym. Lockers are available and patrons are advised to bring a lock.

NON-RESIDENT FEE

There is a \$10.00 fee for non-residents who wish to participate in open gym activities.

PLAYSCHOOL

***Fall students are pre-registered**

This program is designed to promote socialization through work and play with other children.

3 Yr. olds Only! Must be 3 before Sept. 1. Limit 15 students. Medical and Birth Certificates required at Registration. Must be toilet trained! NO DIAPERS! NO PULL UPS!

Wednesdays & Fridays
Morning: 9:00 – 11:00 a.m.
Afternoon: 12:15 – 2:15 p.m.
Winter Session begins
Jan. 12 – Mar. 11 For 9 Weeks
Spring Session begins
Mar. 16 – May 13 For 8 Weeks
NO CLASS March 28 to April 1
Instructor: Linda Patryn
Fee: \$180.00 each session
NO REFUNDS

***Winter students are pre-registered**

4 & 5 Yr. olds Only! Must be 4 before Sept. 1. Limit 15 students. Medical and Birth Certificates required at registration. Must be toilet trained! NO DIAPERS! NO PULL UPS!

Tuesdays & Thursdays
Morning: 9:00 - 11:00 a.m.
Afternoon: 12:15 – 2:15 p.m.
Winter Session begins
Jan. 11 – Mar. 10 For 9 Weeks
NO CLASS Tues Feb., 2
Spring Session begins
Mar. 15 – May 12 For 8 Weeks
NO CLASS March 28 to April 1
Instructor: Linda Patryn
Fee: \$180.00 each session
NO REFUNDS

GIRLS AND BOYS RECREATION

KIDS CERAMICS

Come join the fun!

Classes will be held on Tuesdays
from 4:30 p.m. – 6:00 p.m.

SESSION I

Jan., 18, 25, & Feb., 1, 8, 15 & 22.

SESSION II

Mar., 1, 8, 16, 22 & Apr., 5 & 12

SESSION III

Apr., 19, & 26, May 3, 10, 17, & 24

Fee per session \$45.00 (includes firing)

Minimum of 10 & Maximum of 24 Students

Instructor: Cindy Kelly

WINTER BASEBALL CAMP

Fielding, Throwing
& Hitting Skills

6, 7, & 8 Year Olds

Thursdays 3:30 – 4:30 p.m.

9 to 12 Year Olds

Thursdays 4:30 – 5:30 p.m.

Jan. 13 – 20 – 27

Feb. 3 – 10 – 17

Fee \$30.00

BEGINNING GUITAR LESSONS

**“Be a real guitar hero
Learn to Play”!**

Budding guitarists are introduced to guitar basics of care and tuning, fingering and strumming, practice exercises, chords & songs. Students need a sturdy 3 ring binder and acoustic (preferred) guitar. For tips on guitars for kids - visit website <http://web.mac.com/guitarcat> Lessons are given by Annette Fritts a.k.a. Guitar Cat.

Tuesdays

Session I Jan., 11—Feb., 15

Session II Mar., 15—Apr., 26

(NO CLASS MARCH 29)

6—8 Yr Olds 3:30 to 4:15 p.m.

9—12 Yr Olds 4:15—5:00 p.m.

Fee: \$75 (includes instruction booklet, tote bag & guitar pick)

GYMNASTICS FOR PRE-SCHOOLERS

Gymnastics is a wonderful and fun way for young children to experience the many varieties of physical activities. Your little star will learn gymnastic positions, skills, and movements that will develop coordination, strength, balance, and self-confidence. The staff of Gym Stars use safe, progressive, and positive teaching techniques appropriate for each age group.

Attire: Instructor suggests shorts and t-shirts without snaps, buttons or zippers for your safety.

Session I: Tues. Jan. 4 through Thurs., Feb., 3

Session II: Tues., Feb., 8 through Thurs., Mar., 10

NO CLASS MARCH 29 to 31

Session III: Mar., 15 through Thurs., Apr., 21

Session IV: Apr., 26 through Thurs., May 26

RISING STARS

3 – 4 Years of Age Tuesdays 2:10 – 2:40 p.m. Fee \$50.00

Are you looking for a fun class that develops coordination, self-confidence, listening, strength, balance and body awareness? Your star will learn basic tumbling, bar, balance beam and vaulting skills plus movements associated with gymnastics at an appropriate level for their age. Please note that children need to participate without parent assistance.

SHOOTING STARS

4 – 5 Years of Age Tuesdays: 2:45 – 3:25 p.m. Fee \$50.00

Shooting stars helps the first time student and the returning stars improve the basic skills while making the next step up in their development of basic gymnastics. Fun and interesting challenges await your child in this class!

GYMNASTICS FOR SCHOOL AGE

Developmental Gymnastics 5 1/2 – 15 Years of Age

All Gym Stars classes are designed to help children raise their self-confidence by improving their physical, mental, and emotional abilities. Your child will be taught in a progressive, safe and positive environment by professional coaches. Our staff follows the USA Gymnastics safety guidelines and trained in proper skill progressions. The instructor reserves the right to place students in the appropriate class for their best training.

BEGINNING GYMNASTICS

Tuesdays: 3:30 – 4:30 p.m. Or Thursdays: 3:40 – 4:40 p.m.

Fee \$50.00

Our staff will develop all basic skills of floor exercise, uneven bars, balance beam and vault. This class will challenge each child at their own level from the first time student to those returning to achieve the challenge of that next progression. No experience necessary.

INTERMEDIATE & ADVANCED GYMNASTICS

Tuesdays: 4:35 – 5:35 p.m. Fee \$50.00

This class will take the next step above the basic skills for your child. A strong development of the basic skills is necessary for this class. Instructor approval required.

CHEERLEADER TUMBLING Ages 8 & Up

Thursdays: 3:45—4:30 p.m. OR 4:45 – 5:30 p.m. Fee: \$50.00
If cheerleading is your current or future desire then this class will help you! This class will provide the needed basics for flipping skills. It is especially designed to move towards skills specific to cheerleading including flip-flops and above.

ELMWOOD PARK BASEBALL REGISTRATION

at the Elmwood Park Parks and
Recreation Center

Jan. 13 7:00 p.m. – 9:00 p.m.

Jan. 18 7:00 p.m. – 9:00 p.m.

Jan. 22 10:00 a.m. – 2:00 p.m.

Jan. 25 7:00 p.m. – 9:00 p.m.

Jan. 27 7:00 p.m. – 9:00 p.m.

Jan. 29 10:00 a.m. – 2:00 p.m.

For additional information contact

Bridget Parillo: 708-217-2243

www.elmwoodparkbaseball.net

WINTER PLAYGROUND

This program is designed for children 3 & under to use the gymnasium, at the Rec. Center, as their Winter Playground while under the supervision of a parent. Participants will be able to use some of the Center's equipment. **This program will not be available when schools are not in session.**

Here are the following
Thursdays:

Jan., 20, Feb., 3 & 17,

Mar., 3 & 17

from 10:30 a.m. to 12:00 p.m.

No Fee – Residents Only!

KIDS BASKETBALL HOT- SHOT TOURNAMENT

6th, 7th & 8th graders will participate in a timed shoot-out.

There will be champions crowned in each age group.

Thursday, Mar. 10 at 4:00 p.m.

Fee \$5.00

YOUNG REMBRANDTS DRAWING CLASSES

Session I Mon., Jan., 17–Feb., 7
Session II Mon., Feb., 14– Mar., 7
Session III Mon., Mar., 14–Apr., 4
Session IV Mon., Apr., 11 – May, 2

PRESCHOOL DRAWING CLASSES

3 1/2 – 5 Year Olds
Mondays 9:30 a.m. – 10:15 a.m.
or
Mondays, 4:00 p.m. – 4:45 p.m.
Each week we draw a new subject learning about it as we draw it. From fish to teddy bears, rainbows to castles and much more. We develop concentration, motor skills, listening skills, stay on task, organization and more. One mounted drawing completed each week. All materials supplied. Class size minimum 6 and maximum 10. Fee \$30.00.

ELEMENTARY DRAWING CLASSES

6 – 12 Year Olds
5:00 – 5:45 p.m.
Learn to draw something new each week including animals, landscapes, abstracts, still life, and child appropriate art history. Pencil, markers, sharpie and color pencil techniques are taught. All materials are supplied. Class size minimum 6 and maximum 15. Fee \$30.00.

CARTOON DRAWING CLASSES

6 – 13 Year Olds
6:00 – 7:00 p.m.
Each class focuses on a different element of cartooning. Facial expressions, sequencing for telling a joke, movement, cartoon sounds, cartooning familiar objects, new characters and more. Marker and sharpie techniques are taught. All materials supplied. Class size minimum 6 and maximum 15. Fee \$32.00.

3 POINT ATHLETICS

“USING SPORTS TO HELP KIDS ACHIEVE RESULTS THAT ARE PRODUCTIVE, POSITIVE & FUN”

The former directors & coaches of One on One Basketball Chicago are now 3 Points Athletics! Come out and play as we have fun learning the fundamentals of the game with unique drills, games & contests that will keep you active after school!

Wednesdays beginning Jan., 12 thru Feb., 23

1st – 4th Grades from 3:40 – 4:30 p.m.

5th – 8th Grades from 4:40 – 5:30 p.m.

Fee: \$60.00 for the 7 class session/Min. of 10 children per class



THE ELMWOOD PARK YOUTH COMMISSION

Meets every 2nd Wednesday of the Month at the Parks & Recreation Center 2 Conti Parkway at 7:30 p.m.

CHEERLEADING REGISTRATION

Wed., & Thurs., March 2 & 3 from 7:00 p.m. – 9:00 p.m.
at the Elmwood Park Parks & Recreation Center

ICE SKATING

Franklin Park Ice Arena 9711 W. Waveland Ave., Franklin Park, IL
Wed., Jan., 5 – Feb., 2 & Mar., 2 - 7:20 p.m. until 8:50 p.m. Grades 1 through 8
Cost \$3.00 (includes skate rental) Rental skates and sizes are limited
ELMWOOD PARK RESIDENTS ONLY STUDENT I.D. REQUIRED

KIDS KARATE CLUB & SAFETY TIME PROGRAM

This is a progressive 10 week program which specializes in teaching martial arts and safety. The high energy program builds self-esteem, confidence and revolves around family involvement and respect.

Visit us at www.kidskarate.com

Winter Class/Registration: Jan., 4 from 5:30 – 6:30 p.m.

Spring Class/Registration: Mar., 29 from 5:30 – 6:30 p.m.

at Elmwood Park Parks & Recreation Center

Registration by credit card on line at:

www.kkctournaments.com/classreg.htm

(credit card payment not available through Elmwood Park Rec., Center)

Winter Session Class dates Tuesdays, Jan. 11—Mar., 15

Spring Session Class dates Tuesdays, Mar., 29 – June 7

JUNIOR GOLF

Ages 5 to 17

Proper instruction of golf at an early age for boys and girls is a critical ingredient to developing a good skill that will last a lifetime. Children will be able to practice for 1 hour under the supervision and instruction of a golf pro.

Session II Sun., Jan., 9 to Sun., Feb., 6

Time: 6:00 – 7:00 p.m.

Session III Sun., Feb., 20 to Sun., Mar., 20

Time: 6:00 – 7:00 p.m.

Fee: \$99.00 per session

Registration deadlines at the Recreation Center

Session II Fri, Jan., 7

Session III Fri., Feb., 18

Place: White Pines Golf Dome
500 W. Jefferson Ave., Bensenville
(About a 20 minute drive from EP)

Make checks payable to:
White Pines Golf Dome.

TEEN RECREATION

HIGH SCHOOL 3-POINT SHOOT-OUT

Thursday, Mar. 26 at 6:30 p.m. Fee: \$5.00

3 ON 3 TOURNAMENT

Thursday, April 2 at 6:30 p.m. Fee: \$20 per team

HIGH SCHOOL BASKETBALL HOT SHOT TOURNAMENT

Thursday, April 2 at 6:30 p.m. Fee \$5.00

HIGH SCHOOL FLOOR HOCKEY

Wednesdays, 6:00 – 8:30 p.m. begins after
Mens B-Ball League No Fee – Residents Only!

HIGH SCHOOL CO-REC VOLLEYBALL

Thursday No Fee – Residents Only!
Contact Don Kmiecik for pre-registration and times

WEIGHT TRAINING

Mondays, 4:00 – 6:00 p.m.
Tuesdays, 3:00 – 7:00 p.m.
Wednesdays, 5:00 – 7:00 p.m.
Thursdays, 3:00 – 7:00 p.m.
Fridays 3:00 p.m.— 8:00 p.m.
Saturdays 9:00 a.m. – 12:00 p.m.



ADULT RECREATION

ADULT WEIGHT TRAINING

Monday Through Friday 9:00 a.m.– 9:00 p.m.
Saturdays 9:00 a.m.– 12:00 p.m. **Residents Only!**

MEN'S BASKETBALL

TO BE ANNOUNCED

ADULT FLOOR HOCKEY

Wednesdays, beginning in March after Men's B-Ball League

ADULT CO-REC VOLLEYBALL

Wednesdays No Fee – Residents Only!
Contact Don Kmiecik regarding pre-registration and times

CERAMICS

Come join the fun! Classes will be held on Tuesdays
from 6:15 p.m. – 8:45 p.m.

SESSION I Jan., 18 & 25, Feb., 1, 8, 15, & 22

SESSION II Mar., 1, 8, 15, 22, & Apr., 5, 12

SESSION III Apr., 19, 26, May 3, 10, 17 & 24

Fee per session \$40.00 (includes firing)

Plus the price of: Greenware, Tools, Brushes, Paints

Minimum of 10 & Maximum of 24 Students

Instructor: Cindy Kelly

SPECIAL RECREATION OPPORTUNITIES FOR RESIDENTS WITH DISABILITIES

The Elmwood Park Recreation Department provides year round recreation programs for individuals of all ages with disabilities. These recreation programs are coordinated by the West Suburban Special Recreation Association (WSSRA), a cooperative of the Elmwood Park Recreation Department and ten other communities. Programs are led by specially trained staff and individualized supervision is provided. Persons who may be involved in special recreation programs include those with a disabling condition such as a developmental disability, hearing or vision loss, and those who have autism, mental illness, behavior and learning difficulties. Also, adults with physical limitations from strokes, multiple sclerosis or other conditions that impair mobility are eligible for special recreation programs. The Elmwood Park Recreation Department, through WSSRA, will offer more than 70 programs this fall. These programs include social clubs, exercise programs, excursion groups, athletics, arts, Special Olympics and a variety of other program offerings in the mornings, afternoons, evenings and on weekends. Participants can meet new friends, have fun, relax, learn new skills and explore our communities while enjoying a WSSRA program. Door to door, wheelchair accessible transportation may be provided. For more detailed information, call WSSRA office at 847-455-2100 or stop by the Elmwood Park Recreation Dept., and pick up a WSSRA brochure. The WSSRA has Outreach Specialists who will answer any questions you may have and who will assist you with the WSSRA registration process. You can call them at 847-455-2100.

ADULT GOLF

Golf lessons and practice under supervision and instruction of a golf pro will be available for Young Adults, Adults, and Seniors.

Session II Sun., Jan., 9 to Sun., Feb., 6
Time: 6:00 – 7:00 p.m.

Session III Sun., Feb., 20 to Sun., Mar., 20
Time: 6:00 – 7:00 p.m.

Fee: \$119.00 per session

Registration deadlines at the Recreation Center

Session II Fri., Jan., 7

Session III Fri., Feb., 18

SENIOR GOLF

Five (5) one (1) hour GROUP lessons.

Tues., Jan., 11, 18, 25, Feb., 1 & 8

Time: 9:00—10:00 a.m.

Fee: \$99.00

Registration Deadline at the Recreation Center
Mon., Jan., 10

Place: White Pines Golf Dome
500 W. Jefferson Ave., Bensenville
(About a 20 minute drive from EP)

Make checks payable to:
White Pines Golf Dome.

CARDIO VARIETY/BUTTS & GUTS TONING COMBO

Mondays 6:30 p.m.—7:45 p.m. Beginning Jan., 24—Mar., 21
NO CLASS Mon., Feb., 14
\$48.00 Mon., or Option \$76 Mon., & Wed., w/Step Aerobics

This class will integrate all types of formats such as low impact aerobics, hi/low, step training, zumba and circuit training to make this a fun, cardio-conditioning, heart pumping, fat burning workout for the first 40-45 minutes, then focus on lower body and core (stomach, abs, back) for a WHOLE 30 minutes. Will do some upper body with light weights and tubes as well. Incorporated are all formats including pilates and yoga as we cool down.

STEP AEROBICS: Beginner/Intermediate

Wednesdays 6:30 p.m.—7:30 p.m. Beginning Jan., 26—Mar., 23
\$45.00 Wed., or Option \$76 Mon., & Wed., w/Cardio Variety

We are bringing back the STEP! You will get one hour of a Fat & Calorie burning workout. Step Aerobics is great for toning the legs and getting rid of excess weight. Starting out with basic stepping and building up to some intermediate level moves by the end of the session. Even if you are an advanced stepper, this class is for you because modifications can be made to increase your level and do some cardio intervals on the step. There will also be time for some toning and abs, so bring your mat and weights.

TURBO KICK-Body Toning Class COMBO

Mon., & Wed., 6:30 p.m.—7:30 p.m. Beginning Apr., 4—May 25
\$40.00 Mon., Only - \$40.00 Wed., Only - \$64.00 Mon., & Wed.

Turbo Kick is the hottest cardio kickboxing class around for fitness training. Kickboxing for fitness works both the cardiovascular system, as well as conditions the muscles of the upper body and upper back during punch series. All moves will be showed at different levels of fitness to benefit all levels of fitness. Time will be spent on toning with light weights and tubes. Workout will be completed with stretches incorporating yoga and pilates to relax and rejuvenate the body.

BEGINNER PI-YO: Yoga/Pilates Mat Class

Mon., Only 7:35 p.m.—8:30 p.m. Beginning Apr., 4—May 23
\$40.00 Mondays Only

This class combines pilates method with beginner yoga. Pilates strengthens the muscles that support the spine to bring balance to the body Pilates is a core conditioning mat workout incorporating mind & body. Yoga is a means of balancing and harmonizing the body. Yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy vibrant and balanced approach to living. Please bring a mat.

SENIOR CITIZENS

SENIOR CALENDAR OF EVENTS

For information on Senior activities including reservations for Senior trips Call: Tina Gordon 708-452-3962
E-mail: cgordon@elmwoodpark.org

JANUARY

Tues., Jan., 4	Crafts & Cards—1:00 p.m.
Mon., Jan., 10	Senior Mtg., Parks & Rec., Ctr., - 12:30 p.m.
Tues., Jan., 11	Crafts & Cards—1:00 p.m.
Thurs., Jan., 13	Senior Movie/EP Library 10:00 a.m. & 1:00 p.m.
Mon., Jan., 17	Village Closed—Martin Luther King Day observed
Tues., Jan., 18	Crafts & Cards—1:00 p.m.
Thurs., Jan., 20	Fruit Day—1:00 p.m./Bring Favorite & Share Tastes
Mon., Jan., 24	Senior Mtg., Parks & Rec., Ctr., - 12:30 p.m.
Tues., Jan., 25	Crafts & Cards—1:00 p.m.
Jan., 26, 27 & 28	Senior Trip—Soaring Eagle

FEBRUARY

Tues., Feb., 1	Senior Taxes/by Appointment Only—708-456-0300 x3895
Mon., Feb., 7	Senior Mtg., Parks & Rec., Ctr. 12:30 p.m.
Tues., Feb., 8	Senior Taxes/by Appointment Only—708-456-0300 x3895
Thurs., Feb., 10	Senior Movie/EP Library 10:00 a.m. & 1:00 p.m.
Tues., Feb., 15	Senior Taxes/by Appointment Only—708-456-0300 x3895
Thurs., Feb., 17	Senior Trip/Ameristar
Mon., Feb., 21	Village Closed/President's Day Observed
Tues., Feb., 22	Senior Taxes/by Appointment Only—708-456-0300 x3895
Thurs., Feb., 24	Crafts & Cards—1:00 p.m.
Mon., Feb., 28	Senior Mtg., Parks & Rec., Ctr. 12:30 p.m.

MARCH

Tues., Mar., 1	Senior Taxes/by Appointment Only—708-456-0300 x3895
Mon., Mar., 7	Senior Mtg., Parks & Rec., Ctr. 12:30 p.m.
Tues., Mar., 8	Senior Taxes/by Appointment Only—708-456-0300 x3895
Thurs., Mar., 10	Senior Movie/EP Library 10:00 a.m. & 1:00 p.m.
Tues., Mar., 15	Senior Taxes/by Appointment Only—708-456-0300 x3895
Mar., 16, 17 & 18	Senior Trip—Island Resort
Mon., Mar., 21	Senior Mtg., Parks & Rec., Ctr. 12:30 p.m.
Tues., Mar., 22	Senior Taxes/by Appointment Only—708-456-0300 x3895
Thurs., Mar., 24	Crafts & Cards—1:00 p.m.
Tues., Mar., 29	Senior Taxes/by Appointment Only—708-456-0300 x3895

APRIL

Mon., Apr., 4	Senior Mtg., Parks & Rec., Ctr. 12:30 p.m.
Tues., Apr., 5	Senior Taxes/by Appointment Only—708-456-0300 x3895
Apr., 7 & 8	Senior Trip/Little River Casino
Tues., Apr., 12	Senior Taxes/by Appointment Only—708-456-0300 x3895
Mon., Apr., 18	Senior Mtg., Parks & Rec., Ctr. 12:30 p.m.
Tues., Apr., 19	Crafts & Cards—1:00 p.m.
Thurs., Apr., 21	Crafts & Cards—1:00 p.m.
Thurs., Apr., 28	Crafts & Cards—1:00 p.m.

MAY

Mon., May 2	Senior Mtg., Parks & Rec., Ctr., 12:30 p.m.
Tues., May 3	Crafts & Cards—1:00 p.m.
Thurs., May 5	Dessert Day—1:00 p.m./Bring your favorite
Tues., May 10	Crafts & Cards—1:00 p.m.
Tues., May 12	Senior Trip/Nunset Boulevard
Mon., May 16	Senior Mtg., Parks & Rec., Ctr., 12:30 p.m.
Tues., May 17	Crafts & Cards—1:00 p.m.
Tues., May 24	Crafts & Cards—1:00 p.m.

TEACH A PROGRAM

We need your talents, skills and know-how in teaching any new and exciting programs to our children. In return we can offer interesting and exciting programs. If you are interested in sharing your talents, please contact Don Kmiecik at the Elmwood Park Parks and Recreation Center 708-452-3935.

SENIOR FITNESS 2010/2011

Our goal is to provide activities, motivational encouragement and facilities for Senior citizens of Elmwood Park to raise their individual levels of Physical Fitness and emotional well being.

INDOOR WALKING PROGRAM

Free blood pressure testing will take place on the 2nd and 4th Wednesday of every month from 10:00 a.m. until 12:00 p.m. at the Elmwood Park Fire Station; 7 Conti Parkway (North Station). Each walker will maintain his/her own personal fitness card keeping track of time, distance, dates, weight, blood pressure, and personal fitness goals. If desired, a weekly or monthly weigh-in will be available. A stretching area will be provided along with an hour of music to walk to. Walking 20,000 miles as a group is our goal. At the close of the 2011 year a coffee and cake awards ceremony will be held at the Recreation Center. Awards will be given for the greatest distances walked in specific age categories.

Monday, Wednesday & Friday 9:00 a.m. – 11:00 p.m.

Classes currently in session.

Fee: Free to Elmwood Park Residents

ARMCHAIR FITNESS PROGRAM

Physical Instructor, Alan Schmidt, will lead Seniors in stretching and light exercise. Participants will remain seated for most of the exercising. This program is designed for Seniors who have difficulty in walking or those who simply prefer to exercise from the sitting position.

Monday, Wednesday & Friday 9:45 a.m. – 10:45 a.m.

Classes currently in session.

Fee: Free to Elmwood Park Residents

SENIOR CITIZEN GOLF PROGRAM

Indoor golf will begin Thurs., Nov., 4 at the White Pines Golf Dome. The golf dome is a climate controlled indoor golf driving range located at 500 W. Jefferson St., in Bensenville. For directions and further information contact Alan Schmidt at 452-3935. From 8:00 – 9:30 a.m. (1-1/2 hrs.) two Seniors will share a driving range mat, thus getting 45 minutes of individual driving range time. The season will last until the last Thursday of May, 2011. You do not have to own golf clubs to participate and you DO NOT have to be participating every Thursday of the season. This is the great opportunity for those who have never golfed and would like to give it a try as well as to keep the veteran golfer skills sharpened during the winter season.

Register by phone by calling

Alan Schmidt at 708-452-3935 Fee: \$9.00

SENIOR SNOW REMOVAL

Information available by stopping by or telephoning the following locations:

LaFrambois Center connected to Village Hall

(11 Conti Pkwy)

Senior Coordinator Tina Gordon – 708-452-3962

Village Hall

(11 Conti Pkwy) - 708-452-7300

Parks & Recreation Center

(2 Conti Pkwy) - 708-452-3935



DEPARTMENT OF PARKS & RECREATION MULTIPLE PROGRAM REGISTRATION FORM

(Please Print Carefully)

Program Name: _____

Day: _____ Time: _____ Fee: _____

Program Name: _____

Day: _____ Time: _____ Fee: _____

Program Name: _____

Day: _____ Time: _____ Fee: _____

Program Name: _____

Day: _____ Time: _____ Fee: _____

SINGLE OR MULTIPLE REGISTRATION FEE TOTAL \$ _____

Amount: _____ Cash: _____ Check #: _____

Credit: _____ VISA _____ MASTER CARD _____

Participant's Name: _____

Participant's Name: _____

Parent/Guardian Name: _____

Address: _____

Home Phone: _____

Cell Phone: _____

In Case of an Emergency Call: Name: _____

Phone #: _____

I, the undersigned, hold the Village of Elmwood Park, the Elmwood Park Parks Recreation Center, and all officials, employees, and agents thereof, harmless and do hereby release them from liability from any claim, action, damage, responsibility, expense or cost of whatsoever nature arising out of my child's/ children's (hereafter named) participation in any Village sponsored activity including the period to or from same.

Signature of Parent or Guardian: _____

Date: _____