



**Village of Elmwood Park**  
**Department of Parks and Recreation**  
**WINTER/SPRING 2012 PROGRAMS**  
**2 Conti Parkway, Elmwood Park, IL 60707**  
**Telephone: 708-452-3935 FAX: 708-452-0359**  
**Email: [www.elmwoodpark.org](http://www.elmwoodpark.org)**

**Peter Silvestri**  
**Village President**  
Elsie Sutter  
**Village Clerk**  
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**Village Manager**

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**Play School Instructor**  
Lauren LaPuma  
**Play School Assistant**

Alan Schmidt  
Ted Gruber  
Rosemary Spizzirri  
Cindy Kelly  
  
**Recreation Instructors**

**REGISTRATION**

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

**NEW GYMNASTICS PROGRAM FEATURING TUMBLING TOTS GYMNASTICS**

The Elmwood Park Parks & Recreation Center has chosen **“TUMBLING TOTS GYMNASTICS”** to be offered as a part of our recreation program. Tumbling Tots gymnastic levels are from Tiny Tumblers to School Age Gymnasts ranging from ages 18 months to 18 years. Classes will be held on 5 consecutive **THURSDAYS** per session as follows:

<b><u>SESSION 1</u></b> Jan., 5—Feb., 2	<b><u>SESSION 2</u></b> Feb., 9—Mar., 8	<b><u>SESSION 3</u></b> Mar., 15—May 12	<b><u>SESSION 4</u></b> Apr., 19—May 17
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**TINY TUMBLERS (Ages 18—36 months) \$40 per session** **CLASS TIMES**  
2:15—2:45 p.m.

Kids live in a physical world where playtime consists of running, jumping, climbing, etc., and Tiny Tumblers class is an excellent activity for developing self esteem, gross motor skills and physical fitness to help develop healthy, confident, and happy children. In Tiny Tumblers, the parent and child take a fun filled adventure into the world of gymnastics that allows every child the opportunity to progress and develop by achieving and building upon small goals and personal achievements. Instruction will focus on gross motor skills and introductory gymnastics skills on the floor, balance beams, bars and vaulting. All classes will be taught by Tumbling Tots Gymnastics staff.

**TWISTER TOTS (Ages 3—6 years) \$50 per session** 3:00—3:34 p.m.

Twister Tots classes provide a fun and rewarding experience. Children will continue to improve their gross motor skills while learning the basic gymnastics skills in a safe age and skill appropriate environment. Games, challenges, and positive teaching style will help the children develop self esteem by achieving and building upon small goals and personal achievements. The children will follow age appropriate skill progressions on floor, bars, beam and vault. All classes will be taught by Tumbling Tots Gymnastics staff.

**SCHOOL AGE/BEGINNING GYMNASTICS (Ages 6 - 18 years) \$60 per session** 4:00—4:55 p.m.

An introductory level gymnastics course for children of all ability levels. No previous gymnastics experience is required. Children will learn skills on floor, beam, vault and bars. Games, challenges and activities will help each gymnast learn. All classes will be taught by Tumbling Tots Gymnastics staff.

**TUMBLING (Ages 6—18 years) \$60 per session** 5:00—5:55 p.m.

Learn tumbling skills safely and correctly in our brand new tumbling classes. Students will learn the basic tumbling skills like handstands, rolls, cartwheels, round offs and handsprings. This class is perfect for gymnasts, cheerleaders, or anyone interested in learning how to tumble. All classes will be taught by Tumbling Tots Gymnastics staff.

## GIRLS AND BOYS RECREATION

### 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. 11 – Mar. 9 For 9 Weeks

**Spring Session begins**

Mar. 14 – May 9 For 9 Weeks

**NO CLASS April 3 to April 6**

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. 10 – Mar. 8 For 9 Weeks

**NO CLASS Tues Feb., 2**

**Spring Session begins**

Mar. 13 – May 10 For 9 Weeks

**NO CLASS April 3 to April 6**

Instructor: Linda Patryn  
Fee: \$180.00 each session

**NO REFUNDS**

### 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

Thurs., Jan., 12, from 6:45 – 7:40 p.m. and

Mon., Mar., 5, from 5:00– 5:55 p.m.

Class size: Min., 5 – Max., 30 Fee: \$ 20.00 per class

### 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., 19, Feb., 2 & 16,  
Mar., 1 & 15

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

No Fee – Residents Only!

### ELMWOOD PARK BASEBALL REGISTRATION

at the Elmwood Park Parks and Recreation Center

Jan. 10 7:00 p.m. – 9:00 p.m.

Jan. 14 10:00 a.m. - 2:00 p.m.

Jan. 17 7:00 p.m. – 9:00 p.m.

Jan. 21 10:00 a.m. – 2:00 p.m.

Jan. 24 7:00 p.m. – 9:00 p.m.

Jan. 28 10:00 a.m. – 2:00 p.m.

For additional information contact

Bridget Parillo: 708-217-2243

[www.elmwoodparkbaseball.net](http://www.elmwoodparkbaseball.net)

### 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. 12 – 19 – 26 Feb. 2 – 9 – 16

Fee \$30.00

### KIDS CERAMICS

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

**SESSION I**

Jan., 31, Feb., 7, 21 & 28, Mar., 6 & 13

**SESSION II**

Mar., 20, 27, & Apr., 9, 16, 23, 30

**SESSION III**

May 1, 8, 15, 22, 29, June 5

Fee per session \$45.00 (includes firing) Minimum of 10 & Maximum of 24 Students

Instructor: Cindy Kelly

### 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. 8 at 4:00 p.m. Fee \$5.00

### 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.

## YOUNG REMBRANDTS DRAWING CLASSES

Session I Mon., Jan., 9–Jan., 30  
Session II Mon., Feb., 6– Mar., 5  
**No Class Mon., Feb., 20**  
Session III Mon., Mar., 12–Apr., 2  
Session IV Mon., Apr., 9 – Apr., 30  
Session IV Mon., May 7 – June 4  
**No Class Mon., May 28**

## PRESCHOOL DRAWING CLASSES

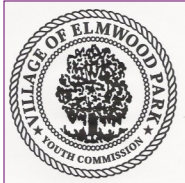
3 1/2 – 5 Year Olds  
Mondays 9:30 a.m. – 10:15 a.m.  
or  
Mondays, 4:00 p.m. – 4:45 p.m.  
Each week we draw a new subject learning about it as we draw it. From fish to teddy bears, rainbows to castles and much more. We develop concentration, motor skills, listening skills, stay on task, organization and more. One mounted drawing completed each week. All materials supplied. Class size minimum 6 and maximum 10. Fee \$32.00.

## 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 \$32.00.

## 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 \$34.00.



## 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 7 & 8 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., 4 – Feb., 1 & Mar., 7 - 7:20 p.m. until 8:50 p.m. Grades 1 through 8  
Cost \$4.00 (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](http://www.kidskarate.com)

Winter Class/Registration: Jan., 10 from 5:30 – 6:30 p.m.

Spring Class/Registration: Mar., 13 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](http://www.kkctournaments.com/classreg.htm)**

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

Winter Session Class dates Tuesdays, Jan. 10—Feb., 28

Spring Session Class dates Tuesdays, Mar., 13 – May 1

## 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 I Sun., Jan., 8 to Sun., Feb., 12

**NO CLASS Sun., Feb., 5**

Time: 6:00 – 7:00 p.m.

Session II Sun., Feb., 19 to Sun., Mar., 18

Time: 6:00 – 7:00 p.m.

Session III Sun., Mar., 25 to Sun., Apr., 29

**NO CLASS Sun., Apr., 8**

Time: 6:00 – 7:00 p.m.

Fee: \$99.00 per session

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. 22 at 6:30 p.m. Fee: \$5.00

### 3 ON 3 TOURNAMENT

Thursday, April 5 at 6:30 p.m. Fee: \$20 per team

### HIGH SCHOOL BASKETBALL HOT SHOT TOURNAMENT

Thursday, April 5 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

### HIGH SCHOOL WEIGHT TRAINING

Mon., - Fri., 3—7 p.m.

Sat., 9 a.m.—12 p.m.

**Residents Only!**

**PHOTO I.D. REQUIRED!**



## ADULT RECREATION

### ADULT WEIGHT TRAINING

Monday—Friday 9:00 a.m.—9:00 p.m. Saturdays 9:00 a.m.—12:00 p.m.

**Residents Only! PHOTO I.D. REQUIRED!**

### 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 4:30 p.m. – 6:00 p.m.

### SESSION I

Jan., 31, Feb., 7, 21 & 28, Mar., 6 & 13

### SESSION II

Mar., 20, 27, & Apr., 9, 16, 23, 30

### SESSION III

May 1, 8, 15, 22, 29, June 5

Fee per session \$45.00 (includes firing)

Minimum of 10 & Maximum of 24 Students

Instructor: Cindy Kelly

## WEST SUBURBAN SPECIAL RECREATION WSSRA SPECIAL RECREATION OPPORTUNITIES FOR RESIDENTS WITH DISABILITIES 847-455-2100 WWW.WSSRA.NET

The **VILLAGE OF ELMWOOD PARK** through West Suburban Special Recreation Association (WSSRA) has offered therapeutic recreation programs for our residents of all ages with a disability or special education need for 30 years. Over 65 programs are offered each season. Therapeutic recreation specialists plan and staff the programs.

With the cold weather here, it's only natural to think about indoor opportunities for fun. One option is the WSSRA *Saturday Bowling* program which offers teens and adults a chance to build skills, participate in friendly competition, and make friends. Participants bowl at Circle Lanes in Forest Park. WSSRA offers transportation from the Elmwood Park Recreation Center.

Up to 50 participants and WSSRA staff persons fill the lanes for two hours each week. Bowlers are grouped on lanes based on ability level. This helps the novice bowler feel comfortable and the top scorers still feel challenged. Each bowler's success and efforts to succeed are celebrated. Adapted equipment is provided to help persons with vision loss and physical impairments. Participants with developmental delay may even compete in local Special Olympic bowling tournaments.

Another indoor fun option is *SENSATIONAL SATURDAYS* which meets at Norridge Park District. This popular program for pre-schoolers with special education needs offers activities built on a weekly theme. Speech, fine motor and gross motor skills are practiced while the children are having fun. For two and a half hours, on a Saturday morning, parents knowing that their children are carefully supervised, accomplish typical Saturday errands or chores. Parents and participants both benefit from this WSSRA program. Older children are offered *SUPER SATURDAYS* and *OUTDOOR AVENTURES* which offer similar activities at local recreation centers.

## ADULT GOLF

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

Session I Sun., Jan., 8 to Sun., Feb., 12

**NO CLASS Sun., Feb., 5**

Time: 6:00 – 7:00 p.m.

Session II Sun., Feb., 19 to Sun., Mar., 18

Time: 6:00 – 7:00 p.m.

Session III Sun., Mar., 25 to Sun., Apr., 29

**NO CLASS Sun., Apr., 8**

Time: 6:00 – 7:00 p.m.

Fee: \$99.00 per session

### SENIOR GOLF

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

Tues., Jan., 10, 17, 24, 31 Feb., 7

Time: 9:00—10:00 a.m.

Fee: \$99.00

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.

## ZUMBA Toning

Zumba Toning is an exciting Latin inspired dance 'n tone program. Zumba Toning creates the same party atmosphere as other Zumba programs because the rhythm of the dance is the passion and foundation which keeps the participant engaged.

**WEDNESDAYS ONLY 6:30—7:30 P.M.**

January 4                      5 Weeks/5Classes \$25.00

**NO MONDAY CLASSES THE MONTH OF JANUARY**

## STEP Variety-Butts & Guts Toning Combo

**STEP is BACK!** 1.25 hours of fat burning and muscle conditioning. Step Aerobics is for toning legs & muscle conditioning workout. Modification for all levels. 1/2 hour will be dedicated to **Butts & Guts** an all over toning of muscles.

**MONDAYS ONLY 6:30—7:45 P.M.**

February 6—March 21

(Step Only) Mon., 6:30—7:45 p.m. \$36.00

(Step Mon., w/Zumba Toning Wed.) \$58.00

**NO CLASS MONDAY FEBRUARY 20—PRESIDENT'S DAY**

## ZUMBA & ZUMBA Toning

Zumba fitness with Zumba Toning combines Zumba Dance with a fitness class to the next level created to emphasize muscle work with rhythms. Combination of cardio and dynamic resistive exercises burns fat as well as tone muscles in the upper, lower and core of the body. Zumba & Zumba Toning creates the same party atmosphere and is fun, different, challenging and effective! ***Come and try it for free the first time.***

**WEDNESDAYS ONLY 6:30—7:30 P.M.**

February 8—March 21

(Zumba Toning Only) Weds., 6:30—7:30 p.m. \$35.00

(Zumba Toning Wed., w/Step Mon.) \$58.00

## Cardio Variety/& Body Sculpting

Class integrates formats such as low impact aerobics, hi/lo, step training, Zumba, and circuit training to make a fun, cardio-conditioning, heart pumping, fat burning workout. Class also incorporates focus on lower body, core (stomach, abs, back), pilates and yoga for whole-body variety. Please bring your own mat & 3 to 10 pound weights.

**MONDAYS ONLY 6:30—7:45 P.M.**

April 2—May 23

(Cardio Only) Mon., 6:30—7:45 p.m. \$48.00

(Cardio Mon., w/Cardio Kick Box & Circuit Wed.) \$72.00

## Cardio Kick Box & Circuit Combo

Kickboxing for fitness works cardiovascular system as well as conditions muscles of the upper body and back during punch series as well as lower body, back and core during kicking series.

**WEDNESDAYS ONLY 6:30—7:30 P.M.**

April 2—May 23

(Cardio Kick & Circuit Only) Wed., 6:30—7:30 p.m. \$40.00

(Cardio Mon., w/Cardio Kick Box & Circuit Wed.) \$72.00

## 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

Mon., Jan., 9	Senior Meeting/Parks & Rec., Ctr. 12:30 p.m.
Tues., Jan., 10	Crafts & Cards 1:00 p.m.
Thurs., Jan., 12	Senior Movie—10 a.m. & 1 p.m.
Tues., Jan., 17	Crafts & Cards 1:00 p.m.
Thurs., Jan., 19	Fruit Day—Bring & Share different fruits 1:00 p.m.
Mon., Jan., 23	Senior Meeting/Parks & Rec., Ctr. 12:30 p.m.
Tues., Jan., 24	Crafts & Cards 1:00 p.m.
Thurs., Jan., 26	Senior Trip—Horseshoe Casino

#### FEBRUARY

Mon., Feb., 6	Senior Meeting/Parks & Rec., Ctr. 12:30 p.m.
Tues., Feb., 7	Senior Taxes (Appointment Only) 708-456-0300 x3895
Thurs., Feb., 9	Crafts & Cards 1:00 p.m.
Tues., Feb., 14	Senior Taxes (Appointment Only) 708-456-0300 x3895
Thurs., Feb., 16	Crafts & Cards 1:00 p.m.
Tues., Feb., 21	Senior Taxes (Appointment Only) 708-456-0300 x3895
Thurs., Feb., 23	Crafts & Cards 1:00 p.m.
Mon., Feb., 27	Senior Meeting/Parks & Rec., Ctr. 12:30 p.m.
Tues., Feb., 28	Senior Taxes (Appointment Only) 708-456-0300 x3895

#### MARCH

Mon., Mar., 5	Senior Meeting/Parks & Rec., Ctr. 12:30 p.m.
Tues., Mar., 6	Senior Taxes (Appointment Only) 708-456-0300 x3895
Thurs., Mar., 8	Crafts & Cards 1:00 p.m.
Mon., Mar., 12	Crafts & Cards 1:00 p.m.
Tues., Mar., 13	Senior Taxes (Appointment Only) 708-456-0300 x3895
Thurs., Mar., 15	Crafts & Cards 1:00 p.m.
Mon., Mar., 19	Senior Meeting/Parks & Rec., Ctr. 12:30 p.m.
Tues., Mar., 20	Senior Taxes (Appointment Only) 708-456-0300 x3895
Mar., 21, 22, 23	Senior Trip—Island Resort
Mon., Mar., 26	Crafts & Cards 1:00 p.m.
Tues., Mar., 27	Senior Taxes (Appointment Only) 708-456-0300 x3895

#### APRIL

Tues., Apr., 3	Senior Taxes (Appointment Only) 708-456-0300 x3895
Thurs., Apr., 5	Crafts & Cards 1:00 p.m.
Mon., Apr., 9	Senior Meeting/Parks & Rec., Ctr. 12:30 p.m.
Tues., Apr., 10	Senior Taxes (Appointment Only) 708-456-0300 x3895
Mon., Apr., 16	Crafts & Cards 1:00 p.m.
Mon., Apr., 23	Senior Meeting/Parks & Rec., Ctr. 12:30 p.m.

#### MAY

Mon., May 7	Senior Meeting/Parks & Rec., Ctr. 12:30 p.m.
Tues., May 8	Crafts & Cards 1:00 p.m.
Thurs., May 10	Crafts & Cards 1:00 p.m.
Mon., May 14	Crafts & Cards 1:00 p.m.
Thurs., May 17	Crafts & Cards 1:00 p.m.
Mon., May 21	Senior Meeting/Parks & Rec., Ctr. 12:30 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 2012

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 2012 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., 3 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, 2012. 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: \$10.00

### 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: \_\_\_\_\_