REGISTRATION
Registration for the Fall/Winter Program will begin on Mon., Aug., 27 at 9:00 a.m. Phone registration will not be taken. Please double check the appropriate times and dates for your program.

NEW STROLLER-CISE
STROLL YOUR WAY INTO SHAPE
INSTRUCTOR: Jill Coleman
While strolling with your child, you can now include Stroller-cise. Through Warm up, Workout, and Stretching, you can “Stroll your way into shape”.
Tuesdays & Thursdays 9:30-10:30 a.m.
$25 per session OR $3.00 per class
Session 1 = Oct., 2 to Nov., 1 2012
Session 2 = Nov, 6 to Dec., 13, 2012
Session 3 = Jan., 7 to Feb., 7, 2013
Session 4 = Feb., 12—Mar., 14, 2013
NO REFUNDS FOR MISSED CLASSES NO CLASS Nov., 20 & 22, 2012
When weather is inclement, work outs will move in door.
BOTH MOM & DAD WELCOME

SEASON END—“BEACH PARTY”
Village of Elmwood Park
Parks & Recreation Department Hosting
A “BEACH PARTY” at the AQUATIC CENTER!
Saturday, September 1 from 12:00—3:00 p.m.
Sunday, September 2 from 12:00—3:00 p.m.
RAIN DATE ONLY: Monday, September 3 from 12:00—3:00 p.m
Join the fun Poolside with DJ Jerry Renda,
Music, Dancing, & Games
Refreshments available for purchase at Concession Stand
ALL AGES
Aquatic Center Pool Pass or Pay Daily Fee at Admissions

GIRLS AND BOYS RECREATION

PLAYSCHOOL Instructor: Lauren LaPuma
This program is designed to promote socialization through work and play with other children. Non-Residents will be placed on a waiting list.
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!

Fall Session Sept., 19 through Dec., 6 Fee: $180.00 NO REFUNDS
Winter Session Jan., 9 through Mar., 8 Fee: $140.00 NO REFUNDS
Spring Session Mar., 13 through May., 9 Fee: $140.00 NO REFUNDS

NO CLASS Mar., 26 & 28 (Spring Break)

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!

Fall Session Sept., 18 through Dec., 6 Fee: $180.00 NO REFUNDS
Winter Session Jan., 8 through Mar., 7 Fee: $140.00 NO REFUNDS
Spring Session Mar., 12 through May., 9 Fee: $140.00 NO REFUNDS

NO CLASS Mar., 27 & 29
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
Fri., Sept., 21 from 5:15 – 6:10 p.m.
Mon., Nov., 5, from 4:00 – 4:55 p.m.
Fri., Jan., 25 from 4:00-4:55 p.m.
Class size: Min., 5 – Max., 30
Fee: $ 20.00 per class

3 POINTS ATHLETICS
BASKETBALL TRAINING
“Have fun learning to become a better basketball player this Fall”! Skilled and experienced instructors will conduct a clinic, once a week, for you and your friends. These clinics will help you become a better basketball player through drills, contests and game competition.
Boys & Girls
Wednesdays beginning
Sept., 26 thru Nov., 21
NO CLASS Wed., Nov., 28
1st – 4th Grades from 3:40 – 4:30 p.m.
5th – 8th Grades from 4:40 – 5:30 p.m.
Fee: $70.00 for the entire session

SPECIAL THANK YOU TO
Village of Elwood Park,
Firefighter, Bill Kucera
Thanks to Firefighter, Kucera, Bags Tournaments were enjoyed poolside this Summer. He donated his time to build 6 official tournament sets both Bag Boards as well as 48 official tournament Corn Toss Bags.
Brookfield Zoo
Matthew Mayer
Due to Mr. Mayer’s generosity, our Village of Elwood Park 2012 Summer Campers enjoyed a tram ride through Brookfield Zoo during their recent soggy field trip. Mr. Mayer truly made what was a rainy day into a most enjoyable field trip.
KIDS CERAMICS
Classes will be held on Tuesdays from 4:30 p.m. – 6:00 p.m.
SESSION I
Sept., 18, 25 & Oct., 2, 9, 16, 23
SESSION II
Oct., 30—Nov., 6, 13, 27 & Dec., 4, 11
(No Class Nov., 20)
SESSION III
Jan., 15, 22, 29 & Feb., 5, 12, 19
SESSION IV
Feb., 26 - Mar., 5, 12, 19, 26 & Apr., 2
Fee per session $45.00 (includes firing)

NEW BEGINNING BATON TWIRLING
All Ages Welcome
Fridays from 5:00 p.m.—6:00 p.m.
Fee: $50
(Plus the purchase of Baton)
NO CLASS
NO CLASS
Fri., Jan., 4 & Mar., 29, 2013

KIDS HALLOWEEN PARTY
New activities planned for trick-or-treaters to enjoy
Wednesday, Oct., 31 from 4:00 – 5:30 p.m.

WINTER PLAYGROUND
This program is designed for children 3 & under to use the gymnasium, 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. Food or drinks are not allowed at winter playground.
Tuesdays & Thursdays, 10:30 a.m.—12:00 p.m.
Tues., Oct., 4 through Thurs., Mar., 28
No Fee – Residents Only!

OPEN GYM WEEKDAYS
3:30—5:30 P.M.
No Wednesday
Open Gym on
9/26—
10/3, 10, 17, 24, 31—
11/7, 14, 21

ELMWOOD PARK PHOTO ID REQUIRED

OPEN FLOOR HOCKEY
Tuesdays, 3:30—5:00 p.m.
Grades 4 through 8th

FUN & FITNESS
Featuring Fitness Skills, Games and Team Sports
3rd through 6th Grade
Thursdays 3:30 p.m.
Oct., 4, 11, 18, 25, Nov., 1 Fee $25.00
**KID’S KARATE CLUB** is back at the Elmwood Park Parks & Recreation Center!
The Kid’s Karate Club is specifically designed for children ages 3 to 14, and is taught in a unique way where children are encouraged to have fun. If children enjoy what they are doing, they will learn more, have more confidence in themselves and gain as an individual. This program is more than just kick, punch and yell. It targets many building blocks for children today; respect, self-esteem, self confidence, leadership, but most of all, family involvement. This progressive martial arts program teaches the basics in karate, self defense, sparring, kata and children’s safety with belt progression through Black Belt.

You will be glad to know that safety and dealing with strangers is also incorporated into the program. Our Director, former Illinois Police Officer, has many years of law enforcement experience and has made child’s safety a priority. A child’s best defense is being prepared. Students are taught awareness, avoiding dangerous situations and how to defend themselves.

Parents may participate with their children at no cost as part of the Parent Helper Program. Family involvement and respect are key elements, and children are encouraged and motivated to do their best in all aspects of their lives. This class is taught by the Kid’s Karate Club which has been featured on WGN and many newspapers including the Daily Herald. For more Information, go to the website: [http://www.kidskarate.com](http://www.kidskarate.com) All classes on TUESDAYS as follows:

**SESSION 1**
Sept., 25—Nov., 27/Testing Dec., 4
(NO CLASS NOVEMBER 22)

**SESSION 2**
Jan., 8—Feb., 26/Testing Mar., 15

**SESSION 3**
Mar., 12—April 30/Testing May 7

**CLASS SCHEDULE**
BEGINNERS
INTERMEDIATE
ADVANCED

**BELT**
WHITE BELT 5:30 P.M.—6:10 P.M.
YELLOW, ORANGE & GREEN BELT 6:10 P.M.—6:50 P.M.
BLUE BELTS & ABOVE 6:50 P.M.—7:30 P.M.
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 **THURSDAYS** as follows:

<table>
<thead>
<tr>
<th>SESSION 1 (Fall)</th>
<th>SESSION 2 (Fall)</th>
<th>SESSION 1 (Winter)</th>
<th>SESSION 2 (Winter)</th>
<th>SESSION 3 (Winter)</th>
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(NO CLASS THURSDAY, NOVEMBER 22)

**TINY TUMBLERS (Ages 18—36 months)** $40 per 5 week session

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.

**CLASS TIMES**

2:15—2:45 p.m.

**TWISTER TOTS (Ages 3—6 years)** $50 per 5 week session

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.

**CLASS TIMES**

3:00—3:34 p.m.

**SCHOOL AGE/BEGINNING GYMNASTICS (Ages 6—18 years)** $60 per 5 week session

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.

**CLASS TIMES**

4:00—4:55 p.m.

**TUMBLING (Ages 6—18 years)** $60 per 5 week session

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.

**CLASS TIMES**

5:00—5:55 p.m.
One of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self esteem, achieve lifelong physical fitness and learn self-defense skills. Classes are taught under the direction of G. Master Ki Hong Kim* (8th Dan World Taekwondo Federation) A $45.00 uniform fee is required at the first class. Belt testing is offered at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gears.

**WEDNESDAYS** as follows:

**SESSION 1**
- Sept., 5—Nov., 21
- Nov., 28—Feb., 27

**SESSION 2**
- Mar., 6—May 22

**SESSION 3**
- (NO CLASS WEDNESDAY, DEC., 26 OR JAN., 2)

**CLASS TIMES**
- **4:00—4:40 p.m.**

**LITTLE DRAGONS (Ages 4 – 5 Yrs.) $75 per 12 week session**
This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination and respect for the discipline of martial arts training.

**EARLY TAEKWONDO (Ages 6-7 Yrs.) $75 per 12 week session**
Designed especially for the younger children. Program helps develop conditioning, coordination, listening skills and self-confidence through creative activity.

**YOUTH TAEKWONDO (Ages 8-13 Yrs.) $75 per 12 week session**
This program includes a balanced cardiovascular workout, including punching, kicking, and blocking skills, using the Taekwondo tradition and self-control. Participants will improve coordination, power of concentration, balance and both physical and mental discipline.

**PARENT/CHILD TAEKWONDO (Ages 7+ w/Parent) $75 per 12 week session**
This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics and traditional Taekwondo techniques including punching, kicking and blocking. Fee is per person.

**ADULT TAEKWONDO (High School & Older) $75 per 12 week session**
Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms, stances, and skills of punching, kicking and blocking. This is a great program for those looking to maintain and improve their physical fitness.

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**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., 10 – 17 – 24 - 31 Feb., 7 – 14
Fee $30.00

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**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. 7 at 4:00 p.m.  Fee $5.00
YOUTH COMMISSION VOLLEYBALL

BOYS & GIRLS  Grades 4—8

REGISTRATION

Mon., & Tues., Sept., 10 & 11 from 7:00–9:00 p.m.

BASKETBALL

FOR BOYS AND GIRLS Grades 2 – 8

REGISTRATION:  Tues., Oct., 2 and Wed., Oct., 3 from 7:00 – 9:00 p.m. at the Parks and Recreation Building  2 Conti Parkway

CHILD AND PARENT OR GUARDIAN MUST BE PRESENT AT TIME

OF REGISTRATION  Proof of Residency – School I.D. Card

(Birth Certificate for First Time Players Only)

REGISTRATION FEE:  $40.00 – LATE FEE:  $55.00

Non-Residents:  Additional $20.00

Make checks payable to:  VILLAGE OF ELMWOOD PARK

DIVISION “A” - SECOND (2ND) GRADE
(Play on Saturday afternoons – Small Gym)

DIVISION “B” - THIRD (3RD) & FOURTH (4TH) GRADES
(Play on Saturday afternoons – Large Gym Full Court)

DIVISION “C” - FIFTH (5TH) & SIXTH (6TH) GRADES
(Play on Tuesday evenings – Large Gym)

DIVISION “D” - SEVENTH (7TH) & EIGHTH (8TH) GRADES
(Play on Thursday evenings – Large Gym)

PARENTS ARE NEEDED FOR COACHES!

ICE SKATING

Franklin Park Ice Arena

9711 W. Waveland Ave., Franklin Park, IL


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

TEEN RECREATION

HIGH SCHOOL 3-POINT SHOOT-OUT

Thursday, Mar. 21 at 6:30 p.m. Fee:  $5.00

3 ON 3 TOURNAMENT

Thursday, March 28 at 6:30 p.m. Fee:  $20 per team

HIGH SCHOOL BASKETBALL

HOT SHOT TOURNAMENT

Thursday, March 28 at 6:30 p.m.  Fee $5.00

HIGH SCHOOL

WEIGHT TRAINING

Mon., - Fri., 3—7 p.m.

Sat., 9 a.m.—12 p.m.

Residents Only!

PHOTO I.D. REQUIRED!
ZUMBA/BOOTCAMP/MEDITATION/LIGHT YOGA STRETCH

**FALL Session**

**ZUMBA & ZUMBA Toning**

This class will mix fun fat burning zumba songs with a little bit slower, simpler zumba toning songs for this hour of crazy fun fitness! Zumba Toning takes the original Zumba dance-fitness class to the next level utilizing simple dance steps with the addition of light weighted toning sticks or dumbbells. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises burns fat as well as tones the muscles in the upper, lower and core of the body. Zumba and Zumba Toning creates the same party atmosphere and is fun, different, challenging and effective! Bring a pair of 1 or 2 pound weights or purchase a pair of Zumba toning sticks from your instructor.

**MONDAYS**

**SEPTEMBER 10 - OCTOBER 29 (7 Week Session)**

6:30 PM ZUMBA (45 MINUTE CLASS) ($30.00)
AND/OR 7:15 PM ZUMBA TONING (45 MINUTE CLASS) ($30.00)
$30.00 FOR EITHER CLASS OR $50.00 FOR BOTH OR $8.00 DROP IN’S

**BOOT CAMP**

This class will incorporate cardiovascular exercise with muscle condition, toning and lots of abs and core work. We will utilize equipment such as steps, weights, mats and tubes. You will also work out using the resistance of your body. You will get and overall body workout. We will use variety of techniques to challenge the body such as kickboxing, resistance training, hi-low aerobics and floor work. You will love how your body feels after this workout. All levels welcome. Bring a mat and 3 to 8 pound dumbbells.

**WEDNESDAYS**

**SEPTEMBER 5—OCTOBER 24**

6:30-7:30 PM (8 WEEK SESSION) $40.00 FOR 8 WEEKS AND/OR $8.00 DROP IN’S

**BEGINNER MEDITATION WITH LIGHT YOGA STRETCH**

This is a beginner meditation class utilizing guided imagery and breathing for relaxation, stress reduction and overall balance and harmony within the body. This class can help reduce stress, anxiety, and even depression. We will warm up the body by doing some very light beginner stretches appropriate for any level or age group. You will relax and be carried away in utter peacefulness using different techniques of guided relaxation each week. Try the class for $8.00. Bring a yoga mat. You can also bring a blanket or pillow if desired.

**WEDNESDAYS**

**OCTOBER 3—OCTOBER 24**

8:00—9:00 PM (4 WEEK SESSION) $30.00 FOR 5 WEEKS OR $8.00 DROP IN’S

**WINTER Session**

**ZUMBA**

Are you ready to party yourself into shape? That’s exactly what the ZUMBA program is all about. It’s an exhilarating, effective, easy to follow, latin-inspired, calorie-burning dance fitness party that’s moving millions of people toward joy and health. Zumba fuses hypnotic latin rhythm and easy to follow moves to create a dynamic fitness program to blow you away. Zumba workouts achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie burning, body energizing inspiring movements! Routines feature interval training where fast and slow rhythms and easy choreography is used to keep you moving and have fun. **COME JOIN THE PARTY!**

**TUESDAYS**

**JANUARY 29—MARCH 19**

6:30—7:30 PM (8 WEEKS SESSION) $40.00 for 8 WEEKS OR $8.00 DROP INS

**BEGINNER MEDITATION WITH LIGHT YOGA STRETCH**

This is a beginner meditation class utilizing guided imagery and breathing for relaxation, stress reduction and overall balance and harmony within the body. This class can help reduce stress, anxiety, and even depression. We will warm up the body by doing some very light beginner stretches appropriate for any level or age group. You will relax and be carried away in utter peacefulness using different techniques of guided relaxation each week. Try the class for $8.00. Bring a yoga mat. You can also bring a blanket or pillow if desired.

**TUESDAYS**

**FEBRUARY 5—MARCH 5**

8:00—9:00 PM (5 WEEK SESSION) $35.00 FOR 5 WEEKS OR $8.00 DROP IN’S
R.A.D.
(Rape, Aggression & Defense Systems)

Women’s Basic Self-Defense is presented by N'Spire Fitness.

This is 10 hour program. R.A.D. combines lecture with practical training. Women and girls are taught techniques to avoid and escape violence. Fee includes student manual and free lifetime practice and return policy. **THURSDAYS** as follows:

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<thead>
<tr>
<th>TIME</th>
<th>SESSION 1</th>
<th>SESSION 2</th>
<th>SESSION 3</th>
<th>SESSION 4</th>
<th>SESSION 5</th>
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</thead>
<tbody>
<tr>
<td>OR 7:30—9:30 p.m.</td>
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Fee: $30 per person/per session

**PERSONAL TRAINING**

WITH INSTRUCTOR, JILL COLEMAN

One-on-One personal training classes will be held at the Elmwood Park Recreation Center. Jill will make the program personalized for your fitness level and have you fill out a pre-activity health, history and fitness screening prior to your first work out. This will ensure you can be trained at a level that best suits you and what you are most comfortable with. Based on this information, Jill will write up an exercise program that you can work on. Once your fitness level is figured out, you will be able to focus on goals. Goals can include losing weight, gaining muscle, learning about nutrition or living an overall healthy lifestyle.

The workout room in the Park’s & Recreation Center will be used for the free weights, treadmills, elliptical, bench press, stretching equipment, stationary bike, etc. The gymnasium will be used for warm ups, cool downs and sprint work. If your focus is more of an aerobic workout, running outside is always a good alternative. Jill will focus the workout on your specific goals.

Must be 18 years or older.

Fee: $15.00 for a 30 minute One-on-One session

For additional information, or to set up a work out session

Please contact Jill Coleman at 708-712-4170
Or email jb-coleman2@wiu.edu

**ELMWOOD PARK GARDEN CLUB**

Elmwood Park Gardener’s are WELCOME to join the Garden Club and attend Garden Club meetings covering a variety of gardening topics and helpful hints. Upcoming meetings held at Elmwood Park Parks & Recreation Center Thursday at 7:00 p.m. as follows:

**2012**
Sept., 13—Oct., 11
Oct., 18—Nov., 15
Nov., 29—Dec., 27
Jan., 3—Jan., 31
Feb., 7—Mar., 7

**2013**
Jan., 10—Feb., 14—Mar., 14

If interested in featuring your garden in this year’s garden walk contact Gina at: 708-452-8045.

**WSSRA WEST SUBURBAN SPECIAL RECREATION**

The Village of Elmwood Park through West Suburban Special Recreation Association (WSSRA) offers therapeutic recreation programs for Village of Elmwood Park residents of all ages with a disability, impairment or special education need. Programs are held in Elmwood Park and in neighboring communities. WSSRA programs are offered year round and include fitness, yoga, art, athletic, social, play groups and excursion programs. Participants gain skills, make friends, and have fun at WSSRA programs! Parents of special education students can find support through WSSRA, too. Therapeutic Recreation Specialists adapt activities that allow all participants to be successful. For more information about WSSRA recreation programs an Outreach Specialist is available to answer questions, meet with you and help with registration.

Visit www.wssra.net or call 847-455-2100

YOU CAN SUPPORT WSSRA WHILE HAVING FUN AT

THE ANNUAL MAKIN’ TRACKS 5K RUN/WALK

SATURDAY, SEPTEMBER 15, 2012
Beginning 8:45 a.m.
At CONCORDIA UNIVERSITY
7400 Augusta Street, River Forest, IL 60305
For additional information visit the River Forest Park District at www.rfparks.com or call 708-366-6660
ZUMBA! Join the fitness phenomenon that has Elmwood Park and surrounding communities coming together for a fitness party that will exhilarate your mind, body and heart! If your workouts have been short on PLEASURE, this class is definitely for you! ZUMBA® fitness takes the anxiety and intimidation out of the exercise program! Imagine working out and not even realizing that you are Crazy? Perhaps. Impossible? Absolutely not! This isn’t your typical workout regimen — it’s more like a party! Our participants get the long-term benefits of exercising while experiencing an absolute blast in one exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements. Participants have burned anywhere from 400-1000 calories in one hour! Class is designed specifically to include a wide range of effective exercise modalities, including cardio, power, agility and strength training.

ZUMBA September Session Dates: Sept. 4-Sept. 27, Tuesday and Thursdays, Time: 7:00-8:00 pm, Main Gym. Full Session Pass: $48. Drop-ins welcome, $8. (Students with ID/Seniors $6).


NEW CLASS! Introducing Zumba Sentao™!
This brand new workout from Zumba fitness takes the thrill of the fitness-party and partners it with amazing, chair-based choreography to strengthen, balance and stabilize your core, and step up your cardio work in a whole new way! Grab a chair, feel the beat and learn how to use your own body weight to enhance muscle strength, improve definition and endurance, and tone your physique. Experience a burn in a high-energy fitness-party that will keep you on the edge of your seat! This Saturday class will incorporate additional Zumba cardio, toning, and abdominal training using a mat!

ZUMBA SENTAO COMBO September –October Dates: Saturdays, Sept. 8, 15, 22, 29, Oct. 6, 13 and 27. (NO CLASS Oct. 20) Time: 10:00-11:00 am, Main Gym. Drop-ins: $8. Saturday Pass (all 7 classes): $42.

S.T.R.I.D.E.
S.T.R.I.D.E. Direct from the country's most popular no-joke-all-sweat-total-body-transformation program, Insanity, comes a modified group exercise class that blends fun hip-hop cardio with max interval training where your body becomes your OWN gym. Get ready for insane calorie burn, amazing strength and toning moves, and feeling the burn is 100% guaranteed!

Minimum number of pre-registered participants: 15. Maximum: 30. Drop-ins $13. (Early registration recommended)


Fall/Winter (November-March) Schedule
Introducing Zumba Sentao™! This brand new workout from Zumba fitness takes the thrill of the fitness-party and partners it with amazing, chair-based choreography to strengthen, balance and stabilize your core, and step up your cardio work in a whole new way! Learn how to use your own body weight to enhance muscle strength, improve definition and endurance, and tone your physique. Experience a burn in a high-energy fitness-party that will keep you on the edge of your seat, moving to amazing music and get you results! Chairs provided. (Note: This is not a seated workout! The chair is used to execute strength training sequences that will tone and sculpt your entire body!) This class has a 50 pre-registered/reserved participant maximum for each class time. ***Pre-registration is strongly recommended. ONLY IF there is room permitting will drop-ins will be admitted to class. Drop-in rate $10.

ZUMBA SENTAO November Session- TWO Class Times
Wednesdays, register for 6:30 pm OR 7:30 pm class. November 7, 14 and November 28

ZUMBA SENTAO December Session- TWO Class Times
Wednesdays, Register for 6:30 pm OR 7:30 pm class. December 5, 12, and 19

ZUMBA SENTAO January-March Session-TWO Class Times
Wednesdays, register for 6:30 p.m. OR 7:30 p.m. class January 9, 16, 23, 30, Feb. 6, 13, 20, 27, March 6, 13, 20, 27
Pre-registration fee: $80/session 9Save over $40!) Drop-in rate: $10
Fall/Winter (November-March) Schedule

ZUMBA! Join the fitness phenomenon that has Elmwood Park and surrounding communities coming together for a fitness party that will exhilarate your mind, body and heart! ZUMBA® fitness takes the anxiety and intimidation out of the exercise program! This isn’t your typical workout regimen — it’s more like a party! Get the long-term benefits of exercising while experiencing an absolute blast in one exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements. Participants can burn up to 1000 calories in one hour! Class is designed specifically to include a wide range of effective exercise modalities, including cardio, power, agility and strength training. This class has a 60 pre-registered/reserved participant maximum.

*** Pre-registration is strongly recommended. ONLY IF there is room permitting will drop-ins will be admitted to class. Drop-in rate $8.

**ZUMBA November Session - TWO Class Times**

Mondays, November 5th, 12, 19t and 26.

Register for either 6:30 pm OR 7:30 pm class. Pre-registration fee: $28/session. Drop-in rate: $8.

**ZUMBA December Session - TWO Class Times**

Mondays, November 3, 10, 17.

Register for either 6:30 pm OR 7:30 pm class. Pre-registration fee: $21/session. Drop-in rate: $8.

**ZUMBA SENTAO “NEW YEAR BODY” Session, January THRU March! TWO Class Times**

Mondays, January 7, 14, 21, 28, Feb. 4, 11, 18, 25, March 4, 11, 18, 25.

Register for either 6:30 OR 7:30 Class. Pre-registration fee: $75/session. Drop-in rate: $8.

***NEW ZUMBA COMBO CLASS*** This new COMBO class is going to offer something for EVERYONE! Class will include the exhilarating Zumba cardio adored by all, PLUS a segment of the newest body sculpting Zumba training: Zumba SENTAO! We are partnering your favorite, classic Zumba cardio party with segments of amazing, chair-based/body weight choreography to enhance muscle strength, improve definition and endurance, and tone your physique. Imagine a class with the Zumba you that love, plus an extra UMPH! that your body will never forget! And of course, we’ll top the class off with a 10 minute rock-hard abdominal workout! You’ll leave class having cross-trained your body to the core! Get ready to feel great, blast calories, burn fat, and have a blast! Chairs provided. Please bring a mat for abdominal training portion.

**ZUMBA COMBO Class, November –December Session:**

Saturdays, November 3-November 24, December 1-December 22. 10:00-11:00 am. MAIN GYM! Drop-ins WELCOME!


**ZUMBA COMBO Class January-March Session:** Saturdays, January 12-March 16. 10 classes 10:00-11:00 am. MAIN GYM

SENIOR SNOW REMOVAL
Information available by stopping by or telephoning the following locations:
LaFramboise 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

SENIOR FITNESS 2012/2013
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 2012/13 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 CALENDAR OF EVENTS
Tina Gordon 708-452-3962
E-mail: cgordon@elmwoodpark.org

SEPTEMBER, 2012
Mon., Sept., 3 Village Closed/Labor Day
Thurs., Sept., 6 Dessert Day/Bring your favorite - 1:00 p.m.
Sept., 7, 8, 9 Garage Sale Weekend
Sept., 10–14 Senior Trip /Niagara Falls
Mon., Sept., 17 Senior Mtg./Parks & Rec., Ctr. - 12:30 p.m.
Tues., Sept., 18 Crafts & Cards—1:00 p.m.
Thurs., Sept., 20 Crafts & Cards—1:00 p.m.
Thurs., Sept., 27 Crafts & Cards—1:00 p.m.

OCTOBER, 2012
Mon., Oct., 1 Senior Mtg., Parks & Rec., Ctr. - 12:30 p.m.
Thurs., Oct., 4 Order Out/Eat In—12:00 p.m.
Mon., Oct., 8 Crafts & Cards—1:00 p.m.
Tues., Oct., 9 Crafts & Cards—1:00 p.m.
Wed., Oct., 10 Senior Trip/42nd Street
Mon., Oct., 15 FLU SHOTS
Senior Mtg., Parks & Rec., Ctr. - 13:00 p.m.
Tues., Oct., 16 Order Out/Eat In—12:00 p.m.
Thurs., Oct., 18 Crafts & Cards—1:00 p.m.
Mon., Oct., 22 Crafts & Cards—1:00 p.m.
Wed., Oct., 24 Senior Trip/I Love Lucy

NOVEMBER, 2012
Oct., 31-Nov., 2 Senior Trip/Island Resort
Mon., Nov., 5 Senior Mtg., Parks & Rec., Ctr. - 12:30 p.m.
Tues., Nov., 6 Village Closed/General Election Day
Thurs., Nov., 8 Apple Pie & Ice Cream—1:00 p.m.
Mon., Nov., 12 Village Closed/Veteran’s Day Observed
Tues., Nov., 13 Order Out/Eat In—12:00 p.m.
Thurs., Nov., 15 Crafts & Cards—1:00 p.m.
Mon., Nov., 19 Senior Mtg., Parks & Rec., Ctr. - 12:30 p.m.
Tues., Nov., 20 Crafts & Cards—1:00 p.m.
Nov., 22 & 23 Village Closed/Happy Thanksgiving
Mon., Nov., 26 Order Out/Eat In—12:00 p.m.

DECEMBER, 2012
Mon., Dec., 3 Senior Mtg., Parks & Rec., Ctr. - 12:30 p.m.
Tues., Dec., 4 Crafts & Cards—1:00 p.m.
Mon., Dec., 10 Crafts & Cards—1:00 p.m.
Tues., Dec., 11 Crafts & Cards—1:00 p.m.
Thurs., Dec., 13 Christmas Luncheon/Call for reservations
Mon., Dec., 17 Order Out/Eat In—12:00 p.m.
Tues., Dec., 18 Crafts & Cards—1:00 p.m.
Thurs., Dec., 20 Cookie Day/Bring favorite cookie & recipe
Dec., 24 & 25 Village Closed/Merry Christmas
Thurs., Dec., 27 Crafts & Cards—1:00 p.m.

JANUARY, 2013
Tues., Jan., 1 Village Closed/Happy New Year
Tues., Jan., 8 Crafts & Cards—1:00 p.m.
Thurs., Jan., 10 Order Out/Eat In—12:00 p.m.
Mon., Jan., 14 Senior Mtg., Parks & Rec., Ctr. - 12:30 p.m.
Tues., Jan., 15 Crafts & Cards—1:00 p.m.
Thurs., Jan., 17 Hot Dog Day/Call for reservations
Tues., Jan., 22 Crafts & Cards—1:00 p.m.
Thurs., Jan., 24 Order Out/Eat In—12:00 p.m.
Mon., Jan., 28 Senior Mtg., Parks & Rec., Ctr. - 12:30 p.m.
Tues., Jan., 29 Senior Trip/To be announced
Thurs., Jan., 31 Crafts & Cards—1:00 p.m.

FEBRUARY, 2013
Mon., Feb., 4 Senior Mtg., Parks & Rec., Ctr. - 12:30 p.m.
Tues., Feb., 5, 12, 19, 26 Senior Taxes
Appointment only: 708-456-3000 Ext. 3895
Thurs., Feb., 7 Crafts & Cards—1:00 p.m.
Thurs., Feb., 14 Senior Trip/To be announced
Thurs., Feb., 21 Crafts & Cards—1:00 p.m.
Feb., 27 & 28 Senior Trip/Island Resort

FLU SHOTS
Mon., Oct., 15 From 10:00 a.m. until 2:00 p.m.