

Youth Dance

Learn ballet positions and terms in a fun and friendly setting! Your little ballerina will love this class! There will be a recital at the end of the session and each dancer will get her very own dress! Recitals are free to the public.

NEW!
Ballet at Kahl Park in Northlake!

Mondays

Tuesdays

Wednesdays

Pre Ballet

Ages: 2.5-3 #411114 A
This class focuses on movement and rhythm.

Day: Mondays
Date: January 23-May 7
Time: 5-5:30 p.m.
Location: Bulger Park
Fee: \$75 In District, \$80 Out of District
Min/Max: 5/10

Pre Ballet

Ages: 2.5-3 #411114 C
This class focuses on movement and rhythm.

Day: Tuesdays
Date: January 24-May 8
Time: 5:45-6:15 p.m.
Location: Kahl Park
Fee: \$75 In District, \$80 Out of District
Min/Max: 5/10

Pre Ballet

Ages: 2.5-3 #411114 A1
This class focuses on movement and rhythm.

Day: Wednesdays
Date: January 25-May 9
Time: 5:45-6:15 p.m.
Location: Bulger Park
Fee: \$75 In District, \$80 Out of District
Min/Max: 5/10

Ballet

Ages: 4-6 #4111114 B
This class focuses on movement and rhythm.

Day: Mondays
Date: January 23-May 7
Time: 5:30-6:15 p.m.
Location: Bulger Park
Fee: \$90 In District, \$95 Out of District
Min/Max: 5/12

Ballet

Ages: 4-6 #4111114 C1
This class focuses on movement and rhythm.

Day: Tuesdays
Date: January 24-May 8
Time: 5-5:45 p.m.
Location: Kahl Park
Fee: \$90 In District, \$95 Out of District
Min/Max: 5/12

Ballet

Ages: 4-6 #4111114 B1
This class focuses on movement and rhythm.

Day: Wednesdays
Date: January 25-May 9
Time: 5-5:45 p.m.
Location: Bulger Park
Fee: \$90 In District, \$95 Out of District
Min/Max: 5/12

YOUTH DANCE



Please note: Students must come in a leotard, tights, and ballet shoes. Shoes can be purchased at Payless, Target, etc. Please avoid wearing T-shirts, baggy clothes. No jewelry of any kind will be permitted.

Gymnastics CHILDREN/YOUTH

Parent and Star

(Ages 18-35 Months)

This class will allow your little star to explore many different avenues of physical movement through basic tumbling activity. This is a parent-assisted program and active wear is advised. Come and enjoy the interaction created for you and your child in this class. No experience necessary.



Day: Saturday

Date: Winter 2: January 28-March 3 #311111 A3

Spring 1: March 10-April 21 #122221 A

(No class March 31)

Spring 2: April 28-June 2 #122221 A1

Time: 9:15-9:45 a.m.

Location: Grant Park Recreation Center

Fee: \$62.50 In District, \$64.50 Out of District

Min/Max: 8/16

Instructor: Aerial Gym Stars

Rising Star (Ages 3-4)

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, vaulting skills and movements associated with gymnastics at an appropriate level for their age. Please note that children need to participate without parent assistance. No experience necessary.



Day: Saturday

Date: Winter 2: January 28-March 3 #311111 B3

Spring 1: March 10-April 21 #122221 B

(No class March 31)

Spring 2: April 28-June 2 #122221 B1

Time: 9:15-9:45 a.m.

Location: Grant Park Recreation Center

Fee: \$64 In District, \$66 Out of District

Min/Max: 6/10

Instructor: Aerial Gym Stars



Shooting Stars (Age 4-5)

Shooting Stars helps the first time stars and returning stars improve their basic skills, while taking their next step up in the development of basic gymnastics. Fun and interesting challenges await your child at the Shooting Stars gymnastics class. No experience necessary.

Day: Saturday

Date: Winter 2: January 28-March 3 #311111 C3

Spring 1: March 10-April 21 #122221 C1

(No class March 31)

Spring 2: April 28-June 2 #122221 C2

Time: 9:15-9:45 a.m.

Location: Grant Park Recreation Center

Fee: \$65 In District, \$67 Out of District

Min/Max: 6/10

Instructor: Aerial Gym Stars



Gymnastics (Ages 5-12)

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 the next progression. No experience necessary.

TWO TIMES AVAILABLE!

Day: Saturday

Time: 10-11 a.m.

Date: Winter 2: January 28-March 3 #311111 E3

Spring 1: March 10-April 21 #122221 D

(No class March 31)

Spring 2: April 28-June 2 #122221 D2

Time: 11:15 a.m.-12:15 p.m.

Date: Winter 2: January 28-March 3 #311111 E7

Spring 1: March 10-April 21 #122221 D1

(No class March 31)

Spring 2: April 28-June 2 #122221 D3

Fee: \$70 In District, \$72 Out of District

Location: Grant Park Recreation Center

Min/Max: 6/10

Instructor: Aerial Gym Stars



Gymnastics CHILDREN/YOUTH

Tumbling (Ages 5-10)

This class will teach your child the very basics of front rolls, back rolls, cartwheels, and handstands. Round-offs, backbends, front and back handsprings will be taught as students progress. No experience necessary.



Day: Saturday

Date: Winter 2: January 28-March 3 #311111 D3

Spring 1: March 10-April 21 #122221 E

(No class March 31)

Spring 2: April 2 -June 2 #122221 E1

Time: 11:15 a.m.-noon

Location: Grant Park Recreation Center

Fee: \$65 In District, \$67 Out of District

Min/Max: 6/10

Instructor: Aerial Gym Stars

Intermediate/ Advanced Gymnastics (Ages 6-up)

This class will continue the progressions of skills on all four events. A strong development of the basic skills is necessary for this class. Instructor approval required.

Day: Saturday

Date: Winter 2: January 28-March 3 #311111 G3

Spring 1: March 10-April 21 #122221 G

(No class March 31)

Spring 2: April 28-June 2 #122221 G1

Time: 10-11:15 a.m.

Location: Grant Park Recreation Center

Fee: \$77 In District, \$79 Out of District

Min/Max: 6/10

Instructor: Aerial Gym Stars



Cheer Tumbling (Ages 10+)

This class will teach your child the very basics of front rolls, back rolls, cartwheels, and handstands. Round-offs, backbends, front and back handsprings will be taught as students progress. No experience necessary.



Day: Saturday

Time: 11:15 a.m.-Noon

Date: Winter 2: January 28-March 3 #311111 H3

Spring 1: March 10-April 21 #122221 H

(No class March 31)

Spring 2: April 28-June 2 #122221 H1

Fee: \$67 In District, \$69 Out of District

Location: Grant Park Recreation Center

Min/Max: 6/10

Instructor: Aerial Gym Stars

New Winter- EAST LEYDEN

American Red Cross Learn to Swim Program

(Ages 6 and older)

American Red Cross Learn to Swim program is supervised by certified water safety instructor Nicole Wagemann and Samantha Olinski. All swimmers will be tested the first day of lessons. Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival, and swim skills. No experience necessary.

Level 1: Introduction to Water Skills

Level 2: Fundamental Aquatic Skills

Level 3: Stroke Development

Level 4: Stroke Improvement

Level 5: Stroke Refinement

Level 6: Swimming and Skill Proficiency

Ages: 6 and older

Day: Tuesdays and Thursdays

Time: Levels 1, 2, 3 — 7-8 p.m.

Dates: Session 2: February 7-March 1 #411141 A2

Session 3: April 3-26 #411141 A3

Session 4: May 4-24 #411141 A4

Time: Levels 4, 5, 6 — 8-9 p.m.

Dates: Session 2: February 7-March 1 #411141 B2

Session 3: April 3-26 #411141 B3

Session 4: May 4-24 #411141 B4

10 minutes free swim + 40 minutes of lessons + 10 minutes of free swim = 1 hour

Location: East Leyden High School 3400 Rose Street, Franklin Park

Fee per session: \$50 In District, \$55 Out of District



Spring Swim Lessons at HIGH SCHOOL

Diaper Dippers

Parent-Child Aquatics

(Ages 6 months to 3 yrs. old)

Parents and children learn together to increase children's comfort in the water. Build a foundation of basic aquatic and water safety skills such as feeling of security in the water, as well as aquatic adjustments and swimming readiness skills. Emphasis is on the development of a warm and trusting relationship between parent and baby in the pool. Tots need to be accompanied by an adult 18 years or older. This is NOT a swim lessons program.

Day: Mondays

Date: Session 2: February 13, 27 and March 12, 19
#411141 D2

Session 3: April 2, 9, 16, 23 #411141 D3

Session 4: April 30, May 7, 14, 21 #411141 D4

Time: 7-8 p.m.

Location: East Leyden High School

Fee: \$40 per session

Swimming Safety

Preschool Aquatics

(Ages 3, 4, and 5)

Children participate without a parent in the water. One lifeguard will be responsible for one child.

Day: Mondays

Date: Session 2: February 13, 27 and March 12, 19
#411141 S2

Session 3: April 2, 9, 16 and 23 #411141 S3

Session 4: April 30 and May 7, 14, 21 #411141 S4

Time: 7-8 p.m.

Location: East Leyden High School

Fee: \$40 per session

A birth certificate is required at the time of registration.

Children must be at least 3 years of age by the start date of their session.

AquaZumba

(Ages 16 and older)

Heat up the pool party! Jump into the Latin inspired, easy to follow, calorie burning dance fitness party that makes working out a splash. Exercise while your children swim in the other pool. The water slides will be off for the first hour on these days.

Day: Wednesdays

Date: Session 2: February 22, 29, March 7, 14, 21 and April 4
#411141 Z2

Session 3: April 11, 18, 25 and May 2, 9, 16
#411141 Z3

Time: 7-8 p.m.

Location: East Leyden High School

Fee: \$50 In District, \$60 Out of District

Instructor: Hilda Fabiani

Do you know swim classes aren't just for kids?

Adult Swimming Lessons

(Ages 18 and older)

These classes are 45 minutes of lessons and 15 minutes of free swim, taught by American Red Cross certified water safety instructors. The lessons start with the basics of floating, progressing to the fundamental aquatic locomotion and safety skills; freestyle, backstroke, elementary backstroke, breaststroke, treading, familiarity of rescue breathing, CPR and self-rescue skills.

Day: Mondays

Date: Session 2: February 13, 27 March 12, 19 #411141 C2
Session 3: April 2, 9, 16, 23 #411141 C3

Session 4: April 30, May 7, 14, 21 #411141 C4

Time: 8-9 p.m.

Location: East Leyden High School Pool

Fee: \$40 per four-week session



Family Open and Lap Swim

Wednesdays, Starting January 11, 2012 • 8-9 p.m.

Adults \$4 • Children \$3

Adapted Open Swim

Last Wednesday of each month

East Leyden High School, 3400 Rose Street, Franklin Park

ENTRANCE #6

Sports CHILDREN/YOUTH

4th Annual Youth 5-on-5 Indoor Soccer League

(Grades 1-6)

5-on-5 indoor youth soccer is a fast-paced game that will keep your child involved at all times. The participants will learn basic soccer skills (dribbling, passing, shooting, and defense) while having a blast! There will be at least one team practice during the week and one game on Saturdays. The coach will notify the parents regarding practice times. In an effort to create balanced teams we have **MANDATORY** Skills Day, which help us evaluate a child's athletic performance. **NO TEAM REQUESTS.** All children receive team shirts and medals.

Grades:

1-2 - #132121 Z

3-4 - #132121 Z1

5-6 - #132121 Z2

Day: Games on Saturday, one practice during the week

Date: April 7-June 9

Time: Between 1-6 p.m.

Grades 1-2 (Saturday morning)

Grades 3-4 (Saturday mid afternoon)

Grades 5-6 (Saturday late afternoon)

Location: Grant Park Recreation Center

Fee: \$55 In District, \$60 Out of District

Registration Deadline: Monday, April 7

No refunds after Monday, April 9

Skills Day: Saturday, April 7

Grades 1-2: 1 p.m.

Grades 3-4: 2 p.m.

Grades 5-6: 3 p.m.



Pee Wee Basketball

(Ages 4-6)

This eight-week program will teach your child the basics skills of basketball while having tons of fun! Your child will learn the basics of dribbling, passing, shooting and defending. This is a non-competitive class that puts all of it's emphasis on fun, learning and teamwork. Age appropriate hoops will be provided. Please wear gym shoes.



Day: Tuesdays

Date: February 14-April 3 #142121 A

Time: 5-6 p.m.

Location: Grant Park Recreation Center

Fee: \$40 In District, \$45 Out of District

Min/Max: 5/16

Contact: Roy Rodriguez



Pee Wee T-Ball

(Ages 4-6)

This eight-week (8) program will teach your child the basics skills of baseball while having tons of fun! Your child will learn the basics of throwing, catching, hitting, fielding and running the bases. This is a non-competitive class that puts all of its emphasis on fun, learning and teamwork. You must provide your own glove.

Days: Wednesdays

Date: February 22-April 11 #142121 B

Time: 5-6 p.m.

Location: Grant Park Recreation Center Gym

Fee: \$40 In District, \$45 Out of District

Min/Max: 5/16

Contact: Roy Rodriguez



Pee Wee Soccer

(Ages 4-6)

This eight-week (8) program will teach your child the basic skills of soccer while having tons of fun! Your child will learn the basics of dribbling, passing, shooting and defending. This is a non-competitive class that puts all of its emphasis on fun, learning and teamwork. Age appropriate goals will be provided.

Days: Saturdays

Date: April 7-May 26 #142121 C

Time: 11 a.m.-noon

Location: Grant Park Recreation Center Gym

Fee: \$40 In District, \$45 Out of District

Min/Max: 5/16

Contact: Roy Rodriguez



Indoor Volleyball Camp

(Ages 7-14)

In this eight-week (8) class we will learn the basic skills and knowledge of volleyball. Learn how to properly serve, dig, pass and spike your way into victory! This class is perfect for first-timers or for children that have been in our class before and want to enhance their skills. Proper drills will be run for all the skills and games will be played to show off those skills.

Days: Mondays

Date: April 2-May 21

Time: 5-6 p.m. (Ages 7-10) #142121 D

6-7 p.m. (Ages 11-14) #142121 D1

Location: Grant Park Recreation Center Gym

Fee: \$40 In District, \$45 Out of District

Min/Max: 8/16

Contact: Roy Rodriguez



Floor Hockey Camp

(Ages 7-14)

In this eight-week (8) class we will learn the basic skills and knowledge of Floor Hockey. Learn how to properly handle the puck, pass, shoot, defend and learn the basic rules of the game! This class is perfect for first-timers to the game of hockey or children who have participated in hockey leagues or camps before. Join the class to test your skills out or to learn a new game and have fun while doing so.



Days: Tuesdays
Date: April 17-June 5
Time: 5-6 p.m. (Ages 7-10) #142121 E
 6-7 p.m. (Ages 11-14) #142121 E1
Location: Grant Park Recreation Center Gym
Fee: \$40 In District, \$45 Out of District
Min/Max: 8/16
Contact: Roy Rodriguez



Indoor Tennis Camp

(Ages 7-14)

In this eight-week (8) class we will learn the skills and knowledge of tennis. Learn how to properly serve, lob, slam and spike. This class is perfect for first-timers or for children that have been in our previous tennis classes. We will provide balls and racquets.



Days: Thursdays
Date: April 12-May 31
Time: 5-6 p.m. (Ages 7-10) #142121 F
 6-7 p.m. (Ages 11-14) #142121 F1
Location: Grant Park Recreation Center Gym
Fee: \$40 In District, \$45 Out of District
Min/Max: 6/12
Contact: Roy Rodriguez

Family/Individual Archery Camp

(Ages 7-Adult)



The whole family can join now in this fun-filled archery program. If you want to have fun learning a new sport or simply want to improve your hand-eye coordination,

this eight-week (8) camp is guaranteed to be fun and challenging. Watch your accuracy improve every week! Archery supplies will be provided for everyone.



Days: Fridays
Date: March 20-May 18
 #142121 G
Time: 5-6:30 p.m.
Location: Grant Park Recreation Center Gym
Fee: \$40 In District, \$45 Out of District (\$10 off the 3rd family member to sign up!)
Min/Max: 6/16
Contact: Roy Rodriguez



Karate Academy

(Ages 6-13)

COME TRY A CLASS FOR FREE!

Get your kid(s) involved in the best martial arts program in the area to learn self-defense, self-confidence and self-discipline. From basic techniques to sparring drills, Karate Academy helps students achieve leadership skills and everyday self-defense. Uniforms are \$35. This program is run by the highly successful Karate Academy based out of Chicago and Texas. New this year, will be six (6) month sessions.

Day: Mondays and Thursdays
Dates: January-June
Time: 5:15-6 p.m.
Location: Grant Park Recreation Center
Fee: \$55 per month
Contact: Roy Rodriguez

Registration will be taken by Karate Academy