

# SPECIAL EVENTS

## 'YELL, RUN, & TELL!'

'Yell, Run, and Tell' is a child abduction prevention program. It teaches children 3 simple steps to keep themselves safe when faced with dangerous situations. The class is instructed by a member of the Cook County Sheriff Youth Services Department. This is a very important program & should be attended by **ALL** children & their parents! **Pre-registration required.**

**DAY/DATE:** Monday, Oct 18  
**TIME:** 6-7 pm  
**AGE:** 7 years & under & their parents  
**LOCATION:** Feldman Recreation Center  
**FEE:** **FREE!**  
**MIN/MAX:** 4/10



## DINNER WITH SANTA

Enjoy a delicious dinner with Santa including pasta, pizza, salad, bread & dessert. A very special visit with Santa will delight children and parents alike. Games, music and a gift from Santa are included. A picture of Santa with your child will be taken. **Must register by Dec 10.**

**PROGRAM:** 807  
**DAY/DATE:** Friday, Dec 17  
**TIME:** 6:30-8 pm  
**AGE:** 3-8 years old  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$20 per 1 adult + 1 child  
 \$8 for each additional person  
**MIN/MAX:** 20/40

## NEW! YOUTH MILE

Sign up for the park district's youth mile race around Dee Park. Participants will receive a T-shirt and winners in each age level will receive a medal! Let's get fit and healthy! **Reg deadline, Friday, Oct 8 by 4 pm.**

**PROGRAM:** 807  
**DAY/DATE:** Saturday, October 9, 2010  
**TIME:** 9 am (Race begins)  
**AGE:** 7-8 yrs, 9-10 yrs,  
 11-12 yrs, 13-14 yrs  
**LOCATION:** Dee Park  
**FEE:** \$5 If registered by Fri, Oct 8, pm  
 \$10 day of race

## PARENTS NIGHT OUT

Parents...let park district staff take care of your children while you enjoy a night out! We'll play games and sports, do arts & crafts and eat dinner. (Food & beverages are included.) **Reg deadline, Nov 12.**

**PROGRAM:** 807  
**DAY/DATE:** Saturday, November 20  
**TIME:** 6 pm-9:30 pm  
**GRADE:** K-6th  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$15 for 1st child + \$5 for each additional child  
**MIN/MAX:** 10/25



## 'HOLIDAY SPECIAL EVENTS'

Program	Grade	Day/Date	Time	Location	Fee
Smocks & Jocks	K-4	Mon-Wed 12/20-12/22	10:30 am-12 pm	Dee Park	\$20
Nickel City	4-8	Tues 11/23	11 am-3 pm	*Leave from Feldman	\$15
Baggio Tournament	K-6	Mon, 12/ 27	10 am-12 pm K-3 12 pm-2 pm 4-6	Dee Park	\$2
Indoor Floor Hockey	K-6	Mon, 11/22	10 am-12 pm K-3 12 pm-2 pm 4-6	Feldman Feldman	\$2
Pee Wee Open Gym	K-3	Mon-Fri 12/20-12/31	10 am-12 pm	Feldman	\$2
Youth Open Gym	4-8	Mon-Fri 12/20-12/31	12 pm-5 pm	Feldman	\$2

# PRESCHOOL PROGRAMS



Relaxing in the Preschool play house!

## PRESCHOOL

Our Preschool provides a positive learning environment fostering the development of skills in various areas. Children will learn to share and play with others, express feelings and increase their ability to interact with both adults and other children. Emphasis is given to developing language skills. Children will develop vocabulary through stories, music, fingerplay and games. These programs are designed to aid the child in preparation for kindergarten. *A birth certificate is required at time of registration.*

**PROGRAM:** 401

### AM PRESCHOOL

**DAY:** Monday through Friday  
**Session 1:** Sept 8, 2010-Jan 14, 2011  
**Session 2:** Jan 17-May 19, 2011  
**TIME:** 9-11:30 am  
**AGE:** Must be 4 by Sept 1, 2010  
**LOCATION:** Dee Park Recreation Center  
**FEE:** \$605 (if paid by the first day of the semester)

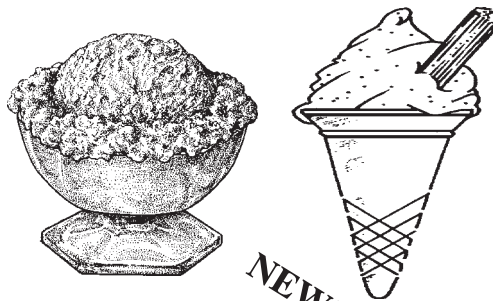
### PM PRESCHOOL

**DAY:** Monday through Thursday  
**Session 1:** Sept 8, 2010-Jan 13, 2011  
**Session 2:** Jan 17-May 19, 2011  
**TIME:** 12:30 pm-3 pm  
**AGE:** Must be 4 by Sept 1, 2010  
**LOCATION:** Dee Park Recreation Center  
**FEE:** \$485 (if paid by the first day of the semester)

## TINY TOTS OPEN GYM **NEW!**

Open gym will be available for parents & their children with use of park district equipment (i.e. balls, cones, hula hoops, etc.) We'll provide plenty of space for the kids to play, run & exercise. Parents/guardians must stay with their child as their will be no supervision provided. This open gym is a drop-in program. Bring your neighbors & friends!

**PROGRAM:** 415  
**DAY:** Wednesdays & Thursdays  
**DATE:** Sept 15-Jan 27  
**TIME:** 9 am-11:30 am  
**AGE:** 1-5 year olds  
**LOCATION:** Dee Park Recreation Center  
**FEE:** \$1 per child per visit (parents are free)



## FROSTY TREATS **NEW!**

It may be fall outside but it doesn't mean it's too cold to enjoy ice cream. Join us as we eat yummy ice cream and make cool ice cream themed magnets!  
**Reg deadline Mon, Oct 4.**

**PROGRAM:** 807  
**DAY/DATE:** Monday, Oct 11  
**TIME:** 2-2:45 pm  
**AGE:** 4-6 year olds  
**LOCATION:** Dee Park Recreation Center  
**FEE:** \$8  
**MIN/MAX:** 6/12



# YOUTH ART & CRAFTS

## SPOOKTASTIC PUMPKIN DECORATING

**NEW!**

Let's decorate pumpkins with cool and scary designs and then join us for tasty Halloween treats. Each child receives a pumpkin and a variety of items to decorate it. **Reg deadline: Mon, Oct 18.**

**PROGRAM:** 524  
**DAY/DATE:** Thursday, Oct, 21  
**TIME:** 6-7 pm  
**AGE:** 5-12 year olds  
**LOCATION:** Feldmam Recreation Center  
**FEE:** \$10  
**MIN/MAX:** 6/12



## THANKSGIVING ARTS & CRAFTS

Make a centerpiece for the dining room table on Thanksgiving. A variety of materials will be used to show off your artistic abilities! **Reg deadline, Fri, Nov 19.**

**PROGRAM:** 524  
**DAY/DATE:** Tuesday, Nov 23  
**TIME:** 11 am-12 noon  
**GRADE:** K-6th Grade  
**LOCATION:** Dee Park Recreation Center  
**FEE:** \$5  
**MIN/MAX:** 6/10



## KRAZY KITES

**NEW!**

Who doesn't enjoy seeing a colorful kite soaring through the air? Participants will enjoy designing & decorating their own personal kite and watch it fly into the wind! **Reg deadline, Mon., Sept 27.**

**PROGRAM:** 524  
**DAY/DATE:** Monday, Oct 4  
**TIME:** 6-6:45 pm  
**GRADE:** K-6th  
**LOCATION:** Dee Park Recreation Center  
**FEE:** \$8  
**MIN/MAX:** 6/12

## CREATE-A-GIFT-WORKSHOP

**NEW!**

Do you need an idea for a holiday gift for a special someone? Create beautiful stepping stones. By the end of the class, you will have a gift that is beautifully wrapped and ready to give someone. Workshop includes all materials. **Reg deadline, Dec 7.**

**PROGRAM:** 524  
**DAY/DATE:** Tuesday, Dec 14  
**TIME:** 6-6:45 pm  
**GRADE:** K-6th Grade  
**LOCATION:** Dee Park Recreation Center  
**FEE:** \$15  
**MIN/MAX:** 6/10



## WINTER BREAK SMOCKS & JOCKS WORKSHOP

Join us as we create art projects during the first half of class & participate in some fun athletic activities for the second half. **Reg deadline, Dec 17.**

**PROGRAM:** 524  
**DAY/DATE:** Monday thru Wednesday  
December 20, 21, & 22  
**TIME:** 10:30-12 noon  
**GRADE:** K-4th Grade  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$20  
**MIN/MAX:** 6/10

# GENERAL YOUTH PROGRAMS



## TAEKWON DO

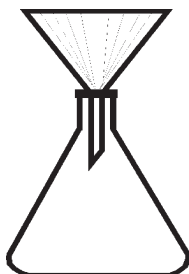
Children will learn many skills that put them in touch with their bodies. Building confidence, positive self-control, strength, discipline and the understanding of self-defense will be the focus of the instructors. All instructors are nationally or internationally certified. This is a year round activity. Participants may join at any time. **SPECIALS FOR NEW MEMBERS:** Free uniform with a 3 month sign up; or 2 months for the price of one month; or 2 students for the price of one student for one month. Any current student who brings in a new student will receive a free month.

**PROGRAM:** 801  
**DAY:** Monday & Wednesday  
**DATE:** All Year  
**TIME:** 6:15-7:15 pm  
**AGE:** 7-15 year olds  
**LOCATION:** Dee Park Recreation Center  
**FEE:** \$35/ month or \$10 daily

## 'MAD SCIENCE CHEMISTRY 'DAY OFF' ADVENTURE

Participants will examine chemistry and the science of molecules & matter. We'll experiment with a powder that makes realistic snow...just like in the movies. We'll put our new knowledge to use & make 'super bouncy balls.' We'll take home what we make! **Reg deadline, Tues, Nov 16.**

**PROGRAM:** 521  
**DAY/DATE:** Tuesday, Nov 23  
**TIME:** 10 am-12 noon  
**GRADE:** 3-6  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$30  
**MIN/MAX:** 10/20



## 'KAMPUS KIDS' - CHILD CARE

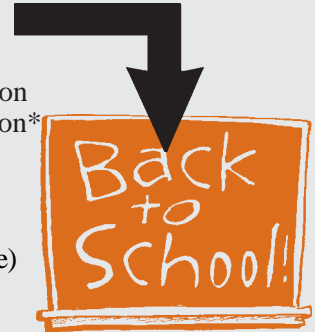
### Before & After School

This child care program at Apollo, Mark Twain and Stevenson Schools encourages education as well as playtime! Homework is done after snack but before playtime. The program is available to children in grades K-6.

**PROGRAM:** 501  
 7:30-8:40 am \$37 per 2 week session  
 3:15-6:00 pm \$67 per 2 week session\*

### Program Features:

- Trained & qualified staff
- Afternoon snack (afternoon care)
- Homework assistance
- Arts & Crafts
- Interaction with other children
- Structured & loose play environment



This fee includes the additional child care hours (from 11:45 am-3:15 pm) on the school's 'School Improvement Day,' when children are dismissed early.

### Kindergarten Child Care:

An extended child care program is also provided afternoons for morning kindergartners attending Apollo, Mark Twain and Stevenson schools:

**For All Child Care Programs:** 11:45 am-3:15 pm  
 \$94 per 2 week session  
 Min/Max per school: 10/50

## BIRTHDAY PARTY PACKAGES! <sup>NEW!</sup>

### New...Jelly Bean Sports- All Inclusive Party Packages.

All parties include invitations up to 14 guests.

**Tot Sports** Ages 3-5 yrs \$249\*

Includes decorations, pizza, birthday cake, a t-shirt for the birthday child and planned activities.

**All-Inclusive Dodgeball Birthday Party**  
 Ages 6-12 yrs \$249\*

Includes, decorations, pizza, birthday cake, a t-shirt for the birthday child and planned activities.

**'Entertainment Only' Sports Birthday Party**  
 Ages 6-12 yrs \$225\*

Includes 90 minutes of customizable sports' party experience including relay races, baseball, soccer, basketball, flag football & dodgeball. Food not included.

\*Additional guests \$10 each **Parties held at Golf Maine facilities & run by Jelly Bean staff!**

*Call the park office at (847) 297-3000 x 34 for more info.*

# DANCE

## Ballet & Tap Dance

Dance classes require a minimum of **6 students** per class and are **5 week sessions** unless noted otherwise. Students must supply their own uniforms which can be purchased through Ms. Sandria. Continuing students may participate in a dance recital at the end of the season. (There is an additional charge for costumes worn in the recital.)

**PROGRAM:** 505

**Session 1:** Sept 7-Oct 9  
**Session 2:** Oct 12-Nov 13  
**Session 3:** Nov 16-Dec 18 (no class 11/25)  
**Session 4:** Jan 4-Feb 5



## PRE BALLET & TAP

This class introduces your child to the fun of dancing with others and overcoming shyness at an early age. Children explore & develop locomotor skills, rhythm, balance & coordination. Simple ballet & tap steps are taught. Children must turn 3 by the first day of class.

**DAY:** Saturday  
**TIME:** 11 am-11:45 am  
**AGE:** 3-5 year olds  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$29 per session

## BALLET I & TAP

Children advance to the next level of dance while continuing to develop their locomotor skills and expand their knowledge of dance.

**DAY:** Saturday  
**TIME:** 10 am-10:55 am  
**AGE:** 5-11 year olds  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$34 per session

## BALLET/TAP- II & III

A continuation of Ballet 1. Movements include varying rhythms, more complex steps and fundamentals of ballet and tap terminology. Group interaction and 'team effort' are emphasized with an introduction to the joy of dance.

**DAY:** Saturday  
**TIME:** 9-9:55 am  
**AGE:** 6-9 year olds  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$34 per session

## BALLET/TAP-III

This level begins the serious study of dance. Classical terminology, barre, centre and stretching exercises lay the vital foundation for strength, flexibility, endurance, grace and agility, discipline and health. Elements of Moderne Dance, Jazz and Classical Ballet are also incorporated. (2 classes per week required.)

**DAY/TIME:** Tuesday: 6:30-7:25 pm  
Thursday: 6:30-7:25 pm  
**AGE:** 7-12 year olds  
**LOCATION:** Dee Park Recreation Center  
**FEE:** \$68 per session

## INTERMEDIATE & ADVANCED

This class is for the serious continuing student. A minimum of 2 classes per week are required but 3 classes are recommended. Permission from instructor required.

**DAY/TIME:** Tuesday: 7:30-8:25 pm  
Thursday: 7:30-8:25 pm  
Saturday: 12 noon-12:55 pm  
**AGE:** 13 years-Adult  
**LOCATION:** Dee Park Recreation Center  
**FEE:** \$68 per session (2 days)  
\$101 per session (3 days)

## TEEN, ADULT BALLET MODERN & TAP

Do something you've always wanted to do. Stretch & exercise for grace & health.

**DAY:** Saturday  
**TIME:** 12 noon-12:55 pm  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$34 per session

# YOUTH SPORTS

## 4TH-6TH GRADE COED FALL BASKETBALL LEAGUE

Practices will be held at Feldman Recreation Center. Games are on Friday evenings and/or Sunday afternoons. Coaches will call to notify you of your team, practice days and times. **Reg deadline, Sept 19.**

**PROGRAM:** 509  
**DAY:** Friday and/or Sunday  
**DATE:** Sept 27-Nov 21  
**TIME:** Fri- 6-9 pm & Sun-12-3 pm  
**GRADE:** 4th-6th  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$80  
**MIN/MAX:** 32/60  
**CLINIC:** Sunday, Sept 19, 1-2 pm

*This is a MANDATORY clinic and league meeting.*

## 6TH-8TH GRADE COED WINTER BASKETBALL LEAGUE

Sign up today! Practices will be held at Feldman Recreation Center (dependent on the coaches schedule). Games are on Friday evenings and/or Sunday afternoons. Coaches will call to notify you of your team, practice days and times. **Reg deadline, Jan 22, 2011.**

**PROGRAM:** 509  
**DAY:** Friday and/or Sunday  
**DATE:** Feb 11-Mar 20, 2011  
**TIME:** Fri- 6-9 pm & Sun-12-3 pm  
**GRADE:** 6th-8th  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$80  
**MIN/MAX:** 32/60  
**CLINIC:** Sat, Jan 22, 12-1 pm

*This is a MANDATORY clinic and league meeting.*

## YOUTH OPEN GYM

Here's your chance to improve your basketball, volleyball & ping-pong. Bring your friends and start a pick up game in any of these areas. **Open gym will be held on 'No School Days.'**

**PROGRAM:** 505  
**GRADE:** 4th-8th  
**DAY:** Mon & Fri  
**TIME:** 3:30-5:15 pm  
 9th-12th Wednesday 3:30-5:15 pm  
 Saturday 9 am-1 pm  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$2 per time

## YOUTH FALL SOCCER LEAGUE

Participants learn the basic fundamentals of soccer such as dribbling, trapping, passing and shooting and then participate in games on Saturdays. Practices will be held during the week at Dee Park. All participants must supply their own shorts, shoes and **required shin guards**. **Register by Aug 23 as this program fills up quickly!**

**PROGRAM:** 513  
**DATE:** Sept 11-Oct 23  
**Practices begin August 23\***  
**(practice times to be announced)**



### Practice Information:

<b>Grades:</b>	<b>Site:</b>
4 yrs-K	Dee
1st	Dee
2-3	Dee
4-5	Dee
6-8	Dee

### Game Information:

<b>Games Begin:</b>	Sept 11
<b>DAY:</b>	Saturday
<b>TIME:</b>	10:30 am-4:30 pm
<b>LOCATION:</b>	Prairie Lakes Park
<b>FEE:</b>	\$60
<b>MIN/MAX:</b>	13-15 per level

## CENTRAL SUBURBAN YOUTH FLAG FOOTBALL LEAGUE

The Central Suburban Youth Flag Football League includes the communities of Golf Maine, Skokie, Lincolnwood & Morton Grove. Games are on Saturdays and practices are dependant upon the coaches schedule. Games are played in Skokie, Niles & Morton Grove. Sign up with your friends...no football experience necessary. **Reg deadline: Aug 30**

**PROGRAM:** 530  
**DAY:** Saturday games  
**DATE:** Sep-4-Nov 6  
**TIME:** 12-5 pm  
**GRADE:** 1st-4th  
**LOCATION:** Games are played at Oakton Park in Skokie  
**FEE:** \$85  
**MIN/MAX:** 12/15 per team

Great Value-  
 'Open Gym Pass'  
 Buy an open gym pass  
 and  
 get 15 visits for \$20

# YOUTH SPORTS

## CRICKET

**NEW!**

Cricket is an ideal sport for all ages & abilities. Apart from the obvious benefits of sporting activity, such as improving hand-eye coordination & increased physical fitness, cricket also has a strong strategy & thinking aspect. Join us as we partner with the American Cricket Conference and offer these classes and clinics on our new pitch.

### YOUTH CRICKET CLASS

Learn just how the game of cricket is played; rules, strategy & terminology. Also included will be the proper techniques when batting, pitching & playing in the field.

**PROGRAM:** 519  
**DAY:** Thursday  
**DATE:** Sept 9-Oct 14 (6 weeks)  
**TIME:** 5 pm-6 pm 8-10 year olds  
6 pm-7 pm 11-14 year olds  
**LOCATION:** Dee Park  
**FEE:** \$30  
**MIN/MAX:** 5/15

### YOUTH CRICKET CLINIC

This one day introductory clinic is specifically designed for those who are interested in seeing what the sport of cricket is all about. Aside from learning the proper techniques, you will learn about game strategy for the sport of cricket.

**PROGRAM:** 519  
**DAY/DATE:** Sunday, Oct 3  
**TIME:** 12 pm-2 pm  
**AGE:** 8-14 years old  
**LOCATION:** Dee Park  
**FEE:** \$10  
**MIN/MAX:** 5/15

## CHEERLEADING I (OTG)

Learn the basics of cheerleading in a fun & engaging atmosphere. Skills include cheers, jumps & tumbling with an emphasis on teamwork. Session ending recital.

**PROGRAM:** 540  
**DATE:** Saturday  
**Session 1:** Sept 25-Oct 30  
**Session 2:** Nov 6-Dec 11  
**TIME:** 1-2 pm  
**GRADE:** 1st-3rd  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$70  
**MIN/MAX:** 10/25

## CHEERLEADING II (OTG)

Learn the fundamentals of cheerleading from coaches who have excelled at the collegiate & professional level. Skills prepare participants for junior high and high school. An emphasis on teamwork is stressed. Session ending recital.

**PROGRAM:** 540  
**DATE:** Saturday  
**Session 1:** Sept 25-Oct 30  
**Session 2:** Nov 6-Dec 11  
**TIME:** 2-3 pm  
**GRADE:** 4th-8th  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$70  
**MIN/MAX:** 10/25



## YOUTH VOLLEYBALL (OTG)

Ready, set, SPIKE! This energizing co-ed clinic teaches participants the fundamentals of volleyball in a fun team setting. Learn the basics passing, setting, spiking, serving and blocking; all taught by former collegiate & professional volleyball stars. The clinic will stress the importance of discipline & teamwork.

**PROGRAM:** 540  
**DAY:** Saturday  
**Session 1:** Sept 25-Oct 30  
**Session 2:** Nov 6-Dec 11  
**TIME:** 1-2 pm  
**GRADE:** 4th-8th  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$70  
**MIN/MAX:** 10/25

## Jelly Bean Sports ...brand new this year!

Jelly Bean Sports teaches young children sports in the ways they learn best. Methods used encourages a stronger bond between parents and their children by using the same language, celebrating small 'wins' together and the fun of the shared experience. Parents stay with their child.

PROGRAM: 543



### JELLY BEAN SOCCER (Baby Dills- 2 & 3 year olds)

By using progressive soccer equipment & learning aids, the child is taught age appropriate fundamentals of dribbling, passing & shooting in a fun and safe learning environment. The class readies tots for team play. Two class times available. **Tues. classes held at Dee Park, Sat. classes at Feldman.**

Day	Session	Time	Fee	Day	Session	Time	Fee
Tues	9/14-10/05	10:45-11:30 am	\$49	Sat	9/11-10-02	8:30-9:15 am	\$66
Tues	10/12-11/02	10:45-11:30 am	\$49	Sat	10/09-10/30	8:30-9:15 am	\$66
Tues	11/09-11/30	10:45-11:15 am	\$49	Sat	11/06-12/04	8:30-9:15 am	\$66
Tues	1/18-2/08	10:45-11:15 am	\$49				

### JELLY BEAN T-BALL (Baby Dills- 2 & 3 year olds)

Introduces toddlers to the fundamentals of throwing, fielding & hitting a baseball. Structured classes teach the very young communication, motor skills, teamwork, self-confidence and passion for sports! Two class times available. **Monday classes held at Dee Park, Saturdays at Feldman.**

Day	Session	Time	Fee	Day	Session	Time	Fee
Mon	9/13-10/04	9:45-10:30 am	\$49	Sat	9/11-10-02	9:30-10:15 am	\$66
Mon	10/11-11/1	9:45-10:15 am	\$49	Sat	10/09-10/30	9:30-10:15 am	\$66
Mon	11/08-11/29	9:45-10:15 am	\$49	Sat	11/06-12/04	9:30-10:15 am	\$66
Mon	1/17-2/07	9:45-10:15 am	\$49	Sat	1/08-1/29	9:30-10:15 am	\$66

## Jelly Bean Sports ...Preschool Program Enrichment (PPE) Classes

Parents get ONE EXTRA HOUR of free time. Classes conveniently scheduled before afternoon preschool or after morning preschool. Teachers walk morning preschoolers to class and parents drop afternoon preschoolers off directly at the class. When class ends, either parents pick up or the Jelly Bean instructor walks the child to afternoon preschool. All classes held in the Dee Park Gymnasium.

### JELLY BEAN SPORTS SHORTS (Beanies- 3 1/2-5 year olds)

Introduces children to different sports such as soccer, baseball, basketball, football, hockey & more. Structured classes teach communication, motor skills, teamwork, self-confidence and passion for sports! . A perfect opportunity for preschool students either **before or after** their preschool class. All classes held at Dee Park

Day	Session	Time	Fee
Mon	9/13-10/04	11:45 am-12:30 pm	\$49
Mon	10/11-11/1	11:45 am-12:30 pm	\$49
Mon	11/08-11/29	11:45 am-12:30 pm	\$49
Mon	1/17-2/07	11:45 am-12:30 pm	\$49

### JELLY BEAN SOCCER (Beanies- 3 1/2-5 year olds)

Introduces the fundamentals of dribbling, shooting & passing a soccer ball. Structured classes teach communication, motor skills, teamwork, self-confidence and passion for sports! A perfect opportunity for preschool students either **before or after** their preschool class. All classes held at Dee Park

Day	Session	Time	Fee
Tues	9/14-10-05	11:45-12:30 pm	\$49
Tues	10/12-11/02	11:45-12:30 pm	\$49
Tues	11/09-11/30	11:45-12:30 pm	\$49
Tues	1/18-2/08	11:45-12:30 pm	\$49

# JELLY BEAN SPORTS (CONT'D)

PROGRAM: 543

## JELLY BEAN TENNIS

**NEW!**

(Beanies, Sportsters, Slammers -Ages 4-12 years old)

Children will develop a solid foundation in tennis fundamentals and engage in age appropriate drills to refine skills & develop their game. Classes prepare children for more advanced game play while nurturing a passion for tennis! All classes at the Dee Park tennis courts.

### Beanies: (4-5 years old)

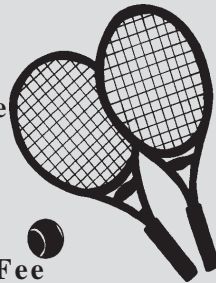
Day	Session	Time	Fee
Mon	9/13-10/04	10:45-11:30 am	\$49
Mon	10/11-11/1	10:45-11:30 am	\$49

### Sportsters (6-8 years old)

Day	Session	Time	Fee
Sat	9/11-10/02	11-11:45 am	\$66
Sat	10/09-10/30	11-11:45 am	\$66

### Slammers (9-12 years old)

Day	Session	Time	Fee
Sat	9/11-10-02	12-12:45 pm	\$66
Sat	10/09-10/30	12-12:45 pm	\$66



## JELLY BEAN HOLIDAY PROGRAMS:

### JELLY BEAN HOLIDAY DODGEBALL CAMP

(Sportsters & Slammers 6-12 years old)

Kids will enjoy plenty of competition and dodgeball game variations. No experience necessary. High energy holiday fun for kids. This is a co-ed camp. Dee Park gymnasium.

### Sportsters: (6-8 years old)

Days: Wed, Thurs, Fri  
 Dates: 12/29, 12/30, 12/31  
 Time: 10 am-12 noon  
 Fee: \$55

Min/Max:

### Slammers: (9-12 years old)

Days: Wed, Thurs, Fri  
 Dates: 12/29, 12/30, 12/31  
 Time: 12 noon-2 pm  
 Fee: \$55

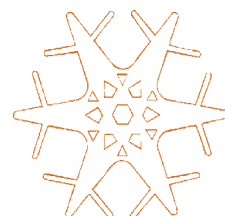
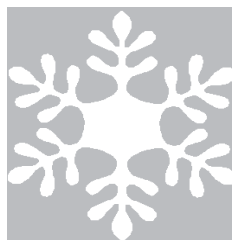
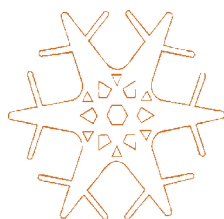
Min/Max:

## JELLY BEAN MARTIN LUTHER KING DAY DODGEBALL TOURNAMENT

Kids can get 6-8 friends (minimum of 6) together to create their own dodgeball team and compete in this one day round robin tournament. Soft, official size dodgeballs will be used. Matching team shirts and a parent-coach volunteer is required. Information packets with rules, formats and waivers will be distributed two weeks before the tournament. Sign up early as there are spots for only 16 teams! Prizes will be awarded.

(Sportsters- Ages 6-8 years old)

Day:	Date:	Time:	Fee:
Mon	1/17/11	9 am-2 pm	\$85 per team



# TEENS AND PRE TEENS

## NICKEL CITY ENTERTAINMENT CENTER

Nickel City is an indoor arcade that features over 100 video & redemption games. Fee includes transportation, lunch & entry to the arcade. **Reg deadline: Mon, Nov 19.**

**PROGRAM:** 630  
**DAY/DATE:** Tuesday, Nov 23  
**TIME:** 11am-3 pm  
**GRADE:** 4th-8th  
**LOCATION:** Depart from Feldman Recreation Center  
**FEE:** \$15  
**MIN/MAX:** 6/12

## THE ART OF 'MEHNDI'

Mehndi is an ancient art form that has been used for over 5000 years! Professional Mehndi artist, Bridget Punsalang, will explain how this artform has been used in many cultures as well as how to mix & apply it yourself. Each student will receive a fresh cone of 100% natural henna and a small tattoo design done by the artist herself. **Reg deadline, Nov 26.**

**PROGRAM:** 630  
**DAY/DATE:** Saturday, December 4  
**TIME:** 2-4 pm  
**AGE:** 14 & Older  
**LOCATION:** Dee Park Recreation Center  
**FEE:** \$20  
**MIN/MAX:** 7/15

## COSMIC BOWLING PARTY

It's party time! Grab your friends & sign up for this fun event: bowling, pizza, music & games. We'll meet at Classic Bowl in Morton Grove. **Reg deadline, Nov 8.**

**PROGRAM:** 630  
**DAY/DATE:** Saturday Nov 20  
**TIME:** 6-9 pm  
**AGE:** 13-17 years old  
**LOCATION:** Meet at Classic Bowl in Morton Grove  
**FEE:** \$20  
**MIN/MAX:** 15/30



## GEOCACHE ADVENTURE TREASURE HUNT

Geocaching is a hi-tech treasure-hunt using a GPS device and is played & enjoyed by people of all ages throughout the world. Participants will learn a brief overview and then go on an actual geocache adventure in the forest preserve at Big Bend Lake! Wear light long pants & bug spray! **Reg deadline, Oct 4.**

**PROGRAM:** 539  
**DAY/DATE:** Monday, Oct 11  
**TIME:** 10 am-12 noon  
**AGE:** 6-16 years old  
**LOCATION:** Meet at Big Bend Lake  
**FEE:** \$10  
**MIN/MAX:** 5/20

## CPX SPORTS PAINTBALL TRIP

Are you ready for the ultimate experience in paintball excitement? At the CPX Sports Paintball facility in Joliet, you'll be supplied with; admission, basic equipment, 200 premium Marballizer paintballs, transportation and supervision. **Reg deadline, Oct 11.**

**PROGRAM:** 630  
**DAY/DATE:** Saturday, Oct 23  
**TIME:** 10 am-5 pm  
**AGE:** 13-17 years old  
**LOCATION:** Depart from Feldman at 10 am  
**FEE:** \$35 (bring extra money for lunch)  
**MIN:** 10/25



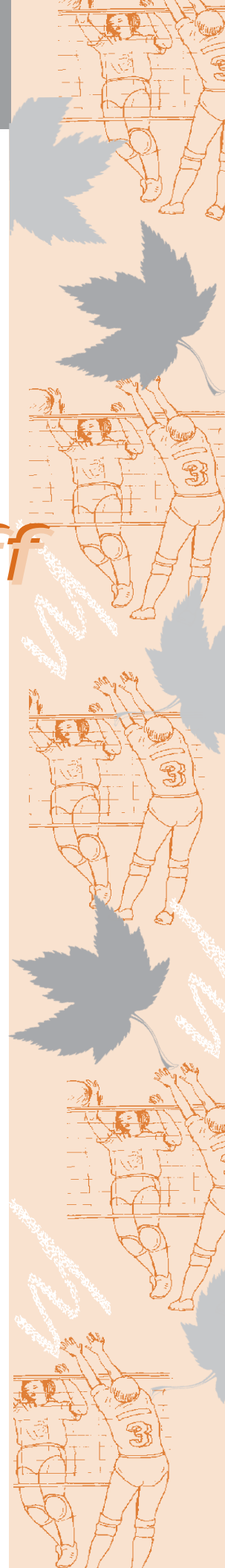
## VERTICAL ENDEAVORS

Travel to Vertical Endeavors in Naperville for a great day of rock climbing. This is a premier facility with courses for the novice climber as well as the experienced mountaineer. **Reg deadline, Dec 21.**

**PROGRAM:** 630  
**DAY/DATE:** Tuesday, Dec 28  
**TIME:** 11 am-3:30 pm  
**AGE:** 12-15 years old  
**LOCATION:** Depart from Feldman Recreation Center  
**FEE:** \$30  
**MIN/MAX:** 6/12

fun stuff

NEW!



# PAINTING & DRAWING ADULT DANCE

## THE PAINTING STUDIO

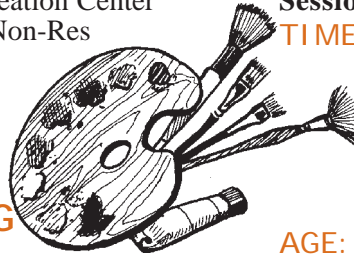
Experiment with various mediums; oil, acrylic, watercolor, pastel, etc. under the direction of veteran artist and teacher, Mrs. Winnie Seibert.

**PROGRAM:** 707  
**DAY:** Monday or Thursday  
**Session 1:** Mon: Sept 27-Nov 22 (no class 10/11)\*  
 Thur: Sept 30-Nov 18  
**Session 2:** Mon: Feb 7-Mar 28  
 Thur: Feb 3-Mar 24  
**TIME:** 10 am-2 pm  
**AGE:** 18 & older  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$70 Res/ \$80 Non-Res  
**MIN/MAX:** 10/20

## THE PAINTING STUDIO AT NIGHT

Mrs. Seibert offers her same expertise in painting to students who are unable to attend a daytime class.

**PROGRAM:** 707  
**DAY:** Wednesday  
**Session 1:** Sept 29-Nov 17  
**Session 2:** Feb 2-Mar 23  
**TIME:** 7-9:30 pm  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$46 Res/\$53 Non-Res  
**MIN/MAX:** 10/20



## ADULT BEGINNING BASIC DRAWING

Learn the fundamentals of drawing including proportion, perspective, composition & contouring objects with shading.

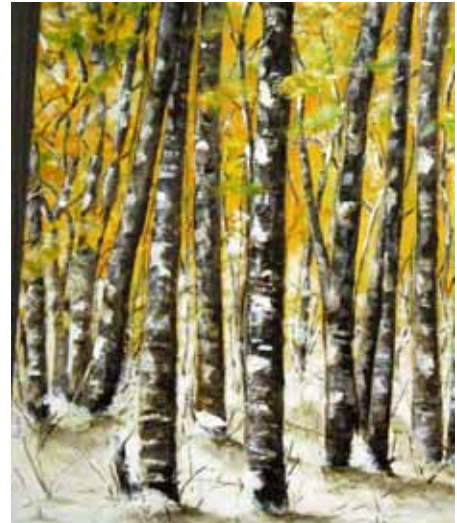
**PROGRAM:** 707  
**Session 1:** **DATE** **TIME**  
 Monday Sept 27-Nov 22 10 am -12 pm  
 Wednesday Sept 29-Nov 17 7-9:30 pm  
 Thursday Sept 30-Nov 18 10 am -12 pm  
 \*(no class 10/12 and 11/25)  
**Session 2:** **DATE** **TIME**  
 Monday Feb 7-Mar 28 10 am-12 pm  
 Wednesday Feb 2-Mar 23 7-9:30 pm  
 Thursday Feb 3-Mar 24 10 am-12 pm  
**AGE:** 18 & older  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$35 Res /\$40 Non-Res  
 (Mon or Thur)  
 \$46 Res/\$53 Non-Res (Wed)  
**MIN/MAX:** 10/20



## BELLY DANCE

World-renowned instructor, Jasmin Jahal, continues to explore the beautiful ancient artform for fitness, fun and femininity. Level 1 includes beginner technique, basic movements and routines and introduction to veil and finger cymbals. Level 2 includes intermediate and advanced technique and choreography. Wear leotards and leggings, barefeet or ballet slippers and a sash to tie around your hips. *\*Pay in advance for 2 sessions in the same season or 2 classes in the same session & receive a special discount.*

**PROGRAM:** 731  
**DAY:** Monday  
**Session 1:** Aug 30-Oct 11 (no class 9/6)  
**Session 2:** Oct 25-Nov 29  
**Session 3:** TBA  
**TIME:** **Level 1:** Beginner: 7:15-8:15 pm  
**Level 2:** Adv Beginner: 6-7 pm  
**Level 3:** Inter./Adv: 8:30-9:30 pm  
**AGE:** 16 years & Older  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$85 Res/\$90 Non-Res\*  
**MIN/MAX:** 10/30



Student Artwork from the Painting Studio

## LAUGHTER & ITS <sup>NEW!</sup> BENEFITS

Did you know that the physical act of laughing is a catharsis for changing perspectives, greater communication, creativity, healing & relaxation? It's true! And the best part of it is that laughing is available to everybody all the time! Dr. Om Johari will explain the many benefits of laughter. **Reg deadline, Sept 27**

**PROGRAM:** 710  
**DAY/DATE:** Wednesday, Oct 6  
**TIME:** 10-11 am  
**AGE:** All Adults  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$5  
**MIN/MAX:** 7/25

## AMAZING SIMPLICITY OF MEDITATION

The benefits of meditation can be enjoyed by adults of all ages. Join us as Dr. Om Johari teaches us to maximize the benefits of meditation & relaxation. **Reg deadline, Oct 11.**

**PROGRAM:** 710  
**DAY/DATE:** Wednesday, October 20  
**TIME:** 10-11:30 am  
**AGE:** All Adults  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$5  
**MIN/MAX:** 7/25



Zumba students exercise to great salsa music!

## MAINE TOWNSHIP'S ZUMBA & CHAIR AEROBICS

(for mature adults)

Maine Township in a collaborative effort with with Golf Maine is offering an exercise program for adults 50 and older. The hour long class is done to invigorating music. Get 'fit' while having fun! **All registration is taken at Maine Township, 1700 Ballard Rd, Park Ridge.** Call, (847) 297-2510 x 260 and ask for Therese.

## SENIOR SOCIAL CLUB

Calling all seniors...starting in September, come to the park district on Wednesday mornings from 9 am-12 noon for games, coffee & gab! The multi-purpose room at Feldman will be set up for you to mingle while playing some of your favorite games.

**PROGRAM:** 810  
**DAY/DATE:** Wednesday, All Year Round  
**TIME:** 9 am-12 noon  
**AGE:** 55 and older  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$1 per visit  
**MIN/MAX:** 10/20

## PROFESSIONAL MAKE-UP WORKSHOP

Ladies, are you wearing the correct color for your skin? Not sure how to put on your blush the right way? If you answered no, then this is the class for you. Learn new tips in how to apply makeup from artist Nancy Jackson. Participants should bring some of their own make-up. **Reg deadline, Sept 14.**

**PROGRAM:** 710  
**DAY/DATE:** Tuesday, Sept 21  
**TIME:** 7-9 pm  
**AGE:** 18 years and older  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$20  
**MIN/MAX:** 8/10



## TEEN/ADULT BALLET MODERN & TAP

Do something you've always wanted to do. All ages, all sizes!! Stretch & exercise for grace & health. **See p. 14 for dates.**

**DAY:** Saturday  
**TIME:** 12 noon-12:55 pm  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$34 per session



## JACKI'S AEROBIC DANCE

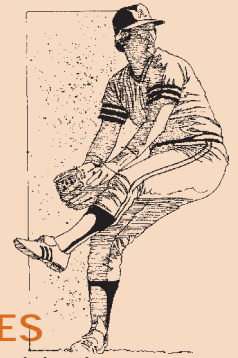
Jacki's Aerobic Dance is a progressive and choreographed aerobic program for the non-dancer. The class format includes a warm-up, VERTIFIRM--an exclusive, vertical floor work exercise using optionally hand-held weights -- a heart-rate booster, twenty-five minutes of aerobic dance, and a cool-down. With Jacki's Aerobic Dance, participants can burn fat, condition their cardiovascular system, build strength and have fun. Instructor is Barb Vlcek.

**PROGRAM:** 703  
**DAY:** Tuesday & Thursday  
**Session 1:** Sept 14-Dec 16 (no class 11/23-11-25)  
**Session 2:** Jan 4-March 24  
**TIME:** 7-8 pm  
**AGE:** 16 and older  
**LOCATION:** Dee Park Recreation Center  
**Session 1:** \$91 Res/\$105 Non-Res (13 weeks)  
**Session 2:** \$84 Res/\$97 Non-Res (12 weeks)  
**MIN/MAX:** 10/20

## JACKI'S STRONGSTEP

STEP into fitness with Jacki's Strongstep, a high-energy, low-impact total-body workout. In addition to the traditional warm-up, abdominal work, Strongstep includes a heart-rate booster, step conditioners and a cool-down set to music. Instructor is Barb Vlcek.

**PROGRAM:** 703  
**DAY:** Monday & Saturday  
**Session 1:** Sept 13-Dec 13 (Mon)\*13 weeks  
 Sept 18-Dec 18 (Sat)\* 13 weeks  
 \*no class Nov 22-27  
**Session 2:** Jan 3-March 21 (Mon) 12 weeks  
 Jan 8-March 26 (Sat) 12 weeks  
**TIME:** 7-8 pm (Mon)- Studio  
 8:30-9:30 am (Sat)- Gym  
**AGE:** 16 and older  
**LOCATION:** Dee Park Recreation Center  
**Session 1:** Res Non-Res  
 1 day \$47 \$54  
 2 days \$85 \$97  
**Session 2:** Res Non-Res  
 1 day \$43 \$50  
 2 days \$78 \$90  
**MIN/MAX:** 10/20



## FALL ADULT SOFTBALL LEAGUES

Applications for 2010 league participation are now available at the district office & must be returned with a **\$100 non-refundable deposit** by the Captain's Meeting, August 19th, 6:30 p.m. at Feldman Park.

<b>PROGRAM:</b>	701		
<b>LEAGUE</b>	<b>DAY</b>	<b>FEE</b>	<b>BEGINS</b>
Coed Mush	Wed	\$530	8/25
Coed 16"	Thurs	\$580	8/26
Men's 16"	Fri	\$580	8/27

## ADULT TAEKWON DO

Learn the art of self-defense and artistic movements. Instructors are nationally and internationally certified. Participants develop confidence and self-control. **SPECIAL FOR NEW MEMBERS:** Free uniform with a 3 month sign up or; 2 months for the price of 1 month or; 2 participants for the price of 1 for the first month. Any current student who brings in a new member receives a free month.

**PROGRAM:** 801  
**DAY/TIME:** Mon/Wed 7:30-9 pm  
 Saturday 10-11:30 am  
**DATE:** All Year Round  
**AGE:** 16 years & Older  
**LOCATION:** Dee Park Recreation Center  
**INSTRUCTOR:** Earl Weiss, VII DAN  
**FEE:** \$50 per month (3 days/week)  
 \$40 month (2 days/week)  
 or \$10 daily



# ADULT SPORTS

## ADULT INDOOR COED VOLLEYBALL LEAGUES

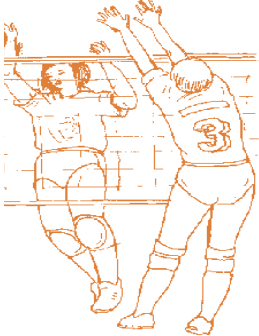
Golf Maine has on-going leagues year round. Our Co-Ed Leagues are 6 v 6 (a minimum of 2 women on the court at all times). Matches consist of 3 games with a 55 minute time limit. USAV rules are followed. The 'A' league is for the more competitive player. Contact Jessica at (847) 297-3000, ext 25 for more info.

**PROGRAM:** 712  
**DAY:** Thursday  
**Fall League:** Sept 16-Dec 16  
(no games 11/25)  
**Captain's Meeting:** Sept 9, 7 pm at  
Feldman Recreation Center  
**Reg deadline is Sept 6.**

**Winter League:** Jan 13-April 7  
**Captain's Meeting:** Jan 6, 7:00 pm at  
Feldman Recreation Center  
**Reg deadline is Jan 3, 2011.**

**TIME:** 6:30-10:30 pm  
**AGE:** 18 & Older  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$375 per team  
**MIN/MAX:** 6/8 teams per league

**Spring Mini League:**  
*Look for more info in the upcoming  
Spring/Summer brochure!*



## ADULT OPEN VOLLEYBALL

Time to get out of the house and enjoy an evening of volleyball! The gym supervisor will organize games in a recreational atmosphere. Admission fee is collected at the door. Two volleyball courts are available.

**PROGRAM:** 716  
**DAY:** Wednesday  
**DATE:** On-Going  
**TIME:** 7-10 pm  
**AGE:** 18 years & Older  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$3  
**MIN/MAX:** 12/36

so many possibilities...

## '3RD SHIFT' INDOOR SOCCER LEAGUE

Do you work the 11 pm-7 am shift and can't sleep when you get home?...then maybe this is the league for you! Games are played in our gym on Tuesday mornings in a 4 v 4 format consisting of 2 15 minute halves. Games will be self-officiated. **Reg deadline: Tuesday, Sept 21. Captain's Meeting: Thursday, Sept 23 at the Feldman Recreation Center at 6 pm.**

**PROGRAM:** 713  
**DAY:** Tuesday  
**DATE:** September 28-Nov 30  
**TIME:** 8:30-11:30 am  
**AGE:** 18 years & Older  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$325 per team  
**MIN/MAX:** 4/6 teams



## ADULT SHORT-SIDED 6 V 6 CO-ED SOCCER LEAGUE

This is a new league played on a shortened field at Dee Park for a faster paced game...no goalies, smaller goals & lots of fun. Teams consist of both men & women. Cash prizes awarded at the end of the season. **Reg deadline: Friday, Sept 17. Captain's Meeting: Thursday, Sept 23 at the Feldman Recreation Center at 6 pm.**

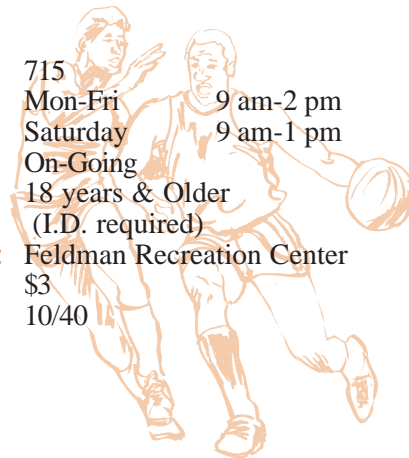
**PROGRAM:** 713  
**DAY:** Friday  
**DATE:** Sept 24-Nov 19  
**TIME:** 6-9 pm  
**AGE:** 18 years & Older  
**LOCATION:** Dee Park Soccer Field  
**FEE:** \$425 per team  
**MIN/MAX:** 4/6 teams



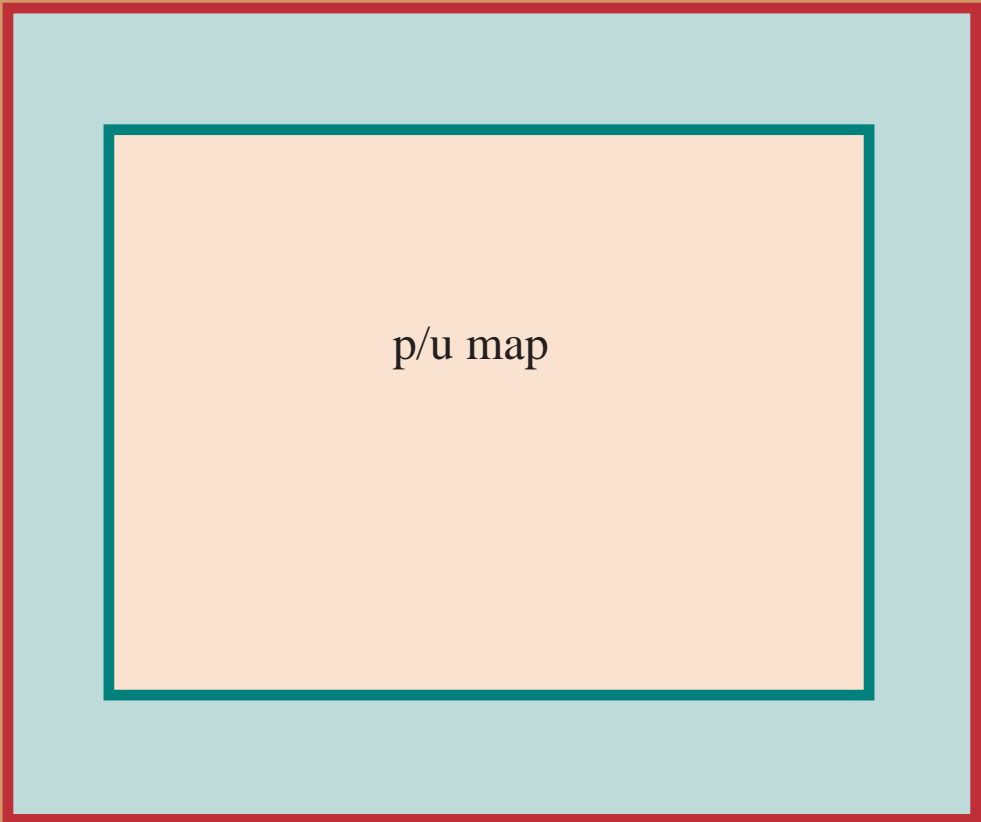
## ADULT OPEN BASKETBALL

Get together with friends and enjoy an afternoon of pick up games. It's a great way to stay in shape this winter. Supervisor reserves the right to set up half-court games if there are too many people for full-court games.

**PROGRAM:** 715  
**DAY/TIME:** Mon-Fri 9 am-2 pm  
Saturday 9 am-1 pm  
**DATE:** On-Going  
**AGE:** 18 years & Older  
(I.D. required)  
**LOCATION:** Feldman Recreation Center  
**FEE:** \$3  
**MIN/MAX:** 10/40



Golf Maine  
Park District  
Boundaries



logo

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