



*Park It! on page 5*



*Lake Park Golf on page 28*



*Mystic Waters on page 14*



**Registration opens May 14**

**Save with coupons on page 35**

The Summer   
**PLAYBOOK**  
From the DES PLAINES PARK DISTRICT

### Ages 6 months–2 years

Dance.....	16-17
Parent-Tot Sports.....	19-20
Swimming Lessons.....	10-12
Preschool Prep, ages 2-3.....	8

### Ages 2½–5 years

Birthday Parties.....	5
Cardboard Boat Regatta.....	4
Creative Corners Preschool.....	8
Dance.....	16-17, 33
Family Campout.....	4
Fantastic Fridays.....	7
Fun-Gineering.....	7
Martial Arts (Pre-Karate).....	23
Spanish Immersion.....	8, 31
Sports.....	18-22
Summer Camps.....	29-33
Swim Lessons, Swim Team.....	10-13

### Ages 6–10 years

Birthday Parties.....	5
Cardboard Boat Regatta.....	4
Dance.....	16-17, 33
Fantastic Fridays.....	7
Golf and FootGolf.....	27-28
Martial Arts.....	22-23
Minecraft.....	7
Mountain View Adventure Center.....	6
Music Lessons.....	16
Nerf Dart Tournament.....	4
PGA Jr. Golf League.....	27
Sailing Camp.....	28
Spanish Immersion.....	8
Sports.....	18-22
Summer Camps.....	29-33
Swim Lessons, Swim Team.....	10-13, 30
Tennis Lessons.....	22
Zombie Survival Camp.....	4
Water Polo Camp.....	13

### Ages 11–13 years

Dance.....	16-17, 33
Fantastic Fridays.....	7
Fitness: <i>Teen Cycling</i> .....	7
Golf and FootGolf.....	27-28
H2O Nights, <i>Middle School Splash-in</i> .....	7
Martial Arts.....	22-23
Minecraft.....	7
Mountain View Adventure Center.....	6
Music Lessons.....	16
Nerf Dart Tournament.....	4
PGA Jr. Golf League.....	27
Sailing Camp.....	28
Sports.....	18-22
Summer Camps.....	29-33
Swim Lessons, Swim Team.....	10-13, 30
The DASH 5k.....	36
Tennis Lessons.....	22
Zombie Survival Camp.....	4

### Ages 14–17 years

Dance.....	16-17, 33
Fitness Classes, Memberships.....	9, 23-26
Golf and FootGolf.....	27-28
Lifeguard Training Course.....	13
Martial Arts.....	22-23
Music Lessons.....	16
Nerf Dart Tournament.....	4
PGA Jr. Golf League.....	27
Sailing Lessons.....	28
Sports.....	18-22
Summer Camps.....	29-33
Swim Lessons.....	10-12
The DASH 5k.....	36
Tennis Lessons.....	22

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Aqua Exercise.....	13
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Fitness Classes, Memberships.....	9, 23-26
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Lake Park Nine & Wine.....	5

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Aqua Exercise.....	13
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Fitness Classes, Memberships.....	9, 23-26
Golf and FootGolf.....	27-28
Karate.....	23
Lake Park Nine & Wine.....	5
Mountain View Adventure Center.....	6
Music Lessons.....	16
Sailing Lessons.....	28
Tennis Lessons.....	22
The DASH 5k.....	36
Yoga.....	26

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Birdhouse Workshops.....	5
Dad & Me Golf Tournament.....	27
Dance Recital.....	16
Family Campout.....	4
Family Day at Lake Park.....	5
Family Glow Walk.....	4
Family Sports Trip.....	5
Live at the Lake.....	4
Mountain View Adventure Center.....	6
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Spring Fun Fair.....	4
The DASH 5k.....	36
World's Largest Swim Lesson.....	13

Find out first on Facebook, Twitter & Instagram



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**SPRING FUN FAIR**

Saturday, May 19 • 10:00a-1:00p  
 11th Annual Family-Friendly Festival of Fun!  
 Mt. View Adventure Center  
 510 E. Algonquin Road, west of Wolf Road.  
 Pooch, Pet & Pedal Parade  
 Touch-A-Truck  
 Free Kid's Bike Helmets *For the first 100 children*  
 Climbing Wall • Inflatable • Kids' 50-Yard Dash

**ZOMBIE SURVIVAL CAMP**

Tues, June 26-Thurs, June 28 • 10:00a-noon  
 Ages 9-15  
*Are you prepared for the zombie invasion?*  
 Sesquicentennial Park  
 R: \$60/NR: \$72 #150155-1

**CARDBOARD BOAT REGATTA**

Saturday, July 14 • 10:00a-noon  
 Ages 5+  
 It's time to set sail across the Mighty Iroquois (pool), in our annual race.  
 Iroquois Pool  
 R: \$12/NR: \$15/boat #150154-1

**7th ANNUAL FAMILY CAMPOUT**

Sat, July 21, 6:00p-Sun, July 22, 9:00a  
 Ages 4+  
 Pack up the kids, your tent and sleeping bags for a family overnight at a close-to-home campsite.  
 Cumberland Terrace  
 R: \$10/NR: \$12.50/person #150150-1

**NERF DART TOURNAMENT**

Saturday, August 4 • 10:00a-2:00p  
 2 age groups: Youth, 8-13 and Open, 14+  
 The ultimate game of tag!  
 Prairie Lakes Field  
 R: \$25/NR: \$30 #150151-1

**FAMILY GLOW WALK**

Friday, August 10 • 7:45p  
 Walk, or run, the 1-mile loop in this annual event.  
 Dress in your best glow gear. No registration.  
 Lake Park  
 R: \$10/NR: \$12/per family

**MOVIES IN THE PARK**

Presented by the Des Plaines Optimist Club  
 Lake Park Memorial Pavilion  
 2200 Lee Street, at Fargo Ave.  
 Friday, June 8 • Space Jam  
 Friday, June 22 • Moana  
 Friday, July 6 • Despicable Me 3  
 Friday, July 20 • Jumanji: Welcome to the Jungle  
 Friday, August 3 • Coco  
*Pre-movie entertainment by Sol Azteca!*  
 Friday, August 17 • The Wizard of Oz  
*Come dressed as your favorite character from Oz for the costume contest!*

**LIVE AT THE LAKE**

Summer Entertainment Series  
 Lake Park Memorial Pavilion  
 2200 Lee Street, at Fargo Ave.  
 Weather Hotline: 847-39-5705  
 In case of rain, performances are cancelled.

**Art in the Park**

Free! 6:30-7:30 • Under the blue tent  
 Every Thursday of the Live at the Lake Series, kids can make a craft before the performance.

**COMMUNITY CONCERT BAND**

Thursday, June 21 • 7:00-8:30p  
 Under the direction of Dr. Al Legutki  
 Enjoy the robust sounds of the Des Plaines Park District Community Concert Band in their annual summer concert. Bring a lawn chair or blanket, a picnic and refreshing soft drinks, then sit back and relax with a sunset and great music.

**SOL AZTECA**

Thursday, July 19 • 7:00-8:30p  
 The colorful traditional costumes combined with the story-telling entwined in the dances creates a fun and entertaining evening for all ages.

**THE BAREFOOT HAWAIIAN**

Thursday, August 16 • 7:00-8:30p  
 Their show is always the highlight of the summer performance series—and for good reason! They thrill audiences of all ages with their dynamic dances, dramatic drumming, and beautiful, vibrant costumes and props.  
*When the sun goes down, the fire comes out!*

**DES PLAINES PARK DISTRICT COMMUNITY CONCERT BAND**

Prairie Lakes Theater • Sunday, May 20 • 3:00p  
 Tickets at the door and online: DPParks.org.

**Free Summer Band Concerts**

*at the Lake Park Memorial Pavilion*  
 Thursday, June 21 • 7:00p (Program TBA)  
 Sunday, August 5 • 3:00p "Band Favorites"

## FAMILY DAY AT LAKE PARK

May 20 • 11:00a-2:00p

### Free activities!

- Golf and FootGolf • Paddle Boats and Kayaks
- Sailing with the Yacht Club
- Miss Jamie's Farm • Magic by Randy
- Bounce House & Obstacle Course
- Golf tips on the course by Robert Jan, PGA

### Delicious food! (for purchase, of course).

Toasty Cheese & Toasty Taco food trucks, beverages, and ice cream treats.

Read more at DPParks.org • *Mark your calendar!*

## FAMILY SPORTS TRIP

### Chicago Cubs vs. St. Louis Cardinals

Sunday, July 22

*For Baseball Fans of All Ages*

Bring the family, enjoy a day out at historic Wrigley Field, and cheer our Northsiders! Seats are reserved on the 200 level, 1st base side. Includes your ticket and transportation. *Spots are limited—sign up today!*

We leave promptly at 11:30p from Prairie Lakes Community Center. Arrive early!

Sunday, July 22 Game time 1:20p

R/NR: \$80 #141402-1

NOTE: Children under 18 must be accompanied by an adult.



## STYLE YOUR OWN BIRDHOUSE

### Wildbird Shack Workshops at Lake Park

In these workshops you get:

- A complete kit • Tools • Paints • Instruction
- Light snacks & soft drinks are provided.

### Adults 21+

Build it, paint it, hang it and enjoy it!

Thursdays, 6:30-8:30p

Session 1: June 14

#172041-1

Session 2: July 19

#172041-2

Session 3: August 9

#172041-3

R/NR: \$43.50 per birdhouse, per session

Beer & Wine Coolers are available for purchase



### Adult & Child Session for Ages 6+

Awaken your child to the wonders of birding!

Saturdays, 10:30-noon

Session 1: June 23

#172042-1

Session 2: July 21

#172042-2

R/NR: \$43.50 per birdhouse, per session

### Style a Bird Feeder

### Adults 21+

Your beautiful, unique platform feeder will attract the most colorful songbirds!

Thursday, August 16, 6:30-8:30p

#172043-1

R/NR: \$43.50 per birdhouse

Beer & Wine Coolers are available for purchase



THURSDAY, JULY 12

For Golfers & Wine Lovers 21+

6:00p Wine & Appetizers

6:45p 9 Holes of Golf

•Wine & Cheese Tastings

•Golf Contests & Prizes

Register by July 9 • \$30

Call us at the Clubhouse

847-391-5730

or email

Tyler.Fuchs@dpparks.org

## PARK IT!

*Come play with us in your neighborhood park.*

This year, our enthusiastic Park It Patrol will be at another six parks, leading an evening of games, crafts and fun for the whole family!

**Wednesdays, 6:30-8:00p**

**June 13 • Northshire Park**

200 Fletcher Drive

**June 20 • Menominee Park**

440 Laurel Avenue

**June 27 • Des Plaines Manor Park**

500 LaSalle Street

**July 11 • Kiwanis Park**

1700 Lincoln Avenue

**July 18 • Apache Park**

2100 Pine Street

**July 25 • Bluett Park**

1408 Thayer Street



## BIRTHDAY PARTIES

*Just invite the guests, we'll do the rest!*

**Ages: 3-10**

**Fee:** R: \$200/NR: \$240, or as noted.

Each additional child is \$7.

**Includes:** Party activities, games, two party experts, a table for presents, plates, napkins, utensils & cleanup. 2 hours, with 90 minutes of planned activities.

Up to 12 children and 4 adults, with a maximum of 25 children.

**Days:** Friday, Saturday or Sunday

Contact Cindy.Yelich@DPParks.org, or call 847-391-5711.

### Celebrate and Create Party

**Kreative Kitchen Party** Ages 6-10

**Magic Show** (R: \$325/NR: \$375)

**Superhero Training Camp**

**Super Spy**

**Princess or Knight or Pirate Party**

**Games & More**

**Game Room Party** Ages 8-10

**Ultimate Games & Sports** Ages 6-10

## MOUNTAIN VIEW MINI-GOLF

Our 18-hole adventure golf course is designed with a old-time mining theme, complete with creeks, bridges, beautiful waterfalls, and rock formations.

Fees:	Daily	2nd Round*
Resident Adult	\$7.00	\$3.00
Resident Youth	\$6.00	\$3.00
Non-resident Adult	\$8.50	\$3.00
Non-resident Youth	\$7.50	\$3.00

\*2nd round is available only on the same day.  
Note: Residents must have proper photo ID to receive resident rates.

### Frequent Miner Season Pass

Save on family fun all summer with a *Mini-Golf 10-Round Discount Pass*. Play 10 rounds and get one free! Available at Mt. View, Prairie Lakes, and the Leisure Center.

- Resident Adult \$55.00
- Resident Youth \$45.00
- Non-resident Adult \$70.00
- Non-resident Youth \$60.00

### Mini-Golf Hours

#### April 2 – April 29

Monday–Thursday	Closed
Friday	4:00p – 9:00p
Saturday	11:00a – 9:00p
Sunday	Noon – 8:00p

#### April 30 – May 27

Monday–Thursday	4:00p – 8:00p
Friday	4:00p – 10:00p
Saturday	10:00a – 10:00p
Sunday	Noon – 9:00p

#### May 28 – August 12

Monday–Friday	11:00a – 11:00p
Saturday	10:00a – 11:00p
Sunday	11:00a – 10:00p
<i>Wednesday, July 4, 11:00a–7:00p</i>	

#### August 13 – September 23

Monday–Thursday	4:00p – 8:00p
Friday	4:00p – 10:00p
Saturday	11:00a – 10:00p
Sunday	Noon – 9:00p
<i>Monday, September 3, 11:00a–8:00p</i>	

#### September 24 – October 14

Monday–Thursday	Closed
Friday	4:00p – 9:00p
Saturday	11:00a – 9:00p
Sunday	Noon – 6:00p
<i>Monday, October 8, 11:00a–5:00p</i>	

Hours are always weather dependent.

Shirts and shoes are required at all times on the Mini-Golf Course and in the Batting Cages.

## MOUNTAIN VIEW BATTING CAGES

**6 cages!** Choose baseball or softball, hi-arc, slow pitch and fast pitch.

Each \$1.00 token = 16 balls

6 tokens for \$5

13 tokens for \$10

28 tokens for \$20

### Batting Cage Rentals

Perfect for teams, parties & outings!

\$40 per hour • \$30 per ½ hour

Call ahead for cage reservations.

### Power Hitter Season Pass

Keep your eye on the ball and your swing in shape from Spring Training in April through the Championship Games in October!



### The Unlimited Batting Cage Pass

- Individual Pass: \$125
- 2-Person Pass: \$150
- Family Pass, for 4 people: \$175

Available at Mountain View, Prairie Lakes, and the Leisure Center.

### Batting Cages Hours

#### Spring Training • April 2 – April 29

Monday–Thursday	Closed
Friday	4:00p – 9:00p
Saturday	11:00a – 9:00p
Sunday	Noon – 8:00p

#### April 30 – May 27

Monday–Thursday	4:00p – 8:00p
Friday	4:00p – 10:00p
Saturday	10:00a – 10:00p
Sunday	Noon – 9:00p

#### May 28 – August 12

Monday–Friday	11:00a – 11:00p
Saturday	10:00a – 11:00p
Sunday	11:00a – 10:00p
<i>Wednesday, July 4, 11:00a–7:00p</i>	

#### August 13 – September 23

Monday–Thursday	4:00p – 8:00p
Friday	4:00p – 10:00p
Saturday	11:00a – 10:00p
Sunday	Noon – 9:00p
<i>Monday, September 3, 11:00a–8:00p</i>	

#### September 24 – October 14

Monday–Thursday	Closed
Friday	4:00p – 9:00p
Saturday	11:00a – 9:00p
Sunday	Noon – 6:00p
<i>Monday, October 8, 11:00a–5:00p</i>	



**Ages 5-12 • Grades K-6**

Leisure Center • 6:00-9:00p

\$15 per event

May 11

#555331-2

## H<sub>2</sub>O NIGHTS

AT CHIPPEWA POOL

Ages 11-14 • Grades 6-8

### THREE SUMMER THURSDAYS

June 28 • July 19 • August 16

6:30-8:30p

\$10 entry fee • Pizza and a drink included!

**H2O Nights are a blast!**

We have games, food, fun and great music!

The pool closes to the public at 6:30p.

**SPREAD THE WORD!**

### TEEN CYCLING

Ages 13-17

A cycling class geared towards teens looking to stay physically fit and work hard. Fun music and an energetic instructor.

Min/Max: 5/12

Kendra Kelly, Certified Cycling Instructor

PLCC, Cycling Room

Session 1, 7 weeks

Saturdays, 10:00-10:30a

6/9-7/21

R: \$35/NR: \$42

#162665-9

Session 2, 5 weeks

Saturdays, 10:00-10:30a

7/28-8/25

R: \$25/NR: \$30

#162666-9

### SCHOOL DAY OFF PROGRAMS

**No school? No problem!** We have two very popular programs: *Kruisin' Kids* takes you on a recreational field trip, and *Leisure Lizards* lets you hang out at the Leisure Center for a day full of staff supervised fun and games with your friends.

Drop-off for both programs begins at 7:30a.

Pick-up starts at 4:30. Programs end at 6:00p.

Watch for details about our first *Kruisin' Kids* &

*Leisure Lizards* fall School Day-Off Programs:

October 8.



### Computer Explorers TechStars™

Providing cutting edge programs designed around 21st Century Learning. These STEM (Science, Technology, Engineering, Math) initiatives and Next Generation Science Standards use software, apps, supporting peripherals and proper instruction to fully engage the student.

These programs enhance and extend a student's academic readiness, help them develop problem-solving expertise and creativity, while practicing team-building.

### MINECRAFT

#### A Networked Adventure

Ages 8-12

TechStars grants you access to a proprietary Minecraft world you can't get on your own! Learn fundamentals of computer networking through this unique Minecraft experience that also allows you and your friends to work in multiplayer mode as you mine, craft and build together to survive. Working with a partner, use your skills to explore all the secrets the world has to offer, including a mysterious castle filled with challenges. No matter whether you are new to Minecraft or already love the program, this program is for YOU!

Min/Max: 6/10

4 days

*Computer Explorers, Instructor*

Prairie Lakes, Mountain View 3

Mon-Thurs, 2:30-4:00p

6/25-6/28

R: \$101/NR: \$126

#155308-1

### BEGINNING FUN-GINEERING

Ages 4-7

Young engineers will build working models of simple machines such as a seesaw, a rolling vehicle, and hockey player using Lego® Educational kits. Children will have a great time working on activities designed around creativity, exploring, investigating and problem solving in a fun group environment! While building these fun and interactive models, they will learn about levers, pulleys, gears, wheels and axles.

Min/Max: 6/12

4 days

*Computer Explorers, Instructor*

Rosemont Park District

Mon-Thurs, 3:00-4:15p

7/23-7/26

R: \$85/NR: \$106

#155309-1

KIDS & TEENS • AGES 5-17



*Helping kids learn and grow  
for more than 40 years!*

Registration for the 2018-2019 school year is now in progress. Sign up and save your place!

**Creative Corners is in the Leisure Center**  
at the Des Plaines Park District.  
2222 Birch Street • 847-391-5700

**Questions?**

Contact Jeanette.Berard@DPParks.org  
or call 847-391-5700

Details about all Creative Corners Preschool and Early Childhood classes are on DPParks.org, and in the Spectrum Program & Events Guide. Pick up a copy up at any park district facility or the Des Plaines Public Library, or download an interactive PDF from our website.

**PRESCHOOL PREP**

Ages 2-3	10:00-11:30a
Mondays & Wednesdays	#564750-1
Full Year	R: \$666/NR: \$828
Monthly EFT	R: \$74/NR: \$92
Tuesdays & Thursdays	#564750-2
Full Year	R: \$666/NR: \$828
Monthly EFT	R: \$74/NR: \$92

**TERRIFIC 3s**

Ages 3-4	9:30a-noon
Mondays & Wednesdays	#564315-1
Full Year	R: \$756/NR: \$945
Monthly EFT	R: \$84/NR: \$105
Tuesdays & Thursdays	#564315-2
Full Year	R: \$756/NR: \$945
Monthly EFT	R: \$84/NR: \$105
Fridays	#564315-3
Full Year	R: \$396/NR: \$495
Monthly EFT	R: \$44/NR: \$55

**SPANISH IMMERSION**

Level 1 • Ages 3-6	9:30a-noon
Mondays & Wednesdays	#564508-1
Full Year	R: \$954/NR: \$1188
Monthly EFT	R: \$106/NR: \$132
Tuesdays & Thursdays	#564508-2
Full Year	R: \$954/NR: \$1188
Monthly EFT	R: \$106/NR: \$132

**FABULOUS 4s & 5s**

Ages 4-5	9:00a-noon
Mondays-Fridays	#564316-1
Full Year	R: \$2169/NR: \$2709
Monthly EFT	R: \$241/NR: \$301
Mondays, Wednesdays & Fridays	#564316-2
Full Year	R: \$1305/NR: \$1629
Monthly EFT	R: \$145/NR: \$181
Tuesdays & Thursdays	#564316-3
Full Year	R: \$873/NR: \$1089
Monthly EFT	R: \$97/NR: \$121

**PRE K AFTERNOON**

Ages 4-5	1:00-4:00p
Mondays-Fridays	#564321-1
Full Year	R: \$2169/NR: \$2709
Monthly EFT	R: \$241/NR: \$301
Mondays, Wednesdays & Fridays	#564321-2
Full Year	R: \$1305/NR: \$1629
Monthly EFT	R: \$145/NR: \$181
Tuesdays & Thursdays	#564321-3
Full Year	R: \$873/NR: \$1089
Monthly EFT	R: \$97/NR: \$121

**LUNCH BUNCH I**

Ages 3-5, one-hour program	Noon-1:00p
Mondays & Wednesdays	#564318-1
Full Year	R: \$315/NR: \$387
Monthly EFT	R: \$35/NR: \$43
Tuesdays & Thursdays	#564318-2
Full Year	R: \$315/NR: \$387
Monthly EFT	R: \$35/NR: \$43
Fridays	#564318-3
Full Year	R: \$162/NR: \$198
Monthly EFT	R: \$18/NR: \$22

**LUNCH BUNCH II**

Ages 3-5, two-hour program	Noon-2:00p
Mondays & Wednesdays	#564317-1
Full Year	R: \$630/NR: \$783
Monthly EFT	R: \$70/NR: \$87
Tuesdays & Thursdays	#564317-2
Full Year	R: \$630/NR: \$783
Monthly EFT	R: \$70/NR: \$87
Fridays	#564317-3
Full Year	R: \$324/NR: \$405
Monthly EFT	R: \$36/NR: \$45

**SAVE WITH A RESIDENT CARD!**

A non-resident of Des Plaines can save by purchasing an annual Resident Card, which gives them resident status for fees. The card costs \$200, and is available at the Leisure Center and Prairie Lakes. With a Resident Card, you can save on Creative Corners and Early Childhood classes, as well as programs, events, and memberships at the park district.



# THE HEALTH CLUB

at the Leisure Center

## Des Plaines Resident Rates

Annual Membership	Individual \$154.56/year	Senior/Military/Student \$108.24/year
Annual using EFT	\$12.88/month	\$9.02/month
Additional members	\$77.28/year	
Using EFT Plan	\$6.44/month	
Monthly Membership	Individual \$17/month	Senior/Military/Student \$11.90/month
Additional members	\$8.50/month	

## Non-resident Rates

Annual Membership	Individual \$193.20/year	Senior/Military/Student \$135.36/year
Annual using EFT	\$16.10/month	\$11.28/month
Additional members	\$96.60/year	
Using EFT Plan	\$8.05/month	
Monthly Membership	Individual \$21.25/month	Senior/Military/Student \$14.88/month
Additional members	\$10.63/month	

**Daily Fee: Resident, \$7 • Non-resident, \$10**

### Fitness Membership Benefits

*Prairie Lakes Fitness Memberships are on page 24.*

- Annual Member: 50% Discount on Group Fitness and Cycling Classes, and a 25% Discount on Fitness Assessments and Personal Training.
- Monthly Member: 25% Discount on Group Fitness and Cycling classes.
- \$2 off the Daily Fee at Prairie Lakes Fitness Center, Open Gym, and Racquetball.
- Member Discount for the Babysitting Center at Prairie Lakes.
- We offer Tivity Health™ **Silver Sneakers®** and **Prime® Fitness** Memberships!
- Veterans: **Healthy Minds Healthy Bodies** was developed just for you. *See page 23.*

Resident: Anyone 14 years of age or older who lives or works in Des Plaines. Individuals under 18 must have a signed waiver from a parent.

Additional membership and user information is on DPParks.org.

**EFT Membership:** See info on DPParks.org

### Fitness Equipment

- Abdominal Bench • Arc Trainer
- Cybex Treadmill • Free Weight System
- HOIST® Multi-gym: for upper/lower body workouts
- Precor Elliptical Cross Trainers (2)
- Precor Recumbent Bike
- Precor® Treadmills (2)
- LifeFitness Upright Bike • Fan Bike
- TAG Fitness Cable Cross Machine
- TAG Fitness Incline/Decline Benches (2)
- TAG Fitness Accessories Unit, including: 6 Medicine Balls, 3 Exercise Balls, 4 Yoga Mats, TRX® Bands, Bosu® Balance Trainer
- 43" Samsung TVs (2)

**Features:** Orientation • Coed weight room

- Coed whirlpool • Private saunas
- Men's & women's lockers & showers
- Leisure Center gymnasium is included.

**Personal Training:** Our fitness trainers can make a big difference in your life! *See page 25.*

# SWIM LESSONS • CHIPPEWA POOL

197 N. Eighth Avenue

		<b>Session 1</b> 6/11-6/21	<b>Session 2</b> 6/25-7/6*	<b>Session 3</b> 7/9-7/19	<b>Session 4</b> 7/23-8/2
Preschool 1 <b>Guppy</b>	R: \$50/NR: \$63 9:50-10:20a	#167039-1	#167039-2	#167039-3	#167039-4
Preschool 2 <b>Minnow</b>	R: \$50/NR: \$63 9:50-10:20a	#167038-1	#167038-2	#167038-3	#167038-4
Level 1 <b>Starfish</b>	R: \$54/NR: \$68 9:00-9:45a	#167031-1	#167031-2	#167031-3	#167031-4
Level 2 <b>Goldfish</b>	R: \$54/NR: \$68 9:00-9:45a	#167032-1	#167032-2	#167032-3	#167032-4
Level 3 <b>Jellyfish</b>	R: \$54/NR: \$68 9:00-9:45a	#167033-1	#167033-2	#167033-3	#167033-4
Level 4 <b>Dolphin</b>	R: \$54/NR: \$68 9:00-9:45a	#167034-1	#167034-2	#167034-3	#167034-4
Level 5 <b>Whale</b>	R: \$54/NR: \$68 9:00-9:45a	#167035-1	#167035-2	#167035-3	#167035-4
Level 6 <b>Shark</b>	R: \$54/NR: \$68 9:00-9:45a	#167036-1	#167036-2	#167036-3	#167036-4

\*No Session 2 classes on Wednesday, July 4. Makeup classes are on Friday, July 6.

## SWIM LESSONS: IMPORTANT NOTES

Please register for the most appropriate course, based on the descriptions on page 12.

**Students will not be moved to another level.**

It is not uncommon for swimmers to repeat a level for several sessions.

Registration for all swim classes ends on the Friday prior to each session's START date.



*H2O Night at Chippewa Pool*

# SWIM LESSONS • IROQUOIS POOL

2324 Maple Street, at Touhy Avenue

		<b>Session 1</b> 6/11-6/21	<b>Session 2</b> 6/25-7/6*	<b>Session 3</b> 7/9-7/19	<b>Session 4</b> 7/23-8/2
Parent & Tot	R: \$50/NR: \$63 5:15-5:45p	#167040-1	#167040-2	#167040-3	#167040-4
Preschool 1 Guppy	R: \$50/NR: \$63 9:50-10:20a 5:30-6:00p	#167049-1 #167049-5	#167049-2 #167049-6	#167049-3 #167049-7	#167049-4 #167049-8
Preschool 2 Mimow	R: \$50/NR: \$63 9:50-10:20a 5:30-6:00p	#167048-1 #167048-5	#167048-2 #167048-6	#167048-3 #167048-7	#167048-4 #167048-8
Level 1 Starfish	R: \$54/NR: \$68 9:00-9:45a 6:05-6:50p	#167041-1 #167041-5	#167041-2 #167041-6	#167041-3 #167041-7	#167041-4 #167041-8
Level 2 Goldfish	R: \$54/NR: \$68 9:00-9:45a 6:05-6:50p	#167042-1 #167042-5	#167042-2 #167042-6	#167042-3 #167042-7	#167042-4 #167042-8
Level 3 Jellyfish	R: \$54/NR: \$68 9:00-9:45a 6:05-6:50p	#167043-1 #167043-5	#167043-2 #167043-6	#167043-3 #167043-7	#167043-4 #167043-8
Level 4 Dolphin	R: \$54/NR: \$68 9:50-10:20a 5:15-6:00p	#167044-1 #167044-5	#167044-2 #167044-6	#167044-3 #167044-7	#167044-4 #167044-8
Level 5 Whale	R: \$54/NR: \$68 5:15-6:00p	#167045-4	#167045-5	#167045-6	#167045-7
Level 6 Shark	R: \$54/NR: \$68 5:15-6:00p	#167046-4	#167046-5	#167046-6	#167046-7

\*No Session 2 classes on Wednesday, July 4. Makeup classes are on Friday, July 6.

## SWIM LESSONS: IMPORTANT NOTES

Please register for the most appropriate course, based on the descriptions on page 12.

**Students will not be moved to another level.**

It is not uncommon for swimmers to repeat a level for several sessions.

**Registration for all swim classes ends on the Friday prior to each session's START date.**



**GROUP SWIM LESSONS**

Register for the most appropriate course. Students will not be moved to another level.

**For Ages 6 Months–5 Years**

Parent/tot • Ages 6 months–3 years

Basic water adjustment and swimming skills are introduced through songs and games.

The primary focus of this class is to make your child feel comfortable in the water with you.

**Preschool • Ages 3–5 years**

We offer two levels of our popular preschool swim program. Parents are not in the water during these classes. Children will not be moved to Level 1 until they turn 6 years old.

**• Preschool 1: Guppy**

This program is geared toward children who have no previous swim experience and/or are apprehensive in the water. Through songs and games, our instructors introduce your child to the fun world of swimming.

**• Preschool 2: Minnow**

This program is best suited to children who have previous swimming experience and no fear of the water. Basic swimming skills are incorporated through songs and games.

**For Ages 6 Years and Older****Level 1: Starfish • Introduction to Water Skills**

Helps students feel comfortable in the water using basic swimming and water safety skills.

**Level 2: Goldfish • Fundamental Aquatic Skills**

This class introduces the basics of swimming including floating without support, combined arm and leg action and forward motion.

**Level 3: Jellyfish • Stroke Development**

Building on the basics from Level 2, students learn coordination of the front and back crawl, introduction to butterfly, treading water and beginning head first entry.

**Level 4: Dolphin • Stroke Improvement**

Level 4 helps to develop confidence in the strokes learned in previous levels, continued focus to improve strokes and increase endurance. Basics of turning at the wall are introduced.

**Level 5: Whale • Stroke Refinement**

Participants refine their performance of all the strokes—front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke and increase their distance. Flip turns are also introduced.

**Level 6: Shark • Swimming & Skill Proficiency**

In this level, swimmers continue to refine all six strokes so students swim them with ease, efficiency, power, and smoothness over greater distances.

**SWIM LESSONS SAVE LIVES.**

Children who swim safely have more fun!

**PARENT-TOT SWIM LESSONS****Chippewa Pool**

Ages 6 months–3 years • Min/Max: 4/12

R: \$40/NR: \$50

Saturdays, 10:30–11:00a

Session 1, 6/16–7/7 ..... #167030-1

Session 2, 7/14–8/4 ..... #167030-2

**SEMI-PRIVATE SWIM LESSONS****Chippewa Pool**

Ages: 5–15 • Min/Max: 4/12

R: \$71/NR: \$89

Participant to instructor ratio is 2:1

**Monday–Thursday, 9:50–10:20a**

6/11–6/14 ..... #167051-1

6/18–6/21 ..... #167051-2

6/25–6/28 ..... #167051-3

7/2–7/6\* ..... #167051-4

7/9–7/12 ..... #167051-5

7/16–7/19 ..... #167051-6

7/23–7/26 ..... #167051-7

7/30–8/2 ..... #167051-8

\*No class 7/4. Makeup on 7/6.

**Saturdays, 10:30–11:00a**

6/16–7/7 ..... #167051-9

7/14–8/4 ..... #167051-10

**Saturdays, 11:15–11:45a**

6/16–7/7 ..... #167051-11

7/14–8/4 ..... #167051-12

**ADULT SWIM LESSONS****Chippewa Pool**

Ages 15+

You're never too old to learn how to swim!

DPPD Staff, Instructors

8 weeks

Saturday, 9:15–10:00a ..... 6/16–8/4

R: \$54/NR: \$68 ..... #167021-1

**SEMI-PRIVATE SWIM LESSONS****Iroquois Pool**

Ages: 5–15 • Min/Max: 4/12

R: \$71/NR: \$89

Participant to instructor ratio is 2:1

**Monday–Thursday, 9:50–10:20a**

6/11–6/14 ..... #167052-1

6/18–6/21 ..... #167052-2

6/25–6/28 ..... #167052-3

7/2–7/6\* ..... #167052-4

7/9–7/12 ..... #167052-5

7/16–7/19 ..... #167052-6

7/23–7/26 ..... #167052-7

7/30–8/2 ..... #167052-8

\*No class 7/4. Makeup on 7/6.

*Be Active!*  
at the Des Plaines Park District

## National Pool & Waterpark LIFEGUARD TRAINING COURSE

### Prerequisites:

- 15 years of age or older by June 1, 2018
- Tread water for 1 minute using legs only.
- Swim 100 yards continuously, using front crawl or breast stroke.
- Retrieve a 10 lb brick from a depth of 12 feet, and swim to the side.

Min/Max: 6/30

DPPD Staff, Instructors



### Lifeguard class fees

A) New candidates: R/NR: \$50

B) Returning lifeguards: R/NR: \$25

### Lifeguard classes

Thursday, 6:00-9:00p 5/17

Prairie Lakes, Prairie Room

Friday, 9:00a-5:00p 5/18

Saturday, 9:00a-5:00p 5/19

Rosemont Pool

Codes: A) #567109-3 • B) #567109-4

Monday, 10:00a-5:00p 6/4

Leisure Center, Board Room

Tuesday, 10:00a-5:00p 6/5

Wednesday, 10:00a-5:00p 6/6

Iroquois Pool

Codes: A) #167109-1 • B) #167109-2

Monday, 10:00a-5:00p 6/25

Leisure Center, Board Room

Tuesday, 10:00a-5:00p 6/26

Wednesday, 10:00a-5:00p 6/27

Iroquois Pool

Codes: A) #167109-3 • B) #167109-4



**Ages 5-18**

**8 weeks • June 4-July 25**

**Chippewa Pool**

Monday-Friday 7:30-9:00a

R: \$150/NR: \$200 #167102-1

### Parent/Swimmer Information Night:

Tuesday, May 29, 7:00p, at the Leisure Center.

**Prerequisite:** Swimmers must be able to swim

50 yards of freestyle to qualify for the team.

## AQUA EXERCISE

Ages 14+

Aerobics+Water=A Cool Workout!

*Mary Lou Anderson, Instructor*

Min/Max: 10/20

Chippewa Pool

8 Weeks

*Mary Lou Anderson, Instructor*

Tuesdays, 6:30-7:15p

6/12-8/7

R: \$52/NR: \$65

#162310-2

\*No class 7/3

9 Weeks

*Lisa Guagenti, Instructor*

Fridays, 11:00-11:45a

6/15-8/10

R: \$58/NR: \$72

#162310-3

Saturdays, 8:30-9:15a

6/16-8/11

R: \$58/NR: \$72

#162310-4

## WATER WORKOUT

Ages 14+

No swimming skills needed!

Remember to bring 2 noodles to class.\*

Min/Max: 10/20

*Mary Lou Anderson, Instructor*

Chippewa Pool

8 Weeks

Tuesdays, 7:15-8:00p

6/12-8/7

R: \$52/NR: \$65

#162311-2

\*No class 7/3

\*Available for purchase at the Leisure Center, \$5

## WATER POLO CAMP

Ages 9-13

Learn the fundamentals of water polo.

Min/Max: 6/16

*DPPD Staff, Instructor*

Iroquois Pool

6 Weeks

Tue & Thu, 5:15-6:45p

6/19-8/2

R: \$54/NR: \$68

167103-1

\*No class 7/3 & 7/5

## H2O NIGHTS

Middle School Drop-in Pool Parties

For everyone in grades 6-8

Chippewa Pool • 6:30-8:30p

June 28 • July 19 • August 16

\$10 entry fee • Includes pizza & soft drinks

*Chippewa Pool closes to the public at 6:30p.*

## WORLD'S LARGEST SWIMMING LESSON!

Thursday, June 21 • 11:00a

Chippewa Pool • All ages

R: Free / NR: \$5

This annual event was created to build awareness about the vital importance of teaching children to swim to help prevent drowning. **Swimming Lessons Save Lives.**

Bonus: Come for the event, stay all day!

**POOL HOURS • FEES • SPECIAL EVENTS****MYSTIC WATERS**

2025 Miner St. • 847-391-5740

**Daily admission**

Des Plaines residents (with valid photo ID):

Adults, \$9 • Seniors &amp; Youth, \$8

Non-res: Adults, \$14 • Seniors &amp; Youth, \$12

**Special Twilight Hour Rates**

Enter after 6:00p

Residents: Adults, \$7 • Seniors &amp; Youth, \$6

Non-res: Adults, \$12 • Seniors &amp; Youth, \$10

Chippewa &amp; Iroquois pool pass holders receive \$1 off resident fees.

Free admission for children 2 years and younger.

Cooler Fee: \$5, for full-size coolers brought in.

**Hours****Pre-Season:** June 2-8, noon-7:00p**Regular Season:** June 9-August 12

Sunday-Thursday, 11:00a-8:00p

Friday &amp; Saturday, 11:00a-9:00p

Note: Pass holders may enter at 10:30a on

Saturday and Sunday

Special Hours: July 4, noon-7:00p

**Post Season**

August 13-19, and August 25-26, noon-7:00p

**CHIPPEWA POOL**

197 N. Eighth Avenue • 847-390-4956

**Daily admission**

Des Plaines residents (with valid photo ID):

Adults, \$7 • Seniors &amp; Youth, \$6

Non-res: Adults, \$9.50 • Seniors &amp; Youth, \$8

Free admission for children 2 years and younger.

*Chippewa Pool is included in a Mystic Waters Season Pool Pass.***Hours****Pre-Season:**

• Memorial Day Weekend, May 26-28

• May 29-June 8, noon-7:00p

**Regular Season:** June 9-August 19

Mon, Wed, Thurs, Fri: noon-9:00p

Tues, noon-6:00p • Adult Swim: Tues, 6:15-9:00p

Saturdays and Sundays, noon-6:00p.

If there is no private rental on a Saturday or Sunday, Chippewa stays open until 8:00p.

• Chippewa Pool is available for private rentals on Saturdays and Sundays, from 6:30-8:30p.

**Special Hours:** July 4, noon-7:00p**Post Season:** August 20-August 26, noon-8:00p

• August 27-31, 4:00-8:00p

Labor Day Weekend, September 1-3, noon-7:00p

**Hours for Special Events at Chippewa Pool****Worlds Largest Swim Lesson:** June 21, 11:00a**H2O Nights:** June 28, July 19, August 16. *The pool closes to the public at 6:30p for these events.***Warriors Swim Team** Come cheer for our team!*The pool closes to the public at 4:00p on June 20 and July 11, for our two home team swim meets.***POOL HOURS • FEES • SPECIAL EVENTS****IROQUOIS POOL**

2324 Maple St. at Touhy Ave. • 847-391-5705

Daily admission: \$5

Iroquois Pool is included in a Mystic Waters

Season Pool Pass.

Free admission for children 2 years and younger.

**Hours****Regular Season:** June 2-August 12

Monday-Friday, noon-5:00p &amp; 7:00-9:00p

Saturday and Sunday, noon-7:00p

Special Hours: July 4, noon-7:00p

**Special Event****Cardboard Boat Regatta:** July 14, 10:00a-noon**IMPORTANT INFORMATION ABOUT POOLS**

Please read the detailed information about weather related pool closings on our website, or in the Summer Spectrum Program Guide. Pool closing information is always updated on our website: DPParks.org and hotline: 847-391-5705.

**Raft Nights:** Mondays and Fridays at Chippewa and Iroquois Pools, from 7:00-9:00p.

**Concessions** are available at Mystic Waters and Chippewa Pool. Food and drinks must remain in the designated concession, picnic, and party areas of the pools.

**Lockers** are available at all pools. Mystic Waters, Chippewa Pool, and Iroquois Pool lockers are free, but you must provide your own padlocks. Padlocks can be purchased at Mystic Waters: \$5. The Des Plaines Park District is not responsible for your lost or stolen property.

**SPLASH PARTIES AT MYSTIC WATERS!****Available June 9-August 12**

Birthday Parties, Group Outings, and Events are more fun at Mystic Waters! They are also very popular, so book your date early!

Visit DPParks.org for information, reservation forms and pictures of Mystic Waters.

**PRIVATE CHIPPEWA POOL RENTALS****Available June 9-August 26**

Saturday &amp; Sunday evenings, from 6:30-8:30p.

Complete information, prices and forms are all at DPParks.org, and in the Summer Spectrum.

**EXPECTING OUT-OF-TOWN GUESTS?**

Save with Mystic Waters SPLASH PACKS!

A six-pack of passes is \$60: Save up to \$18!

Only available and valid at Mystic Waters.

# 2018 POOL PASSES

## Pre-season rates

Through June 1

Individual.....	\$105/171.....	\$64/107
Family of 2.....	\$158/257.....	\$96/161
Family of 3.....	\$189/308.....	\$115/193
Family of 4.....	\$210/342.....	\$128/214
Family of 5.....	\$231/376.....	\$141/235
Each additional.....	\$21/34.....	\$13/21
Senior (60+).....	\$58/98.....	\$33/56

## In-season rates

Beginning June 2

Individual.....	\$127/193.....	\$86/129
Family of 2.....	\$191/290.....	\$129/194
Family of 3.....	\$229/347.....	\$155/232
Family of 4.....	\$254/386.....	\$172/258
Family of 5.....	\$279/425.....	\$189/284
Each additional person.....	\$25/39.....	\$17/26
Senior (60+).....	\$79/119.....	\$55/75



	<b>Mystic Waters</b> (Includes all pools)	<b>Chippewa/Iroquois Only</b>
	R/NR	R/NR

	<b>Mystic Waters</b> (Includes all pools)	<b>Chippewa/Iroquois Only</b>
	R/NR	R/NR

A Mystic Waters pool pass includes full use of the water slides, drop slides, diving platforms, lazy river, zero depth pool, splash playground, and sand play areas. It also includes Chippewa and Iroquois pools.

A Chippewa/Iroquois pass provides unlimited admissions to those neighborhood pools, and a bonus of \$1 off resident rates at Mystic Waters.

### Purchase or renew before June 2 and receive a Recreation Relief Discount Card!

Forms, complete information and pool pass policies are all on DPParks.org.

**Save time:** Renew your 2017 Pool Pass online and get 2 guest passes and a Recreation Relief Card!

Step by step directions are on DPParks.org.

### Pool Passes Are On Sale Now!

#### Leisure Center • 2222 Birch Street

Monday-Friday: 8:30a-5:00p  
Closed on May 28

#### Prairie Lakes Community Center

515 E. Thacker Street  
Monday-Thursday 5:30a-10:30p

Monday, May 28: 7:00a-noon

Friday: 5:30a-9:30p

Saturday: 7:00a-7:00p

Sunday: 7:00a-5:00p

Closed on Sunday, April 1

Monday, May 28: 7:00a-noon

### Pool Pass Refunds

Pool passes refunds are issued, for any reason, before the pools open. During the pool season, prorated refunds are issued for medical reasons (with a Doctor's note) or due to relocation out of the area. Refund requests received during the season, for any other reason, are reviewed by the Aquatics Manager. \$2, plus a 25% per pass fee, are assessed for all refunds.

### Pool Pass Sales at Mystic Waters

#### Begin June 2

Monday-Sunday: 11:00a-4:00p • 847-391-5740



### PRE-SEASON POOL HOURS

#### Mystic Waters

June 2-8 • Noon-7:00p

#### Chippewa Pool

Memorial Day Weekend:

May 26-28 • Noon-7:00p

May 29-June 8 • Noon-7:00p

### REGULAR SEASON POOL HOURS

**Mystic Waters** opens June 9 at 11:00a.

**Chippewa** opens June 9 at noon.

**Iroquois** opens June 9 at noon.

Daily Admission Fees, Pool Rules, Group Rates, and Party Rentals are all on DPParks.org

## MUSIC LESSONS

Expert instructors • 30 minute weekly lessons  
Prairie Lakes Community Center

### GUITAR LESSONS

Ages 8+

*Ultimate School of Guitar, Instructor*

9 weeks • 30 minute lessons

Tuesdays, 3:00-9:00p

R: \$243/NR: \$304

\*No lesson 7/3

6/12-8/14\*

#161342-1

### PIANO LESSONS

Ages 6+

*Instructor TBA*

9 weeks • 30 minute lessons

Thursdays, 6:00-9:00p

R: \$243/NR: \$304

6/14-8/9

#161346-1

### VIOLIN LESSONS

Ages 8+

*Pam Culley, Instructor*

9 weeks • 30 minute lessons

Wednesdays, 3:00-9:00p

R: \$243/NR: \$304

6/13-8/15\*

#161351-1

### VOICE LESSONS

Ages 6+

*Instructor TBA*

9 weeks • 30 minute lessons

Thursdays, 6:00-9:00p

R: \$243/NR: \$304

6/14-8/9

#161343-1



## ARTISTRY IN MOTION

### DANCE COMPANY AUDITIONS

ALC, Dance Studio 102

#### Performance & Competition Teams

Thursday, July 12

4:00-5:30p • Ages 6-9\*

6:00-7:30p • Ages 10-13

8:00-9:30p • Ages 14-18

\*Dancers must be entering 1st grade in fall 2018.

#### Rhythm in Motion Tap Company

Auditions • Friday, June 13

4:00-5:00p • Ages 6-11

5:30-6:30p • Ages 12-18

#### Groove in Motion Hip Hop Company

Auditions • Friday, June 13

7:00-8:00p • Ages 7-11

8:30-9:30p • Ages 12-18

For more information, call Laura Witter,  
Artistic Director at 847-391-5700.

## SCHOOL OF DANCE OPEN HOUSE

Saturday, September 8

9:45a-2:00p

Leisure Center, Studio 102

Come enjoy a day of FREE Dance Classes taught by members of our professional School of Dance Staff. These classes include instruction in ballet, jazz, modern, & hip hop.

Ages 3-4

9:45-10:30a

Ages 5-7

10:45-11:30a

Ages 8-10

11:45a-12:45p

Ages 11+

1:00-2:00p

Please wear a leotard and tights, or shorts and a tightly fitted tank top/T-shirt. Tightly secure hair away from your face. No jewelry may be worn in class. Parents are encouraged to stay and observe the classes.

**Attendees receive a \$5 coupon good towards any 2018/2019 School of Dance class.**

### DANCE INTENSIVE

Ages 6-18

A two-day, intensive training session designed for dancers, looking to get back in shape before fall session begins.

Leisure Center, Dance Studios

Sat & Sun, 10:00a-3:30p

8/25-8/26

R: \$135/NR: \$165

Ages 6-9

#160303-1

Ages 10-13

#160303-2

Ages 14-18

#160303-3

#### Saturday

Ballet

10:00-11:00a

Hip Hop

11:00a-noon

Jazz

noon-1:00p

Lunch

1:00-1:45p

Nutrition

1:45-2:30p

Tap

2:30-3:30p

#### Sunday

Contemporary

10:00-11:00a

Musical Theater

11:00a-noon

Leaps/Tricks/Turns

noon-1:00p

Lunch

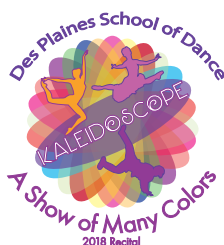
1:00-1:45p

Dance History

1:45-2:30p

Acting/Improv

2:30-3:30p



Saturday, June 9 &

Sunday June 10

A Shows, 11:00a

B Shows, 2:30p

C Shows, 6:00p

3 different shows!

Prairie Lakes Theater

General Admission: \$10

Dancers, Students, Seniors: \$8

Free for children under 2



## SUMMER SCHOOL OF DANCE DATES

7 Weeks  
 Mondays-Thursdays • 6/18-8/2\*  
 \*No classes 7/4. Make-up class 8/8  
 Min/Max: 6/12 • Studio 113  
 Min/Max: 6/18 • Dance Studio 102  
 Read more on [DPParks.org](http://DPParks.org)

## DANCE INSTRUCTORS

Sarah Glover  
 Jamie Salas  
 Terry Turner  
 Karli Walker  
 Laura Witter  
 Instructor bios are on [DPParks.org](http://DPParks.org)

Summer School of Dance Schedule June 18–August 2\* (7 weeks) \*No class July 4. Make up August 8.

BALLET	Day/Time	Instructor	Location	Code	Fee
Budding Ballerinas (Ages 2–3)	Tuesdays 3:30–4:00p	Ms. Sarah	ALC Studio 113	160100-1	R: \$74 NR: \$93
Pre-Ballet I (Ages 3–4)	Mondays 5:45–6:30p	Ms. Laura	ALC Studio 113	160110-1	R: \$79 NR: \$99
Pre-Ballet II (Ages 5–7)	Thursdays 4:00–4:45p	Ms. Jamie	ALC Studio 102	160110-2	R: \$79 NR: \$99
Ballet I (Ages 5–7)	Wednesdays 4:45–5:45p	Ms. Laura	ALC Studio 102	160111-1	R: \$84 NR: \$105
Ballet II (Ages 8–12)	Mondays 4:45–5:45p	Ms. Laura	ALC Studio 113	160111-2	R: \$84 NR: \$105
Ballet III* (Ages 13+)	Tuesdays 6:00–7:30p	Ms. Karli	ALC Studio 102	160112-1	R: \$95 NR: \$119
Pre-Pointe I (Ages 7+)	Tuesdays 6:00–7:30p	Ms. Sarah	ALC Studio 113	160183-1	R: \$95 NR: \$119
Pre-Pointe II (Ages 9+)	Tuesdays 7:30–9:00p	Ms. Sarah	ALC Studio 113	160183-2	R: \$95 NR: \$119
Pointe I/II* (Ages 11+) <i>Fee Includes Ballet III</i>	Tuesdays 6:00–8:30p	Ms. Karli	ALC Studio 102	160183-3	R: \$122 NR: \$152
TAP	Day/Time	Instructor	Location	Code	Fee
Tiny Tappers (Ages 2–3)	Thursdays 3:30–4:00p	Ms. Jamie	ALC Studio 102	160101-1	R: \$74 NR: \$93
Beg/Int Tap (Ages 8–13)	Thursdays 7:45–8:30p	Ms. Jamie	ALC Studio 102	160142-1	R: \$79 NR: \$99
Adv Tap (Ages 11+)	Thursdays 8:30–9:15p	Ms. Jamie	ALC Studio 102	160143-1	R: \$79 NR: \$99
BALLET/TAP	Day/Time	Instructor	Location	Code	Fee
Pre-Ballet/Tap I (Ages 3–4)	Mondays 4:00–4:45p	Ms. Laura	ALC Studio 113	160141-1	R: \$79 NR: \$99
Pre-Ballet/Tap I (Ages 3–5)	Thursdays 6:00–6:45p	Ms. Jamie	ALC Studio 102	160141-2	R: \$79 NR: \$99
Pre-Ballet/Tap II (Ages 5–7)	Thursdays 7:00–7:45p	Ms. Jamie	ALC Studio 102	160141-3	R: \$79 NR: \$99
JAZZ	Day/Time	Instructor	Location	Code	Fee
Pre-Jazz (Ages 4–6)	Wednesdays 4:00–4:45p	Ms. Laura	ALC Studio 102	160120-1	R: \$79 NR: \$99
Beg/Int Jazz (Ages 7+)	Tuesdays 5:00–6:00p	Ms. Sarah	ALC Studio 113	160121-1	R: \$84 NR: \$105
Int/Adv Jazz (Ages 11+)	Wednesdays 5:45–7:00p	Ms. Laura	ALC Studio 102	160122-1	R: \$90 NR: \$113
HIP-HOP	Day/Time	Instructor	Location	Code	Fee
Teeny Bop Hip Hop (Ages 4–6)	Wednesdays 4:45–5:30p	Mr. Terry	ALC Studio 113	160130-1	R: \$79 NR: \$99
Beg/Int Hip Hop (Ages 7+)	Wednesdays 5:30–6:15p	Mr. Terry	ALC Studio 113	160132-1	R: \$79 NR: \$99
Int/Adv Hip Hop (Ages 11+)	Wednesdays 6:15–7:15p	Mr. Terry	ALC Studio 113	160132-2	R: \$79 NR: \$99
MODERN/ CONTEMPORARY	Day/Time	Instructor	Location	Code	Fee
Mini Modern (Ages 3–5)	Thursdays 5:00–5:45p	Ms. Jamie	ALC Studio 102	160160-1	R: \$79 NR: \$99
Beg/Int Contemporary (Ages 8+)	Tuesdays 4:00–5:00p	Ms. Sarah	ALC Studio 113	160161-1	R: \$84 NR: \$105
Int/Adv Contemporary (Ages 13+)	Wednesdays 7:30–9:00p	Ms. Laura	ALC Studio 102	160161-2	R: \$95 NR: \$119
SPECIALTY DANCE	Day/Time	Instructor	Location	Code	Fee
Private Lessons	Call 847-391-6924 or email <a href="mailto:schoolofdance@dpparks.org">schoolofdance@dpparks.org</a> to set up your day/time. Private lesson fees are per 30-minute lesson.			160199-1	R: \$30 NR: \$38
Toes and Tumble (Ages 2–3)	Mondays 3:30–4:00p	Ms. Laura	ALC Studio 113	160108-1	R: \$74 NR: \$93
Stretch and Strengthen (Ages 7–10)	Tuesdays 5:00–6:00p	Ms. Karli	ALC Studio 102	160105-1	R: \$84 NR: \$105
Stretch and Strengthen (Ages 11+)	Mondays 7:00–8:00p	Ms. Laura	ALC Studio 113	160105-2	R: \$84 NR: \$105
Leaps, Tricks, and Turns (Ages 7–10)	Tuesdays 4:00–4:45p	Ms. Karli	ALC Studio 102	160157-1	R: \$84 NR: \$105
Leaps, Tricks, and Turns (Ages 11+)	Mondays 8:00–9:00p	Ms. Laura	ALC Studio 113	160157-2	R: \$84 NR: \$105

# FALL YOUTH SOCCER

## August 21–October 21

8 weeks

Mary Dankowski, Program Coordinator

A full description of the park district Fall Soccer League, with much more information, is on [DPParks.org](http://DPParks.org).

### Soccer League Program Fee

Includes required soccer shirt.

2nd–8th grade R: \$105/NR: \$126

Online registration ends August 21 at 5:00p.

Registrations taken after August 21 may be added to the waitlist. There is a \$20 processing fee for refunds after August 21.

Scholarships are available through:

Des Plaines Friends of the Parks

Call: Trish, 847-391-5700

### EVALUATION NIGHT

August 13 • Prairie Lakes Gym

*It's important for your child to attend!*

#### Evaluation times by age:

Grades 2–3: 6:00–7:00p

Grades 4–8: 7:00–8:00p

Please arrive on time.

### PARENT'S MEETING

Wednesday, August 22, from 6:30–7:30p, at the Prairie Lakes Theater

*All soccer parents should attend this meeting.*

### Practices

All practices begin the week of August 27.

Choose the most convenient practice field from the chart. All practices are between 5:30–8:00p.

Teams practice twice each week. Times and locations are at the discretion of the coach.

### Games

Games are scheduled from Sept 8–Oct 20, on Saturdays, hourly from 11:30a–4:00p, on Prairie Lakes Field. Games are called by USSF and IHSA certified officials.

### Uniforms

Participants provide their own shorts, sweats, shoes, and required shin guards. A park district issued soccer shirt is required for games.

Players must bring an initialed soccer ball to practice: a #4 ball (grades 2–5) and a #5 ball (grades 6–8).

### Picture Day

All team soccer pictures will be taken before their scheduled practice. Details and order forms will be handed out prior to your date.

## SOCCER PRACTICE FIELDS

### NORTH AREA

Bluett Park • 1408 E. Thayer St.  
Chippewa Park • 197 N. Eighth Ave.  
Craig Manor Park • 800 Madelyn Dr.

GRADE	PRACTICE DAY	REGISTRATION CODE
2nd–3rd Grade	Mon. and Wed.	249011-1
4th–5th Grade	Tue. and Thu.	249012-1
6th–8th Grade	Tue. and Thu.	249017-1

### CENTRAL AREA

Barry Rec Center • 7128 Barry St., Rosemont  
Lake Park • 2000 Lee St. at Howard Ave.  
Prairie Lakes • 515 E. Thacker St.

GRADE	PRACTICE DAY	REGISTRATION CODE
2nd–3rd Grade	Mon. and Wed.	249011-2
4th–5th Grade	Tue. and Thu.	249012-2
6th–8th Grade	Tue. and Thu.	249017-2

### SOUTH AREA

Arndt Park • 1990 White St.  
Eaton Field Park • 2975 Craig Dr.

GRADE	PRACTICE DAY	REGISTRATION CODE
2nd–3rd Grade	Mon. and Wed.	249011-3
4th–5th Grade	Tue. and Thu.	249012-3
6th–8th Grade	Tue. and Thu.	249017-3

## COACH'S CORNER

We rely on volunteer assistant coaches for grades 2–8. We value the time and commitment that you provide for our program and community. We will provide you with tools to help you feel comfortable coaching whether you're a first time coach or a coach with some prior experience.

In addition, volunteers coaches received:

- Free Coaches Clinic hosted by Switching The Field.
- Free CPR/AED class. Valid for 2 years.
- Online resources for drills and games
- Concussion Course Certification.
- Park district benefits for you and your family including discounted soccer registration, and 50% off a family pool pass.

**Mandatory Coaches Meeting & Clinic**

Thursday, August 23, 6:00p at Prairie Lakes.

### REFEREE'S CORNER

If you are interested in becoming certified as a United States Soccer Federation official, contact Joshua Cantres, Athletic Supervisor at 847-391-5711, or email [jc@DPParks.org](mailto:jc@DPParks.org).



## HOT SHOTS SPORTS LIL KICKERS LEAGUE

Ages 4-7

This Soccer League exposes youth players to team dynamics and develops intermediate and advanced skill levels. Through game play and organized practices, players learn new techniques and improve existing skill levels. Teams will play 4-on-4 games. Max team size is 8 players. Each week, teams meet for one hour and fifteen minutes - 30 minutes for practice and 45 minutes for the game. Shinguards are mandatory for all players. Players must bring an initialed soccer ball to practice: a #3 ball (4-5 year olds), #4 ball (1st Grade). League fee includes a uniform for each player.

Hot Shots Sports coaches run the practice time, and provide instruction while refereeing to ensure all players understand the rules of the game and are advancing their skills each week.

Parent assistance during practice time is appreciated, and required during game time. Parents who are interested in being a coaching assistant should contact Hot Shots Sports at 773-685-6902 or [anna@hotshots4kids.com](mailto:anna@hotshots4kids.com).  
Min/Max: 50/100

*Hot Shots Sports, Instructors*

PLCC, Soccer Fields

7 weeks

**Saturdays, 9/8-10/20**

11:30-2:00p (Game times vary)

**Pre-K & K, Boys**

R: \$60/NR: \$72 #241330-1

**Pre-K & K, Girls**

R: \$60/NR: \$72 #241330-2

**1st Grade, Boys**

R: \$60/NR: \$72 #241330-3

**1st Grade, Girls**

R: \$60/NR: \$72 #241330-4



## HOT SHOTS SPORTS AGES 2-12

Hot Shots Sports, Instructors

### ADULT-TOT SPORTS

Age 2-4 with an adult  
Prairie Lakes, South Gym  
9 weeks  
Saturdays, 9:00-9:45a  
R: \$90/NR: \$112

6/16-8/11  
#141335-1

### LIL' DRIBBLERS

Age 3-5  
Prairie Lakes, North Gym  
8 weeks  
Wednesdays, 4:15-5:00p  
R: \$80/NR: \$96  
\*No class 7/4

6/13-8/8\*  
#141337-1

### PEE WEE SOCCER

Ages 3-6  
Prairie Lakes, North Gym  
8 weeks  
Wednesdays, 5:00-5:45p  
R: \$80/NR: \$96  
\*No class 7/4

6/13-8/8\*  
#141333-1

### SPORTS AND MORE

Ages 4-6  
9 weeks  
Saturdays, 10:30-11:15a  
R: \$90/NR: \$112

6/16-8/11  
#141332-1

### BASKETBALL SKILLS CLINIC

#### Level 1

Ages 6-8  
Prairie Lakes, South Gym  
8 weeks  
Tuesdays, 4:15-5:15p  
R: \$80/NR: \$96  
\*No class 7/3

6/12-8/7\*  
#141334-1

9 weeks  
Saturdays, 11:30a-12:30p  
R: \$90/NR: \$112

6/16-8/11  
#141334-2

### BASKETBALL SKILLS CLINIC

#### Level 2

Ages 9-12  
Prairie Lakes, South Gym  
8 weeks  
Tuesdays, 5:15-6:15p  
R: \$80/NR: \$96  
\*No class 7/3

6/12-8/7\*  
#141331-1

9 weeks  
Saturdays, 12:30-1:30p  
R: \$90/NR: \$112

6/16-8/11  
#141331-2



## SPORTSKIDS • AGES 2-12

SportsKids Staff, Instructors

### TUMBLING

#### Parent-Tot and ages 2-12

Prairie Lakes, Mountain View 1-3

#### Tuesdays

Session 1, 5 weeks 6/12-7/10

Parent/Tot, Ages 2-3 5:00-5:30p

R: \$28/NR: \$33 #141251-1

Ages 3-4 5:30-6:15p

R: \$42/NR: \$50 #141251-3

Ages 5-6 6:15-7:00p

R: \$42/NR: \$50 #141251-4

Ages 7-9 7:00-7:45p

R: \$42/NR: \$50 #141251-5

Ages 10-12 7:00-7:45p

R: \$42/NR: \$50 #141251-6

Session 2, 5 weeks 7/17-8/14

Parent/Tot, Ages 2-3 5:00-5:30p

R: \$28/NR: \$33 #141251-2

Ages 3-4 5:30-6:15p

R: \$42/NR: \$50 #141251-7

Ages 5-6 6:15-7:00p

R: \$42/NR: \$50 #141251-8

Ages 7-9 7:00-7:45p

R: \$42/NR: \$50 #141251-9

Ages 10-12 7:00-7:45p

R: \$42/NR: \$50 #141251-10

### ADULT & TOT T-BALL

Ages 2-3 w/adult

West Park Field

5 weeks

Session 1, Tuesdays, 5:00-5:30p 6/12-7/10

R: \$28/NR: \$33 #147041-1

Session 2, Tuesdays, 5:00-5:30p 7/17-8/14

R: \$28/NR: \$33 #147041-2

### PEE WEE TRACK AND FIELD

#### Skills & Events Clinic

Ages 3-6

Arndt Park Field

5 weeks • Mondays

Session 1, 4:15-5:00p 6/11-7/9

R: \$28/NR: \$36 #141342-1

Session 2, 4:15-5:00p 7/16-8/13

R: \$28/NR: \$36 #141342-2

### SPORTS XPLOSION SUMMER CAMP

#### at Prairie Lakes

*Are you looking for more summer sports?*

*Then let the games begin!*

Read about our great summer sports camps on page 32, and online at DPParks.org.

**Grades 1-8, Ages 6-14**

Monday-Friday, 9:00a-3:00p

Ten session to choose from! June 11-August 17

### INSTRUCTIONAL T-BALL LEAGUE

Ages 3½-6

West Park Field • 5 weeks

Session 1, Tuesdays & Thursdays

Ages 3½-4 • 5:30-6:15p 6/12-7/12

R: \$45/NR: \$66 #147040-1

Ages 5-6 • 6:15-7:00p 6/12-7/12

R: \$60/NR: \$75 #147040-1

Session 2, Tuesdays & Thursdays

Ages 3½-4 • 5:30-6:15p 7/17-8/16

R: \$45/NR: \$56 #147040-3

Ages 5-6 • 6:15-7:00p 6/12-7/12

R: \$60/NR: \$75 #147040-4

### ARCHERY

Ages 6-12

Arndt Park Field • 5 weeks

Session 1, Mondays 6/11-7/9

Ages 7-12 6:15-7:00p

R: \$45/NR: \$53 #141344-1

Parent/Child (age 6+ w/adult) 7:00-7:45p

R: \$68/NR: \$80\* #141344-2

\*Includes 1 adult and 1 child

Session 2, Mondays 7/16-8/13

Ages 7-12 6:15-7:00p

R: \$45/NR: \$53 #141344-3

Parent/Child (age 6+ w/adult) 7:00-7:45p

R: \$68/NR: \$80\* #141344-4

\*Includes 1 adult and 1 child

### TRACK AND FIELD

#### Skills & Events Clinic

Ages 7-12

Arndt Park Field

5 weeks • Mondays

Session 1, 5:00-6:00p 6/11-7/9

R: \$38/NR: \$48 #141343-1

Session 2, 5:00-6:00p 7/16-8/13

R: \$38/NR: \$48 #141343-2



## BOYS & GIRLS YOUTH BASKETBALL

*Co-op with Mt. Prospect Leagues*

Grades 3-6 • Ages 8-11

Play basketball in this organized league designed to progressively emulate actual basketball.

Track your child's development from the first practice to the last game.

### Volunteer coaches are needed!

Please call 847-391-5711 for coaching details.

Additional league information is available at [quickscores.com/dpparks](http://quickscores.com/dpparks)

12 weeks

### Practices

11/5-3/1\*

Held at school D62 gymnasiums

\*No practices the weeks of 11/19, 12/24

Saturday Games

12/1-3/2\*

Played in various gyms (Prairie Lakes, Rec Plex, Lions Rec Center, or Central Community Center)

R: \$75/NR: \$94

\*No games on 12/22, 12/29

### Evaluation Nights and Registration Deadlines

*Players must attend at least one of the two*

*evaluation nights.*

Monday, 10/22 and Tuesday, 10/23

Prairie Lakes, Gym

5:30-6:15p

3rd Grade Boys (North Court)

#348051-1

3rd Grade Girls (South Court)

#348051-2

6:15-7:00p

4th Grade Boys (North Court)

#348051-3

4th Grade Girls (South Court)

#348051-4

7:00-7:45p

5th Grade Boys (North Court)

#348051-5

5th Grade Girls (South Court)

#348051-6

7:45-8:30p

6th Grade Boys (North Court)

#348051-5

6th Grade Girls (South Court)

#348051-6

## BOYS & GIRLS JR. HIGH

### FALL BASKETBALL LEAGUE

Grades 7-8 • Ages 12-14

9 weeks

9/8-11/3

Prairie Lakes, South Gym

Evening practices begin August 27, D62 gyms

Games begin September 8, Prairie Lakes Gym

Read more on [DPParks.org](http://DPParks.org)

Boys Grade 7

R: \$110/NR: \$132

#248117-6

Girls Grade 7

R: \$110/NR: \$132

#248117-8

Boys Grade 8

R: \$110/NR: \$132

#248118-6

Girls Grade 8

R: \$110/NR: \$132

#248118-8

### Placement Night

Thursday, August 23

6:00-7:30p

Prairie Lakes, Gym

## GIRLS' GYMNASTICS

Ages 6-13 • 6 weeks • Min/Max: 4/12

Girls' artistic gymnastics is comprised of four Olympic events: vault, bars, beam, and floor.

Amanda Harrison,

Maine West Varsity Head Coach, Advisor

Brea Imse, Instructor

Maine West High School,

A-Wing Gym (Use front main entrance, door #6)

### Beginner, Ages 6-9

Mondays, 6:00-6:55p

6/4-7/9

R: \$62/NR: \$78

#141252-1

### Beginner, Ages 10-13

Mondays, 7:00-7:55p

6/4-7/9

R: \$62/NR: \$78

#141252-2

### Beginner, Ages 6-9

Wednesdays, 6:00-6:55p

6/6-7/18\*

R: \$62/NR: \$78

#141252-3

No class 7/4

### Beginner, Ages 10-13

Wednesdays, 7:00-7:55p

6/6-7/18\*

R: \$62/NR: \$78

#141252-4

No class 7/4

### Beginner, Ages 6-13

Fridays, 6:00-6:55p

6/8-7/13

R: \$62/NR: \$78

#141252-5

### Intermediate/Advanced, Ages 6-13^

Fridays, 7:00-8:05p

6/8-7/13

R: \$66/NR: \$82

#141253-1

^Must be able to demonstrate a back bend kick over and pull over

## BRITISH SOCCER CAMPS

July 16-July 20 • Ages 4-14

*Challenger Sports British Soccer, Instructor*

Prairie Lakes Fields

Monday-Friday, 5:00-8:00p

7/16-7/20

Ages 6-10

R: \$140/NR: \$175

#149031-1

Ages 11-14

R: \$140/NR: \$175

#149031-2

Host a Coach!

Get a rebate for your child's participation!

For more information, contact Athletic Supervisor, Joshua Cantres, 847-391-5711 or via email at [jc@dpparks.org](mailto:jc@dpparks.org).

## CHICAGO BULLS

### Rookie & Veteran Basketball Camp

August 7-August 11

Ages 6-12

*No one can teach basketball better than the Chicago Bulls!*

Prairie Lakes, North Gym

Monday-Friday, 8:30-11:30a

8/6-8/10

R/NR: \$215 per person

#148122-1

## YOUTH TENNIS

Matthew Pangborn, Instructor

Everyone can learn to play tennis using the  
USTA Quickstart method!

Details about skill levels, prerequisites, and  
recommended equipment are on DPParks.org.

Maine West High School Courts

4 weeks • 8 classes • Tues & Thurs • No class 7/3\*

**Level 1** • Ages 5-7

Session 1, 4:00-5:00p 6/12-7/10\*

R: \$75/NR: \$94 #141115-1

Session 2, 4:00-5:00p 7/17-8/9

R: \$75/NR: \$94 #141115-2

**Level 2** • Ages 8-10

Session 1, 5:00-6:00p 6/12-7/10\*

R: \$75/NR: \$94 #141116-1

Session 2, 5:00-6:00p 7/17-8/9

R: \$75/NR: \$94 #141116-2

**Level 3** • Ages 11-13

Session 1, 6:00-7:00p 6/12-7/10\*

R: \$75/NR: \$94 #141117-1

Session 2, 6:00-7:00p 7/17-8/9

R: \$75/NR: \$94 #141117-2

## SERVE & PLAY TENNIS

Ages 8-13 • Matthew Pangborn, Instructor

Maine West High School Courts

4 weeks • 8 classes • Tues & Thurs • No class 7/3\*

Session 1, 10:00a-noon 6/12-7/10\*

R: \$125/NR: \$150 #141120-1

Session 2, 10:00a-noon 7/17-8/9

R: \$125/NR: \$150 #141120-2

## TENNIS UNDER THE LIGHTS

Ages 8-13 • Matthew Pangborn, Instructor

Maine West High School Courts

4 weeks • 8 classes • Tues & Thurs • No class 7/3\*

Session 1, 7:00-9:00p 6/12-7/10\*

R: \$90/NR: \$113 #141121-1

Session 2, 7:00-9:00p 7/17-8/9

R: \$90/NR: \$113 #141121-2

## PRIVATE TENNIS LESSONS

**Youth & Adult** • Ages 7+

June 4-August 17 • No lessons 7/4

Mr. Pangborn will contact you to find a time  
that's convenient for your schedule.

R: \$55/NR: \$65, per lesson. Take 3, get 1 free!

**Lessons are taught in three locations.**

- Chippewa Park Tennis Courts, Mon/Wed
- West Park Tennis Courts, Tue/Thur
- Seminole Park Tennis Courts, Fri/Sun

Program codes are on DPParks.org.



## MEN'S BASKETBALL LEAGUES

A & B Leagues • 18+

*We play competitive basketball year-round!*

Contact Joshua Cantres, Athletic Supervisor,  
for more information.

Prairie Lakes Gym • \$645 per team

**Summer League:** Last day to register is June 16.

Tuesday evenings, 6:30-10:30p 7/10-9/4\*

\*No game 8/28

**Fall League:** Last day to register is August 25

Tuesday evenings, 6:30-10:30p 9/4-10/30

\$645 per team

## MEN'S & CO-REC FALL SOFTBALL

Returning teams are guaranteed spots, if full  
payment and forms are received by Fri, April 6.  
Games are played on the Rand Park ballfields,  
from 6:30-10:30p as scheduled.

Fee: \$630. **Important info is on DPParks.org**

Schedules are on QuickScores.com

Captains' meetings • Wednesday, August 8

Contact Joshua Cantres, jc@DPParks.org

*Be Active!*  
**PLAY BALL!**  
at the Des Plaines Park District

## TAI CHI

Richard Kurtin, Instructor

Prairie Lakes, Mountain View Rooms 2 & 3

10 weeks

**Beginning Tai Chi**

Wednesdays, 6:00-7:30p

6/13-8/22\*

R: \$65/NR: \$78

#156091-1

\*No class 7/4

**Continuing Tai Chi** (Prerequisite: Beginning)

Wednesdays, 7:30-9:00p

6/13-8/22\*

R: \$65/NR: \$78

#156092-1

\*No class 7/4

## YOUTH FENCING

Ages 6-14

All equipment is provided.

*Fencing Center of Chicago, Instructor*

Prairie Lakes, Multi-purpose Rooms 1 & 2

10 weeks

Wednesdays, 5:30-6:30p

6/13-8/22\*

R: \$200/NR: \$225

#141240 -1

\*No class 7/4



## MARTIAL ARTS

### SHOTOKAN KARATE

Prairie Lakes Community Center

11 weeks • Prairie Lakes, North Gym

Thurs, 6/14-8/23 • R: \$116/NR: \$145/person

B: Beginner. C: Continuer I: Interm. A: Advanced

Belts: White, Red, Orange, Blue, Green

Class	Age	Level	Time	Code
Pre-Karate	4-7	B/C	4:30-5:15p	#141242-1
Pre-Karate	4-7	I/A*	5:20-6:05p	#141242-2
Youth*	8-14	B/C (W-R)	6:15-7:10p	#141244-1
Youth*	8-14	I (O-B)	7:15-8:10p	#141244-2
Youth*	8-14	A (G+)	8:15-9:15p	#141244-3
Parent/Child*	7+	B/C (W-R)	6:15-7:10p	#141245-1
Parent/Child*	7+	I (O-B)	7:15-8:10p	#141245-2
Parent/Child*	7+	A (G+)	8:15-9:15p	#141245-3
Adult*	15+	B/C (W-R)	6:15-7:10p	#141246-1
Adult*	15+	I (O-B)	7:15-8:10p	#141246-2
Adult*	15+	A (G+)	8:15-9:15p	#141246-3

\*Parent/Child, Youth, and Adult classes train together.

^Instructor permission required

### SHOTOKAN KARATE

Central Community Center, Mt. Prospect

11 weeks • 1000 W. Central Road

Wednesdays, 6/20-9/5

R: \$116/NR: \$145 (per person) \*R: \$154/NR: \$193

B: Beginner. C: Continuer I: Interm. A: Advanced

Belts: White, Red, Orange, Green, Purple

Class	Age	Level	Time	Code
Pre-Karate	4-7	B/C	4:00-4:45p	#141243-1
Pre-Karate	4-7	I/A*	4:45-5:30p	#141243-2
Youth*	8-14	B/C (W/R)	5:30-6:30p	#141243-3
Youth*	8-14	I (O-G)	6:30-7:30p	#141243-4
Youth*	8-14	A (P+)	7:30-9:00p	#141243-5
Adult*	15+	B/C (W/R)	5:30-6:30p	#141243-6
Adult*	15+	I (O-G)	6:30-7:30p	#141243-7
Adult*	15+	A (P+)	7:30-9:00p	#141243-8

\*1.5hr classes ^Instructor permission required



## PRAIRIE LAKES COMMUNITY CENTER FITNESS CENTER

515 E. Thacker Street • 847-391-5711

### SUMMER HOURS

Monday–Thursday	5:30a–9:30p
Friday	5:30a–8:00p
Saturday	7:00a–6:00p
Sunday	7:00a–5:00p

### Summer Holiday Hours:

May 28, 7:00a–noon • July 4, 7:00a–noon

September 3, 7:00a–noon

### RACQUETBALL COURTS

Daily Fee: R: \$7/NR: \$10

\$6 prime-time • \$4 non-prime-time

Fridays, 10a–3p play for just \$2/hr.

Questions? 847-391-5711

### OPEN GYM

Mon & Wed: 3:30–6:00p

Fri: 3:30–9:00p • Sat & Sun: noon–4:30p

Daily fees from \$3–\$8.

10-Play Discount Passes available.

### OPEN VOLLEYBALL

Thursdays: 3:30–9:00p

### INDOOR TRACK

Open daily during regular hours.

Closed Thursdays from 1:00–3:00p

### BABYSITTING CENTER

Complete info is on DPParks.org

Monday–Friday: 9:00a–noon and 4:30–9:00p

Saturday and Sunday: 8:00a–noon

## PRAIRIE LAKES FITNESS CENTER

Individual: 14 years of age and older\*

Student: Registered full time student, 14-23 years old.\*

Senior: 60+

Resident: Lives or works in Des Plaines.

\*Teens, ages 14 and 15, are welcome to use the Fitness

Center provided they are supervised by a parent. The

complete rules and requirements are on DPParks.org.

### PAY as you GO makes fitness easy!

Fitness Center Daily Fee R: \$7/NR: \$10

Group Fitness Classes R: \$7/NR: \$8

Specialty Fitness Class Daily Fee R/NR: \$10

Cycling Class Daily Fee R: \$9/NR: \$10

We proudly offer Tivity Health™ **SilverSneakers®**

and **Prime® Fitness** memberships, and the

**HEALTHY MINDS HEALTHY BODIES** fitness

program developed specifically for veterans.

Call Jon Kahney or Shelli Sarg: 847-391-5711

## • Fitness Membership Basics •

Prairie Lakes Fitness Membership Fees are in the Spectrum Program Guide, and on DPParks.org

### Annual and EFT Memberships

- Orientation • Fitness Center • Towel Service
- Locker Rooms, Showers, Sauna and Whirlpool
- 50% Discount on Group Fitness & Cycling
- Free Daily Group Fitness or Cycling class
- 25% Discount for Fitness Assessment and Personal Training
- Racquetball Courts • Open Gym
- Leisure Center Health Club
- Discount on Babysitting

Some restrictions and fees apply. See DPParks.org

### Monthly Membership

- Includes SilverSneakers® and Prime® Fitness Memberships
- Orientation • Fitness Center • Towel Service
  - Locker Rooms, Showers, Sauna and Whirlpool
  - 25% Discount on Group Fitness & Cycling
  - Racquetball Courts • Open Gym
  - Leisure Center Health Club
  - Discount on Babysitting

Some restrictions and fees apply. See DPParks.org

### Racquetball/Locker Room Membership

- Racquetball courts (requires hourly court fees)
- Seven-day Advance Registration on Courts
- Members-only Locker Rooms and Showers
- Towel Service
- \$2 off Daily Fee for Fitness Center
- Discount on Babysitting

Some restrictions and fees apply. See DPParks.org

## WORKOUT AT THE FITNESS CENTER

Featuring top of the line brand name equipment, including these important exercise stations:

- Ab Crunch • Adjustable 10°-80° Bench
- Airdyne Bicycles • Precor AMT (2)
- Arc Trainers (2) • Arm Curl
- Arm Extension • Assist Dip Chin
- Back Extension • 45° Back Extension
- Bent Leg Abdominal Board • Cable Cross Over
- Chest Press • Cybex Recumbent Bike (2)
- Dumbbells 5-75 lbs. • Fly/Rear Delt
- Gauntlet • Hip Ab/Ad • Lat Pulldown • Lat Raise
- Leg Extension • Lifecycle 95Ci (4)
- LifeFitness Cross Trainer CLSX
- LifeFitness T9e Treadmill (7)
- Overhead Press • Precor Cross Trainer (2)
- Precor Smith Machine: 2.5-45lb plates
- Resist-A-Ball • Row • Seated Leg Curl
- Seated Leg Press • Tag Functional Trainer (2)
- Torso Rotation

### The Stretch Room

Includes TRX, medicine balls, kettle bells, benches, floor mats, and an exercise rail system.

## GROUP FITNESS CLASSES

at Prairie Lakes Community Center

Fitness class descriptions are on DPParks.org.

See *Pay As You Go* daily fees on page 23.

Classes are for ages 14 and older.

### BOOT CAMP

Joshua Connelly,  
Certified Personal Trainer, Instructor  
13 weeks

Saturdays, 7:30-8:15a 6/2-8/25  
R: \$78/NR: \$91 #162658-1

### CARDIO/TONE

Beginner to Intermediate  
Suzie Reegan & Susan Gleeson,  
AFAA Certified Instructors  
12 weeks

Wednesdays, 6:15-7:00p 6/6-8/29  
R: \$72/NR: \$84 #162667-1  
\*No class 7/4

### CARDIO STRENGTH INTERVALS

Beginner to Intermediate  
Kathy Bean, AFAA Certified Instructor  
12 weeks

Mondays, 6:30-7:15p 6/11-8/27  
R: \$72/NR: \$84 #162663-1

### E-Z IMPACT

Beginner  
Beth Zoeller, ACE Certified Instructor  
13 weeks

Mondays, 10:00-11:00a 6/4-8/27  
R: \$78/NR: \$91 #162656-1

Mary Lou Anderson, ACE Certified Instructor  
12 weeks

Wednesdays, 10:00-11:00a 6/6-8/29\*  
R: \$72/NR: \$84 #162656-2  
\*No class 7/4

### HI/LO ALL-AROUND

Beginner to Intermediate  
Mary Lou Anderson, ACE Certified Instructor  
13 weeks

Tuesdays, 9:00-10:00a 6/5-8/28  
R: \$78/NR: \$91 #162657-1

Thursdays, 9:00-10:00a 6/7-8/30  
R: \$78/NR: \$91 #162657-2

### NICE 'N EASY

Beginner  
Mary Lou Anderson, ACE Certified Instructor  
13 weeks

Tuesdays, 11:05a-12:05p 6/5-8/28  
R: \$78/NR: \$91 #162668-1

Thursdays, 11:05a-12:05p 6/7-8/30  
R: \$78/NR: \$91 #162668-2



## PUMP

Beginner to Intermediate  
*Kathy Bean, AFAA Certified Instructor*  
 12 weeks  
 Mondays, 5:30-6:25p 6/11-8/27  
 R: \$72/NR: \$84 #162662-1

## 30-MINUTE POWER UP

Beginner to Intermediate  
*Diann Parcelli, AFAA Certified Instructor*  
 12 weeks  
 Saturdays, 8:30-9:00a 6/9-8/25  
 R: \$72/NR: \$84 #162659-1

## UP & AT 'EM

Intermediate to Advanced  
*Barb Kieca, Certified Instructor*  
 13 weeks  
 Tuesdays, 6:15-7:00a 6/5-8/28  
 R: \$78/NR: \$91 #162661-1  
 Thursdays, 6:15-7:00a 6/7-8/30  
 R: \$78/NR: \$91 #162661-2

## ULTIMATE LO-ROBICS

Beginner to Intermediate class  
*Mary Lou Anderson, ACE Certified Instructor*  
 Leisure Center, Room 113  
 13 weeks  
 Thursdays, 6:45-7:45p 6/7-8/30  
 R: \$78/NR: \$91 #162654-1

## ZUMBA® FITNESS CLASSES

### ZUMBA® GOLD

Beginner to Intermediate • Group Fitness Class  
*Debbi Guzzo-Beck, Licensed Zumba® Gold Instructor*  
 10 weeks  
 Thursdays, 5:30-6:30p 6/7-8/23  
 R: \$60/NR: \$70 #162671-1

### ZUMBA®

Beginners to Advanced  
*Lisa Carbello, Licensed Zumba® Instructor*  
 11 weeks  
 Sundays, 9:00-10:00a 6/10-8/26\*  
 R: \$88/NR: \$110 #162983-1  
 \*No class 7/25  
 10 weeks  
 Wednesdays, 7:15-8:15p 6/6-8/29\*  
 R: \$80/NR: \$100 #162983-2  
 \*No class 7/29, 8/15  
 No senior discount. Not a Group Fitness class.

### ZUMBA® SENTAO

Beginners to Advanced  
*Lisa Carbello, Licensed Zumba® Sentao Instructor*  
 10 weeks  
 Saturdays, 9:15-10:00a 6/9-8/25\*  
 R: \$80/NR: \$100 #162990-1  
 \*No class 7/29, 8/15  
 No senior discount. Not a Group Fitness class.

Get more from your workout routine with a  
**Fitness Assessment and Personal Training.**

## FITNESS ASSESSMENT

Ages 14+  
 Individual Assessment: \$52 #123904-1

## PERSONAL TRAINING

Ages 14+  

	Individual Training	Partner Training
1 session	\$ 50	\$ 75
3 pack	\$ 135	\$ 203
6 pack	\$ 260	\$ 390
10 pack	\$ 425	\$ 638

## SPECIALTY FITNESS

### POUND

Beginner to Advanced  
*Lisa Carbello, Pound Fit Pro*  
 9 weeks  
 Wednesdays, 8:20-8:50p 6/13-8/29\*  
 R: \$72/NR: \$90 #162988-1  
 \*No class 7/25, 8/15  
 No senior discount. Not a Group Fitness class.

### STEP AND SCULPT

Beginner to Advanced  
*Lisa Carbello, AFAA Certified Instructor*  
 8 weeks  
 Tuesdays, 5:45-6:45p 6/12-8/28\*  
 R: \$64/NR: \$80 #162993-1  
 \*No class 7/24, 7/31, 8/14  
 No senior discount. Not a Group Fitness class.

### MULTI-CLASS DISCOUNT!

Individuals who register for two Sue Garcia  
 Fitness classes per session receive a \$10  
 discount, and a \$20 discount for three classes!

### PILATES PLAYGROUND FUN

*Sue Garcia Fitness, Instructor*  
**Session 1, 7 weeks**  
 Tuesdays, 10:00-11:00a 5/29-7/10  
 R: \$60/NR: \$75 #162980-1  
 Thursdays, 7:00-8:00p 5/31-7/12  
 R: \$60/NR: \$75 #162980-2  
**Session 2, 7 weeks**  
 Tuesdays, 10:00-11:00a 7/17-8/28  
 R: \$60/NR: \$75 #162980-1  
 Thursdays, 7:00-8:00p 7/19-8/30  
 R: \$60/NR: \$75 #162980-2  
 No senior discount. Not a Group Fitness class.

**Be Active!**  
 GET FIT!  
 at the Des Plaines Park District

## PILATES/BARRE FUSION

Beginner to Advanced  
*Sue Garcia Fitness, Instructor*

**Session 1, 7 weeks**  
 Tuesdays, 7:00-8:00p 5/29-7/10  
 R: \$60/NR: \$75 #162987-1  
 Thursdays, 10:00-11:00a 5/31-7/12  
 R: \$60/NR: \$75 #162987-2

**Session 2, 7 weeks**  
 Tuesdays, 7:00-8:00p 7/17-8/28  
 R: \$60/NR: \$75 #162987-1  
 Thursdays, 10:00-11:00a 7/19-8/30  
 R: \$60/NR: \$75 #162987-2

No senior discount. Not a Group Fitness class.

## PILATES/BAR BODY SCULPTING

*Sue Garcia Fitness, Instructor*

**Session 1, 6 weeks**  
 Saturdays, 8:30-9:30a 6/2-7/14\*  
 R: \$51/NR: \$64 #162986-1  
 \*No class 7/7

**Session 2, 6 weeks**  
 Saturdays, 8:30-9:30a 7/21-8/25  
 R: \$51/NR: \$64 #162986-2

No senior discount. Not a Group Fitness class.

## YOGA CLASSES

Bring a yoga mat. A yoga block and strap are also helpful. *Namaste.*

### All Levels, Vinyasa Flow yoga class

*Laura Feldman, Instructor*  
 11 weeks  
 Mondays, 6:30-7:30p 6/4-8/20  
 R: \$88/NR: \$110 #156071-1  
 \*No class 7/2

No senior discount. Not a Group Fitness class.

### Vinyasa Yoga

*Trung Pham, Licensed Yoga Instructor*  
**Session 1, 7 weeks**  
 Wednesdays, 5:30-6:30p 6/6-7/18  
 R: \$56/NR: \$70 #156075-1

**Session 2, 6 weeks**  
 Wednesdays, 5:30-6:30p 7/25-8/29  
 R: \$48/NR: \$60 #156075-2

Not a Group Fitness class.

### Deep Stretching

*Trung Pham, Licensed Yoga Instructor*  
**Session 1, 7 weeks**  
 Tuesdays, noon-12:45p 6/5-7/17  
 R: \$56/NR: \$70 #156073-1  
 Wednesdays, 6:30-7:30p 6/6-7/18\*  
 R: \$56/NR: \$70 #156073-2  
 \*No class 7/4.

**Session 2, 6 weeks**  
 Tuesdays, noon-12:45p 7/24-8/28  
 R: \$48/NR: \$60 #156073-3  
 Wednesdays, 6:30-7:30p 7/25-8/29  
 R: \$48/NR: \$60 #156073-4

Not a Group Fitness class.

## Chair Yoga

*Lisa Kelley, Instructor*  
 Breathing techniques, followed by stretches, strength building and balance, all in the comfort of a chair.

**Session 1, 7 weeks**  
 Mondays, 5:30-6:30p 6/4-7/16  
 R: \$56/NR: \$70 #156076-1

**Session 2, 6 weeks**  
 Mondays, 5:30-6:30p 7/23-8/27  
 R: \$48/NR: \$60 #156076-2

Not a Group Fitness class.



## CYCLING CLASSES

For Ages 13+

Instructors:

- Julie Adam (JA) • Kathy Bean (KB) • Erica Cupuro (EC)
- Mary Beth Flanders (MF) • Kendra Kelly (KK)

### June 4-July 22 • 7 weeks

\*Wed classes are 6 weeks. No class 7/4. \*No class 7/3  
 Additional class information is on DPParks.org

Monday	Code	1st	Time	R/NR
Cycle & Tone	162665-1	6/4	10:00-10:45a	\$ 49/\$56
Cycling	162665-2	6/4	6:30-7:15p	\$ 49/\$56

### Tuesday

Lunch Cycling	162665-3	6/5	noon-12:30p	\$ 35/\$42
Cycle/Yoga	162665-4	6/5*	7:00-7:45p	\$ 42/\$48

### Wednesday

Cycling	162665-5	6/6*	6:00-6:45a	\$ 42/\$48
Cycling	162665-6	6/6*	6:00-6:45p	\$ 42/\$48

### Friday

Cycle & Tone	162665-7	6/8	10:00-10:45a	\$ 49/\$56
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### Saturday

Cycling	162665-8	6/9	9:00-9:45a	\$ 49/\$56
Teen Cycling	162665-9	6/9	10:00-10:30a	\$ 35/\$42

### Sunday

Cycling	162665-10	6/10	9:00-9:45a	\$ 49/\$56
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\*Wed classes are 6 weeks: No class 7/4. \*No class 7/3.

### July 23-August 27 • 6 weeks

\*Saturday & Sunday classes are 5 weeks.

Additional class information is on DPParks.org

Monday	Code	1st	Time	R/NR
Cycle & Tone	162666-1	7/23	10:00-10:45a	\$ 42/\$48
Cycling	162666-2	7/23	6:30-7:15p	\$ 42/\$48

### Tuesday

Lunch Cycling	162666-3	7/24	noon-12:30p	\$ 30/\$36
Cycle/Yoga	162666-4	7/24	7:00-7:45p	\$ 42/\$48

### Wednesday

Cycling	162666-5	7/25	6:00-6:45a	\$ 42/\$48
Cycling	162666-6	7/25	6:00-6:45p	\$ 42/\$48

### Friday

Cycle & Tone	162666-7	7/27	10:00-10:45a	\$ 42/\$48
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### Saturday

Cycling	162666-8	7/28*	9:00-9:45a	\$ 35/\$40
Teen Cycling	162666-9	7/28*	10:00-10:30a	\$ 25/\$30

### Sunday

Cycling	162666-10	7/29*	9:00-9:45a	\$ 35/\$40
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\*Saturday & Sunday classes are 5 weeks.



DES PLAINES

Chicagoland's Premier Golf Practice Facility

353 N. River Road • 847-803-GOLF

Find it all at [GolfCenterDesPlaines.com](http://GolfCenterDesPlaines.com)

Golf Center Des Plaines is one of the finest golf practice facilities in the US, and is consistently awarded a Top 50 Driving Range. We're open year-round, with lighted, heated driving range stations, and a fully-lighted 9-hole, par-3 course. In season, you can practice & play until midnight! For more information about the Driving Range, 9-hole, Par-3 Course, Short Game Practice Area, Club Casa Café, the Dream Golf Pro Shop, and Golftec PGA Lessons, spend some time on our website: [GolfCenterDesPlaines.com](http://GolfCenterDesPlaines.com).

### GOLF CENTER SUMMER HOURS

May 1-August 31

Monday-Saturday

Sundays & Holidays

7:00a-midnight

7:00a-10:00p

### DAD & ME

Annual Golf Tournament

SUNDAY, JUNE 17

Two brackets: "Me" under 18, and "Me" 18+



### CHAMPIONSHIP TOURNAMENT

SATURDAY, AUGUST 4

The annual tournament for ages 21+

### EDGE PERFORMANCE GOLF

By Robert Jan, Class "A" PGA Golf Professional

Read more about these classes on [DPParks.org](http://DPParks.org).

#### EDGE Cub Program • Ages 4-7

An adult and child combination class.

Lake Park Golf Course

Sundays, 9:00-10:15a • 3 weeks • R/NR: \$135

Session 1, 6/3-6/17 #115917-1

Session 2, 7/15-7/29 #115917-2

Session 3, 8/5-8/19 #115917-3

#### EDGE Cub Program 2.0 • Ages 4-7

Sundays, 10:30-11:45a • 3 weeks • R/NR: \$69

Session 1, 6/3-6/17 #115918-1

Session 2, 7/15-7/29 #115918-2

Session 3, 8/5-8/19 #115918-3

#### EDGE Summer Elite Program • Ages 12-18

Golf Center Des Plaines

R/NR: \$595

Tuesday-Friday 8:00a-3:30p

Session 1, June 19-June 22 #115919-1

Session 2, July 17-July 20 #115919-2

Session 3, August 7-August 10 #115919-3

An Elite Program for serious golfers who aspire to play in IJGA, MAJGT, AJGA Tournaments.

## THE DES PLAINES EAGLES

### Youth Golf Leagues

Ages 6-15

Lake Park Golf Course (18 holes)

This is league play. No instruction is provided.

Tuesdays 6/12-7/31

R: \$115/NR: \$140 #101580-1

Golf Center Des Plaines (9 holes)

Thursdays 6/14-8/2

R: \$90/NR: \$110 #101580-2

Sign up for both leagues and save \$25!

## PIN SEEKERS

### Beginners' Golf Clinics

Taught by GOLFTEC® PGA Instructors!

Ages 8 and older

Golf Center Des Plaines

Wednesdays, 6:00-7:00p 6/6-7/11\*

R: \$100/NR: \$120 #104022-1

\*No class 7/4

Wednesdays, 6:00-7:00p 7/18-8/15

R: \$100/NR: \$120 #104022-2

## YOUTH GOLF CAMP

Ages 8-13

DPPD Staff, Instructor

Golf Center Des Plaines

Monday-Friday 9:00a-noon 6/11-6/15

R: \$150/NR: \$170 #115915-1

Monday-Friday, 1:00-4:00p 6/25-6/29

R: \$150/NR: \$170 #115915-2

Monday-Friday, 9:00a-noon 7/9-7/13

R: \$150/NR: \$170 #115915-3

Monday-Friday, 1:00-4:00p 7/23-7/27

R: \$150/NR: \$170 #115915-4

Monday-Friday, 9:00a-noon 8/6-8/10

R: \$150/NR: \$170 #115915-5



## PGA JUNIOR LEAGUE

Our traveling team is in the PGA Junior League!

June 1-August 1

### Two Teams

13 & younger: Not older than 13 as of July 31

16 & younger: Not older than 16 as of July 31

### Weekly Lessons at the Golf Center

Tuesdays, 3:45-5:45p

### League Fee

\$300. Includes uniform and lessons.

**Want more practice time?** \$150 gives you unlimited practice at the Golf Center and the Lake Park Golf Course.

For more info, call Tyler: 847-803-GOLF, or email [Tyler.Fuchs@DPParks.org](mailto:Tyler.Fuchs@DPParks.org)

## LAKE PARK GOLF LESSONS

• The May classes are on [DPParks.org](http://DPParks.org) •

### G-BALL • Beginner's Golf

The nationally recognized SNAG Golf program

Ages 5-8

Lake Park Golf Course • 5 weeks

Tuesdays, 4:00-4:45p

6/26-7/31\*

R: \$55/NR: \$65

#115914-1

\*No class 7/3

Thursdays, 6:15-7:00p

6/28-8/2\*

R: \$55/NR: \$65

#115914-2

\*No class 7/5

### FIRST TEE FLIERS

Youth Golf Lessons • A Sticks For Kids Program

Ages 8-11

Lake Park Golf Course • 5 weeks

Tuesdays, 5:00-6:00p

6/26-7/31\*

R: \$60/NR: \$70

#115912-1

\*No class 7/3

Thursdays, 5:00-6:00p

6/28-8/2\*

R: \$60/NR: \$70

#115912-2

\*No class 7/5

### PAR 3 PROS

Youth Golf Lessons • A Sticks For Kids Program

Ages 11-15

Lake Park Golf Course • 5 weeks

Tuesdays, 6:00-7:00p

6/26-7/31\*

R: \$60/NR: \$70

#115916-1

\*No class 7/3

Thursdays, 4:00-5:00p

6/28-8/2\*

R: \$60/NR: \$70

#115916-2

\*No class 7/5

### BACK NINE BIRDIES

Adult Beginner Golf Instruction

Ages 16 and older

Lake Park Golf Course • 5 weeks

Tuesdays, 7:00-8:00p

6/26-7/31\*

R: \$60/NR: \$70

#115911-1

\*No class 7/3

## LAKE PARK CLUBHOUSE

1015 Howard Avenue • 847-391-5730

### 2018 HOURS

April, May, Sept. and Oct: 8:00a-dusk.

June-August: 7:00a-dusk

### LAKE PARK GOLF COURSE

Chicagoland's Premier Beginner's Short Course!

#### 2018 Daily Fees

	Weekday	Weekend
Adult Resident	\$11.00	\$12.00
Adult Non-resident	\$13.50	\$14.50
Youth/Senior Resident*	\$ 9.00	\$11.00
Youth/Senior Non-res.*	\$11.00	\$13.00

\*Youth: Age 6 through High School

Senior: age 60+

Read all about the Lake Park Golf Course, including memberships, kids & family specials, tournaments and events on [DPParks.org](http://DPParks.org)

### SAVE ALL SEASON WITH A 10-PLAY PASS!

#### LAKE PARK GOLF COURSE MEMBERSHIP

Residents: \$325 • Non-residents: \$375

Seniors (60 and older) receive \$25 off.

Youth (under 18) receive \$25 off.

#### KIDS' AND FAMILY SPECIAL

Kids 17 and younger golf for \$8, with an adult.

We have *Sticks for Kids*. Call 847-391-5730.

#### ADULT GOLF LEAGUES • Age 18+

at the Lake Park Golf Course

Tee times from 4:30-7:00p

#### Women's League

Wednesday, 6/6-8/15 (No league 7/4)

R: \$115/NR: \$135

#115810-1

\*No league 7/4

#### CoEd League

Thursday, 6/7-8/16 (No league 7/5)

R: \$115/NR: \$135

#115810-2

### FOOTGOLF

Play a full 18-hole round—any time, any day!

\$6.50/Youth • \$9.50/Adult (18+)

\$5 ball rental (\$3 is the refundable ball deposit.)

### LAKE OPEKA BOAT RENTALS

#### Paddle Boat Rentals

Residents: \$10 for ½ hour, \$18/hour

Non-resident: \$12 for ½ hour, \$20/hour

#### Kayak Rentals

Residents: \$8 for ½ hour, \$14/hour

Non-resident: \$10 for ½ hour, \$16/hour

#### Tandem Kayak Rentals

Residents: \$12 for ½ hour, \$18/hour

Non-resident: \$14 for ½ hour, \$20/hour

**Fishing Boat Rentals** Residents: \$12 for ½ hour,

\$20/hour

Non-resident: \$14 for ½ hour, \$22/hour

## SAILING LESSONS

at the Lake Park Marina

### YOUTH SAILING CAMP • Ages 8-15

Monday-Friday, 8:30-11:30a R: \$180/NR: \$216

Session 1, 6/18-6/22

#115920-1

Session 2, 7/9-7/13

#115920-2

Session 3, 7/16-7/20

#115920-3

Session 4, 7/30-8/3

#115920-4

### ADULT SAILING LESSONS • Ages 16+

Tues. & Thurs, 5:30-8:30p

R: \$64/NR: \$79

Session 1: June 12 & 14

#115922-1

Session 2: June 26 & 28

#115922-2

Session 3: July 10 & 12

#115922-3

Session 4: July 24 & 26

#115922-4



**Des Plaines Park District**

Complete descriptions of these camps are in the Summer Camp Guide, DPParks.org, and in the full Summer Spectrum.

**REGISTRATION IS OPEN. Don't delay!**

Save with Early Bird Rates: Register by May 25.

**Summer Day Camp EFT Plan**

Can be made in 4 automatic payments! Register by April 30 to take advantage of this option.

In order for us to have an adequate number of trained staff available, for the safety of your camper, registrations are taken until the Thursday prior to the first day of camp. Week-of registrations are not accepted.

Visit DPParks.org for complete summer camp information, and to read and download these important camp documents:

- Parent Handbook • Code of Conduct
- Participant Forms • Medical Forms
- Calendars • Updates

**SCHOLARSHIP INFORMATION**

Program scholarships are available for park district programs, including summer camps. Applications are available on our website, at the Leisure Center or Prairie Lakes Community Center during business hours, or by calling 847-391-5700. Scholarships fare also available from the Des Plaines Friends of the Parks. Visit [www.DesPlainesFriendsOfTheParks.org](http://www.DesPlainesFriendsOfTheParks.org).

**SAVE THESE IMPORTANT DATES!**

**Parent Orientation/Counselor Meet & Greet**

Thursday, May 31 • 6:00-7:30p  
Leisure Center

**All-Camp Field Day**

Wednesday, July 18

**CAMP REGISTRATION  
REGISTRATION WEEKLY DEADLINE**

In order for us to have an adequate number of trained staff available, for the safety of your camper, registrations are taken until the Thursday prior to the first day of camp. Week-of registrations are not accepted.

All camps are 7:00a-6:00p,\* with drop off by 9:00a. Pick up begins at 3:30p.

\*Except: Adventure Camp; Sports, Golf, and Sailing Camps; and Dance & Arts Camps.

**Summer Kick-Off Camp**

Ages 5-6 • Must have turned 4 as of 9/1/17  
Leisure Center, Room 110 7:00a-6:00p

Ages 7-12 • Must have turned 7 as of 9/1/17  
Leisure Center, Room 112 7:00a-6:00p

Per day: R: \$36/NR: \$40

Save \$25: Full week, R: \$155/NR: \$175

		Age 5-6	Age 7-12
Monday	6/4	#165504-1	#165503-1
Tuesday	6/5	#165504-2	#165503-2
Wednesday	6/6	#165504-3	#165503-3
Thursday	6/7	#165504-4	#165503-4
Friday	6/8	#165504-5	#165503-5

**Midsummer's End Camp**

Ages 5-6 • Must have turned 4 as of 9/1/17  
Leisure Center, Room 110 7:00a-6:00p

Ages 7-12 • Must have turned 7 as of 9/1/17  
North Lake Park 7:00a-6:00p

Per day: R: \$36/NR: \$40

Save \$25: Full week, R: \$155/NR: \$175

		Age 5-6	Age 7-12
Monday	8/6	#165403-1	#165401-1
Tuesday	8/7	#165403-2	#165401-2
Wednesday	8/8	#165403-3	#165401-3
Thursday	8/9	#165403-4	#165401-4
Friday	8/10	#165403-5	#165401-5

**Summer's End Camp**

Ages 5-6 • Must have turned 4 as of 9/1/17  
Leisure Center, Room 110 7:00a-6:00p

Ages 7-12 • Must have turned 7 as of 9/1/17  
Min/Max: 50/90

North Lake Park 7:00a-6:00p

Per day: R: \$36/NR: \$40

Save \$25: Full week, R: \$155/NR: \$175

		Age 5-6	Age 7-12
Monday	8/13	#165404-1	#165402-1
Tuesday	8/14	#165404-2	#165402-2
Wednesday	8/15	#165404-3	#165402-3
Thursday	8/16	#165404-4	#165402-4
Friday	8/17	#165404-5	#165402-5

**Important note about ages for camps:**

**Ages 5-6**

Must have turned 4 years old as of 9/1/17 or have completed a 4-year-old preschool.

6-year-olds can have completed 1st grade.

**Ages 7-12**

Must have turned 7 years old as of 9/1/17 and have completed 2nd grade.

12-year-olds can have completed 7th grade.

**5 REASONS TO SEND KIDS TO CAMP**

5. Establish healthy lifestyle patterns.
4. Develop self-confidence.
3. Spend the day with positive role models.
2. Make new friends.
1. Have fun!

*In a Des Plaines Park District Summer Camp, it's all here for you. Come out & Play!*

## CAMP SWIMMING LESSONS

Arndt Park Camp, Camp Opeka, and Camp Chickagami

Ages 6-12 • Must have turned 5 as of 9/1/17  
Iroquois Pool

One-week sessions

Tuesdays & Thursdays, 11:00-11:45a

Per session, R: \$13/NR: \$16

Session 1	6/12 & 6/14	#167047-1
Session 2	6/19 & 6/21	#167047-2
Session 3	6/26 & 6/28	#167047-3
Session 4	7/3 & 7/5	#167047-4
Session 5	7/10 & 7/12	#167047-5
Session 6	7/17 & 7/19	#167047-6
Session 7	7/24 & 7/26	#167047-7
Session 8	7/31 & 8/2	#167047-8

### West Park Camp

Ages 6-12 • Must have turned 6 as of 9/1/17

Chippewa Pool

One-week sessions

Tuesdays & Thursdays, 11:00-11:45a

Per session, R: \$13/NR: \$16

Session 1	6/12 & 6/14	#167029-1
Session 2	6/19 & 6/21	#167029-2
Session 3	6/26 & 6/28	#167029-3
Session 4	7/3 & 7/5	#167029-4
Session 5	7/10 & 7/12	#167029-5
Session 6	7/17 & 7/19	#167029-6
Session 7	7/24 & 7/26	#167029-7
Session 8	7/31 & 8/2	#167029-8

## SWIM LESSONS SAVE LIVES.

Our expert swim instructors can help eliminate unnecessary fear of the water.  
Swim safely and have more fun!

## ADVENTURE CAMP

Ages 10-14 • Must have turned 9 as of 9/1/17

Only 20 spots available!

Cumberland Terrace

One-week sessions

Monday-Friday, 9:00a-4:00p

Extended care is available.

Early Bird Rates, R: \$175/NR: \$185

After 5/25, R: \$185/NR: \$195

\*Session 4 Early Bird Rates, R: \$140/NR: \$150

\*Session 4 After 5/25, R: \$148/NR: \$158

Session 1	6/11 - 6/15	#165301-1
Session 2	6/18 - 6/22	#165301-2
Session 3	6/25 - 6/29	#165301-3
Session 4*	7/2 - 7/6	#165301-4
Session 5	7/9 - 7/13	#165301-5
Session 6	7/16 - 7/20	#165301-6
Session 7	7/23 - 7/27	#165301-7
Session 8	7/30 - 8/3	#165301-8

\*No camp July 4th.

## Adventure Camp Extended Care

at Prairie Lakes

One-week sessions

7:00a-9:00p or 4:00-6:00p

Drop off by 8:30a, pick up after 4:15p

Per session, R: \$26/NR: \$33

\*Session 4, R: \$21/NR: \$26

<b>Session 1</b>	6/11-6/15
AM #165302-1 • PM #165303-1	
<b>Session 2</b>	6/18-6/22
AM #165302-2 • PM #165303-2	
<b>Session 3</b>	6/25-6/29
AM #165302-3 • PM #165303-3	
<b>Session 4*</b> (No camp July 4th)	7/2-7/6
AM #165302-4 • PM #165303-4	
<b>Session 5</b>	7/9-7/13
AM #165302-5 • PM #165303-5	
<b>Session 6</b>	7/16-7/20
AM #165302-6 • PM #165303-6	
<b>Session 7</b>	7/23-7/27
AM #165302-7 • PM #165303-7	
<b>Session 8</b>	7/30-8/3
AM #165302-8 • PM #165303-8	

## CAMP OPEKA • at Lake Park

Ages 6-12 • Must have turned 5 as of 9/1/17, or have completed kindergarten.

One-week sessions

Monday-Friday, 7:00a-6:00p

Early Bird Rates, R: \$124/NR: \$134

After 5/25, R: \$134/NR: \$144

\*Session 4 Early Bird Rates, R: \$100/NR: \$107

\*Session 4 After 5/25, R: \$110/NR: \$117

Session 1	6/11 - 6/15	#165301-1
Session 2	6/18 - 6/22	#165301-2
Session 1	6/11 - 6/15	#165204-1
Session 2	6/18 - 6/22	#165204-2
Session 3	6/25 - 6/29	#165204-3
Session 4*	7/2 - 7/6	#165204-4
Session 5	7/9 - 7/13	#165204-5
Session 6	7/16 - 7/20	#165204-6
Session 7	7/23 - 7/27	#165204-7
Session 8	7/30 - 8/3	#165204-8

\*No camp July 4th.



Paddle boating on Lake Opeka

**CAMP CHICKAGAMI** • at Lake Park

Ages 8-12 • Must have turned 7 as of 9/1/17, or have completed 2nd grade.

Lake Park

One-week sessions

Monday-Friday, 7:00a-6:00p

Early Bird Rates, R: \$185/NR: \$195

After 5/25, R: \$195/NR: \$205

\*Session 4 Early Bird Rates, R: \$148/NR: \$138

\*Session 4 After 5/25, R: \$156/NR: \$166

Session 1 6/11 - 6/15 #165201-1

Session 2 6/18 - 6/22 #165201-2

Session 3 6/25 - 6/29 #165201-3

Session 4\* 7/2 - 7/6 #165201-4

Session 5 7/9 - 7/13 #165201-5

Session 6 7/16 - 7/20 #165201-6

Session 7 7/23 - 7/27 #165201-7

Session 8 7/30 - 8/3 #165201-8

\*No camp July 4th.

**CREATIVE CORNERS  
PRESCHOOL CAMP**

Ages 3½-5 • Must have turned 3 as of 2/1/18

Daily activities include circle time, dramatic

play, arts, stories, fine & gross motor skills.

Instruction is designed to meet the levels of all students.

*Margaret Nuscher & Susan Poklop*

Leisure Center, Room 108 • Min/Max 13/22

Tuesday, Wednesday, Thursday

9:00a-noon

Session 1, 3 weeks 5/22-6/7

R: \$137/NR: \$147 #164053-1

Session 2, 3 weeks 6/12-6/28

R: \$137/NR: \$147 #164053-2

Session 3, 3 weeks 7/10-7/26

R: \$137/NR: \$147 #164053-3

Session 4, 3 weeks 7/31-8/16

R: \$137/NR: \$147 #164053-4

Note: No camp the week of 7/2-7/6

**SPANISH IMMERSION SUMMER CAMP**

Ages 3-6 • Must have turned 3 as of 5/1/18

This full-immersion program will engage,

entertain, and educate your child entirely

en Español!

*Laura Meza & Inda Alanis*

Leisure Center, Room 109 • Min/Max 8/20

Tuesday, Wednesday, Thursday

9:00a-noon A full 3 hours!

Session 1, 3 weeks 5/22-6/7

R: \$214/NR: \$224 #164505-1

Session 2, 3 weeks 6/12-6/28

R: \$214/NR: \$224 #164505-2

Session 3, 3 weeks 7/10-7/26

R: \$214/NR: \$224 #164505-3

Session 4, 3 weeks 7/31-8/16

R: \$214/NR: \$224 #164505-4

Note: No camp the week of 7/2-7/6

**SUMMER LUNCH BUNCH**

Ages 3-6 • Age requirements apply

For both Preschool & Spanish Immersion

Summer Camps. Pack a lunch & drink every day.

Leisure Center, Room 108

Tuesday, Wednesday, Thursday

Noon-2:00p Adds 2 hours to a camp day!

Session 1, 3 weeks 5/22-6/7

R: \$79/NR: \$89 #164054-1

Session 2, 3 weeks 6/12-6/28

R: \$79/NR: \$89 #164054-2

Session 3, 3 weeks 7/10-7/26

R: \$79/NR: \$89 #164054-3

Session 4, 3 weeks 7/31-8/16

R: \$79/NR: \$89 #164054-4

**NEW!** If you only need an occasional

Summer Camp Lunch Bunch session,

buy a Daily Lunch Bunch Pass for \$15.

**CAMP SUNSHINE** • at the Leisure Center

Ages 4-6 Must have turned 4 as of 9/1/17, or

have completed a 4-year-old preschool.

Leisure Center, Room 110

One-week sessions

Monday-Friday, 7:00a-6:00p

Early Bird Rates, R: \$145/NR: \$155

After 5/25, R: \$155/NR: \$165

\*Session 4 Early Bird Rates, R: \$116/NR: \$126

\*Session 4 After 5/25, R: \$124/NR: \$134

Session 1 6/11 - 6/15 #165094-1

Session 2 6/18 - 6/22 #165094-2

Session 3 6/25 - 6/29 #165094-3

Session 4\* 7/2 - 7/6 #165094-4

Session 5 7/9 - 7/13 #165094-5

Session 6 7/16 - 7/20 #165094-6

Session 7 7/23 - 7/27 #165094-7

Session 8 7/30 - 8/3 #165094-8

\*No camp July 4th.

**CAMP DISCOVERY** • at Prairie Lakes

Ages 4-6 • Must have turned 4 as of 9/1/17, or

have completed a 4-year-old preschool.

Prairie Lakes, Meeting Rooms 1 & 2

One-week sessions

Monday-Friday, 7:00a-6:00p

Early Bird Rates, R: \$145/NR: \$155

After 5/25, R: \$155/NR: \$165

\*Session 4 Early Bird Rates, R: \$116/NR: \$126

\*Session 4 After 5/25, R: \$124/NR: \$134

Session 1 6/11 - 6/15 #165091-1

Session 2 6/18 - 6/22 #165091-2

Session 3 6/25 - 6/29 #165091-3

Session 4\* 7/2 - 7/6 #165091-4

Session 5 7/9 - 7/13 #165091-5

Session 6 7/16 - 7/20 #165091-6

Session 7 7/23 - 7/27 #165091-7

Session 8 7/30 - 8/3 #165091-8

\*No camp July 4th.

### ARNDT PARK CAMP

Ages 7-12 • Must have turned 7 as of 9/1/17, or have completed 1st grade.

Arndt Park Fieldhouse

One-week sessions

Monday-Friday, 7:00a-6:00p

Early Bird Rates, R: \$100/NR: \$110

After 5/25, R: \$110/NR: \$120

\*Session 4 Early Bird Rates, R: \$80/NR: \$90

\*Session 4 After 5/25, R: \$88/NR: \$98

Session 1 6/11 - 6/15 #165501-1

Session 2 6/18 - 6/22 #165501-2

Session 3 6/25 - 6/29 #165501-3

Session 4\* 7/2 - 7/6 #165501-4

Session 5 7/9 - 7/13 #165501-5

Session 6 7/16 - 7/20 #165501-6

Session 7 7/23 - 7/27 #165501-7

Session 8 7/30 - 8/3 #165501-8

\*No camp July 4th.

### WEST PARK CAMP

Ages 7-12 • Must have turned 7 as of 9/1/17, or have completed 1st grade.

West Park Fieldhouse

One-week sessions

Monday-Friday, 7:00a-6:00p

Early Bird Rates, R: \$100/NR: \$110

After 5/25, R: \$110/NR: \$120

\*Session 4 Early Bird Rates, R: \$80/NR: \$90

\*Session 4 After 5/25, R: \$88/NR: \$98

Session 1 6/11 - 6/15 #165502-1

Session 2 6/18 - 6/22 #165502-2

Session 3 6/25 - 6/29 #165502-3

Session 4\* 7/2 - 7/6 #165502-4

Session 5 7/9 - 7/13 #165502-5

Session 6 7/16 - 7/20 #165502-6

Session 7 7/23 - 7/27 #165502-7

Session 8 7/30 - 8/3 #165502-8

\*No camp July 4th.



All-Camp Field Day

### SPORTS XPLOSION • at Prairie Lakes

Grades 1-8, Ages 6-14

Sports Xplosion 1 (Grades 1-5)

Sports Xplosion 2 (Grades 6-8)

Fee includes all equipment, a camp t-shirt and instruction. Campers must bring a sack lunch, snack and water bottle every day.

Min/Max: 10/60

*Jerry Stonequist, Camp Director*

Monday-Friday, 9:00a-3:00p

Prairie Lakes, Gym

*Let the games begin!*

### Sports Xplosion Camp Sessions

Early Bird, R: \$89/NR: \$111

After 5/25, R: \$104/NR: \$130

\*Session 4, no camp July 4th

Early Bird, R: \$71/NR: \$89

After 5/25, R: \$83/NR: \$104

Session 1 6/11-6/15

Sports Xplosion 1 #141301-1

Sports Xplosion 2 #141302-1

Session 2 6/18-6/22

Sports Xplosion 1 #141301-2

Sports Xplosion 2 #141302-2

Session 3 6/25-6/29

Sports Xplosion 1 #141301-3

Sports Xplosion 2 #141302-3

Session 4\* 7/2-7/6

Sports Xplosion 1 #141301-4

Sports Xplosion 2 #141302-4

Session 5 7/9-7/13

Sports Xplosion 1 #141301-5

Sports Xplosion 2 #141302-5

Session 6 7/16-7/20

Sports Xplosion 1 #141301-6

Sports Xplosion 2 #141302-6

Session 7 7/23-7/27

Sports Xplosion 1 #141301-7

Sports Xplosion 2 #141302-7

Session 8 7/30-8/3

Sports Xplosion 1 #141301-8

Sports Xplosion 2 #141302-8

Session 9 8/6-8/10

Sports Xplosion 1 #141301-9

Sports Xplosion 2 #141302-9

Session 10 8/13-8/17

Sports Xplosion 1 #141301-10

Sports Xplosion 2 #141302-10

Payment plan information is on page 29.

**Be Active!**

at the Des Plaines Park District



**Sports Xplosion Before & After Care**

One-week sessions  
 AM Session, 7:00-9:00a  
 R: \$26/NR: \$33  
 PM Session, 3:00-6:00p  
 R: \$39/NR: \$49

\*Session 4, no camp July 4th

AM Session R: \$21/NR: \$26  
 PM Session R: \$31/NR: \$39  
 Session 1 6/11-6/15  
 AM #141303-1 • PM #141304-1  
 Session 2, 6/18-6/22  
 AM #141303-2 • PM #141304-2  
 Session, 6/25-6/29  
 AM #141303-3 • PM #141304-3  
 Session 4\*, 7/2-7/6  
 AM #141303-4 • PM #141304-4  
 Session 5, 7/9-7/13  
 AM #141303-5 • PM #141304-5  
 Session 6, 7/16-7/20  
 AM #141303-6 • PM #141304-6  
 Session 7, 7/23-7/27  
 AM #141303-7 • PM #141304-7  
 Session 8, 7/30-8/3  
 AM #141303-8 • PM #141304-8  
 Session 9, 8/6-8/10  
 AM #141303-9 • PM #141304-9  
 Session 10, 8/13-8/17  
 AM #141303-10 • PM #141304-10

**Youth Golf Camps**

Ages 8-13 • Read all about them on page 27.

**PGA Junior League**

June 1-August 1 • 13 and under & 16 and under  
 Read all about it on page 27.

**Youth Sailing Camp**

Ages 8-15 • Choose from 4 sessions  
 Complete information is on page 28.

**DANCE & ARTS CAMPS**

**Before & After Camp Care**

Camp Dance-a-Lot & Camp ReMix  
 AM Session, 2-weeks 7:00-9:00a  
 R: \$52/NR: \$66  
 PM Session, 2-weeks 3:00-6:00p  
 R: \$78/NR: \$98

\*Session 2, no camp July 4

AM: R: \$47/NR: \$59  
 PM: R: \$71/NR: \$88  
 Session 1, 6/11-6/22  
 AM #160301-1 • PM #160305-1  
 Session 2\*, 6/25-7/6  
 AM #160301-2 • PM #160305-2  
 Session 3, 7/9-7/20  
 AM #160301-3 • PM #160305-3  
 Session 4, 7/23-8/3  
 AM #160301-4



**TEENY TINY DANCER CAMP**

Ages 3-5  
 Prairie Lakes

**Morning Camp**

Monday-Friday 9:30a-noon  
 Early Bird: R: \$116/NR: \$146  
 After 5/25, R: \$131/NR: \$161

\*Session 2, no camp July 4th

Early Bird: R: \$93/NR: \$116  
 After 5/25, R: \$104/NR: \$127  
 Session 1 6/11 - 6/22 #160304-1  
 Session 2\* 6/25 - 7/6 #160304-2  
 Session 3 7/9 - 7/20 #160304-3  
 Session 4 7/23 - 8/3 #160304-4

**Afternoon Camp**

Monday-Friday 12:30-3:00p  
 Early Bird: R: \$116/NR: \$146  
 After 5/25, R: \$131/NR: \$161

\*Session 2, no camp July 4th

Early Bird: R: \$93/NR: \$116  
 After 5/25, R: \$104/NR: \$127  
 Session 1 6/11 - 6/22 #160304-5  
 Session 2\* 6/25 - 7/6 #160304-6  
 Session 3 7/9 - 7/20 #160304-7  
 Session 4 7/23 - 8/3 #160304-8

**CAMP DANCE-A-LOT**

Ages 6-10  
 No previous dance experience required  
 Prairie Lakes

Monday-Friday 9:00a-3:00p  
 Early Bird: R: \$209/NR: \$260  
 After 5/25, R: \$224/NR: \$275

\*Session 2, no camp July 4

Early Bird: R: \$166/NR: \$208  
 After 5/25, R: \$178/NR: \$218  
 Session 1 6/11 - 6/22 #160300-1  
 Session 2\* 6/25 - 7/6 #160300-2  
 Session 3 7/9 - 7/20 #160300-3  
 Session 4 7/23 - 8/3 #160300-4

**CAMP REMIX**

Ages 11-15  
 Prairie Lakes  
 Monday-Friday 9:00a-3:00p  
 Early Bird: R: \$209/NR: \$260  
 After 5/25, R: \$224/NR: \$275

\*Session 2, no camp July 4

Early Bird: R: \$166/NR: \$208  
 After 5/25, R: \$178/NR: \$218  
 Session 1 6/11 - 6/22 #160302-1  
 Session 2\* 6/25 - 7/6 #160302-2  
 Session 3 7/9 - 7/20 #160302-3  
 Session 4 7/23 - 8/3 #160302-4



*Seek. Find. Enjoy!*

Information about the park district, including full descriptions of the programs and events in this Summer Playbook pocket guide, is available 24/7 on our website: DPParks.org.

Registration forms, maps, photos of all parks and facilities, an events calendar, policies, FAQs, facility rental forms, and the Online Registration portal are also on the website.

The complete Spectrum Program & Events Guide is available at our facilities and the Des Plaines Public Library. Read and download an interactive PDF version on DPParks.org.

### SUMMER 2018 REGISTRATION DATES

Residents	Monday, May 14
Non-residents	Monday, May 21
Summer classes begin	Monday, June 4

**Register Online**, beginning May 14, 12:01a

At the **Leisure Center**, beginning March 14, 8:30a

At **Prairie Lakes**, beginning March 14, 5:30a

All residents of Des Plaines qualify for resident rates.

Residents living outside of the park district boundaries register beginning May 21.

### ADMINISTRATIVE & LEISURE CENTER

2222 Birch Street, 60018 847-391-5700

Monday–Friday, 8:30a–5:00p

After Hours & Emergency 847-668-6983

#### • Park District Offices

- Creative Corners Preschool
- Des Plaines School of Dance
- Leisure Center Health Club
- Teen Center

**GOLF CENTER DES PLAINES** 847-803-GOLF

353 N. River Road, 60016

### LAKE PARK GOLF COURSE & MARINA

1015 Howard Avenue, 60018 847-391-5730

### MOUNTAIN VIEW ADVENTURE CENTER

510 E. Algonquin Road, 60016 847-391-5733

### MYSTIC WATERS FAMILY AQUATIC CENTER

2025 Miner Street, 60016 847-391-5740

Chippewa Pool: 197 N. Eighth Ave, 60016

Iroquois Pool: 2324 Maple St, at Touhy Ave, 60018

### OAKWOOD MAINTENANCE FACILITY

1300 Oakwood Avenue, 60016 847-391-5744

### PRAIRIE LAKES COMMUNITY CENTER

Mon–Thurs: 5:30a–9:30p • Fri: 5:30a–8:00p

Sat: 7:00a–6:00p • Sun: 7:00a–5:00p

515 E. Thacker Street, 60016 847-391-5711

After Hours Emergency Phone 847-391-5713

- Prairie Lakes Fitness Center
- Prairie Lakes Theater

### PARK DISTRICT BOARD OF COMMISSIONERS

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Deborah Hermanson, *Administrative Assistant*

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A complete staff list is on DPParks.org.

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Jeanette Berard, *Recreation Supervisor*

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**at Prairie Lakes** 847-391-5711

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Cindy Yelich, *Recreation Supervisor*

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at the Des Plaines Park District



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## ECRWSS – EDDM RESIDENTIAL CUSTOMER



***Our popular 5k Run/Walk returns with a new name!***

***The Dash Through Des Plaines*** continues the tradition of our annual 5k, where the people are fun, the community comes out to cheer, and it's all for a great cause: The Park District Scholarship Fund. Proceeds from *The Dash* provide programs, activities, and education for residents of Des Plaines.

The flat course—through tree-lined streets in Downtown Des Plaines—is the route we've run since 2006, and is certified by USA Track & Field. Starts & finishes on Prairie Avenue at Pearson Street, but it doesn't end there: The after-party is at Tap House Grill in Metropolitan Square, where the fun, food, and drinks go on and on. ***Mark your race calendar now!***

### THE BASICS

- Chip timed • Race shirts • Race bags
- Gear check • Medals for runners
- Water on the route • Refreshments
- Stay for the Taste of Des Plaines

The **DASH** 

***Through Des Plaines***  
SATURDAY, JUNE 16 • 8:00a

Presented By

 **MILLENNIUMBANK**

Register online now at [TheDashThroughDesPlaines.ItsYourRace.com](http://TheDashThroughDesPlaines.ItsYourRace.com)

If you live along the race route, please be aware of the traffic restrictions from 7:00-9:00am