

# Countryside Recreation Program Guide



Winter/Spring 2012

## **City of Countryside**

Ed Krzeminski, Mayor  
Sharon Sweeney, City Clerk  
Steven Jasinski, City Treasurer

### **Aldermen**

Sean McDermott  
Karen Michalczyk  
Robert Pondelicek  
John VonDrasek  
Scott Musillami  
James Jasinski also  
Recreation Committee Chairman

Gail Paul, City Administrator  
Sharon Peterson, Assistant City Administrator

### **Contact Us**

Countryside City Hall  
5550 East Avenue  
Countryside, IL 60525

Recreation Department  
708-485-2595

## **COOPERTIVE PROGRAMMING**

As part of our cooperative programming agreements with SCORE Tennis and Fitness, Flying High Sports and Recreation Center and the Greater LaGrange YMCA, Countryside residents are afforded the resident or member rates when enrolling in activities of those agencies. The city was recently able to add the Park District LaGrange to the City's cooperative agreement to offer Countryside residents additional programs at a reduced rate.

☞ This symbol denotes the program is a co-op with the Park District of LaGrange. All programs will be registered at Countryside City Hall.

This policy applies to only those activities listed in this recreation program guide.

## Table of Contents

Arts & Crafts .....	5	Make-over .....	11
Baseball .....	10	Pilates .....	6
Basketball .....	13	Pom .....	14
Chalet, The .....	16	Sailing .....	20
Cheer .....	14	Scrabble .....	12
Cooking .....	4, 9	Score Tennis and Fitness .....	6-7
Dance .....	14	Senior Activities .....	12
Flagg Creek Golf Course .....	18-19	Soccer .....	7
Flying High Sports & Rec Center.. .....	14-15	Softball, Womens/Ponytail.....	17
Football .....	10	Tennis .....	7
Golf .....	18-19	Toddlers .....	8-9
Gymnastics .....	14	TOPS .....	20
Hockey, Floor .....	13	Volleyball, Adult .....	11
Horsemanship .....	20	YMCA .....	13
Karate .....	16	Yoga .....	6
LaGrange Park District .....	8-12	Zumba .....	6

### **Policy of non-discrimination on the basis of handicapped status:**

The City of Countryside does not discriminate on the basis of handicapped status in the admission or access to, or treatment of employment in, its programs or its activities. The City of Countryside has been designated to coordinate compliance with the non-discriminate requirements contained in section 51.55 of the revenue sharing regulation.

## **REGISTRATION**

- Registration begins December 21, 2011.
- Register by mail or in person at City of Countryside, 5550 East Avenue, Countryside IL 60525

### **How to Register:**

- Select your programs. Fill out the program registration on page 21 completely. The form is also available on-line at [www.countryside-il.org](http://www.countryside-il.org).
- Read and sign the program waiver and release form.
- Checks are made payable to the City of Countryside. Cash and credit cards are accepted.
- Registration will ONLY be accepted at City Hall, Monday through Friday, 8:30 a.m.- 4:30 p.m.
- Registration is no longer accepted the day class begins.

# YOUTH CREATIVE COOKING

Each week kids will whip up a new tempting treat without having to use the stove.

**WHERE:** Ideal School Multipurpose Room

**Grades K - 6**

**DATES:** **Session I:** Saturdays, January 14-February 25  
**Session II:** Saturdays, March 10-May 19

**TIME:** 9:45 - 10:30 am

**COST PER SESSION 1:** Residents \$30  
Non-Residents \$40

**COST PER SESSION II:** Residents \$35  
Non-Residents \$45

**INDIVIDUAL CLASS COST** Residents \$5  
Cost includes supplies Non-Residents \$10



**INSTRUCTOR:** Gina Macchia

You have the choice of paying for each individual class or paying for the entire session up front. All payments must be mailed in or dropped off at City Hall. The deadline for registration is the Friday prior to class.

## Session I

### **Cheesy Nachos**

Saturday, January 14

### **Chocolate Mint Parfaits**

Saturday, January 21

### **Snowman Pretzels**

Saturday, January 28

### **Sandwich on a Stick**

Saturday, February 4

### **Valentine's Day Treat**

Saturday, February 11

### **Pita Pizza**

Saturday, February 25

## Session II

### **Easy Cheesy Quesadillas**

Saturday, March 10

### **Hamburger Cookies**

Saturday, March 17

### **Strawberry Shortcakes**

Saturday, April 14

### **White Chocolate Pretzel Crunch**

Saturday, April 21

### **Dirt Cups**

Saturday, April 28

### **Monkey Cakes**

Saturday, May 5

### **Peach Pie**

Saturday, May 19

# YOUTH ARTS & CRAFTS

Join our Arts and Crafts instructor, Gina Macchia, in creating various art and craft projects. This is a popular program where children have fun completing seasonal based project.

**WHERE:** Ideal School Multipurpose Room

**DATES:** **Session I:** Saturdays, January 14-February 25  
**Session II:** Saturdays, March 10-May 19

**TIME:** 10:30 - 11:10 am

**Grades K - 6**

**COST PER SESSION I:** Residents \$30  
 Non-Residents \$40

**COST PER SESSION II:** Residents \$35  
 Non-Residents \$45

**INDIVIDUAL CLASS COST** Residents \$5  
 Cost includes supplies Non-Residents \$10

You have the choice of paying for each individual class or paying for the entire session up front. All payments must be mailed in or dropped off at City Hall. The deadline for registration is the Friday prior to class.

Session I	Session II
<p><b>Make Your Dreams Come True</b>            Saturday, January 14</p> <p><b>Gold Fun</b>            Saturday, January 21</p> <p><b>Inside Outside Drawings</b>            Saturday, January 28</p> <p><b>Puzzle Fun</b>            Saturday, February 4</p> <p><b>Valentine's Day</b>            Saturday, February 11</p> <p><b>Let's Make Polar Bears</b>            Saturday, February 25</p>	<p><b>St. Patrick's Day</b>            Saturday, March 10</p> <p><b>Magnificent Flowers</b>            Saturday, March 17</p> <p><b>Let's Make Flags</b>            Saturday, April 14</p> <p><b>Going Green</b>            Saturday, April 21</p> <p><b>Think Spring</b>            Saturday, April 28</p> <p><b>Happy Mother's Day</b>            Saturday, May 5</p> <p><b>Last Day Celebration</b>            Saturday, May 19</p>

# SCORE TENNIS AND FITNESS

SCORE Tennis and Fitness Club, 6550 Joliet Road, Countryside, 708-482-4800

All classes are one hour in length and taught by certified and experienced instructors.

**Cost: \$100/8 classes**

## **Pilates Mat with Small Props**

Tuesday or Thursday at 9:30 a.m. or  
Thursday at 7:30 p.m.

Work the deep muscles of the core to improve posture, alignment and muscle tone for a sleek and efficient body. Use of mats, spinal rollers, magic circles, bands and balls are included.

## **Zumba**

Wednesday, 7:30 p.m. or Saturday, 9:00 a.m.

The number one dance based fitness craze in the country! Fall in love with the infectious music, easy to follow dance moves and body beautifying benefits from this fun and invigorating workout!

## **Yoga Fusion**

Wednesday, 8:30 a.m.

This combination class melds the dynamic exercise of Pilates with the meditative properties of Yoga. A strengthener and stress reducer, that invigorates and soothes the body.

## **Hatha Yoga**

Monday at 6:00 p.m.

Traditional yoga poses and exercises help strengthen and stretch the body. Improves balance and focus, energy level and decreases stress.



## **Pilates Reformer Training**

Experience exercise your body will actually like. The Pilates System of exercise on the Reformer is designed to lengthen and strengthen the muscles of the body. This intelligent form of working out enhances efficiency of movement, while developing strength and flexibility from the inside out.

Feel stronger, leaner, improve posture, body awareness, prevent injury, gain a supple and healthy spine and reduce aches and pains. Look and feel your best! All sessions are by appointment only, and are taught by a certified and knowledgeable Pilates instructors.

All sessions are 55 minutes in length. There will be an assessment and health screening as part of the first session. Please dress in form fitting clothing that allows for ease of movement. Long hair should be tied or secured for safety reasons.

**Package of 4 private lessons, \$165.**

The Countryside Recreation Department has teamed up with Score Tennis and Fitness Club of Countryside to provide residents with many recreation choices at their facility. Residents who sign up through the City of Countryside will not have to pay a membership fee.

Registration can be mailed or dropped off at City Hall, 5550 East Ave, Countryside, 60525

# SCORE TENNIS AND FITNESS

SCORE Tennis and Fitness Club, 6550 Joliet Road, Countryside, 708-482-4800

Session Three: January 2-February 26, 2012

Session Four: February 27-April 22, 2012

Session Five: April 23-June 8, 2012

## Cardio Tennis

TIA association cardio workout  
using tennis skills and drills

Meets: Monday, 10:30-11:30 a.m.  
Wednesday, 9:30-10:30 a.m.  
Friday, 9:00-10:00 a.m.

Cost:

1 class per week for nine weeks:	\$ 108
2 classes per week for nine weeks:	\$ 180
3 classes per week for nine weeks:	\$ 216

## FIT Tennis

Beginner level instructional work out  
with fitness included

Meets: Tuesday and Thursday, 9:00-10:30 a.m.  
Cost: \$275 per nine week session

**Adult 101** (adult and beginner tennis lessons)

Meets: Monday, 7:00-8:00 p.m.  
Cost: \$165 per nine week session

**Adult 201** (adult advance beginner lessons)

Meets: Thursday, 8:00-9:00 p.m.  
Cost: \$165 per nine week session

Non-members may book court time from 8:00 - 9:00 a.m. or 1:00 - 3:00 p.m. Monday-Friday with a 48-hour notice.  
The cost per court hour is \$15.00.

# SOCCER

## The American Youth Soccer Organization

### AYSO offers soccer for boys and girls ages 5– 19

During the fall and spring season. AYSO is an ALL volunteer organization—it is expected that each family volunteer their services as a coach, referee or in some other capacity.

More detailed information on AYSO can be found on their website,  
[www.ayso300.org](http://www.ayso300.org).



## Lyons Township/Lions Soccer Club

LTSC (Boys) and LSCS (girls) provide a traveling soccer program for youth living within the boundaries of Lyons Township High School.

Boys compete in the Northern Illinois Soccer League and girls compete in the Illinois Women's Soccer League. Both leagues involve teams from the entire Chicago area. This program is designed for players who are interested in playing soccer at a more competitive level and are willing to make the extra commitment to participate in a more intense training program. Teams are formed from the under 10 through under 19 age groups. For more information write to: LTSC/LSC, P.O. Box 642, LaGrange, IL 60525

# TODDLERS

Park District of LaGrange, 536 East Avenue, LaGrange, IL 60525, 708-352-1762

## Toddler Time ☺

It's time to get your toddler moving! Join this class and your toddler can work on developing motor skills as well as socializing with others their age. In this class a variety of circle time songs, finger plays, and stories will help your infant and you grow together! This is a parent/tot class.

Age: 1 year  
 Instructor: Staff  
 Min/Max: 3/5  
 Location: LaGrange Recreation Center  
 Fees: \$28  
 Day: Friday or Tuesday

DATES	TIME	
1/13-2/10	09:00A-10:15A	Friday
2/17-3/16	09:00A-10:15A	Friday
4/13-5/11	09:00A-10:15A	Friday
1/10-2/07	06:00P- 07:15P	Tuesday
2/14-3/13	06:00P-07:15P	Tuesday
4/10-5/08	06:00P-07:15P	Tuesday

## Toddler Playtime Gym NEW TIME ☺

Looking for a place for your toddler to play, explore, and socialize? If so, then we have the perfect activity for you! During Toddler Playtime Gym one court is set up with scooters, tunnels, and other games to help your toddler develop their gross motor skills. \*This activity is unsupervised, no instructor will be provided and a parent must accompany his or her child. Toddler Playtime Gym is a pay as you participate program, which means you're not required to attend every week. Prices listed below are for each time you participate. This activity is included as part of the family yearly pass. NEW- Enjoy Toddler Playtime Gym and the indoor playground for one low fee! Pay for the playground and add Toddler Gym for only \$2 more.

Age: 1-5 years  
 Location: LaGrange Recreation Center  
 Fees: \$3/R  
 Playground Combo Fees: \$5 1-2 years  
   \$7 3-5 years

Day: Tuesday, Thursday, Friday

DATES	TIME
1/03-6/01	10:00A-12:00P

## Toddler Time: Two ☺



Now that your child is growing bigger and stronger, we want to help them develop their social and motor skills. This class uses a variety of crafts, stories, and activities that encourage creative development in each child. Come be a part of this exciting time as we tackle the obstacles and excitement of group play! This is a parent/tot class.

Age: 2 years  
 Instructor: Staff  
 Min/Max: 3/5  
 Location: LaGrange Recreation Center  
 Fees: \$28  
 Day: Friday or Thursday

DATES	TIME	DAY
1/13-2/10	10:30A-11:45A	Friday
2/17-3/16	10:30A-11:45A	Friday
4/13-5/11	10:30A-11:45A	Friday
1/12-2/9	6:00P-7:15P	Thursday
2/16-3/15	6:00P-7:15P	Thursday
4/12-5/10	6:00P-7:15P	Thursday



# TODDLERS

Park District of LaGrange, 536 East Avenue, LaGrange, IL 60525, 708-352-1762

## Errand Days! ☺

Calling all moms, dads, grandmas, and grandpas! Are you finding the time to run your errands difficult? Well we have just the place for you to take your children/grandchildren. This program includes story time, games, simple crafts and much more! No pre-registration is required, just show up on Wednesday morning or Friday afternoon, pay at the front desk and show receipt to attendant. Children need to be toilet independent.

Age: 2-6 years  
Instructor: Staff  
Min/Max: 5/15  
Location: LaGrange Recreation Center  
Fees: \$6  
Day: Wednesday 9:00A-11:00A &  
Friday 1:00-3:00P

<b>DATES</b>	<b>DAY</b>	<b>TIME</b>
1/11-5/11	Wednesday	9:00A-11:00A
	Friday	1:00P-3:00P

*Class Will Not Meet On: 3/28, 3/30 and 4/6*

## Morning Munchkins ☺

Here's the perfect opportunity to get your little one involved! In Morning Munchkins children get the chance to socialize with other children, play rhythm instruments, sing songs, and make fun art projects with friends. This class is for children who are ready to stay at class without the assistance of a parent.

Age: 2-3 years  
Instructor: Staff  
Min/Max: 3/5  
Location: LaGrange Recreation Center  
Fees: \$40  
Day: Wednesday

<b>DATES</b>	<b>TIME</b>
1/11-2/8	9:00A-10:15A
2/15-3/14	9:00A-10:15A
4/11-5/9	9:00A-10:15A

## Wee Chefs ☺

Take a cup of learning, mix it with an ounce of lovable children and BAM you have a fun filled program. Your child will enjoy mixing, measuring, and creating their very own snacks. Each child will receive a booklet including all of the recipes covered in class. We encourage them to pass these wonderful recipes on for their family's enjoyment! When registering, please inform of any allergies your child may have. Each session covers new, exciting recipes!

Age: 3-5 years  
Instructor: Staff  
Min/Max: 3/5  
Location: LaGrange Recreation Center  
Fees: \$35  
Day: Monday

<b>DATES</b>	<b>TIME</b>
1/9-2/6	2:00P-3:00P
2/13-3/12	2:00P-3:00P
4/9-5/7	2:00P-3:00P



# BASEBALL/FOOTBALL

Park District of LaGrange, 536 East Avenue, LaGrange, IL 60525, 708-352-1762

## White Sox Hitting Club ☺

The White Sox Hitting Club will present your hitter with a step-by-step approach to hitting like a Major League player. The White Sox Hitting Club will cover plate coverage and stance, stepping into a hitting position, hand path and lower body mechanics. There are hitting “absolutes” that must be present in each at bat to be successful. These “absolutes” make all the difference. We know them and we will teach them to you.

Age: 6-11 years  
 Instructor: Chicago White Sox  
 Min/Max: 8/20  
 Location: LaGrange Recreation Center  
 Fees: \$99 per participant  
 Day: Tuesday

DATES	TIME	AGE
3/6-3/27	4:30P-5:45P	6-8
3/6-3/27	5:45P-7:00P	9-11
4/3-4/24	4:30P-5:45P	6-8
4/3-4/24	5:45P-7:00P	9-11

## White Sox Defense Club ☺

The White Sox Defense Club will focus on the essentials of throwing and catching the baseball, as well as fielding groundballs and fly balls. To be a complete player, you must learn to defend. This class is exactly what you need to earn that starting position at higher levels of baseball. Participants will be separated by age and/or skill level to maximize camp participation.

Age: 6-11 years  
 Instructor: Chicago White Sox  
 Min/Max: 8/20  
 Location: LaGrange Recreation Center  
 Fees: \$99 per participant  
 Day: Monday or Wednesday

DATES	TIME	DAY/AGE
1/9-1/30	5:45P-7:00P	Mon 7-11
2/6-2/27	5:45P-7:00P	Mon 7-11
3/7-3/28	4:30P-5:45P	Wed 6-8
3/7-3/28	5:45P-7:00P	Wed 9-11
4/4-4/25	4:30P-5:45P	Wed 6-8
4/4-4/25	5:45P-7:00P	Wed 9-11

## Flag Football ☺

This class is designed to teach and enhance the skills of our future stars. Proper techniques on passing, receiving, blocking and kicking will be covered. Breakdown of offensive and defensive strategies will also be covered. Teamwork and positive play are highly stressed, but our main objective is to have fun! Knee pads and elbow pads are required.

Age: 4-6 years  
 Instructor: All Star Sports Instruction  
 Min/Max: 8/16  
 Location: Community Center, 200 S. Washington  
 Fees: \$45/R (Session 01-02)  
 \$60/R (Session 03)  
 Day: Saturday

CODE	DATES	TIME
Session 01	1/7-2/4	12:30P-1:30P
Session 02	2/18-3/17	12:45P-1:45P
Session 03	4/7-5/19	12:30P-1:30P



## Jr. Flag Football ☺

This class is designed to teach and enhance the skills of our future stars. Proper techniques on passing, receiving, blocking and kicking will be covered. Breakdown of offensive and defensive strategies will also be covered. Teamwork and positive play are highly stressed, but our main objective is to have fun! Knee pads and elbow pads are required.

Age: 6-9 years  
 Instructor: All Star Sports Instruction  
 Min/Max: 8/16  
 Location: LaGrange Recreation Center  
 Fees: \$60  
 Day: Monday

DATES	TIME	AGE
4/9-5/21	5:30P-6:30P	6-7
4/9-5/21	6:30P-7:30P	7-9



## Co-Rec Volleyball League ☺

Get some friends together and let's play some volleyball. We will have a recreational and a competitive volleyball league play in a round

robin season and playoffs will follow the season. Prizes will be awarded for the 1st and 2nd place teams. Register now!! Registration deadline is January 2nd.

Age: 18 years & older  
 Instructor: Staff  
 Min/Max: 4/8  
 Location: LaGrange Recreation Center  
 Fees: \$300 per team  
 Day: Thursday

DATES	TIME	LEAGUE
1/12-3/22	6:30P-10:30P	Recreational
1/12-3/22	6:30P-10:30P	Competitive
3/29-6/7	6:30P-10:30P	Recreational
3/29-6/7	6:30P-10:30P	Competitive

## Organizing with the Stars

In this two hour workshop we will cover organization basics in a light hearted way, helping to change some thoughts and habits that will help eliminate clutter and keep it from coming back. You will learn more about your organization style, why celebrities influence how we feel about organization and how to actually enjoy becoming and staying more organized. Program cost includes all distributed print materials. For more information visit the website at [ww.nancycoaches.com](http://ww.nancycoaches.com).

Age: 18 years & older  
 Instructor: Nancy Korzyniewski  
 Min/Max: 5/15  
 Location: LaGrange Recreation Center  
 Fees: \$39  
 Day: Tuesday

DATES	TIME
3/13	9:30A-11:30A
3/13	7:00P- 9:00P
5/8	9:30A-11:30A
5/8	7:00P- 9:00P

## I Need a New Me Makeover

We have seen makeovers done on TV and wonder why we can't change into something spectacular like that. I could never do that, right? Think again. This class teaches you the 3 secrets to looking your best. If you have a closet full of clothes and nothing to wear, if shopping is something you hate, if you are not sure what your style is or if you believe you are in a fashion rut, then this class is for you. You will leave with the knowledge of how to look 10 pounds thinner, and learn an out the door makeup style that takes 5 minutes. Feel free to bring in any clothes or accessories you would like input on.

Age: 18 years & older  
**Date: Monday, January 23 7:00P-8:30P**  
 Fee: \$20  
 Location: Recreation Center  
 Instructor: Annmarie Vlastnik  
 Min/Max: 3/10



## Make-Over 40

This class is for women 40 and over. Learn specific eye and cosmetic techniques. Discuss your skin needs and learn how to improve the texture and color. Great before and after examples will be shown on skin texture and color. Class starts promptly, so please arrive on time.

Age: 40 years & older  
**Date: Thursday, March 22 7:00-8:30P**  
 Fee: \$20  
 Location: Recreation Center  
 Instructor: Annmarie Vlastnik  
 Min/Max: 3/10

# OVER 55

Park District of LaGrange, 536 East Avenue, LaGrange, IL 60525, 708-352-1762

## The Surprise Bridge Stakes Club Etc.

Join others for an afternoon of bridge at the Recreation Center! This is a congenial, intermediate contract bridge mix. No partners needed. Tables will be made up as players arrive. Going for the Gold prizes!

Age: 55 years and older  
Location: LaGrange Recreation Center  
Day: Wednesday  
Time: 1:00-4:00 pm  
Dates: 1/4-5/30  
Fee: \$1 at the door

## Walk For Health

Join others for a walk at the Recreation Center. There will be a different speaker each month and refreshments will also be available. Walk what you can; every step you take is "A Step in the Right Direction." This is a **free** program sponsored by the LaGrange Aging Well Initiative Group.

Age: 55 years & older  
Location: LaGrange Recreation Center  
Day: Wednesday  
Time: 10:30am-12:00pm  
Dates: Jan 18, Feb 15, Mar 21, Apr 18, May 16

## Senior Scrabble Tournament

Join your fellow scrabble enthusiasts to vie for the ultimate scrabble championship! There will be top prizes awarded. No one will leave empty handed as everyone will receive a participant gift.

Light refreshments will be served. Get in the game and have fun! The fee is \$5.00.

Thursday, April 19

9:30am-12:00pm

55 years & older

LaGrange Recreation Center

# YMCA YOUTH BASKETBALL

The Countryside Recreation Department and the Greater LaGrange YMCA have teamed up to present a winter/spring Youth Basketball program. Children will be placed on teams and learn the game of basketball in a program which incorporates the YMCA core values of respect, caring, responsibility and honesty. This program is offered to kindergartner through 6th grade girls and boys. Practices are held on Monday and Friday (depending which team your child is on) and games are on Saturday at Ideal School and the MAX.

## January 14 through March 3, 2012

Times at Ideal School:        Friday (Practice), 5:30 - 8:30 p.m.  
   Saturday (Games), 12:00-5:00 p.m.

Countryside resident rate:    \$60



For more information, please contact Matt at 708-497-1007 or [mzakowski@ymcachicago.org](mailto:mzakowski@ymcachicago.org).

# FLOOR HOCKEY

## Boys and Girls

## Grades 3-5

## Grades 6-9

Join us for some fast action games as our older participants take to the floor.

Where:            Ideal School Gym

Dates:            Session I        Saturday, January 14 - February 25  
                         Session II        Saturday, March 10 - May 19

Cost:             Residents            \$50 per session  
                         Non-Residents       \$60 per session

Time:             Grades 3,4,5        8:15 - 9:40 a.m.  
                         Grades 6,7,8,9      9:45 - 11:05 a.m.

Minimum:        10

Instructors:     Jerry Cappetta  
                         Robert Albano



# FLYING HIGH SPORTS & REC CENTER

Flying High Sports & Rec Center, 5400 East Avenue, Countryside, IL 60525, 708-352-3099

Winter II	January 1, 2012 - February 11, 2012
Spring I	February 12, 2012 - March 24, 2012
Spring II	March 25, 2012 - May 5, 2012
Spring III	May 6, 2012 - June 9, 2012

## COED PRE SCHOOL GYMNASTICS – Ages 3/4

While teaching gymnastics skills is Flying High's specialty, we also place emphasis on motor development, spatial awareness, and proper behavior in a class setting. Young gymnasts will be introduced to tumbling, balance beam and bars every class, with an occasional rotation of vaulting and trampoline.



Tuesday 9:00 - 9:40 am  
Fee: \$62 per session

## COED PRE SCHOOL GYMNASTICS – Ages 4/5/6

While continuing development on gross motor and cognitive skills, gymnasts will begin to increase their repertoire of gymnastics tricks. Among the skills taught are back rolls, cartwheels, backbends and handstands.

Wednesday 9:50 - 10:45 am  
Fee: \$72 per session

## BASIC CHEER

This program, for girls 1<sup>st</sup> grade and up, teaches children the basic stunts and motions used in cheerleading. Skills learned include jumps (Toe-touch, Pike jump, Tuck jump), cheers, chants basic stunting techniques and more!

Monday 6:00 - 6:55 pm  
Fee: \$72 per session

## HIP HOP

Hip hop is a free style form of dance influenced by street dance and current trends. Students will enjoy fun, high energy street movements as seen in their favorite music videos. This class is full of funk!

Ages 8 and up: Tuesday 7:05 - 8:00 pm  
Fee: \$72 per session  
Ages 11 and up: Thursday 6:55 - 7:50 pm  
Fee: \$72 per session

## BASIC POM (Ages 7 – 11)

Girls will receive instruction on how to improve their technique and build confidence in pom and dance. Building team unity, self confidence, and self-esteem is the main goal of this program in addition to performing to the best of our ability. Win or lose, building character in each of our athletes is the ultimate goal of our program because character extends into everyday life.

Tuesday 6:05 - 7:00 pm  
Fee: \$72 per session



# FLYING HIGH SPORTS & REC CENTER

Flying High Sports & Rec Center, 5400 East Avenue, Countryside, IL 60525, 708-352-3099

Little Tykes Time:  
Kindergarten and younger  
**Friday, March 30, 2012**  
**1:00-2:30 pm**



All Ages Inflatable:  
**Saturday, March 31, 2012**  
**12:00-2:00 pm**

## **Easter Egg Hunt 2012**

LET THE EASTER EGG HUNT BEGIN!

Don't rely on mother nature...come inside for our

**INDOOR EGG HUNTS!**

Just like last year, the children will be able to redeem their eggs for tickets  
so they can pick their favorite toys and candy!

Come on in and enjoy the fun! Pre-register to avoid the lines

\$10 for non-members.

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## **INFLATABLE OPEN GYM**

Open Gym is held on Saturdays  
12:00 – 2:00pm.

Come on in for some bouncy gym time!

\$10 for non-members

Open gym may be canceled due to events so please call beforehand, 708-352-3099.

# KARATE

The Chalet, 8300 S. Wolf Road, Willow Springs, IL 60480, 708-246-4030

These popular karate classes teach children the skills that develop coordination and strength and build self-confidence and self-control. The skills gained through karate help foster a strong positive self-image. All classes are taught by instructors from the Illinois Shotokan Karate Club under the direction of John DiPasquale, a four-time national champion and U.S. Karate national coach. Beginning students will not be permitted to register into the current session after the second week of class has met. Registration for Continuers through Advanced students will be accepted after the start date, but full class fee will be required.

## Adult and Youth

**DATES:** Friday, January 6 - March 23, 2012

January 6, 13, 20, 27

February 3, 10, 17, 24

March 2, 9, 16, 23

**FEE:** \$ 108 - 12 Weeks

\*\* \$ 126 - 12 Weeks Adult Advanced



<b>TIMES:</b>	<b>Pre-Karate (4-7 years old)</b>	<b>Class Limit</b>
4:00 - 4:45	Beginner/Continuer (1 or less prior sessions)	5
4:50 - 5:35	Intermediate/Advanced (2 or more prior sessions)	5
	<b>Youth (8-14 years old)</b>	
5:40 - 6:35	Beginner/Continuing (White – Orange)	7
6:40 - 7:35	Intermediate (Yellow – Green Belts)	7
7:40 - 8:35	Advanced (Purple Belt & up/Inst. Perm.)	7
	<b>Adult (15 years and older)</b>	
8:40 - 9:40	Beginner/Intermediate (White – Purple)	5
8:40-10:00	Advanced (Brown – Black Belts) **	5

## Women's 14" Slow Pitch Softball League

Ages 16 and up

This league is designed for women 16 years and older. An organizational meeting is scheduled for Monday, April 16, 2012 at 6:30 p.m. at the LaGrange Park Recreation Center, 1501 Barnsdale Road, LaGrange Park. A non-refundable \$100 deposit will be required to hold your spot in the league, which will begin May 15, 2012. Games will be played on Tuesday evenings at Hanesworth Park.



Resident Team Fee (50% of team resides in LaGrange Park and Countryside) \$525

Non-resident Team Fee 625

Your fee guarantees your team a minimum of ten games.

Registration is taken only at the Community Park District of LaGrange Park, 1501 Barnsdale Road, LaGrange Park, 708-354-4580.

**Registration  
begins April 1st**

## Ponytail Softball

**Grades 3-10**



Junior League: Grades 3,4,5

Senior League Grades 6,7,8,9,10

Fee: \$60 Resident and non-resident (participants must purchase their own t-shirt)

Tryouts: For equal placement according to ability, try-outs (for Senior Division only)

will be held on Thursday, May 17 at 6:00 pm.

Try-outs will be conducted by Jerry Cappetta and coaches.

All girls who sign up WILL be placed on a team.

Try-outs will be held at Countryside Park, 59th Street, 1/2 block east of Brainard

For more information, please contact Sharon Peterson, 708-485-2595

# FLAGG CREEK GOLF COURSE

Flagg Creek Golf Course is a facility of the City of Countryside and Pleasant Dale Park District., [www.flaggcreekgolfcourse.org](http://www.flaggcreekgolfcourse.org).

## Flagg Creek Golf Course offers :

- Adult and Junior Private Golf Lessons
- Adult and Junior Group Golf Lessons
- Flagg Creek Junior Golf League

All Clinics Emphasize Golf Fundamentals:

Full swing, Pitching, Putting, Set Up and Ball Positions, Chipping and Sand Bunker.

- Junior, Pee Wee, Parent/Child, Adult Golf Clinic

Also, Beginner Women's Class

- Mid to Low Handicappers Step Forward
- Not a Beginner but My Full Swing Needs Help



2012 Season	Resident*	Non Resident
<b>Green Fees</b>		
WeekDays	\$13	\$18
WeekDays Junior (HS & Under)	\$11**	\$16**
WeekDays Senior (61 & Over)	\$11**	\$16**
WeekEnds	\$15	\$20
Twilight Rate Daily after 6:30p.m. walking only	\$10	\$10
Riding Cart	\$16	\$16
Pull Cart	\$3	\$3
Rental Clubs	\$10	\$10

\* Identification Required For Resident Rates

\*\* Before 2:00pm, Monday - Friday

Lighted Practice Range Fees	Non Resident
Small Bucket (30 balls)	\$4
Regular Bucket (60 balls)	\$6
Jumbo Bucket (120 balls)	\$10
Single Club Rental	\$2

Range Hours Are Sunrise To 10pm, 7 Days A Week! (Weather Permitting)

Tuesday A.M. range opens at 8:30am due to maintenance day.

## Resident Cards

All residents of the Pleasant Dale Park District and/or the City of Countryside who wish to receive resident rates at Flagg Creek must obtain an identification card. The cost for this card is \$5 annually. To obtain your card, a utility bill showing your current address and a photo ID will be required.

At the beginning of each season you will be asked to provide proof of residency. Simply bring in a current bill showing your address the first time you play in 2012, pay the \$5 and your card will be valid for the year.

# FLAGG CREEK GOLF COURSE

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## JUNIOR GROUP LESSONS

**June 11, 18, 25 & July 2**

20 per class, 10 minimum

Resident fee                \$80

Non-resident fee        90

Price includes range balls



Registration will be held at the same time  
as the dates listed below for the Junior League

## 2012 JUNIOR GOLF LEAGUE

**Tuesdays, June 12, 19, 26, July 3 and July 10**

Cost:	\$95 residents    \$120 non-resident
Resident Registration	Tuesday, February 7, 7:00-9:00 p.m.
Non-registration	Tuesday, March 6, 7:00 p.m. sharp

Mandatory rules and etiquette class for all juniors new to the league \$10.00

Monday, June 11, 1:00 pm or 3:00 pm based on your league tee time.

All golfers will tee off at either 7:00 a.m. or 10:00 a.m. in a shotgun start format and will need to arrive 1/2 hour prior to their tee-time.

Any questions call the clubhouse at 708-246-3336.

Registration will be held at the Flagg Creek Club House, 6939 Wolf Road.

Proof of residency will be required

**PRIVATE JUNIOR GOLF LESSONS AVAILABLE**



# REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

AGE \_\_\_\_\_ GRADE ENROLLED OR RECENTLY COMPLETED \_\_\_\_\_

PROGRAM \_\_\_\_\_ FEE \_\_\_\_\_

PROGRAM \_\_\_\_\_ FEE \_\_\_\_\_

PROGRAM \_\_\_\_\_ FEE \_\_\_\_\_

TOTAL ENCLOSED \_\_\_\_\_

ON THE REVERSE SIDE OF THIS FORM IS THE WAIVER THAT MUST BE SIGNED BY A PARENT OR LEGAL GUARDIAN BEFORE REGISTRATION WILL BE ACCEPTED.

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## REGISTRATION DEADLINES

Please Review Carefully

The City of Countryside cannot guarantee it can accommodate those registration requests received after the published deadlines. Please check registration deadlines and register early to avoid disappointments. The City of Countryside reserves the right to alter or change the program offered to serve the participants' needs in the best manner possible.

Registration begins December 21.

You will not be contacted to confirm your registration. Please make note of the programs for which you are registered. You will be contacted when a program is full, your registration form is incomplete or class has been cancelled due to insufficient registration.

If you are placed on a waiting list, every effort will be made to provide an acceptable alternative to your selection. You will be contacted regarding your options.

### **Parks and Facilities:**

Brancato Park

City Park

Countryside Park

Hollands Park

Ideal Elementary School Park

Memorial Park

Srejma-Michalek Park

Woodland Ridge Park

# PARTICIPANT LIABILITY WAIVER AND HOLD HARMLESS AGREEMENT

Please read this form carefully and be aware that by registering for and participating in this program, or by registering your minor child/ward for and participation in this program, you will be waiving your rights and the rights of your minor child/ward to all claims for injuries you or your minor child/ward may sustain arising out of this program and you will be required to indemnify, hold harmless, and defend the City of Countryside for any claims arising out of participation in activities listed.

**Risk of Injury:** As a participant in the program, or as a parent or legal guardian of a participant under 18 years of age, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of injuries, including death, damages, or loss which may sustain as a result to participating in any and all associated with this program.

**Waiver of Injury Claims:** I agree to indemnify, hold harmless, and defend the City of Countryside and its officers, agents, and employees from injuries, including death, damages ad losses sustained by me or my minor child/ward and arising out, connected with, or in any way associated with the activities of the program.

In the event of an emergency, I authorize the public entity to secure from any licensed hospital, physician, and/or medical personnel and treatment deemed reasonable and necessary for my minor child’s immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I have read and fully understand and agree to the above stated conditions of participation of activities listed on the above.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Recreational and Community Service Organizations

Aging Care Connections	354-1323	Downers Grove Ice Arena	630-971-3780
American Legion, Post 1941	354-3300	Flagg Creek Golf Course	246-3336
American Youth Soccer Org.	630-268-7970	Flying High Sports and Rec Center	352-3099
Boys Scouts of America	354-1111	Greater LaGrange YMCA	352-7600
Brookfield Zoo	485-2200	Hodgkins Park District	354-6563
Chalet, The	246-4030	Park District of LaGrange	352-1762
Community Extension Project	579-5898	Park District of LaGrange Park	354-4580
Cook County Forest Preserve	366-9420	Pleasant Dale Park District	630-662-6220
Countryside Business Association	352-3580 x 293	SCORE Tennis and Fitness	482-4800
COUNTRYSIDE RECREATION	485-2595	Shotokan Karate	847-359-0666
Countryside Rotary Club	352-8289	TOPS	579-9633
Darien Sportsplex	630-789-6666	West Suburban Chamber	387-7550



***2012 EASTER EGG HUNT***  
***COUNTRYSIDE CITY COUNCIL***  
***&***  
***COUNTRYSIDE RECREATION***  
***INVITES ALL COUNTRYSIDE***  
***RESIDENTS AGES 1-11***  
***TO JOIN IN THE FUN AND MEET***  
***THE EASTER BUNNY!***

***SATURDAY, APRIL 7, 2012***  
***COUNTRYSIDE PARK 10:00 AM***

CITY OF COUNTRYSIDE  
5550 EAST AVENUE  
COUNTRYSIDE, IL 60525

