



WESTERN SPRINGS RECREATION DEPARTMENT

WINTER/SPRING 2025
ACTIVITIES BROCHURE



wsprings.com/recreation

REGISTRATION INFORMATION

Programs: WINTER/SPRING 2025

Resident Registration Starts: Friday, Nov. 15 at 8:30 AM

Countryside Resident Registration Starts: Thursday, Nov. 21 at 8:30 AM

Non-Resident Registration Starts: Friday, Nov. 22 at 8:30 AM

Register online at:

<https://wsprings.recdesk.com>

For detailed information on how to register go to:

<https://wsprings.com/RecDesk>

OFFICE HOURS:

Monday - Friday

8:30 AM - 4:30 PM

(708) 246-9070

wsprings.com/recreation

REGISTRATION POLICIES & PROCEDURES:

- Register on-line at <https://wsprings.recdesk.com>
- A paper registration form can be downloaded [here](#). Drop off completed forms at the Recreation front desk or in the drop box located to the right of the Recreation Center's main doors with a check (written to Western Springs Recreation) or cash.
- Returned checks will be charged a fee per Village of Western Springs policy.
- The Recreation Department reserves the right to correct or modify program information due to errors, omissions or changes. Errors can happen in printing so please check our website for the most current information/corrections/changes before registration.
- Fees listed in the brochure are for Western Springs' residents and grade school students that attend any school in Western Springs or at La Grange Highlands School, and high school students that attend Lyons Township High School. Resident fees are noted as "R". Nonresident fees are noted as "NR".
- Late Registrations: Programs will generally not be prorated if registering within the first 2 weeks of the program start date.
- For programs using the Western Springs Park District facilities, a \$10/youth or a \$20/adult charge is included in the fee.

PROGRAM CANCELLATION POLICY

CANCELLATIONS AFTER REGISTRATION HAS BEEN ENTERED INTO SYSTEM:

- There will be a 10 day grace period from registration day to cancel a program without a charge. After that time period there will be no charge to transfer to a different program or cancel a program and put money back on your household account. However, there will be a \$5.00 charge to refund the money to your credit card.

CANCELLATIONS AFTER THE SESSION STARTS:

- A prorated percent of the class fee plus a \$5.00 cancellation fee and any direct program material costs will be refunded unless the program is cancelled by the Recreation Department or a physician's excuse is presented.
- No refunds will be issued after the 3rd week of the session or halfway through the class, whichever comes first.
- Programs that meet only 1 or 2 times require three business days notification to be eligible for a refund.
- Refunds can be credited to your Household account, back to the original credit card or a check will be issued. Refund checks will be issued approximately within thirty days after notification of cancellation.
- No refunds for missed classes. No refunds for unused punch cards.



RECREATION POLICIES

FEE ASSISTANCE: If you are aware of any children who are being denied the right to participate in recreation programs due to the fee structure, kindly inform the Rec Dept. Requests will be considered on an individual basis.

BEHAVIOR STANDARDS: The following standards are set to ensure that all participants can have an enjoyable time while participating in the programs and activities listed in this book. It is unacceptable behavior to use profanity or other inappropriate language; to be disrespectful or show non-compliant behavior; to cause intentional damage or defacing of property; to cause continuous disruptive behavior to classes or programs; or to exhibit any aggressive act (hitting, kicking, biting, etc.) which is initiated or in retaliation. Temporary removal or permanent suspension from the program and/or facilities may result if behavior standards are not maintained.

PHOTO/VIDEO POLICY: The Village of Western Springs Recreation Department occasionally takes pictures or videos of participants in classes and special events. Please be aware that these photos are for Village use only and may be used in future Village publications, on our website, or in marketing materials. All photos/videos become the sole property of the department.

MISSION STATEMENT OF THE RECREATION DEPARTMENT

To provide the residents of Western Springs and surrounding communities with healthy, creative and learning experiences whereby people can meet, share and unite in a community of common interests and ideas; and to provide aesthetically pleasing, safe and properly maintained facilities for programs and activities.

COOP PROGRAMS

The Western Springs Recreation Department coops with other park districts and recreation departments to offer additional activities. Western Springs residents receive resident rates from the other organizations. Below is a list of locations.

- La Grange Recreation Center—536 East Ave, La Grange, IL 60525
- Community Park District of La Grange Park, 1501 Barnsdale Road, La Grange Park, IL 60526
- Village of Hinsdale Parks and Recreation – 19 E. Chicago Avenue, Hinsdale, IL 60521
- Seaspar – 4500 Belmont Road, Downers Grove, IL 60515

NEW PROGRAMS

The Western Springs Recreation Department strives to offer programs for all residents. New programs are added to gauge interest and can become permanent programs if there are enough registrants.

WESTERN SPRINGS PARK DISTRICT FEES

The Western Springs Park District is a separate government entity from the Village of Western Springs and its Recreation Department. The Park District owns and maintains the parks throughout the Village. Contact the Park District to reserve park facilities. The Village of Western Springs Recreation Department pays a per user fee to the Park District for use of their facilities. Currently, the Park District receives \$10/youth participant and \$20/adult participant per program, which is included in the program fee that the Recreation Department charges participants and is noted by the symbol above. Additionally, the Village of Western Springs pays the Park District an additional yearly base fee of \$29,000 for use of the facilities.

OUR FACILITY PARTNERS



Grand Avenue Preschool and Daycare

<https://grandavenuepreschool.com>



Jo's Footwork Studio

<https://www.josfootworkstudio.com>



Kensington School of Western Springs

<https://kensingtonschool.com>



Mattix Music Studio

<https://mattixmusic.com>



Montessori School of Western Springs

<https://amshq.org>

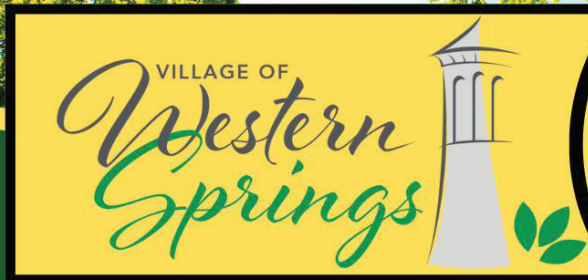


Spartz Sportz Basketball

<https://www.spartzsportz.com>

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NEW COLLABORATION!

We are excited to announce a collaborative effort between the Village of Western Springs and the Village of Countryside!

In a spirit of unity and cooperation, Countryside residents will have the opportunity to register for community programs alongside Western Springs residents. This initiative ensures that all participants can take advantage of resident rates, fostering a sense of community and inclusivity. We look forward to enhancing the shared experiences of our residents through this partnership!

Residents of Western Springs will receive resident rates to participate in Countryside recreational activities and programs.



REGISTRATION INSTRUCTIONS

Village of Countryside residents:

Please follow the steps outlined below to enroll in resident rates for programming.

Step 1 - Go to wsprings.recdesk.com.

Step 2 - Click "Create Account" and finish the creation process.

Step 3 - Email rharrison@wsprings.com with proof of residency (utility bill, bank statement, etc.) and ask to be enrolled in the Countryside Membership.

WINTER/SPRING ACTIVITIES

SPECIAL EVENTS

LITTLE SWEETHEART DANCE

Make a date with your favorite sweetheart! This is a great event for parents to bond with and make their children feel extra special for Valentine's Day. Dads can bring daughters; moms bring sons or even grandparents or uncles can bring the kids for an afternoon filled with dancing and refreshments. The Grand Gym will be transformed into a dance hall complete with disco ball and DJ. Everyone must register.

AGE:	2-10 yrs with caregiver
DAY:	Sunday
DATE:	2/2
TIME:	2:00 PM-3:30 PM
LOCATION:	Grand Ave Gym
INSTRUCTOR:	WS Staff
MIN/MAX:	50/150
REG DEADLINE:	1/31
FEES (R/NR):	\$10.00 per person until 1/30 \$13.00 starting 1/31



SCHOOL BREAK CAMPS

WINTER CHESS CAMP

Say yes to Chess!! Chess Wizards has been teaching the game of chess since 2002. Join in for tons of challenging chess lessons, exciting games, and cool prizes. Participants will improve their chess skills, meet new friends, and work out their most powerful muscle - the brain! This camp includes fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. All materials necessary will be provided.

AGE:	5-12 yrs
DAY:	Monday-Tuesday
DATE:	12/30-12/31
TIME:	9:00 AM-12:00 PM
LOCATION:	WS Rec Center
INSTRUCTOR:	Chess Wizards
MIN/MAX:	12/20
REG DEADLINE:	12/27
FEES (R/NR):	\$118.00/\$148.00



LEGO CITY ENGINEERING SPRING BREAK CAMP

Explore the structures and landscapes of a city. Participants will work in teams to design and build the city of their dreams, using LEGO® bricks! The architects may plan a road, propose a monument, design a park or school, or imagine a skyscraper. Builders will assemble motorized models of construction tools and equipment, vehicles, carnival & playground rides as well as have a city museum & zoo day where they build animals & dinosaurs! Our specialized model plans incorporate beams, gears, axles, motors, battery packs and other technic LEGO® components.

AGE:	5-9 yrs
DAY:	Monday-Friday
DATE:	3/31-4/4
TIME:	9:00 AM-12:00 PM
LOCATION:	WS Rec Center
INSTRUCTOR:	Bricks 4 Kidz
MIN/MAX:	10/18
REG DEADLINE:	3/29
FEES (R/NR):	\$155.00/\$194.00

EARLY CHILDHOOD

BIG MACHINES



Beep beep! Honk! Rumble rumble! Zoom! If your little one loves big machines, we've got the class for you. While exploring a variety of different art materials, artists will create a clay construction zone and design their own 3D rollercoaster; they'll even create a rocket ship that really glows in the dark! This class is great for boys AND girls! Come and create right along with your child. Children must be accompanied by a caregiver.

AGE: 18 mo-6 yrs w/caretaker
DAY: Fridays
DATE: 3/7-4/18
TIME: 9:30 AM-10:30 AM
LOCATION: WS Rec Center
INSTRUCTOR: Kidscreate Studio
MIN/MAX: 2/3 per agency
REG DEADLINE: 3/5
FEES (R/NR): \$120.00/\$150.00

ITALIAN - BENVENUTI

Benvenuti is an Italian class for young children to enjoy playtime and interact with friends through Italian music, games and activities. Children must be accompanied by an adult.

AGE: 6 mo-3 yrs w/caretaker
DAY: Tuesday
TIME: 10:00 AM-10:40 AM
LOCATION: Grand Avenue Community Center - WSCCA Rm
INSTRUCTOR: Chicago Italian Tutor
MIN/MAX: 2/3 per agency

DATE: 1/7-2/18
REG DEADLINE: 1/5
FEES (R/NR): \$210.00/\$252.00

DATE: 2/25-4/15 No class 4/1
REG DEADLINE: 2/23
FEES (R/NR): \$210.00/\$252.00

DATE: 4/22-5/27
REG DEADLINE: 4/20
FEES (R/NR): \$180.00/\$225.00



BY GYM MINI

BIG FUN FOR YOU AND YOUR TODDLER! Mom, dads, or caregivers can join in the fun! A low-key structure play allows plenty of free time for exploration and adventure on the different climbers, slides, tunnels, and bikes. A short circle time includes songs, finger plays, games, parachute play or hula hoops. An excellent class for improving large motor skills while using the equipment and developing social and group interaction during circle time.

DAY: Wednesday
LOCATION: Grand Ave Gym
INSTRUCTOR: Abby McEntee
MIN/MAX: 5/15

AGE: 18-24 months
TIME: 9:00 AM-10:00 AM

AGE: 2 - 3 yrs
TIME: 10:00 AM-11:00 AM

DATE: 1/8-2/19
REG DEADLINE: 1/6
FEES (R/NR): \$58.00/\$72.00

DATE: 2/26-4/16 No Class 4/2
REG DEADLINE: 2/24
FEES (R/NR): \$57.00/\$72.00

DATE: 4/23-5/28
REG DEADLINE: 4/22
FEES (R/NR): \$50.00/\$63.00

C = COOPERATIVE PROGRAM

EARLY CHILDHOOD

SWEETIE AND ME

Caregivers and tots explore different play areas designed to allow interaction, sharing and creative exploration between parent and tot as well as peers. This may be a child's first opportunity to discover their independence in a classroom setting. Finger-plays, singing, and game play during a short circle time helps promote socialization and coordination. Children should bring their own peanut free snack and drink to class. Note: Babies in carriers welcome. Sorry, no older siblings.

AGE: 2-3 yrs
TIME: 9:30 AM-11:00 AM
LOCATION: WS Rec Center
INSTRUCTOR: Abby McEntee
MIN/MAX: 10/15

DAY: Monday
DATE: 1/6-2/17 No Class 1/20, 2/17
REG DEADLINE: 1/4
FEES (R/NR): \$52.00/\$65.00

DAY: Monday
DATE: 2/24-4/14 No Class 3/31
REG DEADLINE: 2/22
FEES (R/NR): \$73.00/\$92.00

DAY: Monday
DATE: 4/21-5/19 No Class 5/26
REG DEADLINE: 4/19
FEES (R/NR): \$52.00/\$65.00

DAY: Tuesday
DATE: 1/7-2/18
REG DEADLINE: 1/5
FEES (R/NR): \$73.00/\$92.00

DAY: Tuesday
DATE: 2/25-4/15 No Class 4/1
REG DEADLINE: 2/23
FEES (R/NR): \$73.00/\$92.00

DAY: Tuesday
DATE: 4/22-5/27
REG DEADLINE: 4/21
FEES (R/NR): \$63.00/\$79.00

COFFEE BREAK AND BAKE



Caregivers and their tots will work as a team to help mix up a delicious recipe each week. We'll free play while we wait for our bake, and conclude with a snack time to sample our tasty treat. Please note that our weekly recipe will provide enough for our enrolled children and their caregiver, so please register all children who want to participate and taste in our baking adventure. Note: All recipes are nut free. However, some ingredients may contain allergens.

AGE: 2-3 yrs
DAY: Thursday
TIME: 9:30 AM-11:00 AM
LOCATION: WS Rec Center
INSTRUCTOR: Abby McEntee
MIN/MAX: 10/12

DATE: 1/9-2/20
REG DEADLINE: 1/7
FEES (R/NR): \$78.00/\$98.00

DATE: 2/27-4/17 No Class 4/3
REG DEADLINE: 2/25
FEES (R/NR): \$78.00/\$98.00

DATE: 4/24-5/29
REG DEADLINE: 4/22
FEES (R/NR): \$67.00/\$84.00

LET'S MIX IT

(Children must be potty trained.) Messy can be lots of fun! Each week this interesting class will give your child the opportunity to use different methods, materials, and gadgets to mix and create their own special project inspired by stories read aloud in class. Every process is sure to be enjoyable. Children should bring their own peanut free snack and drink to class.

AGE: 3-5 yrs
DAY: Tuesday
TIME: 1:00 PM-3:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: Abby McEntee
MIN/MAX: 7/12

DATE: 1/7-2/18
REG DEADLINE: 1/5
FEES (R/NR): \$93.00/\$116.00

DATE: 2/25-4/15 No Class 4/1
REG DEADLINE: 2/23
FEES (R/NR): \$93.00/\$116.00

DATE: 4/22-5/27
REG DEADLINE: 4/20
FEES (R/NR): \$81.00/\$101.00



= NEW PROGRAM THIS YEAR!



CRAFT & COOKING CREATIONS (CCC)

(Children must be potty trained) Join us for a full morning of fun! We will create an enjoyable craft and make a delicious recipe from our Wee Gourmets class. A new craft and recipe will be introduced each week of each session. You can take this class for three years and not repeat a craft or recipe. Children should bring their own peanut free snack and drink to class. Note: All recipes are nut free. However, some ingredients may contain allergens.

AGE: 3.5-6 yrs
TIME: 9:00 AM-11:45 AM
LOCATION: WS Rec Center
INSTRUCTOR: Kimi Briskey
MIN/MAX: 9/12

DAY: Tuesday
DATE: 1/7-2/18
REG DEADLINE: 1/5
FEES (R/NR): \$146.00/\$183.00

DAY: Tuesday
DATE: 2/25-4/15 No Class 4/1
REG DEADLINE: 2/23
FEES (R/NR): \$146.00/\$183.00

DAY: Tuesday
DATE: 4/22-5/27
REG DEADLINE: 4/20
FEES (R/NR): \$125.00/\$156.00

DAY: Wednesday
DATE: 1/8-2/19
REG DEADLINE: 1/6
FEES (R/NR): \$146.00/\$183.00

DAY: Wednesday
DATE: 2/26-4/16 No Class 4/2
REG DEADLINE: 2/24
FEES (R/NR): \$146.00/\$183.00

DAY: Wednesday
DATE: 4/23-5/28
REG DEADLINE: 4/21
FEES (R/NR): \$125.00/\$156.00

IMAGINATION STATION

(Children must be potty trained.)

Come along and you will see just how fun your imagination can be! We will explore a variety of activities through songs, stories, and arts & crafts. This class will tap the creative energies that make everyone an individual. Children should bring their own peanut free snack and drink to class.

AGE: 3-5 yrs
TIME: 1:00 PM-3:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: Abby McEntee
MIN/MAX: 8/12

DAY: Monday
DATE: 1/6-2/10 No Class 1/20,2/17
REG DEADLINE: 1/4
FEES (R/NR): \$67.00/\$84.00

DAY: Monday
DATE: 2/24-4/14 No Class 3/31
REG DEADLINE: 2/22
FEES (R/NR): \$93.00/\$116.00

DAY: Monday
DATE: 4/21-5/19 No Class 5/26
REG DEADLINE: 4/19
FEES (R/NR): \$67.00/\$84.00

DAY: Wednesday
DATE: 1/8-2/19
REG DEADLINE: 1/6
FEES (R/NR): \$93.00/\$116.00

DAY: Wednesday
DATE: 2/26-4/16 No Class 4/2
REG DEADLINE: 2/24
FEES (R/NR): \$93.00/\$116.00

DAY: Wednesday
DATE: 4/23-5/28
REG DEADLINE: 4/21
FEES (R/NR): \$81.00/\$101.00



EARLY CHILDHOOD

WEE GOURMETS

(Children must be potty trained) The cupboard is open for little chefs to learn what to do in the kitchen. Mixing, measuring, safety, and cleanup will be among the weekly topics of discussion. We'll add a cup of this and a teaspoon of that while we prepare a tasty treat each week. Recipes are different each session. Note: All recipes are nut free. However, some ingredients may contain allergens.

AGE: 3.5-6 yrs
TIME: 1:00 PM-3:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: Abby McEntee/Kimi Briskey
MIN/MAX: 8/12

DAY: Wednesday
DATE: 1/8-2/19
REG DEADLINE: 1/6
FEES (R/NR): \$100.00/\$125.00

DAY: Wednesday
DATE: 2/26-4/16 No Class 4/2
REG DEADLINE: 2/24
FEES (R/NR): \$100.00/\$125.00

DAY: Wednesday
DATE: 4/23-5/28
REG DEADLINE: 4/21
FEES (R/NR): \$86.00/\$107.00

DAY: Thursday
DATE: 1/9-2/20
REG DEADLINE: 1/7
FEES (R/NR): \$100.00/\$125.00

DAY: Thursday
DATE: 2/27-4/17 No Class 4/3
REG DEADLINE: 2/25
FEES (R/NR): \$100.00/\$125.00

DAY: Thursday
DATE: 4/24-5/29
REG DEADLINE: 4/22
FEES (R/NR): \$86.00/\$107.00

DAY: Friday
DATE: 1/10-2/21
REG DEADLINE: 1/8
FEES (R/NR): \$71.00/\$89.00

DAY: Friday
DATE: 2/28-4/18 No Class 4/4
REG DEADLINE: 2/26
FEES (R/NR): \$100.00/\$125.00

MASTERPIECES FOR MUNCHKINS

(Children must be potty trained) Learn about the great masters of art. We'll dabble with the styles and techniques of artists through the ages. Some free play time will allow small group instruction. Dress for a mess!! Children should bring their own peanut free snack and drink to class.

AGE: 4-6 yrs
LOCATION: WS Rec Center
INSTRUCTOR: Kimi Briskey
MIN/MAX: 8/12

DAY: Monday
DATE: 1/6-2/10 No Class 1/20, 2/17
TIME: 9:00 AM-11:00 AM
REG DEADLINE: 1/4
FEES (R/NR): \$67.00/\$84.00

DAY: Monday
DATE: 2/24-4/14 No Class 3/31
TIME: 9:00 AM-11:00 AM
REG DEADLINE: 2/22
FEES (R/NR): \$93.00/\$116.00

DAY: Monday
DATE: 4/21-5/19
TIME: 9:00 AM-11:00 AM
REG DEADLINE: 4/20
FEES (R/NR): \$67.00/\$84.00

DAY: Friday
DATE: 1/10-2/21
TIME: 9:00 AM-11:00 AM
REG DEADLINE: 1/8
FEES (R/NR): \$93.00/\$116.00

DAY: Friday
DATE: 2/28-4/18 No Class 4/4
TIME: 9:00 AM-11:00 AM
REG DEADLINE: 2/22
FEES (R/NR): \$93.00/\$116.00

DAY: Friday
DATE: 4/25-5/30
TIME: 9:00 AM-11:00 AM
REG DEADLINE: 4/23
FEES (R/NR): \$81.00/\$101.00



DON'T BE DISAPPOINTED! REGISTER EARLY!

Classes with low enrollment may be canceled a week or so before start date.





LITTLE AUTHORS

One childhood author and book topic will be studied each session. Using verbal skills, children "write" their books by dictating as the teacher writes down their words. Typed pages are illustrated by the children using colorful markers. Instructors work one on one with the children assisting them in getting their verbal thoughts into novel form. Family and friends are invited to join us at our "Reading" as we share our completed novels prior to taking them home. Children should bring their own peanut free snack and drink to class.

AGE: 4-6 yrs
DAY: Thursday
TIME: 9:00 AM-11:30 AM
LOCATION: WS Rec Center
INSTRUCTOR: Kimi Briskey
MIN/MAX: 9/12

DATE: 1/9-2/20
REG DEADLINE: 1/7
FEES (R/NR): \$125.00/\$156.00

DATE: 2/27-4/17 No Class 4/3
REG DEADLINE: 2/25
FEES (R/NR): \$125.00/\$156.00

DATE: 4/24-5/29
REG DEADLINE: 4/22
FEES (R/NR): \$107.00/\$134.00

ANIMAL ENTHUSIASTS

Calling all zoo animal lovers! Join us for a full morning of fun as your child becomes more aware of animal behavior, care, and conservation. Hands-on learning activities will include stories, songs, crafts, and multi-sensory activities. Participants should bring a water bottle and a nut free snack. Children must be toilet trained.

AGE: 3-6 yrs
DAY: Friday
DATE: 1/10-2/7
TIME: 9:00 AM-11:00 AM
LOCATION: WS Rec Center
INSTRUCTOR: Elizabeth Peterfeso, ECE certified
MIN/MAX: 7/12
REG DEADLINE: 1/8
FEES (R/NR): \$90.00/\$113.00

SCIENCE FOR SILLIES

Here is a fun opportunity to encourage scientific curiosity and offer a glimpse of simple math concepts. Creative projects and experiments will get those mental wheels turning. Some independent play will allow small group instruction. Children should bring a peanut free snack and drink to class.

AGE: 4-6 yrs
LOCATION: WS Rec Center
INSTRUCTOR: Jennifer Porzel
MIN/MAX: 7/12

DAY: Monday
DATE: 1/6-2/17 No Class 1/20, 2/17
TIME: 9:00 AM-11:00 AM
REG DEADLINE: 1/4
FEES (R/NR): \$67.00/\$84.00

DAY: Monday
DATE: 2/24-4/14 No Class 3/31
TIME: 9:00 AM-11:00 AM
REG DEADLINE: 2/22
FEES (R/NR): \$93.00/\$116.00

DAY: Monday
DATE: 4/21-5/19
TIME: 9:00 AM-11:00 AM
REG DEADLINE: 4/19
FEES (R/NR): \$67.00/\$84.00

DAY: Tuesday
DATE: 1/7-2/18
TIME: 1:00 PM-3:00 PM
REG DEADLINE: 1/5
FEES (R/NR): \$93.00/\$116.00

DAY: Tuesday
DATE: 2/25-4/15 No Class 4/1
TIME: 1:00 PM-3:00 PM
REG DEADLINE: 2/23
FEES (R/NR): \$93.00/\$116.00

DAY: Tuesday
DATE: 4/22-5/27
TIME: 1:00 PM-3:00 PM
REG DEADLINE: 4/20
FEES (R/NR): \$81.00/\$101.00



EARLY CHILDHOOD

I SPEAK SPANISH

Did you know that young children learn language naturally and much more easily than older children and adults? Introduce your child to the Spanish language in this Spanish immersion class developed especially for very young learners. Children will be immersed in the Spanish language through fun and educational activities and music. New material is covered in each session!

AGE: 3-6 yrs
DAY: Wednesday
LOCATION: Grand Avenue Community Center – WSCCA Rm
INSTRUCTOR: Language in Action, Inc.
MIN/MAX: 3/6 per agency
FEES (R/NR): \$90.00/\$113.00

DATE: 1/15-2/19
TIME: 4:30 PM-5:15 PM
REG DEADLINE: 1/13

DATE: 3/5-4/16
TIME: 4:30 PM-5:15 PM
REG DEADLINE: 3/3

DATE: 1/15-2/19
TIME: 5:30 PM-6:15 PM
REG DEADLINE: 1/13

DATE: 3/5-4/16
TIME: 5:30 PM-6:15 PM
REG DEADLINE: 3/3



YOUNG ACTORS CLUB **C**

Join the fun in this wonderful and fast-paced creative drama class. Each week is a new and exciting adventure into the imagination with changing themes, music, costumes or props, and games. You'll even learn a new joke & song every week! Most themes are not repeated for two years so "act" now & sign up for both sessions! Learn theater terms, enhance spontaneity, build self-esteem, and have a blast! Refund deadline: 5 days prior to start of class

AGE: 4-7 yrs
DAY: Friday
TIME: 3:45 PM-4:30 PM
LOCATION: LG Rec Center
INSTRUCTOR: Shining Star Productions
MIN/MAX: 4/7 per agency

DATE: 2/7-3/21 No class 2/28
REG DEADLINE: 2/5
FEES (R/NR): \$85.00/\$110.00

DATE: 4/11-5/23 No class 4/18 & 5/2
REG DEADLINE: 4/9
FEES (R/NR): \$70.00/\$91.00

DINOSAUR DIG **C**

Dig up some fun as children discover dinosaurs! We may even discover dinosaur eggs! Don't miss out on the games, crafts, and snack. All supplies included on this excavation. This is a child only class. Refund deadline: 3/10.

AGE: 3-6 yrs
DAY: Saturday
DATE: 3/15
TIME: 9:30 AM-10:30 AM
11:00 AM-12:00 PM
LOCATION: La Grange Recreation Center
INSTRUCTOR: Staff
MIN/MAX: 3/6 per agency
REG DEADLINE: 3/13
FEES (R/NR): \$34.00/\$43.00

C = COOPERATIVE PROGRAM

YOUTH

BAKING BOOK CLUB

Our Baking Book Club will focus on one classic childhood book for a full session. Each week we'll read a section of our book in class (your child does not need to read to participate). Then, we'll bake up a treat inspired from the pages of our reading. We'll taste our treat while we discuss what we've read together. By connecting with stories in the kitchen, this class makes reading a delicious journey of fun!

AGE: 5-8 yrs
DAY: Sunday
DATE: 3/2-4/13 No class 3/30
TIME: 3:00 PM-4:30 PM
LOCATION: WS Rec Center
INSTRUCTOR: Abby McEntee
MIN/MAX: 6/9
REG DEADLINE: 2/28
FEES (R/NR): \$101.00/\$126.00

BOOK: Charlotte's Web

BABYSITTERS CLUB - BOOK TALK AND BAKE!



Our Baby-Sitters Club Book Talk and Bake will focus on one member of the Baby-Sitters Club each week. We'll discuss that sitter's first book in the Baby-Sitters Club Graphic Novel series, bake a treat inspired by them, and craft something that would impress even Claudia. PLEASE NOTE: You will need to procure and read the books OUTSIDE of class. You don't need to bring the books to class, but are welcome to do so. Please make sure you've already read Kristy's Great Idea before our first class, as she's the first sitter we'll be celebrating.

AGE: 8-11 yrs
DAY: Sunday
DATE: 1/12-2/23 No class 1/19, 2/16
TIME: 3:00 PM-4:30 PM
LOCATION: WS Rec Center
INSTRUCTOR: Abby McEntee
MIN/MAX: 6/9
REG DEADLINE: 1/10
FEES (R/NR): \$101.00/\$126.00

MODEL SHIP BUILDING

Learn to assemble plastic ship models from kits and craft materials. Have fun customizing your model and building a diorama to show it at sea. Each week, a different part of the model ship will be cut out, glued together, and painted. Learn how to safely use simple tools, plastic cement, and paint supplies (brush and spray).

AGE: 8-12 yrs
DAY: Wednesday
DATE: 3/12-4/16 No Class 4/2
TIME: 4:00 PM-5:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: R. Magin
MIN/MAX: 2/3 per agency
REG DEADLINE: 3/11
FEES (R/NR): \$45.00/\$56.00

ITALIAN - PARLIAMO ITALIAN

Learn Italian through games, songs, and fun activities in an engaging and energetic environment! There will be a new theme each week that incorporates vocabulary and grammar to encourage language learning through speaking, listening and reading. All levels welcome.

AGE: 7-10 yrs
DAY: Tuesday
TIME: 4:00 PM-5:00 PM
LOCATION: Grand Avenue Community Center – WSCCA Rm
INSTRUCTOR: Chicago Italian Tutor
MIN/MAX: 2/4 per agency

DATE: 1/7-2/18
REG DEADLINE: 1/5
FEES (R/NR): \$230.00/\$287.00

DATE: 2/25-4/15 No class 4/1
REG DEADLINE: 2/23
FEES (R/NR): \$230.00/\$287.00

DATE: 4/22-5/27
REG DEADLINE: 4/20
FEES (R/NR): \$200.00/\$250.00

DOUBLE THE FUN DRAWING WITH YOUNG REMBRANDTS

Awaken your inner Artist! Participants will explore all the basics of visual arts, in a fun and confident setting that ensures success for every child. Basic drawing, portraits, action, and cartooning. Participants will complete several different projects and learn to draw whimsical characters, animals, everyday objects, and action scenes. Young Artists will gain so much confidence in their creative spirit and art skills. Each month lessons will be different so no repeats. Don't miss out, sign up today!

AGE: 5-12 yrs
DAY: Saturday
TIME: 10:00 AM-12:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: Young Rembrandts
MIN/MAX: 3/5 per agency

DATE: 2/1-2/22 No Class 2/15
REG DEADLINE: 1/30
FEES (R/NR): \$90.00 /\$111.00

DATE: 3/1-3/22
REG DEADLINE: 2/27
FEES (R/NR): \$114.00 /\$143.00

DATE: 4/12-4/26
REG DEADLINE: 4/10
FEES (R/NR): \$90.00 /\$111.00

DATE: 5/3-5/17
REG DEADLINE: 5/1
FEES (R/NR): \$90.00 /\$111.00

CHEMICAL CREATIONS

Come experience a hands-on world of fun as you conduct a variety of scientific experiments! Learn and discover many different scientific concepts in an entertaining and innovative approach. Learn all about energy and molecules, create a crazy bouncy glob from glue, and make some scary green slime! Make your very own UV bracelet and watch it react to the sun. You will also get to witness some amazing scientific demonstrations from your instructor. Watch snow being created and feel how cold it is! Experience a powerful magnet, magic sand, and many other exciting experiments in this fascinating and educational program!

AGE: 6-11 yrs
DAY: Monday
DATE: 1/27-3/10 No class 2/17
TIME: 4:30 PM-5:30 PM
LOCATION: WVS Rec Center
INSTRUCTOR: Minds in Motion
MIN/MAX: 2/4 per agency
REG DEADLINE: 1/25
FEES (R/NR): \$132.00/\$165.00

OUTER SPACE AND PHYSICS FUN

Come join an exciting world of space exploration as you build and take home your very own Orbiting Solar System Kit! You will assemble your own model, learn all about our planetary neighborhood, and watch the planets move around the sun with a wind-up motor inside. Set the planets in motion with a flick of your wrist! Take part in other exciting activities involving physics, air pressure, and density. Check out our real meteorite fragment sample! Watch a cosmic rocket shoot up fifty feet into the air! Be mesmerized as you assemble and take home your own stunt plane and learn about the four major forces of flight. You will also witness some neat demonstrations from your instructor. Watch as an egg is magically sucked into a bottle, behold a tornado being created, and much more in this fun and exciting program!

AGE: 7-12 yrs
DAY: Monday
DATE: 1/27-3/10 No class 2/17
TIME: 5:30 PM-6:30 PM
LOCATION: WVS Rec Center
INSTRUCTOR: Minds in Motion
MIN/MAX: 2/4 per agency
REG DEADLINE: 1/25
FEES (R/NR): \$132.00/\$165.00



MAGIC

Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading and more. While tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided, and each child receives a magic kit to take home. Children are grouped by age and learn age-appropriate tricks. Brand new tricks taught at each class.

AGE: 5-12 yrs
LOCATION: WVS Rec Center
INSTRUCTOR: Gary Kantor
MIN/MAX: 3/13 per agency
FEES (R/NR): \$25.00/\$31.00

DAY: Tuesday
DATE: 1/14
TIME: 6:45 PM-7:40 PM
REG DEADLINE: 1/12

DAY: Thursday
DATE: 3/20
TIME: 5:00 PM-5:55 PM
REG DEADLINE: 3/18

DAY: Thursday
DATE: 5/22
TIME: 5:00 PM-5:55 PM
REG DEADLINE: 5/20

HARRY POTTER POTIONS

Come to Hogwarts School of Witchcraft & Wizardry. Join the Wizardry class and learn how to cast spells and mix potions that actually work! Discover unique creatures. A bowtruckle, or a niffler anyone. Supply fee is included. Refund deadline: 1/14

AGE: 6-12 yrs
DAY: Tuesday
DATE: 1/21-2/25
TIME: 4:00 PM-5:00 PM
LOCATION: La Grange Recreation Center
INSTRUCTOR: Bright Child Learning Company
MIN/MAX: 3/6 per agency
REG DEADLINE: 1/19
FEES (R/NR): \$212.00/\$276.00



DON'T BE DISAPPOINTED! REGISTER EARLY!

Classes with low enrollment may be canceled a week or so before start date.

VET SCIENCE

Live animal encounters, partner pet exams and fun experiments and crafts will make this a must for animal lovers!! Participants will learn about domestic and exotic animals including studying x-rays. Supply fee is included. Refund deadline: 4/2

AGE: 6-12 yrs
DAY: Wednesday
DATE: 4/9-5/14
TIME: 4:00 PM-5:00 PM
LOCATION: La Grange Recreation Center
INSTRUCTOR: Bright Child Learning Company
MIN/MAX: 3/6 per agency
REG DEADLINE: 4/7
FEES (R/NR): \$212.00/\$276.00

WINTER FANTASY PRINCESS GLAM

Come beat the Winter slump with a night of glam!! **Theme: Unicorn Rainbow.** Our staff will give a pretty make-over complete with hairdo, make-up sparkle and nail polish application. Decorate a unique craft with paints, stickers, embellishments and personalization. Design a beautiful, beaded bracelet with a fantasy charm assortment. Staff will play music and put on a Fashion show for parents. A glam goodie bag goes home with each participant.

AGE: 4-10 yrs
DAY: Wednesday
DATE: 2/12
TIME: 6:00 PM-7:15 PM
LOCATION: WS Rec Center
INSTRUCTOR: Glitzy Girlz
MIN/MAX: 3/6 per agency
REG DEADLINE: 2/10
FEES (R/NR): \$35.00/\$44.00

PARENT/CHILD HIDDEN TREASURE NIGHT

Come join us on a date with MOM or DAD to find treasures! Our staff will lead the families on a treasure hunt to reveal a chest with fun goodies to take home. Together, they will decorate a wooden treasure chest with paints, jewels, coins and personalization. They will design a beaded item together with assorted theme beads. This class is full of treasures and memories forever! Great class for Mother's Day!!

AGE: 3-10 yrs w/ parent
DAY: Tuesday
DATE: 5/6
TIME: 6:00 PM-7:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: Glitzy Girlz
MIN/MAX: 3/6 per agency
REG DEADLINE: 5/4
FEES (R/NR): \$35.00/\$44.00

NEON GLAM & JAM DANCE PARTY



Come join us for a night of NEON & DANCING! We will give each participant a pampering of GLAM with Neon Hair Braids, Neon make-up sparkle and a Neon nail polish application. Each person decorates a unique craft with a Neon color and accents like jewels & personalization. They will design a cool beaded bracelet with charm. The night ends with retro lights dance party! A Neon glam bag goes home with each participant! Sign up with friends!

AGE: 4-11 yrs
DAY: Wednesday
DATE: 4/9
TIME: 6:00 PM-7:15 PM
LOCATION: WS Rec Center
INSTRUCTOR: Glitzy Girlz
MIN/MAX: 3/6 per agency
REG DEADLINE: 4/7
FEES (R/NR): \$35.00/\$44.00

LEARN TO SIGN AMERICAN SIGN LANGUAGE (ASL)

Interested in learning the basics of Sign Language? Join from the comfort and convenience of your living room as you learn to sign in a fun, interactive and lively environment. Each session covers new material. This class is taught on the Zoom platform. Zoom login information will be emailed to participants before the first class.

AGE: 7-12 yrs
DAY: Wednesday
TIME: 6:00 PM-6:45 PM
LOCATION: ZOOM
INSTRUCTOR: Language in Action
MIN/MAX: 1/10
FEES (R/NR): \$85.00/\$106.00

DATE: 1/15-2/19
REG DEADLINE: 1/13

DATE: 2/26-4/2
REG DEADLINE: 2/24

DATE: 4/9-5/14
REG DEADLINE: 4/7



LEGO® ENGINEERING WORKSHOPS -SPECTACULAR SPORTS!

Explore sports ranging from gymnastics to basketball, mini golf to biking! This class is a great way to get “sporty” kids building and get LEGO® fans interested in sports. Some lessons focus on the importance of physical fitness and different aspects of fitness, such as stamina and strength. Other lessons describe the mechanics of the sport, such as the physics involved in golf and the components of a stationary bike. But the best part for the participants is the way the models move and the fun they have playing with them after they’re built.

AGE: 5-9 yrs
DAY: Thursday
DATE: 1/9-1/30
TIME: 4:45 PM-5:45 PM
LOCATION: WS Rec Center
INSTRUCTOR: Bricks 4 Kidz
MIN/MAX: 10/18
REG DEADLINE: 1/7
FEES (R/NR): \$72.00/\$90.00

JURASSIC BRICK LAND – LEGO WORKSHOP

Are you ready for an adventure of a lifetime? Put on your hiking boots and camouflage...you’re about to enter Jurassic Brick Land! Participants will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T. Rex and more. Fascinating facts about amazing dinosaurs and other extinct animals that roamed the earth and swam the seas during the age of dinosaurs will be shared. Our specialized project kits and model plans are sure to challenge all grade & skill levels. Come learn, build, and play with us!

AGE: 5-9 yrs
DAY: Thursday
DATE: 2/13-3/6
TIME: 4:45 PM-5:45 PM
LOCATION: WS Rec Center
INSTRUCTOR: Bricks 4 Kidz
MIN/MAX: 10/18
REG DEADLINE: 2/11
FEES (R/NR): \$72.00/\$90.00

FORCES OF NATURE – LEGO WORKSHOP

Fasten your seatbelts; were in Ready for some wild weather! This class is all about the amazing and powerful forces of nature, as participants explore the when, where, how, and why of all kinds of natural phenomenon. We’ll examine a map of the Pacific “Ring of Fire” where most tsunamis occur, view a diagram of the tectonic plates, and learn how their movement creates earthquakes, define the area known as “Tornado Alley” in North America, and find out what hurricanes are called in different parts of the world. Each model represents the motion of that particular weather or event, with a seat for a mini figure to take in the action! Kids will love to build moving models of a tornado, whirlpool, earthquake, cyclone and more! Learn how they move, why they happen and what you can do to stay safe!

AGE: 5-9 yrs
DAY: Thursday
DATE: 4/10-5/1
TIME: 4:45 PM-5:45 PM
LOCATION: WS Rec Center
INSTRUCTOR: Bricks 4 Kidz
MIN/MAX: 10/18
REG DEADLINE: 4/8
FEES (R/NR): \$72.00/\$90.00

PARENTS AFTERNOON OUT SERIES

NEW

SNOW PALOOZA

It’s a Snow Palooza! Participants will get messy with projects that celebrate the cheerful chill of winter. So come cozy up with paint while we create a cute birch tree scene, complete with falling snow and even a silly reindeer. Winter for the win! Please pack a nut free snack and drink for your child.

AGE: 4-9 yrs old
DAY: Saturday
DATE: 2/1
TIME: 2:00 PM-5:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: Kidscreate Studio
MIN/MAX: 2/4 per agency
REG DEADLINE: 1/30
FEES (R/NR): \$55.00/\$69.00

WILLY WONKAS CHOCOLATE ROOM

Are you ready to dive into the sweet and magical world of Willy Wonka? Let’s bring Willy Wonka’s chocolate factory to life! Each child will have the chance to design and build their very own chocolate room scene using frosting and a wide variety of sweets. From lollipops to gummy bears, the possibilities are endless! Please pack a nut free snack and drink for your child.

AGE: 4-9 yrs old
DAY: Saturday
DATE: 3/1
TIME: 2:00 PM-5:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: Kidscreate Studio
MIN/MAX: 2/4 per agency
REG DEADLINE: 2/27
FEES (R/NR): \$55.00/\$69.00

SQUISHY SQUISHMALLOWS

Bunnycorn, Prince the Pug, Mauve the Alpaca and more – the hardest thing about those squishy Squishmallows is deciding which one you love the most! In this workshop, artists will create a clay version of their favorite Squishmallow using air-dry clay, paint, and so much more. What could be more fun? Bring your Squishmallow to class so they can join in the fun! Please pack a nut free snack and drink for your child.

AGE: 4-9 yrs old
DAY: Saturday
DATE: 4/12
TIME: 2:00 PM-5:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: Kidscreate Studio
MIN/MAX: 2/4 per agency
REG DEADLINE: 4/10
FEES (R/NR): \$55.00/\$69.00

CHESS

This class has an interactive, discovery-based curriculum inspiring children to think ahead, visualize their goals, treat others with respect and to learn from mistakes. Classes are geared to suit children of all skill levels; from castling to checkmate artist, participants will build upon their knowledge through lessons, tournaments, variation games and more!

AGE: 5-12 yrs
DAY: Tuesday
TIME: 4:30 PM-5:30 PM
LOCATION: WS Rec Center
INSTRUCTOR: Chess Wizards
MIN/MAX: 4/5 per agency
FEES (R/NR): \$200.00/\$250.00

DATE: 1/21-3/11
REG DEADLINE: 1/19

DATE: 3/18-5/13 No class 4/1
REG DEADLINE: 3/16

FULL STEAM AHEAD

This class brings together elements of science, art and math in a hands-on, action-packed environment! Participants will conduct experiments, play educational games, and unlock their creativity through building challenges and projects. No experience necessary!

AGE: 5-10 yrs
DAY: Wednesday
DATE: 1/22-3/12
TIME: 4:30 PM-5:30 PM
LOCATION: WS Rec Center
INSTRUCTOR: After School Enrichment Solutions
MIN/MAX: 2/4 per agency
REG DEADLINE: 1/20
FEES (R/NR): \$150.00/\$188.00

LET'S CODE IT

Participants will take a deep dive into computer programming with the web-based platform Tynker! Learn the art of digital animation, create video games that run on physics, math and art concepts and experiment with HTML, Python and Java. Have fun in the Tynker playground under the instruction of a coding coach! Participants will need to bring a tablet or laptop and charger to class.

AGE: 7-13 yrs
DAY: Wednesday
TIME: 5:30 PM-6:30 PM
LOCATION: WS Rec Center
INSTRUCTOR: After School Enrichment Solutions
MIN/MAX: 2/4 per agency
FEES (R/NR): \$150.00/\$188.00

DATE: 1/22-3/12
REG DEADLINE: 1/20

DATE: 3/26-5/21 No class 4/2
REG DEADLINE: 3/24

HEALTHY HABITS CLUB

This NEW Club provides a fun, action-packed and positive environment to promote physical, mental and emotional health! Students will explore themes of communication, compassion for self and others, active listening, conflict resolution, gentle exercise, nutrition, mindfulness, and respect. A qualified instructor will guide the participants in hands-on learning through games, movement, creative writing, problem-solving exercises and journaling.

AGE: 7-13 yrs
DAY: Wednesday
DATE: 3/26-5/21 No class 4/2
TIME: 4:30 PM-5:30 PM
LOCATION: WS Rec Center
INSTRUCTOR: After School Enrichment Solutions
MIN/MAX: 4/10 per agency
REG DEADLINE: 3/24
FEES (R/NR): \$150.00/\$188.00

REVEAL CANDLE MAKING

Welcome to our magical art class where we will be exploring the world of reveal candles! We will be crafting unique candles, infused with your favorite scents, colors, and hidden surprises. With the addition of delightful charms into the warm wax, you reveal candle will transform into a stunning masterpiece as the flame slowly burns down and reveals the secret treasures waiting to be discovered within. The possibilities are endless, from sparkling jewels and glittery gems to adorable animals! At the end of this class, you will have a one-of-a-kind candle!

AGE: 9-14 yrs
DAY: Thursday
DATE: 5/1
TIME: 4:30 PM-6:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: Kidscreate Studio
MIN/MAX: 2/4 per agency
REG DEADLINE: 4/29
FEES (R/NR): \$50.00/\$62.00



= NEW PROGRAM THIS YEAR!

BEGINNER HORSEBACK RIDING C

Staff will teach participants to ride for pleasure or to show competitively. All riders must sign a release waiver and wear an ASTM/SEI Certified Riding Helmet. Helmet rental is two dollars per lesson and are available at the office for rental/purchase (helmet rental is not included in lesson price). **SALES ARE FINAL ON HEADGEAR.** All lessons are fully supervised, BUT riders are reminded that all riding is done at their own risk.

Please call ahead to reserve a lesson horse for your class. 708-598-7718.
Riding levels are assigned at the discretion of the instructor.

AGE: 7 yrs and older
LOCATION: New Traditions Riding Academy
 101000 S Kean Ave, Palos Hills
INSTRUCTOR: New Traditions Riding Academy, LLC
MIN/MAX: 2/3 per agency
FEES (R/NR): \$265.00/\$275.00

DAY: Monday
DATE: 1/13-2/10
TIME: 4:30 PM-5:30 PM

DAY: Monday
DATE: 4/7-5/5
TIME: 4:30 PM-5:30 PM

DAY: Wednesday
DATE: 1/15-2/12
TIME: 4:30 PM-5:30 PM

DAY: Wednesday
DATE: 4/9-5/7
TIME: 4:30 PM-5:30 PM

DAY: Saturday
DATE: 1/18-2/15
TIME: 2:30 PM-3:30 PM

DAY: Saturday
DATE: 4/12-5/10
TIME: 2:30 PM-3:30 PM

DAY: Sunday – Adult only class
DATE: 1/19-2/16
TIME: 12:00 PM-1:00 PM

DAY: Sunday – Adult only class
DATE: 4/13-5/11
TIME: 12:00 PM-1:00 PM

C = COOPERATIVE PROGRAM

Follow our adventures through

SEASPAR
SPECIAL RECREATION ASSOCIATION

SEASPAR (the South East Association for Special Parks And Recreation) enriches lives through recreation by providing programs and services for individuals with disabilities served by the Village of Western Springs and twelve other communities.

Year-Round Recreational Programs

- Weekly Programs
- Special Events
- 2 Multi-Sensory Rooms
- EAGLES Adult Day Program
- Special Olympics Training
- Cooperative Programs
- Inclusion Services
- Adapted Sports

4500 BELMONT ROAD
 DOWNERS GROVE, IL 60515
 630.960.7600
 FAX 630.960.7601
 SEASPAR.ORG

YOUTH SPORTS

PEEWEE SPORTS

We have found this exciting class to be just what parents need to give their children a positive first step into athletics. We play a different sport each week, including soccer, baseball, basketball, nerf football and more. Participants will start developing socialization, teamwork, direction following, and key motor skills. Fun games will be played at the end of each class.

AGE: 3-5 yrs
DAY: Tuesday
TIME: 1:45 PM-2:45 PM
LOCATION: WS Rec Center
INSTRUCTOR: Sports R Us
MIN/MAX: 8/16

DATE: 1/7-2/4
REG DEADLINE: 1/5
FEES (R/NR): \$75.00/\$94.00

DATE: 2/18-3/18
REG DEADLINE: 2/16
FEES (R/NR): \$75.00/\$94.00

DATE: 4/8-5/13
REG DEADLINE: 4/6
FEES (R/NR): \$90.00/\$113.00

SPORTS MANIA

We have found this fun and exciting class to be just what parents need to give their children a positive first step into athletics. We play a different sport each week, including soccer, baseball, basketball, Nerf football and more! Participants will start developing socialization, teamwork, direction following, and key motor skills all while having fun! Games will be played at the end of each class.

AGE: 5-7 yrs
LOCATION: Grand Ave Gym
INSTRUCTOR: Sports R Us
MIN/MAX: 8/16

DAY: Thursday
DATE: 1/9-2/6
TIME: 5:10 PM-6:00 PM
REG DEADLINE: 1/7
FEES (R/NR): \$65.00/\$82.00

DAY: Thursday
DATE: 2/20-3/20
TIME: 5:10 PM-6:00 PM
REG DEADLINE: 2/18
FEES (R/NR): \$65.00/\$82.00

DAY: Thursday
DATE: 4/10-5/15
TIME: 5:10 PM-6:00 PM
REG DEADLINE: 4/8
FEES (R/NR): \$75.00/\$94.00

SOCCER & T-BALL COMBO

This class is perfect for kids who are full of energy and parents who are looking for an introduction to soccer and T-Ball. Socialization, teamwork, following directions, key motor skills and having fun will be the focus in this non-competitive environment. There will be a 3 week focus on soccer and a 3 week focus on t-ball.

AGE: 3-4 yrs
DAY: Saturday
TIME: 9:00 AM-9:50 AM
LOCATION: Grand Ave Gym
INSTRUCTOR: Sports R Us
MIN/MAX: 8/12

DATE: 1/11-2/8
REG DEADLINE: 1/9
FEES (R/NR): \$65.00/\$82.00

DATE: 2/22-3/22
REG DEADLINE: 2/20
FEES (R/NR): \$65.00/\$82.00

FLOOR HOCKEY

Calling all you hot shots out there! All the action of hockey on a floor! This class is for both the experienced player and the beginner. This fast paced, low competition class will promote shooting, passing, teamwork, positions, and some game strategies. We provide the sticks and pucks; safety goggles and mouth guards are recommended but not necessary.

DAY: Saturday
LOCATION: Grand Ave Gym
INSTRUCTOR: Sports R Us
MIN/MAX: 8/12

AGE: 4-6 yrs
DATE: 1/11-2/8
TIME: 10:00 AM-10:50 AM
REG DEADLINE: 1/9
FEES (R/NR): \$65.00/\$82.00

AGE: 7-9 yrs
DATE: 1/11-2/8
TIME: 11:00 AM-12:00 PM
REG DEADLINE: 1/9
FEES (R/NR): \$75.00/\$94.00

AGE: 4-6 yrs
DATE: 2/22-3/22
TIME: 10:00 AM-11:00 AM
REG DEADLINE: 2/20
FEES (R/NR): \$75.00/\$94.00

AGE: 7-9 yrs
DATE: 2/22-3/22
TIME: 11:00 AM-12:00 PM
REG DEADLINE: 2/20
FEES (R/NR): \$75.00/\$94.00

YOUTH SPORTS



PEEWEE TENNIS

Tennis is a tough sport at any age, let alone when you are just beginning. We provide scaled down rackets, a mini net, and larger tennis balls to provide kids with the basic tennis abilities. We practice forehand, backhand, the volley, and serving. This is a non-competitive class that stresses participation for everyone. Come out to learn tennis and have fun! Parent participation is welcomed.

AGE: 5-7 yrs
DAY: Saturday
TIME: 12:30 PM-1:20 PM
LOCATION: Grand Ave Gym
INSTRUCTOR: Sports R Us
MIN/MAX: 6/12

DATE: 1/11-2/8
REG DEADLINE: 1/9
FEES (R/NR): \$65.00/\$82.00

DATE: 2/22-3/22
REG DEADLINE: 2/22
FEES (R/NR): \$65.00/\$82.00

DATE: 4/5-5/17 - No Class 4/19
REG DEADLINE: 2/22
FEES (R/NR): \$75.00/\$94.00

PARENT/TOT BASEBALL

This is a great introduction to baseball. Children will learn base running, catching, throwing, and hitting from a tee. Our goal is for each child to have fun, experience success and understand the fundamentals of baseball. Equipment will be provided; however, each child will need to bring a glove. Soft baseballs will be used.

AGE: 3-4 yrs
DAY: Saturday
DATE: 4/5-5/17 No Class 4/19
TIME: 9:00 AM-9:50 AM
LOCATION: Grand Ave Gym
INSTRUCTOR: Sports R Us
MIN/MAX: 8/16
REG DEADLINE: 4/11
FEES (R/NR): \$75.00/\$94.00

NERF FLAG FOOTBALL

Tackle the fun with this instructional, non-contact class. Using mini-sized nerf-like footballs along with the introduction of flags, players will learn the skills to get them started in football. Along with the core skills of passing and catching, players will learn the rules, positions on the field, as well strategies for both offense and defense.

DAY: Saturday
DATE: 4/5-5/17 - No Class 4/19
LOCATION: Grand Ave Gym
INSTRUCTOR: Sports R Us
MIN/MAX: 8/16
REG DEADLINE: 4/3

AGE: 4-6 yrs
TIME: 10:00 AM-10:50 AM
FEES (R/NR): \$75.00/\$94.00

AGE: 7-9 yrs
TIME: 11:00 AM-12:00 AM
FEES (R/NR): \$90.00/\$113.00

TOT TRACK, FIELD & FITNESS



This unique class will combine stretching, movement, and other fitness concepts with running, jumping, throwing and other skills used in track and field. Children will work on body coordination, agility, balance, and self-confidence. The session will conclude with a fun-filled track and field meet on the last day of the class. Please bring a labeled water bottle. CO-OP with Village of Hinsdale

AGE: 3-5 yrs
DAY: Tuesday
TIME: 5:15 PM-6:00 PM
LOCATION: Grand Ave Gym
INSTRUCTOR: SportsKids Inc.
MIN/MAX: 6/20
FEES (R/NR): \$59.00/\$74.00

DATE: 1/7-2/11
REG DEADLINE: 1/5

DATE: 2/18-3/25
REG DEADLINE: 2/16

DATE: 4/15-5/20
REG DEADLINE: 4/13



YOUTH TRACK, FIELD & FITNESS



This class will get kids excited about exercise and teach them about track and field, one of the oldest sports that continues to grow and is highlighted by the Olympics every 4 years. Participants will learn the fundamentals involved with improving flexibility, proper stretching, body positioning, developing core-strength, improving balance, cool-down techniques and other fitness concepts as they relate to exercising and the jumping, running and throwing skills involved in the sport of track and field. Boys and girls will participate in Sharks and Minnows, Capture the Cones, and other fitness games as well as sprints, relays, long-distance walking, running hurdles, long jump, discus throw and other track and field events. Youngsters will participate in a fun-filled track and field meet on the last day of class. Please bring a labeled water bottle. CO-OP with Village of Hinsdale

AGE: 6-10 yrs
DAY: Tuesday
TIME: 6:00 PM-6:45 PM
LOCATION: Grand Ave Gym
INSTRUCTOR: SportsKids Inc.
MIN/MAX: 6/10
FEES (R/NR): \$59.00/\$74.00

DATE: 1/7-2/11
REG DEADLINE: 1/5

DATE: 2/18-3/25
REG DEADLINE: 2/16

DATE: 4/15-5/20
REG DEADLINE: 4/13

YOUTH DODGEBALL



Boys and girls will enjoy the running, throwing, dipping, ducking and dodging that are a part of this fun and popular age-old schoolyard game. Children will learn the rules of dodgeball as well as strategies and techniques needed to play at a fast pace. Throwing accuracy, agility, and stamina will be emphasized. Players will experience individual challenges and team competition through drills and matches in a safe and supervised environment. Soft balls will be used. Please bring a labeled water bottle. CO-OP with Village of Hinsdale.

AGE: 7-12 yrs
DAY: Tuesday
TIME: 6:45 PM-7:30 PM
LOCATION: Grand Ave Gym
INSTRUCTOR: SportsKids Inc.
MIN/MAX: 6/10
FEES (R/NR): \$59.00/\$74.00

DATE: 1/7-2/11
REG DEADLINE: 1/5

DATE: 2/18-3/25
REG DEADLINE: 2/16

DATE: 4/15-5/20
REG DEADLINE: 4/13



YOUTH ARCHERY



Archery participants will learn the parts of an arrow and recurve bow, the basics of using a recurve bow, and fundamental shooting skills in an extremely safe environment. They also will learn an excellent, nationally recognized beginner's 9-step to the 10 ring progression which was created by the Coaches Development Committee of the National Archery Association. Both technique and games will be a part of this class. Blunt tipped arrows, bows, and targets are provided. Please bring a labeled water bottle. CO-OP with Village of Hinsdale.

AGE: 7-12 yrs
DAY: Monday
DATE: 4/14-5/19
TIME: 5:45 PM-6:30 PM
LOCATION: Katherine Legge Memorial Park
 5901 S County Line Rd, Hinsdale, IL 60521
INSTRUCTOR: SportsKids Inc.
MIN/MAX: 6/10
REG DEADLINE: 4/13
FEES (R/NR): \$81.00/\$102.00

FAMILY ARCHERY



You and your child will meet new friends while learning the parts of an arrow and recurve bow, the basics of using a recurve bow, a nationally recognized beginner's 9-step to the 10 ring progression method, and fundamental shooting skills from an experienced instructor. Bows, arrows, and targets are furnished. Fee includes 1 child and 1 adult. CO-OP with Village of Hinsdale.

AGE: 6+ yrs with Adult
DAY: Monday
DATE: 4/14-5/19
TIME: 6:30 PM-7:15 PM
LOCATION: Katherine Legge Memorial Park
 5901 S County Line Rd, Hinsdale, IL 60521
INSTRUCTOR: SportsKids Inc.
MIN/MAX: 6/10
REG DEADLINE: 4/13
FEES (R/NR): \$81.00/\$102.00

YOUTH SPORTS

TINY TOT OLYMPICS



Get in on the Olympic spirit with your child as you join us for this fun class! Boys and girls, with the help of their parents, jump, run, throw and develop a variety of other skills as they participate in soccer, basketball, baseball (t-ball), track and field, and other Olympic sports. Children and parents participate in a pint-size Olympic games during the last class. Events made just for the smallest athletes include an obstacle course, pool noodle javelin throw, long jump, soccer ball kick, and relay races. Please bring a labeled water bottle. CO-OP with Village of Hinsdale.

AGE: 2-3 yrs with Adult
DAY: Wednesday
TIME: 5:15 PM-5:45 PM
LOCATION: Grand Ave Gym
INSTRUCTOR: SportsKids Inc.
MIN/MAX: 6/10
FEES (R/NR): \$39.00/\$49.00

DATE: 1/8-2/12
REG DEADLINE: 1/6

DATE: 2/19-3/26
REG DEADLINE: 2/17

DATE: 4/16-5/21
REG DEADLINE: 4/14

TOT OLYMPICS



Calling all young Olympians! Get a taste of the sports that the Olympians participate in. We will learn skills and play games in soccer, baseball, basketball, hockey, track & field, tennis and other individual and team sports. Kids will get to showcase their abilities in a Mini Olympic Games Tournament on the last day. Please bring a labeled water bottle. CO-OP with Village of Hinsdale.

AGE: 4-6 yrs
DAY: Wednesday
TIME: 5:45 PM-6:30 PM
LOCATION: Grand Ave Gym
INSTRUCTOR: SportsKids Inc.
MIN/MAX: 6/10
FEES (R/NR): \$59.00/\$74.00

DATE: 1/8-2/12
REG DEADLINE: 1/6

DATE: 2/19-3/26
REG DEADLINE: 2/17

DATE: 4/16-5/21
REG DEADLINE: 4/14

ADULT & TOT T-BALL



Parents can enjoy America's favorite pastime with their child. Young children will develop motor skills while having fun throwing, catching, batting and base running like the big kids. Parents and their little athletes will enjoy making new friends and working together to learn the basics of game play in this exciting class! Please bring a water bottle. CO-OP with Village of Hinsdale.

AGE: 2-3 yrs with Adult
DAY: Thursday
DATE: 4/17-5/22
TIME: 4:30 PM-5:00 PM
LOCATION: WS Rec Center Gym
INSTRUCTOR: SportsKids Inc.
MIN/MAX: 6/8
REG DEADLINE: 4/15
FEES (R/NR): \$39.00/\$49.00

PARENT & ME FUN WITH FOOTBALL



Enjoy nerf football with your son or daughter. You, along with our accomplished coaches, will help the little athlete learn the proper form and technique of catching, throwing, center skills, hand-offs, kick-offs and more in our fun and friendly setting. Please bring a water bottle. CO-OP with Village of Hinsdale.

AGE: 3-5 yrs with Adult
DAY: Thursday
DATE: 4/17-5/22
TIME: 5:00 PM-5:45 PM
LOCATION: WS Rec Center Gym
INSTRUCTOR: SportsKids Inc.
MIN/MAX: 6/8
REG DEADLINE: 4/15
FEES (R/NR): \$59.00/\$74.00



= NEW PROGRAM THIS YEAR!



YOUTH PICKLEBALL



Ready to try the fastest growing sport in America? Pickleball is a fun sport that combines many elements of tennis, badminton and ping pong. Pickleball can be enjoyed by all ages and skill levels and is a fantastic hobby for young players for the same reason it is great for adults. The nature of the game is a strong equalizer from a skill-based perspective. We will cover pickleball basics such as grip, forehand, backhand and dink shots, serving, and court positioning. Players will also learn scoring and pickleball rules as well as have plenty of time for game play. Equipment will be provided. Please bring a labeled water bottle. CO-OP with Village of Hinsdale.

DAY: Thursday
DATE: 4/17-5/22
LOCATION: WS Rec Center Gym
INSTRUCTOR: SportsKids Inc.
MIN/MAX: 4/6
REG DEADLINE: 4/15

AGE: 8-10 yrs
TIME: 5:45 PM-6:30 PM
FEES (R/NR): \$59.00/\$74.00

AGE: 11-13 yrs
TIME: 6:30 PM-7:30 PM
FEES (R/NR): \$78.00/\$98.00

TUMBLING/GYMNASTICS

Participants can stretch, jump, and tumble while progressing from somersault to cartwheels and round offs in this fun and active class.

AGE: 6-10 yrs
DAY: Wednesday
TIME: 5:30 PM-6:30 PM
LOCATION: Grand Ave Gym
INSTRUCTOR: Chicago Loves Dance
MIN/MAX: 3/7 per agency

DATE: 1/22-3/5
REG DEADLINE: 1/20
FEES (R/NR): \$123.00/\$153.00

DATE: 3/12-4/30
REG DEADLINE: 3/10
FEES (R/NR): \$123.00/\$153.00

GYMNASTICS/CHEER

Participants will learn cheers as well as poms choreography and gymnastics/tumbling weekly in this upbeat class. They will learn 3-4 new cheers weekly, work on form, as well as work on their jumps, flexibility and tumbling and gymnastics skills weekly. The last day of the class will be a parent watch day where they will do a short performance the last 15 min of class.

AGE: 6-10 yrs
DAY: Wednesday
TIME: 6:30 PM-7:30 PM
LOCATION: Grand Ave Gym
INSTRUCTOR: Chicago Loves Dance
MIN/MAX: 3/7 per agency

DATE: 1/22-3/5
REG DEADLINE: 1/20
FEES (R/NR): \$123.00/\$153.00

DATE: 3/12-4/30
REG DEADLINE: 3/10
FEES (R/NR): \$123.00/\$153.00

TAE KWONDO



Students will learn this art of Self-Defense. Mr. Bill will assist your child in building confidence, flexibility, and self-control, amongst many other life tools. Tae Kwon Do teaches kicks, strikes and blocks for both self-defense and offense. A physical fitness class which also develops a sense of confidence and focus. Returning students may qualify for the next belt/rank.

DAY: Friday
LOCATION: Recreation Center (536 East Ave, La Grange), Room 108/109
INSTRUCTOR: Bill De Jesus
MIN/MAX: 4/12 per agency
FEES (R/NR): \$154.00/\$193.00

AGE: 3-7 yrs
DATE: 1/10-3/7
TIME: 4:00 PM-5:00 PM
REG DEADLINE: 1/8

AGE: 5-18 yrs
DATE: 1/10-3/7
TIME: 5:05 PM-6:05 PM
REG DEADLINE: 1/8

AGE: 3-7 yrs
DATE: 3/21-5/23 No class 4/4
TIME: 4:00 PM-5:00 PM
REG DEADLINE: 3/19

AGE: 5-18 yrs
DATE: 3/21-5/23 No class 4/4
TIME: 5:05 PM-6:05 PM
REG DEADLINE: 3/19

= COOPERATIVE PROGRAM

YOUTH SPORTS

KIDS KARATE CLUB



Kids Karate Club is a high energy, progressive, motivational martial arts program developed specifically for kids to have fun while learning. Students will learn stances, strikes, blocks, kicks and sparring techniques all while building confidence. They will learn about strangers and how to combine the techniques they learn to protect themselves. This program targets many building blocks for children today; respect, self-esteem, leadership, and making good choices. This is a year-round progressive martial arts program with belt progression through Black Belt.

This program comes with the "Never Miss a Class Guarantee." If a student misses a class (i.e. schedule conflict, sick, etc) or the center closes for any reason, the missed classes will be available with pre-recorded, instructor led classes by belt level.

Kids Karate Club uniforms are required and are available at www.KidsKarate.com or from the instructor at class (needed by the second week of class). Parents may participate with their children at no cost other than purchasing a parent helper karate club uniform. For more info visit: www.KidsKarate.com

Please bring a water bottle to class.

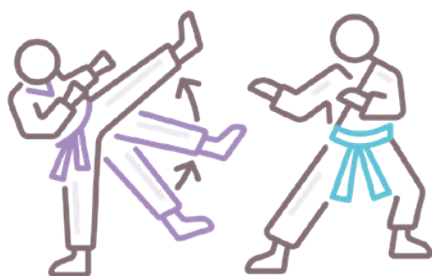
AGE: 4-14 yrs
DAY: Saturday
LOCATION: La Grange Park Recreation Center,
 1501 Barnsdale Road, LP
INSTRUCTOR: Sensei Eric and Sensei Marie
MIN/MAX: 2/12 per agency
FEES (R/NR): \$78.00/\$88.00

DATE: 1/11-3/1 (Testing Date 3/8)
TIME: 9:00 AM-9:45 AM
LEVEL: Beginner
REG DEADLINE: 1/9

DATE: 1/11-3/1 (Testing Date 3/8)
TIME: 9:50 AM-10:35 AM
LEVEL: Advanced
REG DEADLINE: 1/9

DATE: 3/15-5/3 (Testing Date 5/10)
TIME: 9:00 AM-9:45 AM
LEVEL: Beginner
REG DEADLINE: 3/13

DATE: 3/15-5/3 (Testing Date 5/10)
TIME: 9:50 AM-10:35 AM
LEVEL: Advanced
REG DEADLINE: 3/13



LITTLE LYONS SOCCER CLUB



Little Lyons is a fun, recreational, soccer experience for boys and girls ages 3-8 years old. Little Lyons takes aim at developing each child's cognitive, motor, and social abilities through dynamic, fun, and engaging soccer activities. Participants will learn proper technical skills from our team of enthusiastic coaches. Each child will feel encouraged and comfortable during every session as they experience new activities week to week. Each player must bring a soccer ball and a water bottle to class. COOP La Grange Park.

INSTRUCTOR: Little Lyons Soccer Club
MIN/MAX: 2/6

AGE: 3-5 yrs
DAY: Saturday
DATE: 1/18-2/8
TIME: 12:00 PM-12:45 PM
LOCATION: Park Jr High, 325 N. Park Ave, LP
REG DEADLINE: 1/16
FEES (R/NR): \$47.00/\$57.00

AGE: 6-8 yrs
DAY: Saturday
DATE: 1/18-2/8
TIME: 1:00 PM-2:00 PM
LOCATION: Park Jr High, 325 N. Park Ave, LP
REG DEADLINE: 1/16
FEES (R/NR): \$47.00/\$57.00

AGE: 3-5 yrs
DAY: Saturday
DATE: 3/8-3/29
TIME: 4:00 PM-4:45 PM
LOCATION: Park Jr High, 325 N. Park Ave, LP
REG DEADLINE: 3/6
FEES (R/NR): \$47.00/\$57.00

AGE: 6-8 yrs
DAY: Saturday
DATE: 3/8-3/29
TIME: 5:00 PM-6:00 PM
LOCATION: Park Jr High, 325 N. Park Ave, LP
REG DEADLINE: 3/6
FEES (R/NR): \$47.00/\$57.00

AGE: 3-5 yrs
DAY: Wednesday
DATE: 4/2-5/7
TIME: 4:00 PM-4:45 PM
LOCATION: Grass field behind the Recreation Center,
 1501 Barnsdale Road, LP
REG DEADLINE: 3/31
FEES (R/NR): \$47.00/\$57.00

AGE: 6-8 yrs
DAY: Wednesday
DATE: 4/2-5/7
TIME: 5:00 PM-6:00 PM
LOCATION: Grass field behind the Recreation Center,
 1501 Barnsdale Road, LP
REG DEADLINE: 3/31
FEES (R/NR): \$47.00/\$57.00

48TH ANNUAL TOWER TROT

<https://wsprings.com/towertrot>

REGISTRATION INFORMATION:

Registration will be open until 15 minutes prior to Start time of each race. Kiosks will be available for registration at the Grand Avenue Gym Friday, May 24th, 8AM-6PM and on Race Day starting at 7 AM. Payment can be made by cash, check or credit card at that time.

Tower Trot race day registration is going GREEN! We recommend that you preregister for the Tower Trot Race online prior to the race. On race day, you will be asked to register online at a kiosk in the Grand Gym, or on your phone. No paper forms will be available. You will still have the option to pay by credit card, check, or cash.

Race Day Registration and Race Packet Pick Up:

Register in person starting at 7:00 am at the Grand Avenue Community Center. 10K, "The Double" and Fun Run registrations are open until 8:15 am and 5K registration is open until 9:15 AM. Late arrivals on race day will not be eligible for awards.

Prior to race day, numbers, t-shirts and information can be picked up at the Grand Avenue Community Center gym from 8:00 AM – 6:00 PM on Friday, TBD. Race day packets will be available at Grand Avenue Community Center at 7:00 AM.

Registration Fees:

5K - \$35 Resident/\$40 Non-resident

10k- \$40 Resident/\$45 Non-resident

Double (5K & 10K) - \$45

14 and Under (5K or 10K) \$25 Resident/\$30 Non-resident

Fun Run (9 and Under) - \$15

Team Registration:

Register a team (10 or more) and receive a discounted rate.

- Work place team building/outing
- Running groups
- Friends circles, etc.

Contact abriedis@wsprings.com for additional information.

RACE INFORMATION:

Date/Time: Saturday, May 24

8:30 AM – 10K & Double Start

8:45 AM – Fun Run for kids

9:30 AM – 5K Start



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SATURDAY MAY 24 2025



Tower Trot will be partnering with the Healing Hearts for Ashley Foundation. The foundation is committed to raising awareness for

Arrhythmogenic Right Ventricular Cardiomyopathy and to support research for the Cardiovascular Genetics Group at Lurie Children's Hospital.

YOUTH SPORTS - SPARTZ SPORTZ



LIL HOOPERS

Let the first time your son or daughter pick up a basketball be with Spartz Sportz Lil Hoopers! This is a great way to get acclimated with the premier basketball program of Western Springs at a young age. Designed for pre-school & kindergarten age children, classes will provide a comfortable and fun group environment as participants learn the fundamentals of basketball. Each session will be overseen and run by a certified Spartz Sportz trainer and focus on learning the game, skill development, and providing a structured, engaging environment to get the children excited about the game!

AGE: 3-5 yrs
DAY: Saturday
TIME: 10:00 AM-11:00 AM
INSTRUCTOR: Spartz Sportz
MIN/MAX: 6/30
FEES (R/NR): \$135.00/\$160.00

DATE: 1/18-2/22
LOCATION: Laidlaw Gym
REG DEADLINE: 1/16

DATE: 3/8-4/12
LOCATION: Laidlaw Gym
REG DEADLINE: 3/6

DATE: 4/19-5/24
LOCATION: WS Rec Center
REG DEADLINE: 4/17



BALLERZ

The Ballerz workouts will be run by Spartz Sportz elite trainers to ensure that the experience for your developing basketball player is positive and fun. In these formative years, it is extremely imperative that your child receives the best teachers and learn the proper fundamentals in order to excel quicker. The sooner they see the gains, the more fun they have. Our points of emphasis will be Fundamentals 101; how to have fun playing the game; how to create great habits; sportsmanship and rules of the game.

AGE: 6-9 yrs
DAY: Saturday
TIME: 11:00 AM-12:00 PM
INSTRUCTOR: Spartz Sportz
MIN/MAX: 6/30
FEES (R/NR): \$135.00/\$160.00

DATE: 1/18-2/22
LOCATION: Laidlaw Gym
REG DEADLINE: 1/16

DATE: 3/8-4/12
LOCATION: Laidlaw Gym
REG DEADLINE: 3/6

DATE: 4/19-5/24
LOCATION: WS Rec Center
REG DEADLINE: 4/17



WINTER BASKETBALL CLINIC

For all of those who players who want to have fun and get better in the process, this is the camp for you. Spartz Sportz trainers are dedicated to teaching your child correct basketball techniques. Shooting mechanics, dribbling skills, floor awareness and the value of competing. (Specifically designed to transfer learned skills into game situations) The result will be increased skill level, improved confidence, and enthusiasm for the game of basketball. Most of all, each child will completely enjoy each day of camp and will feel like they had the chance to learn, develop and compete. Nobody is left out and no potential goes undeveloped.

AGE: 1st - 8th Grade
TIME: 12:00 PM-1:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: Spartz Sportz
MIN/MAX: 6/40

DAY: Monday, Thursday, Friday
DATE: 12/23-12/27 No Class 12/24 & 12/25
REG DEADLINE: 12/21
FEES (R/NR): \$70.00/\$88.00

DAY: Monday - Thursday
DATE: 12/30-1/2
REG DEADLINE: 12/28
FEES (R/NR): \$95.00/\$119.00



DON'T BE DISAPPOINTED! REGISTER EARLY!

Classes with low enrollment may be canceled a week or so before start date.

YOUTH SPORTS - SPARTZ SPORTZ

FUTURE BLAZERS WORKOUTS

Welcome to Future Blazers & Wildcats Workouts by Spartz Sportz, a group basketball program designed to elevate your son's & Daughter's game by honing the three essential skills every player needs: shooting, dribbling, and passing. Whether you're a beginner looking to build a strong foundation or an advanced player aiming to refine your technique, our program is tailored to meet your needs. Each session of the Future Blazers & Wildcats Workouts focuses on these core areas, ensuring you develop the versatility and confidence to dominate on the court. Our elite trainers at Spartz Sportz guide you through dynamic drills that challenge you to improve your form, footwork, and decision-making. You'll gain the tools to become a well-rounded player capable of hopefully making the best travel basketball program, the Blazers & Wildcats. To cap off each workout, you'll engage in live play, putting your newly acquired skills to the test in game-like scenarios. This immersive experience allows you to apply what you've learned in a competitive setting, ensuring you're ready to perform under pressure. Join Future Blazers & Wildcats Workouts by Spartz Sportz and take the next step in your basketball journey.

The Blazers & Wildcats Travel Teams start as early as 3rd grade (Blazers-boys) and 4th grade (Wildcats-girls). The Winter travel season goes from Late October-End of February. Tryouts are in middle to late August every year. These workouts will allow all hopeful Blazers & Wildcats the chance to train side by side with players who have the same goals of making a Blazers & Wildcats team someday with the same trainers who run tryouts and train all of the teams in season.

FUTURE BLAZERS - BOYS

AGE: 1st – 2nd Grade
TIME: 8:30 AM-9:30 AM
LOCATION: WS Rec Center
INSTRUCTOR: Spartz Sportz
MIN/MAX: 6/20

DAY: Sunday
DATE: Nov 17, 24
Dec 1, 8, 15
Jan 5, 12, 19, 26
Feb 2, 9, 16, 23
*sign up ala carte

FEES (R/NR): \$30.00/\$38.00 *per date



FUTURE WILDCATS - GIRLS

AGE: 1st – 3rd Grade
TIME: 9:30 AM-10:30 AM
LOCATION: WS Rec Center
INSTRUCTOR: Spartz Sportz
MIN/MAX: 6/20

DAY: Sunday
DATE: Nov 17, 24
Dec 1, 8, 15
Jan 5, 12, 19, 26
Feb 2, 9, 16, 23
*sign-up ala carte



FEES (R/NR): \$30.00/\$38.00 *per date



Let's Get Connected for
Our Latest News & Updates

 on X @WSRecDepartment

 on Facebook
@WesternSpringsRecreation Department

 on Instagram @WSRecDepartment

<https://wsprings.recdesk.com>

TEENS

AMERICAN RED CROSS BABYSITTER'S TRAINING

Babysitter's Training gives youth caregivers the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video, and lively discussions, the course teaches young people how to: care for children and infants, be good leaders and role models, make good decisions and solve problems, keep the children they babysit and themselves safe, handle emergencies such as injuries, illnesses, and household accidents, write resumes and interview for jobs. Participants should bring a sack lunch for a short lunch break.

AGE: 11-15 yrs
DAY: Sunday
DATE: 3/2
TIME: 9:00 AM-4:30 PM
LOCATION: WVS Rec Center
INSTRUCTOR: American Red Cross Staff
MIN/MAX: 10/20
REG DEADLINE: 2/28
FEES (R/NR): \$131.00/\$163.00



RECREATION FACILITIES

ADULTS

CRYSTAL TREE MAKE AND TAKE IT



Participants will learn how to work and shape wire into a tree formation adding beautiful crystals (a variety of crystals, wires, and base kits to choose from). All materials included. Grab some friends and make a night of it!!

AGE: 14 and older
DAY: Tuesday
DATE: 2/4
TIME: 6:00-8:00 PM
LOCATION: Grand Avenue Community Center – WSCCA Rm
INSTRUCTOR: Katie Einhorn
MIN/MAX: 1/4 per agency
REG DEADLINE: 2/2
FEES (R/NR): \$30.00/\$38.00

DREAMCATCHER MAKE AND TAKE IT



Come out for a night of crafting and learn how to make a dreamcatcher with Crystals! Kits will include different crystals and corresponding accessories. You will learn how to make and possible ways to use your new dreamcatcher. We will also be talking a little about the dreamcatcher and its beautiful history. Bring your friends or make new ones, it will be a fun night for all!

AGE: 14 and older
DAY: Tuesday
DATE: 3/25
TIME: 6:00 PM-8:00 PM
LOCATION: Grand Avenue Community Center – WSCCA Rm
INSTRUCTOR: Katie Einhorn
MIN/MAX: 1/4 per agency
REG DEADLINE: 3/23
FEES (R/NR): \$25.00/\$31.00

VALENTINE'S WREATH CRAFT



Come relax, have a night away from home, meet other people and make a fun craft to use at home. We will be making a Valentine's Day wreath out of coffee filters. All supplies will be provided. Bring snacks and soft beverages. Refund deadline: 1/21

AGE: 18 and older
DAY: Tuesday
DATE: 1/28
TIME: 6:00 PM-8:30 PM
LOCATION: LG Rec Center
INSTRUCTOR: Bright Child Learning Company
MIN/MAX: 3/6 per agency
REG DEADLINE: 1/26
FEES (R/NR): \$50.00/\$65.00

PANIC ATTACKS



This presentation will outline what panic attacks are, explain the symptoms and provide in depth resources and strategies for how to take care of yourself and others who have panic attacks. Participants will also learn different breathing techniques to try and to prioritize self-care.

AGE: 16 and older
DAY: Tuesday
DATE: 4/22
TIME: 6:30 PM-7:30 PM
LOCATION: Grand Avenue Community Center - Senior Center
INSTRUCTOR: NAMI Metro
MIN/MAX: 8/30
REG DEADLINE: 4/15
FEES (R/NR): FREE (pre-registration is required)

STRESS LESS 201 – MENTAL FITNESS

This presentation delivers evidence based techniques for reducing stress by using tools such as reframing negative thoughts, gratitude, Smart Goals and the practice of progressive muscle relaxation. Participants will walk away with tools that they can use daily or as needed to better manage the stress in their lives.

AGE: 18 and older
DAY: Thursday
DATE: 2/27
TIME: 7:00 PM-8:00 PM
LOCATION: Grand Avenue Community Center - Senior Center
INSTRUCTOR: NAMI Metro
MIN/MAX: 8/30
REG DEADLINE: 2/20
FEES (R/NR): FREE (preregistration is required)



nami

**Metro
Suburban**



= NEW PROGRAM THIS YEAR!

ADULTS

DOG OBEDIENCE **C** BEGINNER CLASS

Dogs: Must be at least 4 months old

Handlers: Old enough to handle dog in a group setting.

Is your dog becoming a monster and driving you crazy? If you are tired of being kept up all night from constant barking, if your home furnishings and personal belongings are being chewed up, or just want basic commands mastered, sign up for this class. For beginners only, the first class will be a two-hour orientation from 7:00 – 9:00 pm, without your dog. *You must attend this informative meeting*

INTERMEDIATE CLASS

To qualify for the intermediate course, you must have completed the beginner course with our trainers Barb Clish/Mary Keeffe or elsewhere. Your dog will need to hold a solid sit stay, down stay, and come on recall. Our trainers have the right to evaluate your dog, to ensure they are placed in the proper training class.

AGE: 18 yrs and older
DAY: Thursday
LOCATION: La Grange Park Recreation Center
INSTRUCTOR: B. Clish
MIN/MAX: 1/5 per agency
FEES (R/NR): \$125.00/\$135.00

CLASS: Beginners
DATE: 1/9-3/6
TIME: 7:00 PM-8:00 PM
REG DEADLINE: 1/7

CLASS: Intermediate
DATE: 1/16-3/6
TIME: 8:00 PM-9:00 PM
REG DEADLINE: 1/7

CLASS: Beginners
DATE: 3/20-5/16 No class 4/3
TIME: 7:00 PM-8:00 PM
REG DEADLINE: 3/18

CLASS: Intermediate
DATE: 3/27-5/22 No class 4/3
TIME: 8:00 PM-9:00 PM
REG DEADLINE: 3/18



C = COOPERATIVE PROGRAM

MEN'S OVER 35 BASKETBALL

Players must be 35 or older. New teams are chosen weekly. Get a workout and meet your neighbors, too. Bring a light shirt and a dark shirt.

AGE: 35 yrs and older
LOCATION: WS Rec Center
INSTRUCTOR: WS Staff
MIN/MAX: 10/24

DAY: Tuesday
DATE: 1/7-5/27
TIME: 8:45 PM-10:45 PM
*Starting 3/11-5/27 session will meet 8pm-10pm

REG DEADLINE: 1/5
FEES (R/NR): \$126.00/\$158.00

DAY: Thursday
DATE: 1/2-5/29
TIME: 8:45 PM-10:45 PM
*Starting 3/13-5/29 session will meet 8pm-10pm

REG DEADLINE: 12/31
FEES (R/NR): \$132.00/\$165.00



FACILITY RENTALS

WESTERN SPRINGS RECREATION DEPARTMENT



Gym rentals: \$40-\$120/hr
Classroom rentals: \$25-\$65/hr

Visit wsprings.com/rentals for more information or
contact rharrison@wsprings.com

PICKLEBALL

PICKLEBALL BEGINNER CLINICS - INDOOR

Looking to learn how to play pickleball? It's easy for beginners to learn this fast-paced, competitive game. It is played with a paddle and a plastic ball in the style of tennis with some ping pong and badminton mixed in. Great exercise and fun game! Basic skills to include Scoring, Court Positioning, Serve and Return of Serve, 2 bounce rule, Posture, Ready Position, Grip/Paddle angle, Comfort zone. Equipment provided or bring your own.

AGE: 25 yrs and older
LOCATION: WS Rec Center
FEES (R/NR): \$56.00/\$70.00

DAY: Tuesday
DATE: 1/7-1/28
TIME: 1:30 PM-2:30 PM
INSTRUCTOR: Cliff Florczak
MIN/MAX: 4/10
REG DEADLINE: 1/5

DAY: Wednesday
DATE: 1/8-1/29
TIME: 1:00 PM-2:00 PM
INSTRUCTOR: Jose Sosa
MIN/MAX: 4/10
REG DEADLINE: 1/6

DAY: Tuesday
DATE: 2/4-2/25
TIME: 1:30 PM-2:30 PM
INSTRUCTOR: Cliff Florczak
MIN/MAX: 4/10
REG DEADLINE: 2/2

DAY: Wednesday
DATE: 2/5-2/26
TIME: 1:00 PM-2:00 PM
INSTRUCTOR: Jose Sosa
MIN/MAX: 4/10
REG DEADLINE: 2/3

DAY: Tuesday
DATE: 3/4-3/25
TIME: 1:30 PM-2:30 PM
INSTRUCTOR: Cliff Florczak
MIN/MAX: 4/10
REG DEADLINE: 3/2

DAY: Wednesday
DATE: 3/5-3/26
TIME: 1:00 PM-2:00 PM
INSTRUCTOR: Jose Sosa
MIN/MAX: 4/10
REG DEADLINE: 3/3

DAY: Tuesday
DATE: 4/1-4/22
TIME: 1:30 PM-2:30 PM
INSTRUCTOR: Cliff Florczak
MIN/MAX: 4/10
REG DEADLINE: 3/30

DAY: Wednesday
DATE: 4/2-4/23
TIME: 1:00 PM-2:00 PM
INSTRUCTOR: Jose Sosa
MIN/MAX: 4/10
REG DEADLINE: 3/31

PICKLEBALL ADVANCED BEGINNER CLINICS - INDOOR

Finished a beginner class and looking to keep improving your skills or need a little more instruction? Instructor will advance your skills with strategies and positioning, working with 3rd shot drops, lobs, and slam drills. Equipment provided or bring your own.

AGE: 25 yrs and older
DAY: Tuesday
TIME: 2:30 PM-3:30 PM
LOCATION: WS Rec Center
INSTRUCTOR: Cliff Florczak
MIN/MAX: 4/10
FEES (R/NR): \$56.00/\$70.00

DATE: 1/7-1/28
REG DEADLINE: 1/5

DATE: 2/4-2/25
REG DEADLINE: 2/2

DATE: 3/4-3/25
REG DEADLINE: 3/2

DATE: 4/1-4/22
REG DEADLINE: 3/30





INTERMEDIATE CLINICS - INDOOR

This is not a beginner class. Players must know how to keep score and already have taken a beginner class. Looking to keep improving your skills? Skills to be worked on: Posture, Ready Position, Grip/Paddle angle, Comfort zone, Dinks, Footwork for dinks, Push it Forward, Keep it Low, Scoring, 2 bounce rule, Forehand and backhand shots, 3rd shot drop, Lobs, Overheads, Court Positioning, Serve and Return of Serve. Instructor is a retired Physical Education Teacher, Pickleball Ambassador and has been teaching pickleball for over 15 years.

AGE: 25 yrs and older
LOCATION: WS Rec Center
MIN/MAX: 4/10
FEES (R/NR): \$56.00/\$70.00

DAY: Wednesday
DATE: 1/8-1/29
TIME: 2:00 PM-3:00 PM
INSTRUCTOR: Josa Sosa
REG DEADLINE: 1/6

DAY: Wednesday
DATE: 2/5-2/26
TIME: 2:00 PM-3:00 PM
INSTRUCTOR: Josa Sosa
REG DEADLINE: 2/3

DAY: Wednesday
DATE: 3/5-3/26
TIME: 2:00 PM-3:00 PM
INSTRUCTOR: Josa Sosa
REG DEADLINE: 3/3

DAY: Wednesday
DATE: 4/2-4/23
TIME: 2:00 PM-3:00 PM
INSTRUCTOR: Josa Sosa
REG DEADLINE: 3/31

PICKLEBALL SKILLS & DRILLS INTERMEDIATE CLINICS - INDOOR

This is not a beginner class. Intermediate and up players. Players must know how to play, keep score, and know the basics. This fun class is designed to take your skills to a new level through a variety of drills. Drills help a player improve a player's awareness of their opponents. Practicing these techniques can only add to your playing skills. Each week sets a new challenge and will help your skills in dinking, 3rd shot drop, lobs, forehand, backhand, and serving. Instructor Jose Sosa (PPR certified instructor/coach) has been teaching pickleball for over 15 years. Equipment provided or bring your own.

AGE: 25 yrs and older
DAY: Monday
TIME: 1:00 PM-3:00 PM
LOCATION: WS Rec Center
INSTRUCTOR: Jose Sosa
MIN/MAX: 4/10
FEES (R/NR): \$81.00/\$102.00

DATE: 1/6-1/27
REG DEADLINE: 1/4

DATE: 2/3-2/24
REG DEADLINE: 2/1

DATE: 3/3-3/24
REG DEADLINE: 3/1

DATE: 4/7-4/28
REG DEADLINE: 4/5

OPEN PLAY PICKLEBALL - INDOOR

Open play mixed adult for beginner and intermediate players. Each player MUST register each day they plan to attend! Spots are limited.

LOCATION: WS Rec Center
FEES (R/NR): Resident \$6/Non-Resident \$8 per day

DAY: Monday
DATE: 1/6-4/21
TIME: 1:00 PM-3:00 PM
LEVEL: Beginner-Advanced Beginner

DAY: Wednesday
DATE: 1/8-4/23
TIME: 1:00 PM-3:00 PM
LEVEL: Intermediate-Advanced

DAY: Thursday
DATE: 1/9-4/24
TIME: 1:00 PM-3:00 PM
LEVEL: Beginner-Advanced Beginner

DAY: Friday
DATE: 1/10-4/25
TIME: 1:00 PM-3:00 PM
LEVEL: Intermediate-Advanced

PICKLEBALL

PICKLEBALL BEGINNER CLINICS - OUTDOOR

Looking to learn how to play pickleball? It's easy for beginners to learn this fast-paced, competitive game. It is played with a paddle and a plastic ball in the style of tennis with some ping pong and badminton mixed in. Great exercise and fun game! Basic skills to include Scoring, Court Positioning, Serve and Return of Serve, 2 bounce rule, Posture, Ready Position, Grip/Paddle angle, Comfort zone. Equipment provided or bring your own.

AGE: 25 yrs and older
LOCATION: Ridge Acres
MIN/MAX: 4/10
FEES (R/NR): \$76.00/\$90.00

DAY: Tuesday
DATE: 5/6-5/27
TIME: 6:00 PM-7:00 PM
INSTRUCTOR: Cliff Florczak
REG DEADLINE: 5/4

DAY: Wednesday
DATE: 5/7-5/28
TIME: 11:00 AM-12:00 PM
INSTRUCTOR: Jose Sosa
REG DEADLINE: 5/5

PICKLEBALL ADVANCED BEGINNER CLINICS - OUTDOOR

Finished a beginner class and looking to keep improving your skills or need a little more instruction? Instructor will advance your skills with strategies and positioning, working with 3rd shot drops, lobs, and slam drills. Equipment provided or bring your own.

AGE: 25 yrs and older
DAY: Tuesday
DATE: 5/6-5/27
TIME: 7:00 PM-8:00 PM
LOCATION: Ridge Acres
INSTRUCTOR: Cliff Florczak
MIN/MAX: 4/10
REG DEADLINE: 5/4
FEES (R/NR): \$76.00/\$90.00



PICKLEBALL INTERMEDIATE CLINICS - OUTDOOR

This is not a beginner class. Players must know how to keep score and already have taken a beginner class. Looking to keep improving your skills? Skills to be worked on: Posture, Ready Position, Grip/Paddle angle, Comfort zone, Dinks, Footwork for dinks, Push it Forward, Keep it Low, Scoring, 2 bounce rule, Forehand and backhand shots, 3rd shot drop, Lobs, Overheads, Court Positioning, Serve and Return of Serve. Instructor is a retired Physical Education Teacher, Pickleball Ambassador and has been teaching pickleball for over 15 years.

AGE: 25 yrs and older
DAY: Wednesday
DATE: 5/7-5/28
TIME: 12:00 PM-1:00 PM
LOCATION: Ridge Acres
INSTRUCTOR: Jose Sosa
MIN/MAX: 4/10
REG DEADLINE: 5/5
FEES (R/NR): \$76.00/\$90.00

PICKLEBALL SKILLS & DRILLS INTERMEDIATE CLINICS - OUTDOOR

This is not a beginner class. Intermediate and up players. Players must know how to play, keep score, and know the basics. This fun class is designed to take your skills to a new level through a variety of drills. Drills help a player improve a player's awareness of their opponents. Practicing these techniques can only add to your playing skills. Each week sets a new challenge and will help your skills in dinking, 3rd shot drop, lobs, forehand, backhand, and serving. Instructor Jose Sosa (PPR certified instructor/coach) has been teaching pickleball for over 15 years. Equipment provided or bring your own.

AGE: 25 yrs and older
DAY: Monday
DATE: 5/5-5/26
TIME: 11:00 AM-1:00 PM
LOCATION: Ridge Acres
INSTRUCTOR: Jose Sosa
MIN/MAX: 4/10
REG DEADLINE: 5/3
FEES (R/NR): \$101.00/\$122.00



FITNESS



PILATES

Pilates is a system of exercises using special equipment, designed to improve physical strength, flexibility, posture, and enhance mental awareness. This Pilates class is suitable for all fitness levels. Bring two thick Pilates/Yoga mats to class.

AGE: 16 yrs and older
DAY: Monday
TIME: 6:00 PM-7:00 PM
LOCATION: Grand Ave - Lower Level
INSTRUCTOR: Stacy Kafkes, Pilates Mat Certified
MIN/MAX: 4/10

DATE: 1/6-2/10 No Class 1/20
REG DEADLINE: 1/4
FEES (R/NR): \$51.00/\$64.00

DATE: 2/24-4/4 No Class 3/31
REG DEADLINE: 2/22
FEES (R/NR): 61.00/\$75.00

DATE: 4/14-5/19
REG DEADLINE: 4/12
FEES (R/NR): \$61.00/\$76.00

BODY WORKS

This class is a multi-level class designed to challenge and maintain strength, mobility, balance, and flexibility. Each class includes a variety of exercises to promote well-being and is appropriate for anyone looking to improve overall fitness.

AGE: 16 yrs and older
DAY: Monday, Wednesday, & Friday
DATE: 1/6- 5/30 No Class 1/20, 2/17, Wk of 3/31, 4/18, 5/26
TIME: 9:00 AM-10:00 AM
LOCATION: WS Rec Center
INSTRUCTOR: Mary Kay Ross, ACE group fitness certified
MIN/MAX: 8/25
REG DEADLINE: Start time of class
FEES (R/NR): Adults: \$12.00 Seniors: \$10.00

STRENGTH TRAINING W/ABS C

This strength training class is designed to increase your metabolism and increase with muscle endurance through lifting weights. This intense but easy-to-follow workout will give you a total body workout. This class is great for burning fat and will have you feeling stronger by the end of the session. Please bring a mat and water bottle to class.

AGE: 16 yrs and older
DAY: Sunday
TIME: 8:05 AM-8:45 AM
LOCATION: La Grange Park Recreation Center
INSTRUCTOR: Michelle Dawson
MIN/MAX: 3/8
FEES (R/NR): \$48.00/\$55.00

DATE: 1/12-3/2
REG DEADLINE: 1/10

YOGA LEVEL 1-2

Beginners and experienced yoga practitioners will enjoy classic yoga practices that cultivate strength, flexibility, balance, agility and reduce stress. This class combines slow flow vinyasa and static holding with alignment. Foster mindfulness and equanimity with breathing techniques. Classes run continuously with very few breaks so join at any time. Bring your own yoga mat.

AGE: 18 yrs and older
DAY: Friday
DATE: 1/3-6/6
TIME: 9:15 AM-10:30 AM
LOCATION: Grand Ave - Studio III
INSTRUCTOR: Joan Binder, RYT 250, Yin certified
MIN/MAX: 4/15
REG DEADLINE: Start Time of Class
FEES (R/NR): \$90.00 for 10 class package or \$11.00 per class

CHAIR YOGA

Practice yoga using your breath and body postures to improve balance, posture, strength, range of motion and mindfulness. All options will be presented for each individual's level of comfort and stability. We will use chairs and the wall in this class. Classes run continuously with very few breaks so join at any time. Bring your own yoga mat. Zoom option available, please email billjoanbinder@sbcglobal.net. Registration deadline: start time of class.

AGE: 18 yrs and older
DAY: Tuesday
DATE: 1/7-6/3
TIME: 10:00 AM-11:15 AM
LOCATION: Grand Ave - Studio III or ZOOM
INSTRUCTOR: Joan Binder, RYT 250, Yin certified
MIN/MAX: 4/15
REG DEADLINE: Start time of class
FEES (R/NR): \$90.00 for 10 class package or \$11.00 per class

ACTIVE ADULT TRIPS

ART INSTITUTE OF CHICAGO

Go on a self-guided tour of the Art Institute of Chicago, home to a collection of art that spans centuries and the globe. View work from renowned icons to lesser-known works from every corner of the globe—as well as books, writings, reference materials, and other resources. Bring money for a stop at one of the Institute's food selections. Pick up and drop off located at the Western Springs Recreation Center Parking Lot, 1500 Walker Street.

AGE: 55 & UP
DAY: Thursday
DATE: 1/16
TIME: 10:45 AM-2:30 PM
MIN/MAX: 15/24
REG DEADLINE: 12/1
FEES (R/NR): \$87.00/\$109.00

GARFIELD PARK CONSERVATORY

Chicago's Garfield Park Conservatory is one of the largest and most stunning botanical conservatories in the nation. Often referred to as "landscape art under glass," the Conservatory showcases thousands of plant species from around the world throughout eight indoor display gardens. Enjoy the lush flora and tropical temperatures indoors, or more than 10 acres of outdoors gardens, weather permitting. Pick up and drop off located at the Western Springs Recreation Center Parking Lot, 1500 Walker Street.

AGE: 55 & UP
DAY: Wednesday
DATE: 3/12
TIME: 10:00 AM-1:30 PM
MIN/MAX: 15/24
REG DEADLINE: 2/1
FEES (R/NR): \$65.00/\$82.00

WESTERN SPRINGS RECREATION DEPARTMENT

Let's Get Connected!
For Our Latest News & Updates

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WesternSpringsRecreation Department

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Follow our adventures through

f Instagram YouTube

SEASPAR

SPECIAL RECREATION ASSOCIATION

SEASPAR (the South East Association for Special Parks And Recreation) enriches lives through recreation by providing programs and services for individuals with disabilities served by the Village of Western Springs and twelve other communities.

Year-Round Recreational Programs

- Weekly Programs
- Special Events
- 2 Multi-Sensory Rooms
- EAGLES Adult Day Program
- Special Olympics Training
- Cooperative Programs
- Inclusion Services
- Adapted Sports

4500 BELMONT ROAD
DOWNERS GROVE, IL 60515
630.960.7600
FAX 630.960.7601
SEASPAR.ORG

SENIORS

WESTERN SPRINGS SENIOR CENTER

4211 Grand Avenue
Western Springs, IL 60558
(708) 246-3299
wsprings.com/seniors

Available Monday through Friday for activities, meetings, and events. As the Center is staffed for a half day (and that is dependent on the activity schedule), to ensure proper attention, please call or email ahead to make an appointment. Email to be added to our private mailing list to learn about upcoming activities and changes in activities: mcagney@wsprings.com

2024 HOLIDAY CLOSINGS (Mark your calendars):

NEW YEAR'S DAY: Wednesday, January 1, 2025

THE CENTER IS CLOSED FOR BUSINESS: Thursday, January 2 through Friday, January 3 . . . Activities as usual, closed for business only. It's a slow time. See you in 2025!

MEMBERSHIP:

Membership, which is open to the public and supports the senior community, provides participation in our community of activities and events geared specifically to the interests of the older adult. Annual Membership of varying levels is required for ongoing attendance at our activities.

- **GOLD** \$50/residents, \$60/non-residents. Includes all activities including UNLIMITED exercise and unlimited classes.
- **SILVER** \$40/residents, \$50/non-residents. Includes all activities EXCEPT exercise and classes.
- **BRONZE** level membership is \$20/residents, \$30/non-residents. Includes library, movie borrowing and monthly movies ONLY.

Spouses qualify for membership at ½ price.

CLASSES AND ACTIVITIES:

Classes and activities are ongoing. Always looking to grow our programs, we are interested in what you'd like to explore. Sign up for our mailing list to be invited to future activities. Membership is required to attend an ongoing class or activity but you're always welcome to "try" any of our offerings before deciding.

BRIDGE: We are always looking for experienced players to join us on Monday and/or Wednesday Bridge games.

- Monday Tournament Bridge 1:00-3:30 Call Craig Fisher at (708)710-6036 to attend.
- Wednesday "Fours" Bridge 1:00-3:30 Call Pat Krueger at (630)664-0573 to attend.

CLASSES: Classes are, generally, held on Tuesdays or Thursdays and are often several weeks in length. We've offered several classroom classes and are interested in what you'd like to explore. Sign up for our mailing list to be made aware of future classes and events.

SENIORCISE: An exercise class provided by a licensed instructor and designed to satisfy the needs of the most aerobic, as well as disabled or handicapped participants. All levels will benefit from this program

- Tuesday and Thursday 9:45 AM-10:30 AM

TAI CHI: Tai Chi is excellent "exercise" for both your brain and body.

- Monday 11:30 AM-1:00 PM, Wednesday 1:00 PM-2:30 PM, and Friday 11:30 AM-1:00 PM

WESTERN SPRING SENIOR CENTER (CONTINUED)



CANASTA: Every Friday we play Canasta. Don't know how to play? Canasta players will teach you.

- Friday 1:00 PM-3:00 PM

SCRABBLE: Every Friday challenge yourself with words. Exercise that part of your brain and laugh with friends. Friday 1:00 PM-3:00 PM.

LET'S FIGURE THIS OUT: Wi-Fi Internet access is available at the center. Let's explore technology on your portable computer and/or your phone. We have a desktop available for learning as well. Please call ahead to set this up. Do you want to navigate technology?

WANT TO MASTER EMAIL? Looking to set up and master email? Need to "borrow" a computer to do so? Please call ahead to set this up.

KNITTING CIRCLE: Every Tuesday evening the clicking of knitting needles and the hum of conversation is the music of the center. Tuesday 4:30 PM-7:00 PM.



LIBRARY: Looking for a good book to read? Missed a popular movie? Love old movies? The Senior Center has a lending library available to our members that houses over 3,000 book and movie titles including the most current books and movies. Large Print books available. Bronze membership allows for unlimited borrowing of books and movies and free entry to Leslie Goddard events, space allowing.

MAHJONGG: Experienced players welcome. Beginners looking for a mahjongg class, if you are comfortable using YouTube, search for Michele Frizzell. She does good job teaching mahjongg. Friday 10 AM-12 PM. We are also setting up a class to learn at the center.

MOVIES and Popcorn: The last Thursday of every month. 1:00 PM-3:00 PM.

SPECIAL EVENTS: LESLIE GODDARD:

Mark your calendars for 2025! (FYI, membership is required to attend, unless space allows otherwise)

- Thursday, March 20th
- Thursday, May 22nd
- Thursday, September 11th
- Thursday, November 20th
- Thursday, December 18th

FACILITY RENTALS

WESTERN SPRINGS RECREATION DEPARTMENT



Gym rentals: \$40-\$120/hr

Classroom rentals: \$25-\$65/hr

Visit wsprings.com/rentals for more information or
contact rharrison@wsprings.com



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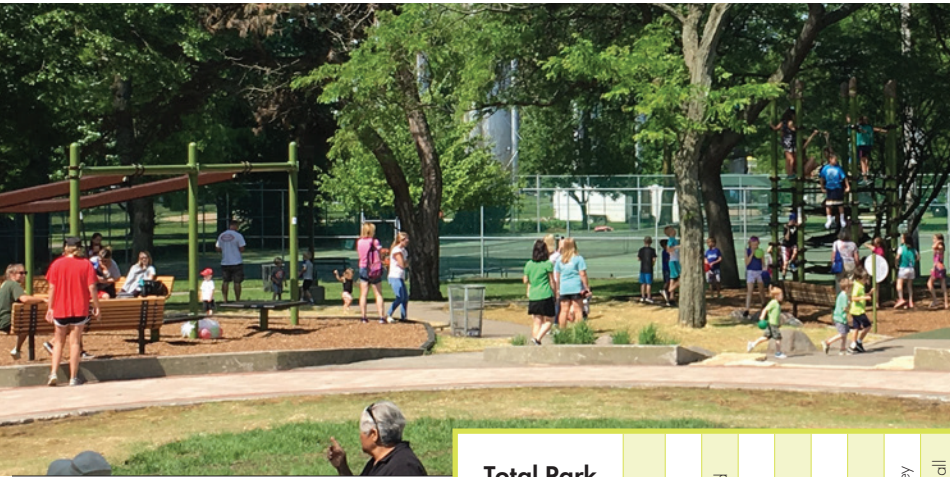
<https://wsprings.recdesk.com>



Western Springs Recreation Department

1500 Walker Street
Western Springs, IL 60558-1374
wsprings.com/recreation

708.246.9070 office



Registration Information

Registration:

For Residents -
Friday, 11/15 at 8:30 AM

For Countryside Residents -
Thursday, 11/21 at 8:30 AM

For Non-Residents -
Friday, 11/22 at 8:30 AM

Register online at:

wsprings.recdesk.com

See pages 2-3 for complete registration procedures and policies.

For outdoor park information, contact the Western Springs Park District at www.wsparks.org or call 708-246-4225

Total Park Area: 91 Acres	Acreage	Playground	Ball Diamond	Sports Field	Tennis Courts	Shelter	Basketball	In-Line Hockey	Sand Volleyball	Pickle Ball Courts	Picnic Area(s)
Clark Park Howard & 46th St.	1.0	✓	1	1							✓
Field Park Hillgrove & Ellington	7.5	✓	1	1	1		1				✓
Forest Hills Park Central & 51st St.	7.0	✓	1	3	1		3				✓
Laidlaw Park Hampton & Maple	4.0	✓	1		2		1				✓
Northeast Park Clausen & 39th St.	2.0	✓		1						4	✓
Recreation Center 1500 Walker	1.0	✓									✓
Ridge Acres Park 4621 Harvey	2.0	✓	1	1	1	1	1				✓
Ridgewood Park 5530 Grand Ave.	4.0	✓	1	1		1	1				✓
Sereda Park Hampton & 39th	6.0	✓	1	2							✓
Spring Rock Park Burlington & Central	42.0	✓	5	4	7	2	2	1	2		✓
Springdale Park Caroline & 52nd	7.5	✓	2	1	2	1					✓
Timber Trails	5.0	✓	1	1		1					✓
Tower Green & Museum Hillgrove & Grand	1.0										✓
Veterans Park 4204 Lawn	1.0	✓									✓

