

WESTERN SPRINGS RECREATION DEPARTMENT

FALL BROCHURE 2020 COVID EDITION LAST UPDATED: 8/17/20



CORONAVIRUS PREVENTION



Registration start dates:

Residents Friday, August 14th, 8:30 AM
Non-Residents Monday, August 24th, 8:30 AM

This is our tentative brochure for Fall 2020. We expect the first session of programs listed here to run this Fall.

For programs that have multiple sessions, you will be able to sign-up for later sessions by putting the participant on the wait list now and not have to pay. Once we know the program is running, we will contact you for payment.

Register for these all of these programs online at:

<https://recregistration.wsprings.com/>

A printable registration form can be downloaded from our website

www.wsprings.com/recreation

Paper registrations can be mailed or put in our drop box located outside of the Recreation Center to the right of the main doors.

Contact us at (708) 246-9070 with any questions.

There is additional information at the end of this document.

Stay Healthy!!!

CHRISTOPHER SPARTZ BASKETBALL

Blazers and Wildcats Tryouts 2020/2021

Tryouts for the Blazers and Wildcats Travel Basketball Teams for the Winter will be held August 24-27 at the Western Springs Rec Center.

Grade levels that the Blazers (boys only) teams will holding tryouts for will be:
3rd-8th Grade

Grade levels that the Wildcats (girls only) teams will holding tryouts for will be:
4th-8th Grade

We will have our teams made, spots secured with payment and we will be ready if the State's sports policy changes and allows us to have league games and tournaments. Attached is the current policy.

We will be running practices and trainings following the IDPH/DCEO guidelines. Skills training and intra-squad scrimmages will be allowed.

If the season does not happen or is cut short, the money will be refunded accordingly.

We are all in this together. We want to make sure everyone is safe first and foremost. We also want to make sure every child has the chance to compete in a season if possible.

Tryout Schedule:

Monday August 24

5:00pm 4th Wildcats
6:30pm 3rd Blazers
8:00pm 5th Blazers

Tuesday August 25

5:00pm 4th Blazers
6:30pm 6th Wildcats
8:00pm 7th Blazers

Wednesday August 26

5:00pm 5th Wildcats
6:30pm 6th Blazers
8:00pm 8th Blazers

Thursday August 27

5:00pm 8th Wildcats
6:30pm 7th Wildcats
8:00pm Call Backs!

Lil' Hoopers

Let the first time your son or daughter pick up a basketball be with Christopher Spartz Basketball's 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, these 45 minute 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 Christopher Spartz 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 years old
Day/Time: Saturday, 10:15-11:00 am
Fee: \$100.00 R/\$120.00 NR
Location: WS Rec Center Gym
Instructor: Christopher Spartz Basketball

Min/Max: 10/20
Code Dates
520272 A 9/12-10/17
520272 B 10/24-11/28

Ballerz

The Ballerz workouts will be run by Christopher Spartz Basketball 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: 5-9 years old (all levels)
Date/Time: Saturday 11:00-12:00 pm
Fee: \$100.00 R/\$120.00 NR
Location: WS Rec Center
Instructor: Christopher Spartz Basketball
Min/Max: 10/20
Code Dates
520272 C 9/12-10/17
520272 C1 10/24-11/28

Fall Basketball Clinic

Open to Boys & Girls

Get in the gym, work on your skills and have some fun tuning up for your winter travel or house league teams. The camp will be run by Christopher Spartz Basketball trainers.

Grades: 1st – 8th
Day/Date: Tuesday-Thursday, September 15-17
Time: 4:30-5:30 pm
Location: WS Rec Gym
Fee: \$100.00 R/NR
Min/Max: 12/60
Code: 520272 B1

Fall Elite Basketball Workouts

Open to Boys & Girls

These workout sessions were created upon request from our Blazer and Wildcat families. The growth of the players program-wide throughout this winter and spring seasons has been tremendous. We are thrilled that our families wanted more time in the gym with our CSB trainers throughout the summer and fall months. Our goal is to keep your sons' and daughters' skills sharp in the offseason and to do it with their teammates and players within the Blazer and Wildcat programs.

Grades: 5th – 8th
Day/Date: Sundays, September 6-October 11
Time: 2:30-4:00 pm
Location: WS Rec Gym
Fee: D. \$270.00 R/NR (all 6 sessions)
D1. \$200.00 R/NR (4 of the 6 sessions)
Min/Max: 12/60

Codes Sessions
520272 D 6 sessions
520272 D1 4 sessions

LACROSSE

BOYS TRAVEL LACROSSE

Western Springs Lacrosse offers seasonal options for Boys Travel: Fall and Winter

The program's goal is to prepare all our players all year long by offering more advanced skills and development opportunities. Our experienced and gifted coaches will provide the tools and knowledge to develop each player to the highest level. Our philosophy is that positive motivation and encouragement will elevate players understanding of the game to a level appropriate for competitive games.

FALL ONLY

Dates: September 8-October 15
Locations: Spring Rock Park, Oakbrook, and other local facilities.
Practice Times: Tuesday/Thursday , 6:00-7:15pm
Min/Max: 16/20 per team
Instructor: Western Springs Lacrosse Coaches

Codes:	Grades:	**Fee:**
530245 A	1st and 2nd	\$225
530245 B	3rd and 4th	\$225
530245 C	5th and 6th	\$225
530245 D	7th and 8th	\$225

Tournaments TBD** BASE FEE INCLUDES coaches, fields, team supplies, administrative cost. There will be an additional fee for tournaments estimated at \$200 if the state guidelines are altered. As of right now, we can not participate in any tournaments or games. All dates, fees and information for lacrosse are subject to change.

WINTER ONLY

Day/Dates: November 6-December 11 (no practice 11/27)
Locations: Westmont Yard, Max McCook or other indoor facility
Practice Times: Fridays , 6:00-7:15pm
Min/Max: 16/20 per team
Instructor: Western Springs Lacrosse Coaches

Codes:	Grades:	**Fee:**
630245 A	1st and 2nd	\$280
630245 B	3rd and 4th	\$280
630245 C	5th and 6th	\$280
630245 D	7th and 8th	\$280

Tournaments will be TBD** BASE FEE INCLUDES coaches, fields, team supplies, administrative cost. There will be an additional fee for tournaments estimated at \$200. As of right now, we can not participate in any tournaments or games. All dates, fees and information for lacrosse are subject to change.

Western Springs Lacrosse – coming up in Spring 2021. www.wsprings.com/lacrosse.

- Our 21st year of Lacrosse
- Kids from any town are invited to play
- Our programs are designed for boys and girls from K to 8th grade.
- Travel and house league programs for beginners & advanced
- Volunteer coaches needed for ALL lacrosse teams!!!
- For more info or to be put on the lacrosse mailing list, contact Kelly @ kletten@wspring.com
- Registration form will be available at the Rec Center and on our website, on the schools' websites and to the lacrosse mailing list. Or register online at <https://recregistration.wsprings.com>.

BOYS HOUSE LEAGUE

A NOTE TO ALL OF OUR PARENTS AND PLAYERS PARTICIPATING IN OUR LACROSSE PROGRAM: With the unknown of how the guidelines will change for youth sports in the next few weeks, these are the programs we are currently offering. We will be following all local and state guidelines strictly, and strive to keep the health and safety of our participants, their families and our staff at the forefront of all we do. All of our practices and training will be non-contact.

SESSION 1

Beginners and experienced from 3rd – 8th grade.

Focus will be on learning lacrosse skills in offense, defense and game strategies. Emphasis in scrimmages will be on skill development, teamwork, and sportsmanship.

Day/Dates: Sundays, September 13-October 18
Location: Spring Rock Park, LTHS South or other local facility
Fee: \$175.00 R/NR
Instructors: Spring League Coaches/College/High School
Min/Max: 10/40
Code Grades Time
520245 B 3rd-4th grades 1:30-2:30pm
520245 C 5th-6th grades 1:30-3:00pm
520245 D 7th-8th grades 1:30-3:00pm

REQUIRED EQUIPMENT: 3rd thru 8th grade: Lacrosse stick, mouthpiece, lacrosse or hockey helmet with face guard; shoulder pads, elbow pads, lacrosse gloves, and cup.

STICK REQUIREMENT - STX Boys' Stallion 50 Lacrosse Stick at Dicks. Use Dick's everyday coupon on our website www.wsprings.com/lacrosse for 10% off.

RENTAL EQUIPMENT

Due to Covid-19 restrictions, no rental equipment will be available at this time.

SESSION 2

Day/Dates: Sundays, November 1-December 13 (No class 11/29)
Times: 1:00-2:15pm
Location: Westmont Yard
Fee: \$230.00 R/NR
Instructors: Spring League Coaches/College/High School
Min/Max: 20/40
Code: Grade/Age
620245 A K – 4th grade
620245 B 5th – 8th grade

REQUIRED EQUIPMENT: K thru 8th grade: Lacrosse stick, mouthpiece, lacrosse or hockey helmet with face guard; shoulder pads, elbow pads, lacrosse gloves, and cup.

STICK REQUIREMENT - STX Boys' Stallion 50 Lacrosse Stick at Dicks. Use Dick's everyday coupon on our website www.wsprings.com/lacrosse for 10% off.

RENTAL EQUIPMENT

Due to Covid-19 restrictions, no rental equipment will be available at this time.

BOYS AND GIRLS INTRO TO LACROSSE

Kindergarten-2nd Grade

Introduce your child to the exciting sport of lacrosse. Our spring league coaches will instruct your child on the basics of lacrosse. If your child is under the age of 6, a parent must stay on the field with their child.

SESSION 5: INTRO TO LACROSSE

Grade: Kindergarten- 2nd grade (Under 6 yrs of age, parent must stay on field with child)
Day/Dates: Sundays, September 13-October 18
Times: 12:00-1:00pm
Location: Spring Rock Park, LTHS South or other local facility
Fee: \$125.00 R/NR
Instructors: Spring League Coaches/College/High School
Min/Max: 10/40
Code 520245 A1

REQUIRED EQUIPMENT: Kindergarten-2nd grade will use a soft ball. Bring your own stick (see stick requirement below) or we will have sticks available.

STICK REQUIREMENT - STX Boys' Stallion 50 Lacrosse Stick at Dicks. Use Dick's everyday coupon on our website www.wsprings.com/lacrosse for 10% off.

SESSION 6: INTRO TO LACROSSE

Grade: Kindergarten- 2nd grade (Under 6 yrs of age, parent must stay on field with child)
Day/Dates: Sundays, November 1-December 13 (No class 11/29)
Times: 10:00-11:00am
Location: Grand Avenue Gym
Fee: \$125.00 R/NR
Instructors: Spring League Coaches/College/High School
Min/Max: 10/40
Code 620245 A1

REQUIRED EQUIPMENT: Kindergarten-2nd grade will use a soft ball. Bring your own stick (see stick requirement below) or we will have sticks available.

STICK REQUIREMENT - STX Boys' Stallion 50 Lacrosse Stick at Dicks. Use Dick's everyday coupon on our website www.wsprings.com/lacrosse for 10% off.

FALL GIRLS LACROSSE LEAGUE (1ST-9TH GRADES)

Be part of a youth lacrosse league exclusively for girls from Chicago, north, northwest, west, and south suburbs. The goals of the program are to teach players understand of the rules; and to promote active teamwork and sportsmanship. We will foster personal development in a respectful environment – all led by positive coaching.

IGLA has adopted the US Lacrosse "PLAYERS FIRST" ATHLETE DEVELOPMENT MODEL which means smaller fields and a smaller number of players. The girls become more engaged, get more touches on the ball, and further develop their skills.

PINK TEAMS

Register at www.iglax.org

Dates: September 13-October 18
Days : Tuesdays & Sundays
Times: See below
Location: For games, see IGLAX.ORG
Practice: First practice Sunday, September 13 from 1:00-2:30pm at Harvester Park, Burr Ridge
Instructor: IGLAX
Equipment. A stick, goggles, and mouth guard required.

League Uniform: IGLA pinny is required and may be purchased during registration at www.iglax.org.

PINK TEAMS

Fee: \$200
Practices: 8U and 10U Tuesdays, 5:30-6:30pm
Practices: 12U and 14U Tuesdays, 5:30-7:00pm

Please note that games are not currently allowed to be held per guidelines from the state. We will continue to update all of our players if and when can play games, but practices will still be held.

Previous Game Schedule: 8U: 12pm-2pm, 10U: 12pm-3pm,
12U: 1pm-4pm, 14U: 2pm-5pm.
10U-14U Sundays Are: 75 (:30 practice, :45 game)
8U Sundays are :60 (:30 practice, :30 game)

Game Dates: 9/20, 9/27, 10/4, 10/11 and 10/18

REGISTRATION: Register and pay the league fee at www.iglax.org by August 31.

YOUTH SPORTS

Pee Wee Soccer

This is the perfect class for first timers! All the basic skills of dribbling, passing, shooting and goal tending will be taught in a non-competitive environment. Teamwork, participation and good sportsmanship is stressed. Both boys and girls are encouraged to join this class if they have an interest in soccer and plan to play in the future. Be just like big brother or sister! A "game" will be played at the end of each class.

Age/Time: A: 3 -4 years old/8:30-9:20 am
B: 5-6 years old/9:30-10:20 am
Day: Saturday
Fee: \$56.00 R/\$66.00 NR
Instructor: Sports R Us
Location: Laidlaw Park (south of tennis courts)
Min/Max: 8/16

Code	Dates
570224 A or B	9/12-10/17

Nerf Flag Football

Tackle the fun with this instructional, non-contact class. Using mini-sized footballs along with the introduction of flags, players will learn the core skills of passing, catching, kicking, basic positions, and rules of the game. A game will be played at the end of each class.

Day: Thursdays
Ages/Time A: 4-5 years old, 4:30-5:20
B: 6-7 years old, 5:30-6:30 pm
Location: Grand Ave Gym
Instructor: Sports R Us
Fee: \$56.00 R/\$66.00 NR
Min/Max: 8/16

Code	Dates
510262 A	9/10-10/15
510262 B	9/10-10/15

Pee Wee Sports & Fitness

We have found this exciting class to be just what parents need to give their children a positive first step into sports and fitness. We will introduce different sports through fun fitness activities. We will have a fun obstacle course and various fitness activities to help build self-confidence, gross/fine motor skills and overall coordination. You child will start developing socialization, teamwork and listening skills. Fun sport games will be played at the end of each class. Parent participation welcomed.

Ages: 3-5 years old
Day/Time: Tuesday, 1:00-2:00 pm
Location: WS Rec Center Gym
Fees: \$48.00 R/\$60.00 NR
Instructor: Sports R Us
Min/Max: 8/20
Code Dates
570218 A 9/8-10/13
670218 A 11/10-12/15

Tae Kwon Do (co-op)

Learn basic fundamentals of the Korean style art of self-defense including punches, blocks, kicks and single combination defensive and offensive moves. Sweat pants and a t-shirt should be worn to class. Apparel may also be purchased from the instructor.

Age/Time: A. 3-7 years/4:00-5:00 pm
B. 5-18 years/5:05-6:05 pm
Day: Friday
Location: LG Rec Center, 536 East Ave
Fee: \$85.00 R/\$111.00 NR

Instructor: Bill De Jesus
Min/Max: 4/12 per agency
Code Date
520637 A or B 9/4-10/16
620637 A or B 10/23-12/18 (No class 10/30 & 11/27)

Fencing (co-op)

Want to wield a sword? Learn the basics of attack and defense as well as strategies that create the foundation for fencing. Each class will have instruction and bouts (actual fencing). All equipment provided. This class is for beginners and advanced fencers and is family friendly. Fencing is statistically the most and least injurious sport as reported by the US Olympic Committee! Sign up for this surprisingly fun and memorable sport!

Due to Covid-19, fencers must rent equipment for the session or purchase their own basic set (est. \$140). To rent a personal set of equipment, contact Fencing Sports Club at 630-678-0035. If you prefer to purchase a personal beginner set, the Club is happy to quickly assist with ordering from Blue Gauntlet. Fencer must attend first class with their new set in hand. At the end of session, you may have the Club buy your equipment at 50% of purchase price if no longer interested in owning.

Age: 8 and older
Day: Monday
Time: A: 4:45-5:45 pm/Advanced
B: 5:45-6:45 pm/Beginner
Location: Katherine Legge Memorial Lodge, Hinsdale
Fee: \$60.00 R/\$72.00 NR
\$30.00 R/\$36.00 NR Addl family member fee
Instructor: Tracy Lapshin
Min/Max: 4/4 per agency

Code Dates
520668 A or B 9/21-10/26
620668 A or B 11/2-12/14 (No class 11/23)

Bullseye Archery (co-op)

Learn the basics of a recurve bow in an extremely safe environment. A nationally recognized 9-step program is taught. Blunt tipped arrows, bows and targets provided. Technique will be stressed. Games will be played during every class. For rain/weather information, call the Lagrange Park District at 708-352-1762.

Age/Time: A: 7-10 yrs - 4:00-4:45 pm
B: 11-18 yrs - 4:45-5:30 pm
Day: Mondays
Location: Denning Park, LG
Fees: \$62.00 R/\$80.00 NR
Instructor: Sports Kids Inc.
Min/Max: 2/4 per agency

Code Date
520674 A or B 8/31-10/12

Snag – Beginner Golf

Looking to introduce your child to the game of golf? In this beginner's class, child will use special SNAG ("Starting New at Golf") equipment that is much easier to handle and allows the SNAG Ball to launch an average of 50 yards. Children will learn the basics of the complete swing, putting, and chipping in a safe and stress-free atmosphere. So come on out and enjoy a fun-n-easy game of golf!

Age: 4-7 years
Day/Time: Saturday, 10:30-11:20 am
Location: Laidlaw Park
Fees: \$56.00 R/ \$66.00 NR
Instructor: Sports R Us
Min/Max: 6/12

Code Dates
570221 A 9/12-10/17

Pom and Cheer (co-op)

Girls will have a great time learning simple cheers, partner stunts and an awesome pom routine. No experience necessary. Bring your strong voice and enthusiastic spirit! If you have taken our class in the past rest assured that we will have a completely different program this time around. Each participant will need a set of poms by the second class. We will have inexpensive poms available for the purchase in class.

Age:	4-10 years (can be divided in 2 groups)
Day/Time:	Friday, 6:00-6:45 PM
Location:	WS Rec Center
Instructor:	Ultimate Classes & Parties
Fee:	\$63.00 R/\$78.00 NR
Min/Max:	3/7 per agency
Code	Dates
570760 A	9/11-10/9

EARLY CHILDHOOD

Tot Rock (co-op)

Wiggle and giggle to the Tot Rock beat! An introductory music and movement class with a large sensory component, tots will use hand-held rhythm instruments and play props to improve their motor skills and coordination, and learn new songs and rhymes. While kick starting your tot's imagination, each class will provide structured and unstructured time to explore. A different educational theme presented each session. Much more than a music class, join us to sing, dance, learn and play the Tot Rock way!

VIRTUAL OPTION- Rock 'n' Kids is Rockin' at Home! Enroll in this virtual class session to sing, dance, play and learn! Registered participants will receive an email from Rock 'n' Kids with that week's pre-recorded, private, 30-minute virtual class, allowing families to participate on their own time. The session's musical activities will be based on the theme of "A Whole New World!" Each week we will pretend to ride on our magic carpets to explore a new place! A pirate ship? The jungle? Outer space? It will be a musical adventure!

Age: 1 year old w/parent
Day: Saturday
Time: 9:30-10:10am
Location: LG Rec Center, 536 East Ave
Fee: \$65.00 R/\$85.00 NR
\$49.00 R/\$64.00 NR - Virtual
Instructor: Rock It Productions
Min/Max: 2/4 per agency

Code	Dates
510641 C1	9/12-10/17
610641 D1	10/24-12/12 (No class 10/31 & 11/28)

510641 V1	9/14-10/19	Virtual
610641 V1	10/26-12/7	Virtual

Kid Rock III (co-op)

Music fun that can't be "beat!" Each class includes creative, energetic activities based on a new educational theme each session! Children learn new songs, rhymes, and gross motor skills while using rhythm instruments and movement props. Your child's listening skills will develop, while fine motor and coordination improve through imaginative play and sensory integration. Much more than a music class, join us to sing, dance, learn and play the Kid Rock way!

VIRTUAL OPTION- Rock 'n' Kids is Rockin' at Home! Enroll in this virtual class session to sing, dance, play and learn! Registered participants will receive an email from Rock 'n' Kids with that week's pre-recorded, private, 30-minute virtual class, allowing families to participate on their own time. The session's musical activities will be based on the theme of "A Whole New World!" Each week we will pretend to ride on our magic carpets to explore a new place! A pirate ship? The jungle? Outer space? It will be a musical adventure!

Age: 2-5 years w/parent
Day/Time: Saturday, 10:15 -10:55 am
Location: LG Rec Center, 536 East Ave
Fee: \$65.00R/ \$85.00 NR
\$49.00 R/\$64.00 NR - Virtual
Instructor: Rock It Productions
Min/Max: 2/4 per agency

Code	Dates
510641 B	9/12-10/17
610641 B	10/24-12/12 (No class 10/31 & 11/28)

510641 V	9/14-10/19	Virtual
610641 V	10/26-12/7	Virtual

Yoga for Youngsters (co-op)

During this class we will explore yoga by learning basic poses. Stories and games will be included in every class to enhance the experience. Children will learn calming techniques, increase their strength and flexibility in addition to a variety of yoga poses. Join this exciting class!!

Age: 3-5 years
Day/Time: A: Wed/9:00-9:30 am
 B: Thurs/2:30-3:00 pm
Location: WS Rec Center
Fee: \$62.00 R/\$77.00 NR
Instructor: Bumble Bee Yoga/Mrs. Bee
Min/Max: 3/5 per agency

Code	Dates
510429 A	9/16-10/28
510429 B	9/17-10/29
610429 A	11/4-12/16
610429 B	11/5-12/17 (No class 11/26)*

*Price will be adjusted to \$53.14R/ \$66.00 NR due to no class date.

Math Plays I (Parent and Tot) (co-op)

This virtual class is designed for parents/guardians and children to start using “math talk” as they participate in math concepts necessary for beginning math success. Concepts may include colors, shapes, counting, one-to-one correspondence, matching, sorting and classifying. Parents/guardians will receive emails with all of the information and videos for each class. Emails will be sent the morning of each class.

Age: 18 mos-2 years
Day/Time: Wednesday, 9:00-9:30 am
Location: Virtual
Fee: \$40.00 R/\$50.00 NR
Instructor: Math Plays LLC
Min/Max: 2/3 per agency

Code	Dates
570148 V1	9/9-9/30
570148 V2	10/7-10/28
570148 V3	11/4-12/2 (No class 11/25)

Math Plays II (Parent and Tot) (co-op)

This virtual class is designed for parents/guardians and children to continue using “math talk” as they participate in math concepts necessary for continued math success. Concepts may include colors, shapes, counting, one-to-one correspondence, matching, sorting and classifying. Concepts will build on those practiced in Math Play I, however you do not have to take Math Play I to be eligible for II. Parents/guardians will receive emails with all of the information and videos for each class. Emails will be sent the morning of each class.

Age: 2-3 years
Day/Time: Wednesday, 9:30-10:15 am
Location: Virtual
Fee: \$60.00 R/\$75.00 NR
Instructor: Math Plays LLC
Min/Max: 2/3 per agency

Code	Dates
570148 V4	9/9-9/30
570148 V5	10/7-10/28
570148 V6	11/4-12/2 (No class 11/25)

Math Plays (Preschool-Kindergarten) (co-op)

This may be your first virtual class experience or as an extension of a current class/curriculum. Concepts may include colors, shapes, counting, one – to – one correspondence, matching, sorting and classifying, comparing, patterns, basic addition and subtraction, and data/charts/graphs. Class activities may include themed math songs, felt board activities, free play of

predetermined games/activities, written enrichment, and a story and math craft. Parents/guardians will receive emails with all of the information and videos for each class. Emails will be sent the morning of each class.

Age: 3-6 years
 Day/Time: Wednesday, 10:30-11:30 am
 Location: Virtual
 Fee: \$80.00 R/\$100.00 NR
 Instructor: Math Plays LLC
 Min/Max: 2/3 per agency

Code	Dates
570148 V7	9/9-9/30
570148 V8	10/7-10/28
570148 V9	11/4-12/2 (No class 11/25)

Math Plays (Homeschooled 1st-4th Grades) (co-op)

During these virtual sessions, concepts for 1st – 2nd graders may include place value, ordering, comparing, rounding, addition and subtraction, length measurement, time, and money. Concepts for 3rd – 4th graders may include place value, ordering, comparing, rounding, multi-digit addition and subtraction, multiplication and division, and area and perimeter. Class activities may include instruction on new concepts, independent play of predetermined games/activities, and written enrichment. Parents/guardians will receive emails with all of the information and videos for each class. Emails will be sent the morning of each class.

Age/Time: 1st-2nd Grades: 11:30 am-12:30 pm
 3rd-4th Grades: 12:30-1:30 pm
 Day: Wednesday
 Location: Virtual
 Fee: \$80.00 R/\$100.00 NR
 Instructor: Math Plays LLC
 Min/Max: 2/3 per agency

Code	Dates	Grades
670148 V1	9/9-9/30	1st - 2nd
670148 V2	10/7-10/28	1st - 2nd
670148 V3	11/4-12/2	1st-2nd (No class 11/25)
670148 V4	9/9-9/30	3rd-4th
670148 V5	10/7-10/28	3rd-4th
670148 V6	11/4-12/2	3rd-4th (No class 11/25)

Virtual Safety Day - Fire Safety

The Fire Safety Day will meet virtually on Zoom, and focus on fire prevention and protection. Through demonstrations, games, videos, and discussion we'll work on Stop Drop and Roll, Get Low and Go, and creating a family fire plan. The children will learn more about the work fire fighters do, and why these safety techniques work.

Age: 4 yrs
 Day/Time: Monday
 Location: WS Rec Center
 Fee: \$14.00 R/\$17.00 NR
 Instructor: Abby McEntee
 Min/Max: 6/10

Code	Date	Time
511170 V1	9/21	9:30 - 10 am
511170 V2	9/21	10:30 -11 am

Safety Day - Police Safety

The Police Safety day will focus on road, bike, train, and walking safety-skills that can be practiced right inside Safety Village! All children will have a chance to 'drive' around the village in the safety cars, as well as play games and learn how to safely cross the street and railroad tracks, using the scale railroad gate and traffic intersection inside the village. A few parent volunteers will be necessary to assist with program.

Age: 4 yrs
Day/Time: Monday, 1:00-2:30 pm
Location: WS Rec Center
Fee: \$28.00 R/\$35.00 NR
Instructor: Abby McEntee
Min/Max: 10/20
Code Date
511170 A 9/14

Tumbling (co-op)

Introduce your child to tumbling and gymnastics. Kids move, stretch, jump and tumble! This program is non-competitive in nature, but children are encouraged to set goals and follow through to achieve them. Bring your active youngster to progress from the first somersault to the first cartwheel! * Parent may be asked to assist their child in the Pee Wee Beginning class if the instructor feels the need.

Day: Monday
Age/Time: A/A1. 2-3 yrs/4:15-4:45 pm (Parent/Tot)
B/B1. 4-6 yrs/5:00-5:40 pm (Pee Wee Beg)

Fee: A/A1: \$58.00 R/\$72.00 NR
B/B1. \$60.00 R/\$78.00 NR

Instructor: Dance Techs
Location: WS Rec Center Gym
Min/Max: 4/5 per agency
Code Dates
570222 A or B 9/14-10/19 (No class 10/12)
570222 A1 or B1 11/2-11/30

YOUTH PROGRAMMING

Fall Fest with Your American Girl (co-op)

Girls, bring your American Girl doll or any other similar sized doll to this awesome class. We will be designing adorable outfits to celebrate the fall. This class will also include themed jewelry making. Our program wouldn't be complete without a trip to the beauty shop, where you will find a variety of hair clips and ribbons perfect for any Fall Festival celebration. This is one of our most popular classes, so sign up early.

Age: 3-10 years (3-5 years must be accompanied by adult)
Date: September 22
Day/Time: Tuesday, 6:30 – 7:30 pm
Location: WS Rec Center
Instructor: Ultimate Classes & Parties
Fee: \$34.00 R/\$42.00 NR
Min/Max: 3/7 per agency

Code	Date
570760 B	9/22

Yoga and Super Hero Workshop (co-op)

This exciting one day workshop is a combination of Yoga and Superhero-themed activities. In the first hour, participants will enjoy superhero activities including wearing superhero party masks and temporary tattoos to dress up as a superhero, choosing their own superpowers and making superhero crafts. Afterwards, participants will enjoy a second hour of Yoga instruction where they will enhance their flexibility and strength and learn a variety of yoga poses, or mudras, while playing fun yoga games. Yoga mats will be provided. Participants should bring a water bottle. Young children must be fully potty trained.

Ages: 3-6 yrs
Day: Friday
Time: 4:30-6:30 pm
Location: WS Rec Center
Fee: \$30.00 R/\$38.00 NR
Instructor: Bumble Bee Yoga/Mrs. Bee
Min/Max: 2/6 per agency

Code	Date
510429 C	9/25
610429 C	11/13

Up, Up and Away - Building Flying Models (co-op)

Learn to make simple flying models from paper, styrofoam and balsa wood. Have fun designing your own model planes, building them to fly, and learning how to fix them if they break. Each week a new model will be formed using scissors, tape, and white glue.

Age: 8-12 years old
Day/Time: Wednesday, 4:00-5:00 pm
Location: WS Rec Center
Instructor: R. Magin
Fee: \$45.00 R/\$56.00 NR
Min/Max: 1/2 per agency

Code	Dates
620339 A	9/16-10/21

Beginning Guitar (co-op)

This guitar class is set up for beginning students and will teach kids how to play and jam with their peers. Emphasis is placed on having fun while learning! Along with guitar playing essentials, students will learn guitar skills through playing classic pop songs. Essential guitar skills and basic note-reading are taught in a fun, supportive setting that allows students to develop at their own pace. Note: instruments not provided.

Age: 6-12 years
Day: Tuesday
Time: 6:30 – 7:30 pm
Location: LG Rec Center, 536 East Ave
Instructor: American Music Institute
Fees: \$108.00 R/ \$140.00 NR
Min/Max: 3/6 per agency

Code Dates
520680 A 9/22-11/10

Chess Wizards

This interactive, discovery-based chess class will inspire participants to think ahead, visualize their goals, treat others with respect and to learn from mistakes. Class is geared for children of all skill levels; from chesslings to checkmate artists, participants will build upon their knowledge through lessons, tournaments, variation games and more!

Age: 5-14 yrs
Day: Tuesday
Time: 4:00-5:00 pm
Location: WS Rec Center
Instructor: Chess Wizards
Fee: \$115.00 R/\$144.00
Min/Max: 6/12

Code Dates
570754 A 9/15 - 10/27

Jedi Engineering: Mission to Space!

Join us on an adventurous journey through space! Build a world where rebels and the dark side start epic battles. Participants will learn about real-life space exploration during our engaging lessons. Using our proprietary project kits and model plans, they will use their engineering skills to build different moving models. We'll build motorized models that represent spacecraft from your favorite popular space movie as well as models related to the NASA space program. Our one-of-a-kind models incorporate beams, gears, axles, motors & battery packs! Participants will also learn some of the science behind launching things into orbit, hear about the most-distant man-made object in the universe, and discuss what it is like to be an astronaut in space. We'll provide the bricks; all you need to bring for this adventure is your imagination!

Age: 5-9 years
Day/Time: Thursday, 6:15-7:15 pm
Location: WS Rec Center
Fee: \$55.00 R/\$69.00 NR
Instructor: Bricks 4 Kidz
Min/Max: 8/12 per agency

Code Date
520661 B 9/17-10/8

Tree House Adventures

Magical, mythical, and marvelous Art is coming your way in this new Young Rembrandts Drawing class! Join us for fun and creative action as we explore deep in the Tree House Fantasy Forest. Participants will tap into their imagination, learning to draw otherworldly creatures like fairies, trolls and a Forest Queen. Artists will become mythical architects to design and draw the Tree House of their dreams. Such a cool way to gets kids to view their surroundings and imagine a different world right in their own back yard. Participants will complete different drawings each class and learn to create beautiful scenery and new masterpieces.

Age: 5-10 yrs
Day/Time: Saturdays, 10:30-11:30 am
Instructor: Young Rembrandt Staff
Location: WS Rec Center
Fee: \$38.00 R/\$48.00 NR
Min/Max: 6/12

Code	Dates
570333 A	9/12-9/26 (3 wks)

PICKLEBALL

Pickleball Skills and Drills Challenge - Outdoors

This fun class is designed to take your skills to a new level through a variety of drills. 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 and backhand and serving. At the end of the clinic there is a special challenge day that players will compete for the Challenge Championship. Bring your own equipment

Age: Adults 40+
Day/Time: Mondays, 11:00am-1:00pm
Location: Northeast Park
Instructor: Jose Sosa
Min/Max: 4/10
Fee: \$60.00 R/\$70.00 NR

Code	Dates
540251 A	9 /14 - 10/12

Pickleball Clinic – Outdoor

Looking to learn or advance your pickleball skills? It's easy for beginners to learn this fast-paced, competitive game and an excellent source for the intermediate to gain new skills. 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! Basic skills to include: 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. Bring your own equipment.

Age: 40+
Day/Time: Wednesday, 6:00-7:00 pm
Location: Northeast Park
Fee: \$40.00 R/\$50.00 NR
Instructor: Cliff Florczak
Min/Max: 4/8

Code	Level	Dates
540251 B	Beginners	9/9 -9/23
540251 B1	Intermediate	9/9-9/23
540251 B2	Beginners	9/30 -10/14
540251 B3	Intermediate	9/30 -10/14

Age: 40+
Day/Dates: Fridays , 9/11 – 10/16
Location: Northeast Park
Fee: \$60.00 R/\$70.00 NR
Instructor: Jose Sosa
Min/Max: 4/8

Code	Level	Times
540251 C	Beginners	11:00am -12:00pm
540251 C1	Intermediate	12:00-1:00pm

ADULT FITNESS CLASSES

To be able to continue the drop-in style of our fitness classes, we have added a new procedure for checking in to each daily class. These procedures can be found at the end of this brochure.

PLEASE NOTE: You must follow these procedures to be able to attend class.

Punch cards can still be purchased online using the codes below each class description.

Be Strong – Alex Rimmele

This class incorporates hand weights for body sculpting to increase bone density, gain lean and defined muscles, improve balance, enhance flexibility and boost metabolism. Classes include Interval Training (HIIT and Tabatas) and Yoga Sculpt. Exercise equipment such as resistance bands, bosu balls, steppers, yoga blocks and straps will be incorporated in classes and are provided. Although this is an intermediate level class, modifications will be provided and all levels are welcome. Bring a mat, weights, water bottle and wear gym shoes.

August and September classes will be held outside at the Rec Center parking lot near the garage (20 max).

Registration deadline for each class: 8 pm on Monday night.

Session: Continuous Monthly (starts 8/25)
No class 11/3, 12/22, 12/29.
Day/Time: Tuesdays, 9:00-10:00 am
Instructor: Alex Rimmele, ACE Certified/RYT- 200
Location: WS Rec Center Gym
Min/Max: 9/10 (indoors)
Fee: Adults Drop In - \$10.00/class
Seniors Drop In - \$8.00/class
5 class Punch Cards: \$50 Adults/\$40 Seniors

Code
570436 P1, P3 or P5 Adult Punch Card
570436 P2, P4 or P6 Senior Punch Card

Total Body Conditioning – Kelly O'Donnell

This is a full body strengthening workout to include core, balance and cardio. We will incorporate hand weights, bands and blocks provided by the Recreation Department. This is an all levels fitness class. Bring your mat and water bottle.

August and September classes will be held outside at the Rec Center parking lot near the garage (20 max).

Registration deadline for each class: 8 pm on Tuesday night.

Session: Continuous Monthly (starts 8/26)
No class 9/9, 9/16, 12/23, 12/30.
Day/Time: Wednesdays, 9:00-10:00 am
Instructor: Kelly O'Donnell, Yoga Alliance E-RYT 200/AFAA Group Exercise
Location: WS Rec Center Gym
Min/Max: 9/10 (indoors)

Fee: Adults Drop In - \$10.00/class
Seniors Drop In- \$8.00/class
5-class Punch Cards: \$50 Adults/\$40 Seniors

Code
540455 P1, P3 or P5 Adult Punch Card
540455 P2, P4 or P6 Senior Punch Card

Fitness Workshop – Diane Pearse

Tuesday/Thursdays Only

Don't wait! Get in shape! Total body workouts are set to energizing music to shape every inch! Exercises target tummies, hips, waists, heart. Enjoy 55 minute health club workouts at a fraction of the cost. We use free weights to tone and maintain muscle. Bring your own or use provided ones. Classes are coed and open to all age groups. Exercise is the only true fountain of youth. It keeps both mind and body healthy. So now is the time to enjoy and really just do it!

PLEASE NOTE: If you sign up for the monthly fee, you will not need to check in prior to the class.

Registration deadline for each class: by 10 am on Tues or Thursday.

Saturday deadline: by 5 pm Friday night.

Age: Adult
Session: Continuous Monthly (starts 9/8)
No class 11/3, 11/26, 12/24, 12/31
Day/Time: Tues & Thur, 7:00-8:00 pm
Location: Grand Ave Gym
Fees: \$5 per class or monthly fee listed below
Instructor: Diane Pearse
Min/Max: 8/10

Month	Code/Fee
Sept	570438 A - \$40.00
Oct	570438 B - \$40.00
Nov	570438 C - \$40.00
Dec	550429 D - \$40.00

Fitness Workshop

Saturdays Only

Same as above but only on Saturdays at 7:45-8:45 am.

No class 10/31, 11/28, 12/26.

Month	Code/Fee
Sept	570438 A1 - \$20.00
Oct	570438 B1 - \$20.00
Nov	570438 C1 - \$20.00
Dec	550429 D1 - \$20.00

Fitness Workshop

Tuesdays, Thursdays and Saturdays

Month	Code/Fee
Sept	570438 A2 - \$60.00
Oct	570438 B2 - \$60.00
Nov	570438 C2 - \$60.00
Dec	550429 D2 - \$60.00

Chair Yoga – Joan Binder

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.

Registration deadline for each class: 1 hr before class.

Session: Continuous Monthly (starts 9/1)
No class 11/3, 12/22, 12/29
Age: Adults
Day/Time: Tuesdays, 10:00-11:15 am

Location: Grand Ave Dance Studio
Fee: \$90.00 R/NR for 10 class package or
\$11 per class
Instructor: Joan Binder, RYT 250
Min/Max: 4/10

Code	Dates
550429 P1	9/1-10/27
650429 P1	11/3 -12/15

Yin Yoga – Joan Binder

Yin yoga offers a complementary alternative to a typical Hatha or “yang” practice. The principles of relaxing into a pose and holding the pose for longer time will create a deep stress on the connective tissues of the body: the fascia, tendons, ligaments, joint capsules and bones. Our tissues become stronger, thicker and longer plus our range of motion increases. The longer holds are nourishing and stimulating to the organs. The quiet stillness of this practice offers an opportunity for introspection and body/mind awareness. Most of this class will be on the floor. Bring your own yoga mat. Classes run continuously with very few breaks so join at any time.

Registration deadline for each class: 1 hr before class begins

Session: Continuous Monthly (starts 9/2)
No class 12/23, 12/30

Age: Adults
Day/Time: Wednesdays/9:15-10:30 am
Location: Grand Avenue Dance Studio
Fee: \$90.00 R/NR for 10 class package or \$11 per class
Instructor: Joan Binder, RYT 250, Yin certified
Min/Max: 4/10

Code	Dates
550429 P2	9/2-10/28
650429 P2	11/4-12/16

Yoga Level 1-2 – Joan Binder

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. Zoom Option also available for the same cost.

Registration deadline for each class: 1 hr before class.

Session: Continuous Monthly (starts 9/4)
No class 11/27, 12/25
Age: Adults
Day/Time: Fridays, 9:15 – 10:30 am
Location: Grand Avenue Dance Studio
Fee: \$90.00 R/NR for 10 class package or \$11 per class
Instructor: Joan Binder, RYT 250, Yin certified
Min/Max: 4/10

Code	Date
550429 P3	9/4-10/23
550429 P4	10/30-12/18

Pilates (Virtual) – Stacy Kafkes (co-op)

Access live Pilates classes from the comfort of your home! These classes are designed to improve strength, coordination, flexibility and balance. Equipment needed are a yoga mat, 1-2 pound hand weights, tennis ball, resistance band, small inflatable ball and foam roller 36 inches long. If you have any questions, email the instructor at stacykafkes@yahoo.com.

PLEASE NOTE: You will not need to check in prior to the class.

Age: Teen/Adults
Day/Time: Monday - 6:00-7:00 pm
Location: VIRTUAL
Fee: Session 5: \$70.00 R/\$77.00 NR (7 weeks)
Session 6: \$60.00 R/\$66.00 NR (6 weeks)
Instructor: Stacy Kafkes, Pilates Mat Certified (10 years experience)
Min/Max: 6/8

Code	Dates
570435 V1	9/14-10/26
670435 V1	11/2-12/14 (No class 11/23)

NEW CHECK-IN PROCEDURES FOR FITNESS CLASSES

We will be using our new registration software to check in prior to a drop-in class. Due to COVID regulations, we must not exceed the maximum participants allowed and must keep track of each participant in each of our classes. Directions on how to register are below.

Each instructor has a different cut off time for checking in, be it the night before or an hour before the class. Times for each class are below:

Be Strong	8:00 PM, Monday night
Total Body Conditioning	8:00 PM, Tuesday night
Fitness Workshop	10:00 AM the day of for Tuesday/Thursday classes
Fitness Workshop	5:00 PM, Friday night for Saturday class
Chair Yoga	9:00 AM the day of class
Yin Yoga	8:15 AM the day of class
Yoga Level 1-2	8:15 AM the day of class

There is no cost to check-in.

Check-in for the next class can be done once the prior class has completed.

Instructors will still accept check or cash for each individual class, but please bring exact change if paying by cash. You still must check-in prior to class.

If you have a punch card, we will track your punches.

You can check-in to your first class beginning August 14th at 8:30 AM.

Contact us at (708) 246-9070 with any questions or problems.

CHECK-IN PROCEDURES

Set up your individual and family profile:

1. Go to <https://wsprings.recdesk.com/> and click "Create Account".
2. Fill out all fields and click Submit to complete the Profile setup process.
3. You can add your other family members who will be registering for or paying for programs at this time also by clicking "Add Household Member" or you can add them at a later date.

Registering for Programs (this is currently considered check-in for the fitness classes)

1. Registrations can be initiated by either clicking on the “Register Now” button on the Program List Page or while viewing the Program Detail (Clicking on the program will give you program details).
2. This will display the Program Registration form. Choose the Family Member registering for the program (not the Parent/Guardian), the appropriate Fee Type (currently “No Fee” for fitness drop-ins) and then answer any additional questions that may be required for the program.
3. The new Registration will be added to your Shopping Cart and is now ready for Payment (there is no cost for checking-in). At this point, you can add more registrations to the shopping cart or complete the registration(s) by going through the Payment/Checkout process.

Checkout and Payments

1. Registrations are **NOT** complete until you go through the Checkout process. If there are pending registrations in your cart, go to your Shopping Cart and click Checkout.
 2. You will be directed to the Waiver page where you must click Accept to continue. The first time you sign up for a program there will be a lot of waiver information. Please keep in mind once you fill out this info it will pull into other programs.
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ADDITIONAL INFORMATION

Due to COVID, we were not able to produce a brochure for the Fall session. Each time we were ready to send our information to the designer, new regulations would be put in place and would make changes to our programs. Due to this, we have created this COVID edition of our activities brochure. As classes are added or changed, we will make updates to this brochure. We do have more classes planned and will add them closer to their start date.

During this time, we are trying to keep the public updated on program additions/deletions/changes, information on guidelines that effect our programs and other recreation department information on our website at:

www.wsprings.com/561/COVID-19

We also recommend that you sign up to receive New Flashes from the Recreation Dept. We usually send out a news flash when we updated the website. You can subscribe at:

www.wsprings.com/list.aspx

Finally, we recommend you follow us on Facebook for updates at:

<https://www.facebook.com/WesternSpringsRecreationDepartment>

We will be keeping the original program registration start dates:

Residents: August 14, 2020, 8:30am

Non-Residents: August 24, 2020, 8:30am

Contact us at 708-246-9070 with any questions. Please note that our offices are still closed to the public and our facilities are locked and only registered participants may enter.

Thank you for your understanding during this time. We put your health and wellness first.