

Brochure dated 10/10/20
Programs: October-December 2020

New programs added!

Look for JUST ADDED! throughout Brochure

Registration is now open for Residents and NonResidents

Register online:

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

A printable registration form can be downloaded from our website:

www.wsprings.com/recreation

Paper registrations can be mailed to
1500 Walker Street, Western Springs, IL 60558
or put in our locked drop box located outside of the
Recreation Center to the right of the main doors.

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

We are follow the State of Illinois protocols for Covid-19 management. For more details, please visit our website at <https://il-westernsprings2.civicplus.com/561/COVID-19>



EARLY CHILDHOOD

CO-OP

DINOSAUR DIG

Dig up some fun as children discover dinosaurs! We may even discover dinosaur eggs! Don't miss out on the games, crafts, and a snack. All supplies included on this "excavation."

AGE: 3-5 years
DAY: Saturday
TIME: A: 9:30-10:30 am
B: 11:00am-12:00 pm
LOCATION: LG Rec Center, 536 East Ave
FEE: \$23.00 R/\$30.00 NR
INSTRUCTOR: LG Rec Staff
MIN/MAX: 3/5 per agency

CODE	DATE
610653 A or B	10/17

VIRTUAL COOKING UP A STORY: FABULOUS FALL RECIPES

Join us for a baking class from home! We will work through the recipe together in our Zoom class, and while we wait for our treats to bake we will read our story. Each week we will pair a delicious recipe with an imaginative story and expand on the themes with drawing and sharing time. We will end our class with a taste test of the "bake of the day!" Registration deadline: Friday, October 2. No refunds after deadline.

AGE: 4-7 years
DAY: Wednesdays
TIME: 4:30 - 5:25pm
LOCATION: Virtual
FEE: \$45.00 per person
INSTRUCTOR: Abby McEntee
MIN/MAX: 6/12

CODE	DATE
510127 V	10/7-11/4

JUST ADDED!

CO-OP

KID ROCK III

AT LAGRANGE PARK DISTRICT. Musical 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. 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—at LPD
\$49.00 R/\$64.00 NR - Virtual
INSTRUCTOR: Rock It Productions
MIN/MAX: 2/4 per agency

CODE	DATES
610641 B	10/24-12/12 (No class 10/31 & 11/28)
610641 V	10/26-12/7 Virtual



EARLY CHILDHOOD

YOGA FOR YOUNGSTERS

JUST ADDED!

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
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.



JUST ADDED!

CO-OP

SANTA'S LITTLE HELPER

This holiday class is sure to help your child feel the Christmas spirit! During Santa's Little Helper, we will read holiday stories, play games and make a cool holiday craft! Each participant will create a special project to display at home during the holiday season!

AGE: 3-6 years
DAY/TIME: Wednesday, 3:30 - 4:30 pm
LOCATION: LG Rec Center, 536 East Ave
FEE: \$15.00 R/\$20.00 NR
INSTRUCTOR: LG Staff
MIN/MAX: 3/5 per agency

CODE	DATE
610630 A	12/9

JUST ADDED!

CO-OP

TUMBLING

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: A1. 2-3 yrs/4:15-4:45 pm (Parent/Tot)
B1. 4-6 yrs/5:00-5:40 pm (Pee Wee Beg)
FEE: A1: \$58.00 R/\$72.00 NR
B1. \$60.00 R/\$78.00 NR

INSTRUCTOR: Dance Techs
LOCATION: WS Rec Center Gym
MIN/MAX: 4/5 per agency

CODE	DATES
570222 A1 or B1	11/2-11/30

YOUTH PROGRAMS

JUST ADDED!

CO-OP

VIRTUAL MATH PLAYS PROGRAMS

MATH PLAYS I (PARENT AND TOT)

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: 3/5 per agency
CODE **DATES**
570148 V3 11/4-12/2 (No class 11/25)

MATH PLAYS II (PARENT AND TOT)

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: 3/5 per agency
CODE **DATES**
570148 V6 11/4-12/2 (No class 11/25)

MATH PLAYS (PRESCHOOL-KINDERGARTEN)

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: 3/5 per agency
CODE **DATES**
570148 V9 11/4-12/2 (No class 11/25)

VIRTUAL MATH PLAYS (CONTINUED)

MATH PLAYS (HOMESCHOOLED 1ST-4TH GRADES)

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: V3: 1st-2nd Grades: 11:30 am-12:30 pm
V6: 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: 3/5 per agency
CODE **DATES**
670148 V3 11/4-12/2 (No class 11/25) 1st-2nd
670148 V6 11/4-12/2 (No class 11/25) 3rd-4th

YOGA AND SLIME ECLIPSE WORKSHOP

This one day workshop incorporates both yoga as well as a slime making workshop! The yoga session is an introductory course for beginners where students will learn basic poses and calming techniques while increasing their strength and flexibility. Stories and games will be included to enhance the experience. Bring your own yoga mat and water bottle. Note: to make the slime, we may be using school or PVA glue, baby power, acrylic paint, food coloring, lotion, shaving cream, as well as laundry detergent.

AGE: 7-11 years
DAY: Friday
TIME: 6:00-8:00 pm
LOCATION: WS Rec Center
FEE: \$30.00 R/\$38.00 NR
INSTRUCTOR: Bumble Bee Yoga/Mrs. Bee
MIN/MAX: 2/5 per agency
CODE **DATES**
520429 A 10/23
620429 A 12/11

CO-OP

MANNERS MATTER (ETIQUETTE PROGRAM)

Looking to help your child gain the poise and confidence of social etiquette? Children will learn the basic skills needed to help them navigate in various social situations with ease and certainty. The focus will be on teaching manners as a demonstration of kindness, consideration and respect toward others. This class offers the “other voice” to convey the common courtesies that parents try to teach at home. Topics include: introductions, conversation, telephone and technology manners, writing thank-you notes, and table manners. Dress code (optional): young ladies – dress/skirt and blouse, and young men – khakis and collared shirt.

AGE: 7-11 years
DAY/TIME: Tuesday, 4:30-5:30 pm
LOCATION: WS Rec Center
FEE: \$60.00 R/\$75.00 NR
INSTRUCTOR: Lisa Geneser
MIN/MAX: 2/5 per agency
CODE **DATE**
570332 A 10/20-11/17 (No class 11/3)

YOUTH PROGRAMS

LIGHTS, CAMERA, ACTION- MAKING YOUR OWN HARRY POTTER MOVIE

CO-OP

What's the next adventure for Harry Potter, Ron and Hermione? You decide! We will create our own Harry Potter™ movie using special movie making cameras and software. As directors and producers, we will work in teams to create our own story and script, build various Harry Potter™ Lego® scenes and film our own movie. We will use graphic editing techniques and stop motion animation, add background noise and music, and show our movie at a private screening on the last day of class. All students will get a copy of their movie after class ends.

AGE: 8-12 years
DAY: Thursday
TIME: 4:30-6:00 pm
LOCATION: LG Rec Center, 536 East Ave
INSTRUCTOR: Computer Explorers
FEES: \$88.00 R/ \$114.00 NR
MIN/MAX: 2/3 per agency

CODE **DATE**
 620671 A 10/22-11/12

JUST ADDED!

FROSTY THE SNOWMAN

CO-OP

Who doesn't like Frosty? The most adorable snowman is waiting for you to create! Each participant will stuff his/her own snowman, add a star to make a wish, design a T-shirt, and provide a blanket for your new friend. A "birth certificate" will also be provided. Don't miss this cute class!

AGE: 5-11 years
DAY/TIME: Tuesday, 6:30-7:30 pm
LOCATION: WS Rec Center
INSTRUCTOR: Ultimate Classes & Parties
FEE: \$35.00 R couple /\$43.00 NR couple
MIN/MAX: 3/5 per agency

CODE **DATE**
 670760 A 12/8

MAGIC CLASS

CO-OP

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 years
FEE: \$21.00 R/\$26.00 NR
LOCATION: WS Rec Center
INSTRUCTOR: Gary Kantor
MIN/MAX: 3/5 per agency

CODE	DAY	DATE	TIME
570741 A	Monday	10/19	6:45-7:40 pm
670741 A	Tuesday	12/1	5:00-5:55 pm



Magic Instructor Gary Kantor

YOUTH PROGRAMS

CO-OP

JUST ADDED!

THANKSGIVING CENTERPIECE

Kick off your holiday season celebrations with this class! Take some time out of your busy schedule to enjoy designing and decorating a special Thanksgiving centerpiece for your home. Your holiday guests will love your creation! We will provide everything you need along with a special holiday snack and beverage. This class is sure to be a big hit, so don't miss out!

AGE: 5-10 years
DAY/TIME: Tuesday, 6:30 - 7:30 pm
LOCATION: WS Rec Center
INSTRUCTOR: Ultimate Classes & Parties
FEE: \$35.00 R/\$44.00 NR
MIN/MAX: 3/5 per agency

CODE **DATE**
670760 C 11/17

CO-OP

JUST ADDED!

HOLIDAY REINDEER

You know Dasher and Dancer and Prancer and Vixon... Come create an adorable reindeer for you to snuggle with. Each participant will stuff his or her own reindeer, add a star to make a wish, decorate a holiday T-shirt, and create a rhinestone collar. A "birth certificate" will also be provided. Space is limited, so sign up early for a fun filled holiday class.

AGE: 4-11 years
DAY/TIME: Tuesday, 6:30-7:30 pm
LOCATION: WS Rec Center
INSTRUCTOR: Ultimate Classes & Parties
FEE: \$35.00 R/\$43.00 NR
MIN/MAX: 3/5 per agency

CODE **DATE**
670760 D 12/1

JUST ADDED!

CO-OP

SLIME TIME

Let's create some SLIME together! Each participant will go home with their own bag of slime.

AGE: 6-10 years
DAY/TIME: Thursday, 6:30-7:30 pm
LOCATION: LG Rec Center, 536 East Ave
FEES: \$15.00 R/\$20.00 NR
INSTRUCTOR: LG Staff
MIN/MAX: 3/5 per agency

CODE **DATE**
620654 A 12/3

GADGETS & GIZMOS!

JUST ADDED!

Participants will love our interactive Bricks 4 Kidz models! This class is all about the fun of exploring and experimenting with what they have built. From a motorized optical illusion machine to a spin art model, kids will love playing with their creations and have a blast constructing a mini-figure launcher. Participants will also learn about gear ratios with the paper crinkler & crazy gears models! Don't miss out! Join us as we learn, build, and play with LEGO® bricks!!

AGE: 5-9 years
DAY/TIME: Thursday, 6:00-7:00 pm
LOCATION: WS Rec Center
FEE: \$55.00 R/\$69.00 NR
INSTRUCTOR: Bricks 4 Kidz
MIN/MAX: 8/12

CODE **DATES**
620661 A 11/19-12/17 (No class 11/26)

JUST ADDED!

EXTREME NINJAS ADVENTURE CAMP

Enter a world of ninjas, adventure and LEGO® master-building! Campers will use LEGO® bricks in their adventure to master different building methods and techniques. Throughout the week, we will build dojos, LEGO® ninja weapons, vehicles and more! Campers will use our proprietary kits and model plans to build one-of-a-kind LEGO® creations! Some of the daily activities will include LEGO® technic motorized builds, mosaics, ramps, ziplines, daily take home crafts and much more inspired by your favorite Ninjago™ and Ninja Turtle® stories!

AGE: 5-9 years
DAY/TIME: Monday - Thursday, 1:00-4:00 pm
LOCATION: WS Rec Center
FEE: \$140.00 R/\$175.00 NR
INSTRUCTOR: Bricks 4 Kidz
MIN/MAX: 8/12

CODE **DATES**
620661 B 12/28-12/31

YOUTH PROGRAMS

DINOSAUR DYNASTY

JUST ADDED!

Travel back in time to the land of the Lost to explore - DINOSAURS! Each class participants will use a step by step method of shapes and lines to create impressive and frame-worthy art. Artists draw and color different types of dinosaurs in varied styles from realistic, graphic and cartoon. Perfect for boys or girls who love the ancient world of BIG LIZARDS! We'll use colored pencils, Sharpies™ and markers, and bring the dinosaurs alive with color and humor.

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
670333 A	11/7-11/21 (3 wks)

JUST ADDED!

ICE MAGIC CHARACTERS

We will be FREEZING in this drawing class! Come explore the *Ice Magic as we draw several characters and scenes from familiar stories. We'll use shapes and lines to create an Icy Horse, and a Bumbling Snowman as well as Beautiful Princesses with their own magic stories come to life on paper. Brighten up your child's winter and peak their creative spirit while strengthening educational and drawing skills.

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
670333 B	12/5-12/19 (3wks)

HOLIDAY ETIQUETTE CLASSES

JUST ADDED!

Have your child ready to enjoy the holidays with ease and confidence by learning basic etiquette skills. Your child will learn how to navigate in various social situations with ease and certainty. The class focus will be on teaching manners as a demonstration of kindness, consideration and respect toward others. This class offers the "other voice" to convey the common courtesies that parents try to teach at home. A snack will be served to practice their new etiquette skills.

Dress Code: Boys - Shirt and Tie; Sport coat (optional); Girls - dress or suit pant.

DAY: Sunday
AGE/TIME: A: 5-8 years—12:30-1:30 pm
B: 9-14 years—2:00-3:15 pm
LOCATION: WS Rec Center
INSTRUCTOR: Lisa Geneser
FEE: A: \$30.00 R/\$40.00 NR
B: \$40.00 R/\$50.00 NR
MIN/MAX: 6/12

CODE	DATE
670332 A	11/8
670332 B	11/8



YOUTH SPORTS

SOCCER & T-BALL COMBO WITH PARENT

This class is perfect for kids who are full of energy and parents who are looking to introduce their kids to t-ball and soccer. 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 t-ball and a 3 week focus on soccer. Parent stays in class.

AGE: 3-5 years old w/parent
DAY: Saturday
TIME: 11:30 am - 12:20 pm
LOCATION: Grand Ave Gym
FEE: \$56.00 R/\$66.00 NR
INSTRUCTOR: Sports R Us
MIN/MAX: 8/12

CODE **DATES**
570223 A 11/7-12/19 (No class 11/28)

LIL PINT SOCCER

Kick in some excitement with this instructional program perfect for the first timer. With the use of smaller sized soccer balls, players will learn the basic skills of dribbling, passing, shooting, and goaltending. Instructors will work with participants on good sportsmanship and teamwork. This is a great class for both boys and girls! Games will be played at the end of each class.

AGE: 3-5 years old
DAY: Thursday
TIME: 4:30-5:20 pm
LOCATION: Grand Ave Gym
FEE: \$56.00 R/\$66.00 NR
INSTRUCTOR: Sports R Us
MIN/MAX: 8/16

CODE **DATES**
670227 A 11/5-12/17 (No class 11/26)



FLOOR HOCKEY

Calling all you hot shots out there! All the action of hockey on a floor! This class is for both the beginner player and experience player. 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.

AGE: 6-7 years old
DAY: Thursday
TIME: 5:30-6:30 pm
LOCATION: Grand Ave Gym
FEE: \$56.00 R/\$66.00 NR
INSTRUCTOR: Sports R Us
MIN/MAX: 8/16

CODE **DATES**
670225 B 11/5-12/17 (No class 11/26)

PEE WEE TENNIS

Tennis can be a challenging sport, especially when you are just beginning. We provide scaled down rackets, a mini net, and larger tennis balls to provide kids with basic tennis skills. 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 welcomed.

AGE: A. 4-5 years, - 12:30-1:20 pm
B. 6-7 years—1:30-2:20 pm
DAY: Saturday
DATES: 11/7-12/19 (No class 11/28)
LOCATION: Grand Ave. Gym
FEE: \$56.00 R/ \$66.00 NR
INSTRUCTOR: Sports R Us
MIN/MAX: 8/20

CODES
610520 A or B



TAE KWON DO

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 **DATES**
620637 A or B 10/23-12/18 (No class 10/30 & 11/27)

YOUTH SPORTS



SPARTZ SPORTZ

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: Saturday
TIME: 10:15-11:00 am
LOCATION: Grand Ave Gym
FEE: \$100.00 R/\$120.00 NR
INSTRUCTOR: Christopher Spartz Basketball
MIN/MAX: 10/20

CODE **DATES**
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)
DAY: Saturday
TIME: 11:00 am—12:00 pm
LOCATION: Grand Ave Gym
FEE: \$100.00 R/\$120.00 NR
INSTRUCTOR: Christopher Spartz Basketball
MIN/MAX: 10/20

CODE **DATES**
520272 C1 10/24-11/28

CO-OP

FENCING

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/LEVEL: A. 4:45-5:45pm—Advanced
B. 5:45-6:45 pm—Beginner
LOCATION: Katherine Legge Memorial Lodge, Hinsdale
FEE: \$30.00 R/\$72.00 NR (50% off addl family member)
INSTRUCTOR: Tracy Lapshin
MIN/MAX: 4/4 per agency

CODE **DATES**
620668 A or B 11/2-12/14 (No class 11/23)



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.

WINTER ONLY

DATES: November 6-December 11 (no practice 11/27)
LOCATIONS: Westmont Yard, Max McCook or other indoor facility

PRACTICE DAY/TIME: Fridays, 6:00-7:15pm
FEE:** \$280.00 R/NR**
MIN/MAX: 16/20 per team
INSTRUCTOR: Western Springs Lacrosse Coaches

CODE	GRADES
630245 A	1st and 2nd
630245 B	3rd and 4th
630245 C	5th and 6th
630245 D	7th and 8th

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

Check out our website for more info: 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 information or to be put on the lacrosse mailing list, contact Kelly Letten at kletten@wsprings.com

Register online at <https://recregistration.wsprings.com>.

Lacrosse registration form will be available on our website, on the schools' websites and to the lacrosse mailing list.

BOYS HOUSE LACROSSE

FALL LEAGUE 2020

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 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	GRADES
620245 A	K - 4th
620245 B	5th - 8th

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.

BOYS AND GIRLS INTRO TO LACROSSE

SESSION 6: INTRO TO LACROSSE

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.

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

TEENS

CO-OP

MANNERS MATTER - ETIQUETTE FOR TEENS

Looking to help your teenager gain the poise and confidence of social etiquette? Act and Dress for Success!! Teens will learn how to make a great first impression, give a proper introduction, properly use telephone and email etiquette, write thank-you letters, make small talk, use technology and social media (netiquette) responsibly, and dress for the occasion. We will also review table manners and provide a dining tutorial. This class offers the "other voice" to convey the common courtesies that parents try to teach at home. Dress code: young ladies - dress/shirt/slacks and blouse, and young men - khakis/slacks and collared shirt

AGE: 12-15 years
DAY: Tuesday
TIME: 5:45-6:45 pm
LOCATION: WS Rec Center
FEE: \$65.00 R/\$81.00 NR
INSTRUCTOR: Lisa Geneser
MIN/MAX: 2/5 per agency

CODE 570332 B DATES 10/20-11/10 (No class 11/3)

SPECIAL EVENTS

CO-OP

PARENT & TOT PUMPKIN CARVING

Hey kids! Grab your pumpkin and your parent to create your own pumpkin creation for Halloween! We'll provide the carving materials, decorations, as well as a Halloween snack. All you need to bring is a pumpkin along with your imagination!

AGE: 2-6 years w/parent
DAY/TIME: Wednesday, 6:30-7:30 pm
LOCATION: LG Rec Center, 536 East Ave
FEES: \$15.00R/\$20.00 NR (per couple)
INSTRUCTOR: LG Rec Staff
MIN/MAX: 3 per agency

CODE 660722 A DATE 10/28

SPECIAL EVENTS

HALLOWEEN HOOPLA AT SAFETY VILLAGE

WEDNESDAY, OCTOBER 28 OR

THURSDAY, OCTOBER 29

Suggested Ages: 3 -9 years



Treat your kids to a spooktacular evening out in the fresh air! Register for a FREE one hour time slot that includes games of chance for one and all, a craft table, strolling entertainment by our very own magician and balloon artist, Gary Kantor and Sno-Cones available for purchase by Tropical Sno. Participants will leave with their very own goodie bag of treats and prizes!

Two time slots available, per day (each family can only sign up for one total time slot):

3:45—4:45 pm Total max 50
5:00—6:00 pm Total max 50

Registration starts on October 1 at our NEW registration site: <https://wsprings.recedesk.com>. Just create your household and sign up for free!

Each family member (children & 1 adult per family ONLY) MUST be signed up to attend this event. Due to COVID restrictions, we can only have 50 people per time slot and would like to have as many kids as possible enjoy this event.

VOLUNTEERS are NEEDED... to make this special event a success and to put a smile on our childrens' faces. Teens, adults, church groups, scout troops are welcome. If interested, please email Rita at rbartelt@esprings.com.



ADULTS

We are in the process of transferring over to a new Registration system. Due to Covid-19 guidelines, we must keep track of everyone in our classes. Participants in our Fitness classes are required to add their name to each day's attendance list by going to our new site at [HTTPS://WSPINGS.RECDESK.COM](https://wspings.recdesk.com) and creating a new account. You must then register for each individual class you will be attending. You will still be able to pay daily or use your punch card and will not be charged a fee on the new system. For now, we are just using it for attendance purposes. For complete details, go to our website at <https://il-westernsprings2.civicplus.com/DocumentCenter/View/7304/2020-Fall-Brochure>.

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

TOTAL BODY CONDITIONING

NEW! MONDAYS ADDED! - 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.

REGISTRATION DEADLINE FOR EACH CLASS:
8 PM SUNDAY NIGHT (FOR MONDAY)
8 PM TUESDAY NIGHT (FOR WEDNESDAY)

SESSION: Continuous Monthly (starts 8/26)
No class 9/9, 9/16, 12/23, 12/30.
DAYS/TIMES: Mondays, 8:00-9:00 am
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: 9/20
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

PILATES (VIRTUAL) – STACY KAFKES



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 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)

BE STRONG – ALEX RIMMELE

FRIDAY MORNINGS JUST ADDED!! BEGINS OCT 16!

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. Classes will be held outside at the Rec Center parking lot near the garage and will move to the gym when the weather changes.

REGISTRATION DEADLINE FOR EACH CLASS:
8 PM MONDAY NIGHT (FOR TUESDAY CLASS)
8 PM THURSDAY NIGHT (FOR FRIDAY CLASS)

SESSION: Continuous Monthly (starts 8/25)
No class 11/3, 12/22, 12/29.
DAY/TIME:** Tuesdays, 9:00-10:00 am
Fridays, 9:00-10:00 am

JUST ADDED!

INSTRUCTOR: Alex Rimmele, ACE Certified/RYT- 200
LOCATION: WS Rec Center Gym
MIN/MAX: 9/20
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

ZUMBA—ANNA KRUEGER

Zumba is an interval workout where you move between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance. Come see why this Latin-inspired dance workout is one of the most popular group exercise classes in the world! Please bring exact change.

REGISTRATION DEADLINE FOR EACH CLASS:
8 PM WEDNESDAY NIGHT

AGE: 18 and up
DAY: Thursdays
TIME: 9:00-10:00 am
LOCATION: WS Rec Center parking lot - will move to gym when weather changes
FEE: \$10 per class or 10-class punch card for \$80 (punch cards expires 6 mo from date of purchase)

INSTRUCTOR: Anna Krueger
MIN/MAX: 5/20
CODE DATES
570434 P1 9/17-12/17 (No class 11/26)

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

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

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 Tuesday 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: Tuesday & Thursday, 7:00-8:00 pm

LOCATION: Grand Ave Gym \$ per class or monthly fee listed

INSTRUCTOR: Diane Pearse

MIN/MAX: 8/10

MONTH CODE/FEE

September	570438 A - \$40.00
October	570438 B - \$40.00
November	570438 C - \$40.00
December	570438 D - \$40.00

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
September	570438 A1 - \$20.00
October	570438 B1 - \$20.00
November	570438 C1 - \$20.00
December	570438 D1 - \$20.00

TUESDAYS, THURSDAYS AND SATURDAYS

MONTH	CODE/FEE
September	570438 A2 - \$60.00
October	570438 B2 - \$60.00
November	570438 C2 - \$60.00
December	570438 D2 - \$60.00

ADULTS

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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.

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

ADDITIONAL INFORMATION

Due to COVID, we were not able to produce our regular brochure for the Fall session. 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>

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.

Contact the Western Springs Park District at www.wsparks.org for information and details about the Western Springs Parks and park programming.

Total Park Area: 91 Acres		Average	Background	Ball Diamond	Open Field	Tennis Courts	Shower	Swim Pool	In-Line Hockey	Sand Volleyball	Recreational Courts	Artic. Baseball
Clark Park Howard & 26th St.	10	✓	1	1								✓
Rivier Park Hillgrove & Ellington	75	✓	1	1	1		1					✓
Roosevelt Hills Park Central & 51st St.	70	✓	1	3	1		3					✓
Laddow Park Hampton & Maple	40	✓	1		1		1					✓
Northwood Park Clowen & 39th St.	20	✓		1								✓
Recreation Center 1500 Walker	10	✓										✓
Ridge Acres Park 4621 Honey	20	✓	1	1	1	1	1					✓
Ridgewood Park 22-26 Grand Ave.	40	✓	1	1		1	1					✓
Sandus Park Hampton & 39th	40	✓	1	3								✓
Spring Brook Park Burlington & Central	420	✓	5	4	7	3	2	1	2			✓
Springdale Park Caroline & 51st	75	✓	1	1	1	1						✓
Timber Trails	50	✓	1	1		1						✓
Tower Green & Mearns Hillgrove & Grand	10											✓
Veterans Park 42161 Loran	10	✓										✓



WESTERN SPRINGS RECREATION DEPT.

1500 Walker Street
Western Springs, IL 60558

708.246.9070 ph
708.246.1309 fax

www.wsprings.com/recreation

Online registration:
<http://recreation.wsprings.com>