



WOOD DALE PARK DISTRICT  
*Active Places. Friendly Faces.*

# NOVEMBER & DECEMBER 2020

## PROGRAM GUIDE

# GENERAL INFORMATION

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## **Registration Information:**

To register, please visit [wdparks.org](http://wdparks.org) and sign up for an account with ActiveNet. If you already have an account please access your account to register. Or, you can call the front desk at 630-595-9333 to register or visit the Recreation Complex front desk during our hours of operation.

## **Please view the Recreation Complex Front Desk hours belows:**

- Monday and Friday, 8:00 am – 7:00 pm
- Tuesday, Wednesday, and Thursday, 8:00 am – 8:00 pm
- Saturday and Sunday - closed

## **Ways to pay:**

We accept the following forms of payment:

Cash, Check, Credit Card (Visa, Discover, and Mastercard) We reserve the right to request proof of residency at any time.

## **Wood Dale Park District Facilities:**

The Woodlands at White Oaks Park

111 S. Wood Dale Rd. Wood Dale, IL 60191

Recreation Complex

111 E. Foster Ave., Wood Dale, IL 60191, 630.595.9333

Salt Creek Golf Club

1051 N. Prospect Ave., Wood Dale, IL 60191, 630.773.0184

Mission Statement: Serving the community with quality recreational experiences that provide a fun and healthy lifestyle.

Vision Statement: Aspire to create positive memories and endless opportunities for the community.



# SPECIAL EVENTS

## Burn your bird - Cancelled

Mark your calendars and join us for Burn Your Bird on Friday, November 27! Come and burn off those TURKEY DAY calories with us with 20 minutes of spin, 20 minutes of strength training, and 20 minutes of core work. Space is limited!

Fri, Nov 27	10-11am	\$8	44577AZ	The Woodlands at White Oaks
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## Countdown to Christmas - Cancelled

Countdown to Christmas as we celebrate the 12 days of Christmas. We will be counting down from twelve. Make sure you bring some holiday cheer and spirit. Limited spots available.

Thu, Dec 24	9-10 am	\$8	44577AY	The Woodlands at White Oaks
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## New Year New You - Cancelled

Start your year working out and join us as we ring in the new year! We will be kicking the year off with cardio, weights and abs. Limited spots available.

Fri, Jan 1	10-11am	\$8	44577AX	The Woodlands at White Oaks
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## Letters to the North Pole

3+ years

The North Pole has recruited the Wood Dale Park District to assist Santa in writing letters to all the good girls and boys. Write a letter to Santa letting him know how good you were this year along with your wishes. Please include a self address and stamped envelope.

Drop your letter in our special mailbox located in the Recreation Complex lobby which is open Monday-Friday from 8:30 am -7:00 pm by December 9. A letter from Santa will be sent back to your child prior to December 24.

## Storytime with Mrs. Claus

3 - 9 years

Mrs. Claus is getting Santa ready for his big night. Every night she reads him a different story as he falls asleep. Before storytime, we will help decorate cookies and make ornament crafts to take home. Come dressed in your PJ's so you can be ready for bed just like Santa. All children will get a book to take home signed by Mrs. Claus. Limited spots available. One parent per child.

Wed, Dec 9	5:00-5:45 pm	\$15 R/ \$18 NR	45804AA	Zoom
Wed, Dec 9	6:15-7:00pm	\$15 R/ \$18 NR	45804AB	Zoom
Wed, Dec 9	7:30-8:15pm	\$15 R/ \$18 NR	45804AC	Zoom

## Where's Rudolph? Scavenger Hunt

Rudolph is lost. Santa needs your help to find him. This is a self-lead scavenger hunt. Families will need to take pictures of themselves with the clues and submit to be enter in to a raffle drawing. Participants will receive the first clue via email.

Nov. 30- Dec 13  
Registration \$5/family     RUDOLPH20

# FACILITY RENTALS

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## Host your next gathering with us!

At this time, The Woodlands facility has a capacity of 40 people and the Recreation Complex has a capacity of 50 people, or 50% of the room capacity, whichever is smaller. Please contact us today to learn more.

We offer banquet room rentals, gym rentals, birthday party packages, and field rentals.

Tours are available on weekdays or by special appointments. To schedule, please call Kristina Sromek at 630-948-0282 at the Recreation Complex or Renne Carrell at 630-361-0214 at Salt Creek Golf Club.

### **Salt Creek Golf Club**

Salt Creek Golf Club has seamlessly delivered wonderful experiences to guests for over 20 years! Stop by our facility at 1051 N. Prospect Ave and see why Salt Creek is the place to host your next event. We specialize in weddings, golf outings, luncheons, bridal and baby showers, and much more. We accommodate your needs and understand the importance of details and special touches. *For pricing and more information, contact Renee at 630.361.0214 or visit us at [saltcreekgolfclub.com](http://saltcreekgolfclub.com)*

### **The Woodlands at White Oaks Park**

This facility will serve as a refreshing respite away from the busy urban environment in which we live. The natural surroundings will be a much-needed escape from the pressures of daily life. This is the perfect spot to host your next event for a serene and relaxed experience. We offer packages for birthday parties, wedding and baby showers, and special events. More information can be found at [wdparks.org](http://wdparks.org).

### **Recreation Complex Gym**

Located at the Recreation Complex, the gymnasium houses many activities. It has six basketball hoops, two international-sized volleyball courts, two pickleball courts, and a full-sized basketball court. The gymnasium is extremely versatile making it the perfect spot to host your next birthday party or private rental. *Half-Gym Rentals start at \$50/hour and Full Gym Rentals start at \$70/hour.*

### **Conference Room**

This modern and functional conference room is in the Recreation Complex facility. This room features floor to ceiling windows, updated office furniture, a mini-fridge, and coffee bar amenities. This is the perfect spot to host your next small party or meeting. Please visit [wdparks.org](http://wdparks.org) for more information. *Conference room rentals start at \$30/hour.*

### **Program Room A/B**

Located on the second floor of the Recreation Complex, this versatile tiled room provides privacy and ample space for your next birthday party or private rental. *Room rentals start at \$40/hour.*

### **Senior/Teen Room**

Residing in the East Wing of the Recreation Complex is the Senior/Teen Room. This room is spacious and provides versatile uses for private rentals and parties. This room can include a kitchen. *Senior/Teen Room rentals start at \$50/hour for half of the room and \$70/hour for the entire room.*

### **Dance Room**

Our newly renovated dance room, equipped with floor to ceiling length mirrors, barres, and a marley floor, is the perfect spot to host your next dance practice, dance-themed birthday party, or anything in between. *Dance room rentals start at \$30/hour.*

### **Community Park**

Located in the heart of Wood Dale, this spacious park features five ballfields and a playground. There are also tennis courts on the grounds of Community Park which is located just north of Wood Dale Jr. High School. *Community Park rentals start at \$40/hour for residents with a \$10 additional fee for field lights.*

### **Soccer Field**

Nestled near Community Park is the Wood Dale Park District Soccer Field. This full-length soccer field is perfect for your tournaments, pick-up games, and practices. *Soccer Field rentals start at \$30/hour for residents.*

### **Franzen Grove**

One of Wood Dale's most serene parks is available for private rentals. Surrounded by trees, a gazebo and several picnic tables make this space the perfect spot to host your next outdoor event. *Franzen Grove rentals start at \$35/hour for residents with an additional \$25 for Gazebo light usage.*

# EARLY CHILDHOOD PROGRAMS

## 2020-2021 Rainbow Playschool

*A few spots are still available!*

Follow the rainbow to a quality, well-rounded early childhood program that will build your child's self-confidence in a fun and nurturing environment. The Rainbow Playschool has classes for terrific twos, energetic threes, and fabulous four-year-olds.

Classes are filled with wonderful stories, joyful music, age-appropriate art projects, exciting games in our full-sized gym, plus activities designed to expose your child to important concepts including letters, numbers, shapes, and colors.

The Rainbow Playschool strives to encourage the social, emotional, physical, and cognitive development of young children through play, to build a life-long love for learning.

### **REGISTRATION INFORMATION:**

- Registration is done online on ActiveNet
- Original Birth certificate is required for new students. Front desk staff will make a copy.
- ePACT Network will be used to collect all medical and emergency contact information electronically. After you register, you will receive an email invitation within 24 hours to complete your account. If you have previously created an ePACT account, then you only need to verify that your information is correct.

A \$30 non-refundable registration fee and the first payment is due at the time of registration. The first payment will be applied to the month of May. All other payments are due on the first of each month starting in September.

To learn more, visit [wdparks.org](http://wdparks.org).

**\*\*Spots are limited\*\***

If you have questions, please contact Brittany, the program supervisor, at [blynam@wdparks.org](mailto:blynam@wdparks.org) or

## Rock 'n' Kids – Tot Rock & Kid Rock

Ages 1 – 5 years

Wiggle, giggle, dance and sway, have some fun the Rock 'n' Kids way! Tot Rock and Kid Rock are movement-based learning and imaginative play classes with music. All class procedures are designed to keep staff and students safe. Activities are age appropriate by class and will include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening and following directions skills. With a focus on STEAM learning, each session will have a new educational theme! Join us for music that really can't be "beat"! [www.rockitkids.com](http://www.rockitkids.com)

Tot Rock (1 year old, with parent)

Mon, Jan 11 – Feb 8      9:30 – 10:10am      11015AA

Kid Rock I (2-3 year olds, with parent)

Mon, Jan 11 – Feb 8      10:15 – 10:55am      11019AA

Kid Rock II (3-5 year olds, without parent)

Mon, Jan 11 – Feb 8      11:00 – 11:40am      11020AA

\$52 R / \$62 NR

Instructor: Rock 'n' Kids

Location: Medinah Park District Connolly Recreation Center,  
22W130 Thorndale Ave Medinah



# EARLY CHILDHOOD PROGRAMS

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## Rockin' At Home – Virtual Offering

Ages 1 – 6 years, family class

Sing, dance, play and learn YOUR way in this virtual music and movement class! Students will receive an email from Rock 'n' Kids Mondays at 8 a.m. with that week's pre-recorded, private, 30-minute virtual class, allowing families to participate on their own time. Activities will include opening songs, weekly theme introduction, 5-6 additional music activities, and closing songs. Along with class content, supplemental activities will be included to enhance your child's learning. Class activities will involve rhythm, fine and gross motor, imaginative play, sensory integration and listening skills. Don't miss this chance for safe, musical fun and learning with your child! [www.rockitkids.com](http://www.rockitkids.com)

Mon, Jan 11 – Feb 8      1119AAV

\$40 per family

Instructor: Rock 'n' Kids

Location: Virtual

\*Class links are emailed on Mondays at 8:00am and can be completed at your convenience



# YOUTH PROGRAMS

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## Kid Club Program

The Wood Dale Park District, in conjunction with School District #7, has developed the Kid Club program to support and assist families needing full-day care for their children both during, between, and after the times designated for remote-learning.

The program is designed for students in grades K – 5 attending Oakbrook and/or Westview schools.

Morning Care 7:00 – 8:15am - \$99/month

\*Day Care 8:15 am – 3:15 pm - \$287/month

After Care 3:15 – 6:00 pm - \$113/month

Fees due at registration will vary depending on the date registered.

The program will be offered Monday-Friday.

\*Day Care option required for registration.

For more information and to find out how to register, contact Dan at [dlescher@wdparks.org](mailto:dlescher@wdparks.org) or by calling 630-948-0843.

## School Days Off

Kindergarten – 6th grade

We offer a program for half and full days off of school. Activities will include games, crafts, free play, and trips. Children should bring a sack lunch and a drink. Registration for School Days Off will begin in December. The School Days Off program is available to students in Kindergarten – 6th grades. Spots are limited, so it is suggested to register as early as possible for any days you may need throughout the year. There is no After Care on half-day off days.

Location: Recreation Complex The registration deadline is one week prior to the date of the program. Requests for enrollment past the registration deadline will be subject to a \$10 late fee.

Full Days: 7:00 am – 6:30 pm, \$49

Half Days: 12:30 pm – 6:30 pm, \$36

Dates:

Nov 16 - Full Day

Nov 23 - Full Day

Nov 24 - Full Day

Nov 25 - Full Day



# YOUTH PROGRAMS

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## Virtual Magic Workshop

5 – 12 years ,family workshop

Professional Magician Gary Kantor now teaches his popular magic class ONLINE! This 45-minute virtual class teaches children how to perform a number of mind-boggling tricks using everyday household items. Gary will start by explaining the secrets to the tricks, and then both Gary and the children will practice everything in great detail. Participants will have a blast as they learn exactly what to say and do when performing in front of an audience. Since this class is online, it can be taken whenever it is convenient for your schedule. Videos can be watched again and again. Your entire family can even take this class together! Additionally, be sure to sign up for this class again since new tricks are taught each session.

After you register, you will be emailed information on how to access the private class video and a list of a few household items that are needed for the class.

November Virtual Magic Workshop      44204AAV

December Virtual Magic Workshop      44204ABV

Fee: \$13

\*Register anytime throughout the month.

Class videos are pre-recorded and can be completed whenever at your convenience.



# YOUTH PROGRAMS

## Castles, Moats, & Catapults – NEW!

4-7 years

Build to withstand any siege! Participants learn principles of construction and use math skills as they experiment with scale and size and staggering vs. stacking. In a hands-on class using Lego® materials, we will work in teams to build castles, towers of strength, and working catapults. On the last day, we will have a marshmallow launching challenge with our catapults! This class takes place at the Bloomingdale Park District. No class Nov 26.

Thurs, Nov 12 – Dec 10      5:30 – 6:30pm      44007AE  
\$67 R / \$77 NR

Instructor: Computer Explorers

Location: Bloomingdale Park District, 172 South Circle Ave

## Girls Just Wanna Have Fun Night Out – Glitzy Girlz

4-10 years

Come join Glitzy Girlz ([www.glitzygirlz.com](http://www.glitzygirlz.com)) for a packed night of celebration! Gather friends and sign up for this great class of much needed girl's time. Glitzy Girlz staff will be doing Hair and Nail makeovers. Each participant will decorate a cool craft with paint, jewels, and fun personalization. Each participant also designs a jewelry charm bracelet with awesome beads and charms. Staff then leads a high energy dance party with great music. Everyone leaves with a glam gift! Online pre-registration is required.

Wed, Nov 11 6:00 – 7:30pm      44221AD  
\$28 R / \$38 NR  
Instructor: Glitzy Girlz  
Location: The Woodlands at White Oaks Park



# DI BELLA DANCE

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## Di Bella Dance

— A Program of the —  
**WOOD DALE PARK DISTRICT**

### A few friendly reminders:

- If you register past the first day of class please call Dan at 630-948-0843 to have fees pro-rated.
- All students must have a COVID Health Assessment Form signed and submitted by a parent to the instructor at the start of class. Without this form, the student will not be allowed to participate in class!
- After signing your child into class, parents may wait outside of class in a chair brought from home or by standing in the hallway. Please observe 6ft of distance between other persons at all times.

### Dance with Me

15 months – 2 years

This new development class provides children ages 15 months to two-year-olds a fun and safe environment to grow their minds and bodies. Mom (or dad) and child will enjoy sing-alongs, dance, and the use of colorful props. Not only will you get a great workout, but you will be able to meet and mingle with other parents! A grandmother, grandfather, or caretaker is welcome to join! (Attire: Clothing that allows freedom of movement. No jeans. Socks or bare feet are allowed.)

Dates: Mon, Jan 4 – Mar 23

Time: 10:00 – 10:30 am

Code: 1113D    Zoom Class Code: 1113DV

Instructor: Taryn Lomnicki

Fee: \$149

### Pre Ballet/ Tiny Tap

4 – 6 years

Come enjoy learning two genres in our new hour-long class. We will be focusing on ballet technique and dance for one half of the class. Then switch to into our tap shoes to learn tap technique and dance. Leotard, tights, ballet shoes, & tap shoes are required.

Dates: Wed, Jan 6 – Mar 25

Time: 4:30 – 5:30 pm

Code: 11109D    Zoom Class Code: 11109DV

Instructor: Taryn Lomnicki

Fee: \$178

# DI BELLA DANCE

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## Pre-Ballet

4 – 6 years

This class is a supportive and fun introduction to ballet. Specific focus will be on class etiquette, ballet positions, and following directions. Students will begin ballet movement vocabulary in French.

(Attire: Leotard, tights, skirts or tutus, and pink ballet shoes. Hair should be pulled back and away from the face.)

Dates: Thur, Jan 7 – Mar 26

Time: 4:45 – 5:15 pm

Code: 11120D Zoom Class Code: 11120DV

Instructor: Taryn Lomnicki

Fee: \$149

## Baby Ballet

2 – 4 years

Baby Ballet

A creative movement class designed to prepare children for a structured dance experience. Your new independent dancer will learn basic dance movements, follow along with songs, and dance with props.

(Attire: Leotard, tights, skirts or tutus, and pink ballet shoes.)

Dates: Mon, Jan 4 – Mar 23

Time: 11:00 – 11:30 am

Code: 11107D Zoom Class Code: 11107DV

Instructor: Taryn Lomnicki

Fee: \$149

## Ballet I

7 – 9 years

The class will focus on basic ballet technique, proper body alignment, French terminology, and musicality. Students will be introduced to barre and center work.

Dates: Mon, Jan 4 – Mar 23

Time: 6:00 – 6:45 pm

Code: 11108D Zoom Class Code: 11108DV

Instructor: Tammy Zack

Fee: \$178

## Pre Pointe/Beginner Pointe

10 + years

This class is designed for students who are new to pointe. They are taught the necessary muscle development to be or continue to be on en pointe. Additional Ballet class is required. (Attire: Leotard, tights, hair in a bun, and pink ballet shoes.)

Dates: Wed, Jan 6 – Mar 25

Time: 6:15 – 7:15 pm

Code: 11104D Zoom Class Code: 11104DV

Instructor: Tammy Zack

Fee: \$194

## Ballet II

10+ years

To register for this class, the student must go through an evaluation at the first class, demonstrating a full understanding of the previous level. Participants will learn a more advanced level of the Ballet I technique and continue their French vocabulary. (Attire: Leotard, tights, hair in a bun, and pink ballet shoes. Ballet skirt is ok, no tutus.)

Dates: Tues, Jan 5 – Mar 24

Time: 5:15 – 6:15 pm

Code: 11106D Zoom Class Code: 11106DV

Instructor: Tammy Zack

Fee: \$194

## Little Hip Hop

4 – 6 years

This class teaches students rhythm, coordination, and balance using fun creative techniques. Refocusing our energy has never been so much fun!

(Attire: Comfortable clothes for movement, clean gym shoes, and no jeans.)

Dates: Wed, Jan 6 – Mar 25

Time: 5:45 – 6:15 pm

Code: 11117D Zoom Class Code: 11117DV

Instructor: Taryn Lomnicki

Fee: \$149

# DI BELLA DANCE

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## Ballet III

10+ years

Students will continue to build upon the knowledge and skills learned in Ballet II, working towards mastery of all five ballet positions, consistency in maintaining their alignment, and turn-out, memorization of French terminology, and working towards double pirouettes.

Dates: Wed, Jan 6 – Mar 25

Time: 5:15 – 6:00 pm

Code: 11207D Zoom Class Code: 11207DV

Instructor: Tammy Zack

Fee: \$194

## Hip Hop II

10+ years

For our more advanced dancers, this hip-hop class focuses on performances as well as advancing in hip hop technique. (Attire: Comfortable clothes for movement, clean gym shoes, and no jeans.)

Dates: Mon, Jan 4 – Mar 23

Time: 6:30 – 7:30 pm

Code: 11100DV Zoom Class Code: 11102D

Instructor: Taryn Lomnicki

Fee: \$194

## Tap I

Beginning tap steps, developing rhythm and sound with our feet. Focusing on coordination and speed of movement. Black tap shoes required and fitted attire. No jeans.

Dates: Mon, Jan 4 – Mar 23

Time: 5:00 – 5:45 pm

Code: 11221D Zoom Class Code: 11221DV

Instructor: Tammy Zack

Fee: \$178

## Hip Hop I

7 – 9 years

Beginner hip hop students will learn floor work, musicality, and hand-and-foot coordination. Students will develop focus, strength, and style in this faster-paced class. (Attire: Comfortable clothes for movement, clean gym shoes, and no jeans.)

Dates: Tues, Jan 5 – Mar 24

Time: 5:00 – 5:45 pm

Code: 11105D Zoom Class Code: 11105DV

Instructor: Taryn Lomnicki

Fee: \$178

## Lyrical I

7+ years

This genre teaches students to tell stories through dance and movement. The student has the ability to express him/herself openly and without reservation. Our lyrical classes combined dance movements from ballet, jazz, and modern dance.

Ballet Class is strongly recommended as a prerequisite. (Attire: comfortable clothes for movement, nude lyrical shoes, and no jeans.)

Dates: Thur, Jan 7 – Mar 26

Time: 5:30 – 6:30 pm

Code: 11114D Zoom Class Code: 11114DV

Instructor: Taryn Lomnicki

Fee: \$194

## Musical Theatre

7+ years

This class combines song, acting, and dance. Students will learn rhythm, expressive movements, gestures, and facial expressions. (Attire: Form-fitting clothes, nude character shoes, and hair up and out of the face.)

Dates: Tues, Jan 5 – Mar 24

Time: 6:30 – 7:30 pm

Code: 11119D Zoom Class Code: 11119DV

Instructor: Tammy Zack

Fee: \$194

# DI BELLA DANCE



## Mini Company Conditioning

5 – 7 years

Interested in joining our competition team? This class will prep you for our award-winning dance company. We will focus on jumps, turns, performance quality, and much more! Jazz attire & shoes are required.

Dates: Mon, Jan 4 – Mar 23

Time: 5:00 – 6:00 pm

Code: 11110D Zoom Class Code: 11110DV

Instructor: Taryn Lomnicki

Fee: \$194

## Junior Company Conditioning

8+ years

Interested in joining our competition team? This class will prep you for our award-winning dance company. We will focus on jumps, turns, performance quality, and much more! Jazz attire & shoes are required.

Dates: Tues, Jan 5 – Mar 24

Time: 6:15 – 7:15 pm

Code: 11112D Zoom Class Code: 11112DV

Instructor: Taryn Lomnicki

Fee: \$194

# GYMNASTICS



The Wood Dale Park District is excited to announce a NEW partnership with **Gym Stars ETC Club located at 905 W. Irving Park Road, in Itasca.**

The mission of Gym Stars ETC is to encourage, teach, and care for every individual child. Their professionally-trained staff specializes in teaching boys and girls in a safe, positive, and progressive format.

## Registration and Program Info:

- Temperature check and hand washing upon arrival
- Participants will have an individual bin to put their belongings in during class
- Face masks must be worn in the lobby at all times – They can be removed when in the gym
- Social distancing will be designated in the gym and lobby
- Participants should bring a water bottle with their name on it (no disposable)
- Registration can be done online at [www.wdparks.org](http://www.wdparks.org)
- Participant's parent/guardian will be required to sign an additional waiver at the gym before participating in class.

All classes are for boys and girls

All classes take place at Gym Stars ETC Club gym

**Instructor:** Gym Stars ETC Staff

## **Twinkling Stars** 1 ½ - 3 ½ years (w/Adult)

If your child is ready to move, climb, crawl, hang, swing, bounce, roll and have fun with you, this class will be a blast for you both. Our staff will direct you on how to be your child's personal trainer while participating in different activities each week. This is a great class for them to develop their social skills by being around other children. We will softly develop their ability to follow instruction and structure. No class Nov 27.

Day/Date	Time	Fee	Code
Fri, Nov 6 – Dec 18	9:40-10:20am	\$60 R / \$70 NR	44252AE

**No Class Nov 29**

## **Rising Stars** 3 - 4 years

Is your child ready to attend class alone with our experienced instructors? We will safely introduce your child to all forms of tumbling, swinging, bouncing, and being upside down in a fun, active format. This class will develop your child's physical skills, social interaction and learning abilities. The progressive stations will develop self-confidence, strength and all basic gymnastics skills. Our class structure will increase their listening, attention span and mind to body connections. No class Nov 26, Nov 27, Nov 28.

Day/Date	Time	Fee	Code
Tue, Nov 3 – Dec 15	1:00-1:50pm	\$70 R / \$80 NR	44152AA
Thu, Nov 5 – Dec 17	9:30-10:20am	\$60 R / \$70 NR	44153AA
Fri, Nov 6 – Dec 18	9:30-10:20am	\$60 R / \$70 NR	44252AI
Fri, Nov 6 – Dec 18	10:30-11:20am	\$60 R / \$70 NR	44252AJ
Sat, Nov 7 – Dec 19	11:40-12:30pm	\$60 R / \$70 NR	44252AK

# Shooting Stars

4-5 years  
This class will challenge the new or experienced student. Tumbling on mats, swinging on bars, and bouncing on trampolines are just some of the activities your child will experience. Each week, different stations will improve your child's physical abilities. They will become stronger and more agile while increasing their listening skills, attention span, and mind-to-body connections in a positive learning environment. A great way to have fun, increase fitness, and learn gymnastics. No class Nov 26, Nov 27, Nov 28.

Tue, Nov 3 – Dec 15 (7 weeks)	1:00-2:00 pm	\$70 R / \$80 NR	44153BA
Thu, Nov 5– Dec 17 (6 weeks )	9:30-10:30 am	\$60 R / \$70 NR	44153BC
Fri, Nov 6 – Dec 18 (6 weeks)	10:30-11:30 am	\$60 R / \$70 NR	44153BD
Sat, Nov 7 – Dec 19 (6 weeks)	11:30-12:30 pm	\$60 R / \$70 NR	44153BE



## Ninja Stars

6-9 years  
Students will enjoy an action-packed class with running, jumping, vaulting, tumbling and kicks. Their energy and skills become more focused with every class. Obstacle courses are created to maximize impulse and energy control. Our Ninja Creed provides guidelines and discipline with a positive focus. No class Nov 28.

Sat, Nov 7 – Nov 19 (6 weeks)	11:45-12:30pm	\$60 R / \$70 NR	44332AF
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## Mini Ninja Stars

4-6 years  
Students will enjoy an action-packed class with running, jumping, vaulting, tumbling and kicks. Their energy and skills become more focused with every class. Obstacle courses are created to maximize impulse and energy control. Our Ninja Creed provides guidelines and discipline with a positive focus. No class Nov 28.

Sat, Nov 7 – Nov 19 (6 weeks)	11:45-12:30pm	\$60 R / \$70 NR	44332AF
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## Ninja Level 1

6-9 years  
Students will enjoy an action-packed class with running, jumping, vaulting, tumbling and kicks. Their energy and skills become more focused with every class. Obstacle courses are created to maximize impulse and energy control. Our Ninja Creed provides guidelines and discipline with a positive focus. No class Nov 28.

Sat, Nov 7 – Nov 19 (6 weeks)	11:45-12:30pm	\$60 R / \$70 NR	44332AF
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# YOUTH ATHLETICS

WIBA 2020-2021

REGISTRATION DEADLINE IS DECEMBER 16, 2020

**\*\* The structure of this season, number of weekly practices, team sizes, league games, and COVID Rules may vary depending on guidelines provided by IDPH, ILDCO, the Itasca and Wood Dale Park Districts, and the Inter-Village League Board. The Itasca and Wood Dale Park Districts reserve the rights to change any policies and procedures at any time. \*\***

## Grades 1st – 8th

The Itasca and Wood Dale Park Districts are cooperatively offering a youth basketball league (WIBA) specifically for children currently enrolled in 1st-8th grades. This league was created to provide a healthy basketball environment, with the objective of developing basic basketball skills while providing the opportunity for all players to participate equally in a team atmosphere. It is the goal of the league to promote an atmosphere of fun, teamwork, and good sportsmanship as the players learn basic skills and improve on existing skills.

*\*\* The structure of this season, number of weekly practices, team sizes, league games, and "COVID Rules" may vary depending on guidelines provided by IDPH, ILDCO, the Itasca and Wood Dale Park Districts, and the Inter-Village League Board. The Itasca and Wood Dale Park Districts reserve the rights to change any policies and procedures at any time. \*\**

## WIBA Co-Rec (1st-2nd Grade)

The WIBA Co-Rec League is an introduction to the rules and team atmosphere of organized basketball. Your little player will build basic basketball fundamentals while learning how to work as a team member. No score is kept in this league. Focus is on fun and simple mechanics. This level is the starting point into further development of our WIBA In-House League.

\$150 R / \$160 NR      44308

## WIBA Girls (3rd-8th Grade)

The Wood Dale and Itasca Park Districts cooperatively offer a youth basketball league specifically for girls currently enrolled in 3rd-8th grades. This league was created to provide a healthy basketball environment with the objective of developing basic basketball skills while providing the opportunity for all players to participate equally in a team atmosphere. It is the goal of the league to promote an atmosphere of fun, teamwork, and good sportsmanship as the players learn basic skills and improve on existing ones.

1st child \$130 R / \$140 NR

Each additional child \$120 R / \$130 NR

3 – 4 grade      44309A

5 – 6 grade      44301A

7 – 8 grade      44311A

## WIBA Boys (3rd-8th Grade)

The Wood Dale and Itasca Park Districts are cooperatively offering a youth basketball league for boys currently enrolled in 3rd-8th grades. This league was created to provide a healthy basketball environment, with the objective of developing basic basketball skills while providing the opportunity for all players to participate equally in a team atmosphere. It is the goal of the league to promote an atmosphere of fun, teamwork, and good sportsmanship.

1st child \$165 R / \$175 NR

Each additional child \$130 R / \$140 NR

# YOUTH ATHLETICS

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## TENTATIVE DATES FOR ALL LEAGUES

Registration Deadline - Dec 16  
Player Evaluation – Week of Jan 4  
Coaches Draft – Week of Jan 4  
Practices Start - Week of Jan 11 (Days & Times TBA)  
League Games Start - TBD (Jan – March, Schedules TBA)  
Picture Day - TBA  
\*More information to follow after December 28.



## IMPORTANT REGISTRATION INFO:

- ONLINE REGISTRATION IS REQUIRED
- Jerseys are INCLUDED in the registration fees, shorts may be purchased for an additional fee!
- We are looking for both Head & Assistant Coaches – Please indicate interested in coaching at time of registration or contact your WIBA supervisor.
- Games may be held on Saturdays or Sundays unless there are make-up games. Coaches will contact players for all dates.
- You are responsible for transporting your child to and from each game and practice.
- All teams are drafted by coaches or Recreation Supervisors. No player requests.



# YOUTH ATHLETICS

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## Taekwon-Do

6 years+ (including teenagers and adults!)

Taekwon-Do is another form of martial arts. The benefits of Taekwon-Do include character building, confidence, self-esteem, discipline, focus, perseverance, physical fitness, improved balance, coordination, strength, and flexibility.

The instructor for this program is Barry Weisberg, who has over 30 years of experience in Taekwon-Do. Classes will take place at the Medinah Park District on Mondays and Wednesdays.

Days: Mon/Wed

Dates: Nov 2 – Dec 23

Time: 5:00 – 6:00pm

Code: 44560AB

Fee: \$50 R / \$60 NR

\$10 for each additional family member

\*Uniforms are required and can be purchased on the first day of class for \$45

\*Adult uniforms are also required and can be purchased on the first day of class for \$65

Instructor: Barry Weisberg

Location: Medinah Park District, 22W130 Thorndale Ave

\$40



## \*NEW\* Kids Martial Arts

6 – 12 years

Instructed by Martial Arts USA of Wood Dale, this is a terrific program for kids to get physically fit, learn practical self-defense, and develop characteristics such as discipline, respect, and confidence.

Wed, Nov 11 – Dec 16 5:30 – 6:30pm 44245AB

\$60 R / \$70 NR

\*Uniforms are not required but can be purchased through the instructor for an additional \$40.

Instructor: Martial Arts USA of Wood Dale

Location: Recreation Complex

# YOUTH ATHLETICS

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## Team A Baton and Poms

6+ years

Baton and Poms skills will be reinforced, and new skills will be taught to challenge participants. Participants will be involved in competitions along with an annual recital held in April of 2021.

No class Nov 26.

Day: Thu

Dates: Oct 8 – Dec 17

Time: 6:00 – 7:30pm

Code: 44234AA

Fee: \$135 R / \$145 NR

Location: Recreation Complex



## Private Baton Lessons

6-19 years

Fine-tune your twirling skills by attending a private lesson. Students participating in private lessons will have the opportunity to work on routines and enhance their skills through individual attention from the instructor.

*Students should contact instructor Mary Hinchley to schedule 30-minute weekly lessons.*

No lessons Nov 26.

Thu, Oct 8 – Dec 17

Privates are held between 5:00 – 6:00 pm and 8:00 – 8:30 pm  
Advanced Private Lesson Fee: \$21 per lesson (\$210 for 10 lessons)

Beginner Private Lesson Fee: \$15 per lesson (\$150 for 10 lessons)

Location: Recreation Complex



## Wood Dale Stars Baton and Pom Pon Team

6-19 years

Wood Dale Stars is a baton and pom pon team that promotes self-confidence and responsibility in its members. In addition to practice, the Stars participate in several competitions both locally and out-of-state, parades, and the annual recital. The instructor's approval is required to register. The Stars have won many awards including seven national titles.

No class Nov 26.

Day: Thu

Date: Oct 8 – July 15

Time: 6:00 – 8:00 pm

Code: 44056AC

Fee: \$582 R / \$592 NR total or

\$194 R / \$197 NR x three payments

First payment due at registration

Second payment due Jan 15

Third payment due April 15

# FITNESS STUDIO

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## THE FITNESS STUDIO IS OPEN WITH MODIFIED GUIDELINES

The current Fitness Studio hours are Monday-Friday from 8:00 am-7:00 pm with no attendant on duty. Kindly, disinfect equipment after each use. We have added additional spray bottles and cleaning towels for you to use.

A maximum of 10 members will be allowed at a time and entry will be allowed on a first-come, first-served basis. Please keep in mind that a maximum stay of 90 minutes will be enforced.

Anyone wanting to enter the Fitness Studio when it is at maximum will be asked to wait outside the building until a space is available. To assess availability, members can call 630-595-9333.

All memberships are active and annual memberships are NOT being accepted at this time. Monthly memberships can be renewed and daily passes can be purchased at this time.

Masks will be required in the building and in the Fitness Studio when social distancing cannot be maintained. If you have any questions, please contact [ksromek@wdparks.org](mailto:ksromek@wdparks.org).

Please note: The locker room, showers, and track are still closed at this time. Masks are required to enter the building and walk to the Fitness Studio. You can take your mask off while working out. Social distancing guidelines must be adhered to at all times.

Monthly Memberships	R	NR
Individual	\$20	\$23
Couple	\$32	\$33
Family (3)*	\$42	\$43
Senior	\$12	\$15
Student	\$14	\$16
Corporate Ind.	\$18	\$20
1-Month Membership	\$30	\$30
Daily Pass	\$6	\$8

# FITNESS CLASSES

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## Bootcamp

18+ years

Join us with some water bottles and gallons of water to challenge our bodies in new and fun ways. You will sweat, have fun, and make new friends.

Tu, Nov. 3-24	7:00-7:45pm	44558AE	\$32
Thu, Nov. 5-19	6:00-6:45pm	44558AF	\$24
Tue, Dec. 1-29	7:00-7:45pm	44558AG	\$40
Thu, Dec. 3-17	6:00-6:45pm	44558AH	\$32

Location: Woodlands at White Oaks

## Piyo

18+ years

Piyo is a unique blend of Pilates, Yoga, and more!

This program is designed to build strength and gain flexibility. The moves fit perfectly together to form a class that is filled with choreography that's fun, challenging, and will make you sweat.

Sat, Nov 7-21	9:15- 10:00 am	44585AC	\$24
Sat, Dec 5-19	9:15- 10:00am	44585AD	\$24

Location: Woodlands at White Oaks

## Bike Fight Fit

18+ years

Spinning, Weight training, and cardio join forces to give you a kickin' workout. Bring your energy and a water bottle.

Mon, Nov 2-30	5:15-6:00pm	44577AC	\$40
Mon, Dec 7-28	5:15-6:00pm	44577AD	\$32

Location: Woodlands at White Oaks

# FITNESS CLASSES

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## Chair PIYO

18+ years

Working with light weights and resistance bands for building strength and toning arms. Increase your balance with support from standing behind the chair and working on muscle tone. This class will make you feel stronger and feel refreshed.

Mon, Nov 2-30	9:00-9:45 am	44550AC	\$40
Mon, Dec 7-28	9:00-9:45 am	44550AD	\$32

Woodlands at White Oaks

## Spin

18+ years

Dim the lights and turn up the mood-boosting music. Let adrenaline-infused motivation lead you up hills, along with sprints, and through stationary jogs.

Tue Nov 3-24	6:00-6:45 pm	44558AU	\$32
Tue Dec 1-29	6:00-6:45 pm	44558AV	\$40
Fri, Nov. 6-20	9:00-9:45 am	44558AY	\$24
Fri, Dec. 4-18	9:00-9:45 am	44558AZ	\$24

Woodlands at White Oaks

## Strength and Balance

If you feel unstable, this class is for you. Learn simple exercises that will help increase your stability and strength in your legs, back and arms. Class can be done seated or standing. Classes will be 30 minutes in length and will be pre-recorded and sent to anyone enrolled.

Videos links will be sent once a week starting Nov.3- Dec. 22, 2020.

Each week you can enroll for a new video or sign up for all 8.

\$5 per video or 8 videos for \$30

SB11120, SB11220, SB11320, SB11420, S11520, SB11620, SB11720, SB11820- weekly

SBALL82-All 8

Kristina Sromek, Instructor



A Facility of the  
WOOD DALE  
PARK DISTRICT

## 2020 Golf Rates

### Greens Fees

9 Holes Walking: \$15

9 Holes Riding: \$20

18 Holes Walking: \$18

18 Holes Riding: \$26

Contact the Golf Shop for more details.

## Golf Leagues

It is easy as 1-2-3 to reserve your group the same tee time(s) for the 2021 golf season. Please call 630.773.0184 and ask for the Manager on Duty.

## Golf Specials & Tee Time Online

Check and book daily golf specials at [www.saltcreekgolfclub.com](http://www.saltcreekgolfclub.com). To stay updated with upcoming special events, find us on Facebook and Twitter.

## Golf Club Regripping Now Available!

Call or stop by the Golf shop for details.

## Loyalty Program

As a way to reward you, our "frequent" player, we are offering a loyalty program. Simply complete a registration form at the Golf Shop and start accumulating points right away. The points can then be used for free rounds of golf.

## Golf Center Update

Wood Dale Park District assumed management and operations of the Golf Center, formerly TopGolf, on July 1, 2020, and anticipates opening in 2021.

The Golf Center is the placeholder name for the facility until a name is established. The latest Wood Dale Park District venue will be part of Salt Creek Golf Club and will offer patrons increased golf and social opportunities with exciting amenities. These two venues will work together to provide golf instruction, practice opportunities, and space for community meetings, social and corporate events, and private rentals. Stay tuned and check back for more information and updates!



# LATEST GOLF UPDATES AND EVENTS

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