



WOOD DALE PARK DISTRICT

*Active Places. Friendly Faces.*



# FEBRUARY & MARCH 2021

## 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.



# FACILITY RENTALS

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## Host your next gathering with us!

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

## 2021-2022 Rainbow Playschool *Registration information coming soon!*

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 630.948.0858.

## Valentine's Day Sweet Creations

Ages 3-5 years

Join us for a fun evening as we decorate our own Valentine's Day themed sweets! We will practice mixing, spreading, dipping, and more. Participants will be provided their own set of materials such as decorative frostings and sprinkles. Everyone will leave class with a container full of their delicious creations to enjoy at home. Children must be toilet-trained.

Thu, Feb 11      5:00 – 6:00pm      11013AE

\$10 R / \$20 NR

Location: Recreation Complex

Instructor: Ms. Brittany



# 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, Feb 22 – Mar 22 1119ABV

\*Participation is done on your own time

\$30 per family

Instructor: Rock 'n' Kids

Location: Virtual

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

## 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 (In-person)

1-year olds with parents

Mon, Feb 22 – Mar 22 9:30-10:10 am 11015AB

\$40 R / \$50 NR

### Kid Rock I (In-person)

2-3 year olds with parents

Mon, Feb 22 – Mar 22 10:15-10:55 am 11019AB

\$40 R / \$50 NR

### Kid Rock II (In-person)

3-5 year olds without parents

Mon, Feb 22 – Mar 22 11:00-11:40 am 11020AB

\$40 R / \$50 NR

Location:

Medina Park District

22W130 Thorndale Ave, Medinah, IL 60157



# 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 - Fee TBD

\*Day Care 8:15 am – 3:15 pm - Fee TBD

After Care 3:15 – 6:00 pm - Fee TBD

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.

Registration is open. Program fees cannot be determined until there is an established start date so parents must contact Dan to begin the registration process.

## 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. 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. 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.

Registration can be completed online, at the front desk, or by calling the front desk.

Location: Recreation Complex

Full Days: 7:00 am – 6:30 pm, \$49; Half Days: 12:30 pm – 6:30 pm, \$36

Dates:

Feb 15 - Full Day, Feb 23 - Full Day, Mar 1 - Full Day



# YOUTH PROGRAMS

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## Magic Workshop

Ages: 5 – 12 years

Children are guaranteed to have a great time as they learn fascinating tricks from a professional magician! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading and more. While the tricks may appear difficult, you will 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 always learn tricks that are age appropriate. Additionally, you can sign up for this class again and again as brand-new tricks are always taught at each session.

Wed, Feb 24    4:00-4:55pm    11204AA  
\$21 R / \$25 NR

**Completed at your convenience.**

## 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 several 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.

February    11204AFV  
\$13

**\*Participation is done on your own time and Completed at your convenience.**

## Cars, Catapults, and Bridges

Ages 7-10 years

This class focuses on teaching the FUNdamentals of engineering as students work in teams using LEGO simple machine kits. Each session will build upon the student's skill level as they learn about levers, wheels/axels, and gears. Projects could include building: drawbridges, cars, amusement park rides, cranes, catapults and much more! Join the fun while you explore engineering concepts that you can use at home for your own projects.

Thu, Feb 25 – Mar 18    6:00 – 7:15pm  
11007AC  
\$84 R / \$94 NR  
Location: Recreation Complex  
Instructor: Computer Explorers

## Beginning FUN-gineering

Ages 4-6 years

Young engineers will build working models of simple machines such as a seesaw, a rolling vehicle, and hockey player using Lego® Educational kits. Children will have a great time working on activities designed around creativity, exploring, investigating and problem solving in a fun group environment! While building these fun and interactive models, they will learn about levers, pulleys, gears, wheels, and axles.

Thu, Apr 8 – 29    5:30 – 6:30pm    22204AG  
\$67 R / \$77 NR  
Location: Addison Park District, 1776 W. Centennial Place  
Instructor: Computer Explorers

# 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.

### Baby Ballet

2 – 4 years

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.)

Mon, Jan 25 – Mar 23

Time: 11:00 – 11:30 am

Code: 11107D Instructor: Taryn Lomnicki

Fee: \$111

### Pre-Ballet/Tiny Tap

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.)

Thur, Jan 28 – Mar 26

Time: 4:30 – 5:15 pm

Code: 11109D Instructor: Taryn Lomnicki

Fee: \$145



# DI BELLA DANCE

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## 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 25 – Mar 23

Time: 6:00 – 6:45 pm

Code: 11108D Instructor: Tammy Zack

Fee: \$133

## 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, Feb 2 – Mar 24

Time: 5:45 – 6:30 pm

Code: 11106D Instructor: Tammy Zack

Fee: \$133

## 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 27 – Mar 25

Time: 5:15 – 6:00 pm

Code: 11208D Instructor: Tammy Zack

Fee: \$145

## 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 25 – Mar 23

Time: 5:00 – 5:45 pm

Code: 11221D Instructor: Tammy Zack

Fee: \$133

## 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, Feb 2 – Mar 24

Time: 5:00 – 5:30 pm

Code: 11105D Zoom Class Code: 11105DV

Instructor: Taryn Lomnicki

Fee: \$111

## 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, Feb 2 – Mar 24

Time: 6:30 – 7:30 pm

Code: 11119D Instructor: Tammy Zack

Fee: \$145

## 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, Feb 2 – Mar 24

Time: 6:15 – 7:15 pm

Code: 11112D Instructor: Taryn Lomnicki

Fee: \$145

# 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 April 2.

Day/Date	Time	Fee	Code
Fri, Mar 5 – Apr 30	9:40 – 10:20am	\$80 R / \$90 NR	11252AE

## **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 classes March 29 – April 3.

Day/Date	Time	Fee	Code
Fri, Mar 5 – Apr 30	9:30 – 10:20am	\$80 R / \$90 NR	11252AI
Fri, Mar 5 – Apr 30	10:30 – 11:20am	\$80 R / \$90 NR	11252AJ
Tue, Mar 2 – Apr 27	10:40 – 11:30am	\$80 R / \$90 NR	11253AA
Tue, Mar 2 – Apr 27	1:00 – 1:50pm	\$80 R / \$90 NR	11153AA
Sat, Mar 6 – Apr 24	11:40 – 12:30pm	\$80 R / \$90 NR	11252AR

\*Saturday Session - \$70 R / \$80 NR

# GYMNASTICS

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## 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 classes March 29 – April 3.

Day/Date	Time	Fee	Code
Fri, Mar 5 – Apr 30	10:30 – 11:30am	\$80 R / \$90 NR	11153BD
Tue, Mar 2 – Apr 27	1:00 – 2:00pm	\$80 R / \$90 NR	11153BC
Tue, Mar 2 – Apr 27	9:30 – 10:30am	\$80 R / \$90 NR	11153BA
Sat, Mar 6 – Apr 24	11:30 – 12:30pm	\$80 R / \$90 NR	11153BE

\*Saturday session - \$70 R / \$80 NR

## Ninja Stars

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 April 3.

## Mini Ninja Stars

4-6 years

Day/Date	Time	Fee	Code
Sat, Mar 6 – Apr 24	11:45 – 12:30pm	\$80 R / \$90 NR	11332AN

## Ninja Level 1

6-9 years

Day/Date	Time	Fee	Code
Sat, Mar 6 – Apr 24	11:30 – 12:15pm	\$80 R / \$90 NR	11332AD





# ICE SKATING

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## NEW! Learn to Skate Classes at The Edge Ice Arena

The Edge Ice Arena offers learn to skate classes for all ages and abilities from 3 years old to adult. Whether you are an aspiring Olympian, future Blackhawk or just want to skate for fun and exercise there is a class for you. The experienced professional figure skating staff is eager to share their knowledge and love of the sport. Fees include required annual membership to US Basic Skills or Ice Sports Industry. This 40-minute class includes 30-minute instructors with 10 minutes of supervised practice time. Skate rental is available for \$2 per week (punch card available for your convenience).

A helmet is recommended but not required. Dress for warmth but not in bulk. Gloves are must. Hockey skates will not be permitted for the tot classes without the instructor/director approval. Face coverings are required to be worn at all times. The Edge Ice Arena is located at 735 E. Jefferson Street and 545 John Street, Bensenville, Illinois 60106

**All Classes - \$110 R / \$120 NR**

### Tot (ages 3-4)

Winter Session 2:

Tues, Feb 16 – Mar 23	10:00-10:40 am	Jefferson St. Arena	11032BM
Wed, Feb 17 – Mar 24	4:00-4:40 pm	John St. Arena	11032BN
Wed, Feb 17 – Mar 24	4:40-5:20 pm	John St. Arena	11032BO
Sat, Feb 20 – Mar 27	9:30-10:10 am	John St. Arena	11032BP
Sat, Feb 20 – Mar 27	10:10-10:50 am	John St. Arena	11032BQ

### Parent/Tot (Parents are required to wear skates)

Wed, Feb 16 – Mar 24	10:00-10:30 am	Jefferson St. Arena	11032AC
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\*Includes public skate after class

### Beginners (age 5-12)

Winter Session 2:

Wed, Feb 17 – Mar 24	4:00-4:40 pm	John St. Arena	11032AM
Wed, Feb 17 – Mar 24	4:00-4:40 pm	John St. Arena	11032AN
Sat, Feb 20 – Mar 27	9:30-10:10 am	John St. Arena	11032AO
Sat, Feb 20 – Mar 27	10:10-10:50 am	John St. Arena	11032AP

### Teen/Adults (Ages 13 through Adult)

Winter Session 2:

Wed, Feb 17 – Mar 24	11:30-12:00 pm	Jefferson St. Arena	11032AS
Sat, Feb 20 – Mar 27	9:30-10:10 am	John St. Arena	11032AT



# YOUTH ATHLETICS

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## Taekwon-Do

Ages 6 through Adult

Imagine what an advantage you will have, now and in the future, by learning martial arts today. Imagine how your self-esteem will be enhanced, how self-confident you will become, and how you will learn to set goals and work to achieve them, all while learning respect for yourself and others. Imagine that "attitude is everything" and you will never give up in any aspect of your life. This is Taekwon-Do! We build character, confidence, self-esteem, discipline, focus, perseverance, physical fitness, improved balance, coordination, strength, and flexibility. Uniforms can be purchased on the first day through the instructor for \$45 (kid sizes) and \$65 (adult sizes). No class Apr 5

Mon/Wed, Mar 1 – Apr 21

5:00-6:00pm 11560AB

\$47 R / \$57 NR

\$10 each additional family member

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

Instructor: Barry Weisberg



## HoopsterTots

2-5 years (Adult participant is required for 2 – 3 ½ year olds)

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. No class March 30.

Tues, Mar 2 – Apr 6

3:30 – 4:15pm

1112AAH

\$54 R / \$64 NR

Instructor: Skyhawks Sports Academy

Location: Recreation Complex

## Mini-Hawk

4-7 years

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes. No class March 30.

Tues, Mar 2 – Apr 6

4:30 – 5:15pm

1110AEM

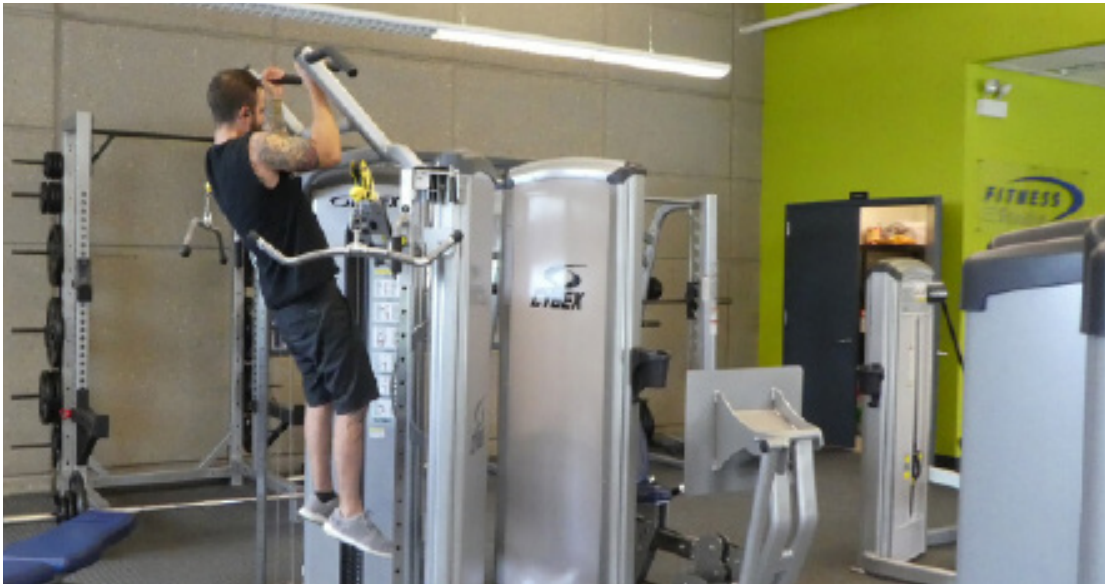
\$54 R / \$64 NR

Instructor: Skyhawks Sports Academy

Location: Recreation Complex

# 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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## T'ai Chi for Health

13 yrs+

T'ai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do, energizing and deeply relaxing; it brings health and vitality to all who practice it. The movements are all done naturally and gently. The gentle rocking motions and stretching movements improve circulation and digestion; and reduce physical tension. The controlled breathing reduces stress and anxiety, helping calm the mind. It helps regulate heart rate and blood pressure, boosting energy. The exercises are very effective and easy to learn. Students may choose to sit or stand as needed; making this class suitable for all ages and abilities. Classes will be held online via Zoom.

Thu Feb 21 – Mar 21 11:00 am-12:00pm 11571AA  
\$77 R/\$87 NR adult  
\$62 R/ \$72 NR senior  
Instructor: John Robertson  
Location: Recreation Complex

## Spin & Strength

18 yrs+

Work your core with a 30-minute workout on the bike, practicing our breathing, and building our stamina. This class is focused on toning, stamina, and conditioning our bodies to become stronger without lifting weights. There is a variety of biking, climbing, and squatting followed by 15 minutes of strength exercises.

Tues Feb 2 to Feb 23 6:00 pm-6:45 pm 11558AT  
Tues Mar 2 to Mar 23 6:00 pm-6:45 pm 11558AU  
\$28 R / \$36 NR  
Instructor: Nikki Bitner  
Location: The Woodlands

## Bootcamp

18 yrs+

A little of everything, cardio, strength, abs, and balance. Bring your energy and a water bottle to replenish yourself

Thu Feb 21 to Mar 21 6:00 pm-6:45 pm 11577AA  
Thu Mar 4 to Mar 25 6:00 pm-6:45 pm 11577AB  
\$28 R / \$36 NR  
Instructor: Kristina Sromek  
Location: The Woodlands

## Strength and Balance

If you feel unstable and have lost from strength, 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. All fitness levels can participate. 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 Jan 5- Feb 23, 2021.

Each week u can enroll for a new video or sign up for all 8.  
\$5 per video or 8 videos for \$30

SBJ121, SBJ221, SBJ321, SBJ421, SBF521, SBF621, SBF721, SBF821- weekly  
SBALLJF8 - All 8  
Kristina Sromek, Instructor



A Facility of the  
WOOD DALE  
PARK DISTRICT

## 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.

## 2021 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 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



**Salt Creek Golf Club**  
**RIB NIGHT!**  
**Curbside Pick Up**  
**Friday, February 12**

**THEY'RE BACK!!**

**\$22.00—BBQ RIB DINNER**

**Full Slab of Chef's Famous BBQ Ribs, Baked Potato, Coleslaw & Chef's Choice Cake**

**CALL —→ ORDER —→ PREPAY —→ PICK UP**

**ORDER EARLY!....Call NOW to place your order! 630.361.0214**

**PICK-UP TIMES (choose one)**

**4:00, 4:30, 5:00, 5:30, 6:00, & 6:30**

***Pick up at Salt Creek Golf Club — Pull into the "circle drive", stay in your car and your order will be brought out to you!***

## **Future Curbside Specials!**

Friday, February 19

Fish Fry

Friday, February 26

Rigatoni Pasta w/Vodka Sauce

***(more details to come!)***

**MARCH SPECIALS COMING SOON!**

*Salt Creek*  
Golf Club

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