

# VIRTUAL PRESCHOOL

## FANTASTIC FOURS WITH PARK DISTRICT TEACHERS

Is your child missing circle time this summer? Come join us two days a week for calendar, weather, storytime, and show and tell. In our Tuesday class, we will host a traditional circle time and story for your little one to enjoy. Our Friday class offers socializing with friends and show and tell.

## ART FROM THE HEART WITH MISS HEATHER

Join Miss Heather for more virtual fun! Supplies will be delivered to your home prior to each session. In this process art class, children will have freedom over their creations and build their fine motor skills, coordination, literacy, and more!

## PATRIOTIC PRESCHOOLER WITH PARK DISTRICT TEACHERS

Celebrate Independence Day with friends in a sing-along to some favorite patriotic songs, talk about famous United States landmarks, and do a patriotic craft! A bag with supplies will be delivered to your home for your little one to construct a noisemaker for the Glencoe Fourth of July parade!

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
FANTASTIC FOURS	109801-07	AGES 3-5	7/7-7/31	TUESDAYS & FRIDAYS	10-10:30 AM	\$120/123
ART FROM THE HEART	109801-06	AGES 3-5	7/8-7/29	WEDNESDAYS	9:30-10 AM	\$140/154
PATRIOTIC PRESCHOOLER	120601-01	AGES 3-5	7/1	WEDNESDAY	10-10:30 AM	\$10/12

# IN-PERSON PRESCHOOL

## BUG DETECTIVES WITH PARK DISTRICT TEACHERS

Detectives wanted! Is your little one ready to buzz around the Park District with us? In this one week class, your child will learn about insects, while using fine and gross motor skills to pretend they are creepy crawlies of all kinds.

## LET'S GET MESSY! WITH PARK DISTRICT TEACHERS

Join us for a fun week of messy sensory play! This program is a creative, multi-media art class designed to stimulate the senses and introduce new experiences. Children will have the freedom to express themselves through art!

## STEAM STUDIO WITH PARK DISTRICT TEACHERS

In this one week, hands-on class, your little scientist will discover more about their world through science, math, engineering, and technology.

## OUTDOOR ADVENTURES WITH PARK DISTRICT TEACHERS

Let's go outside and enjoy nature all around us! We will go on walks, build things with natural materials, and enjoy the wonders of the outdoors in this one week class. Your child will learn about the wildlife and plant life around us, right here in Glencoe!

## CRAMMING FOR KINDERGARTEN WITH MISS CRISTINA

Are you worried that your incoming kindergartener missed valuable preschool time? This program is designed to be a fun way to get your child ready to enter kindergarten, lose their afternoon nap, and give caregivers an afternoon break. We will work on social-emotional skills, academics, and learning through play.

## MR. SHAUN LIVE! WITH MR. SHAUN

Join Mr. Shaun for a morning full of songs, dances, and fun! Give your little one the opportunity to get out of the house while keeping safe with social distancing procedures in place.

## PEE WEE SPORTSTERS WITH COACH MIRIAM

This active class introduces children to the fundamentals of sports, including soccer, t-ball, basketball, football, and more.

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
BUG DETECTIVES	109801-01	AGES 3-5	7/6-7/10	MONDAY-FRIDAY	9 AM-1 PM	\$250/258
LET'S GET MESSY!	109801-02	AGES 3-5	7/13-7/17	MONDAY-FRIDAY	9 AM-1 PM	\$250/258
STEAM STUDIO	109801-03	AGES 3-5	7/20-7/24	MONDAY-FRIDAY	9 AM-1 PM	\$250/258
OUTDOOR ADVENTURES	109801-04	AGES 3-5	7/27-7/31	MONDAY-FRIDAY	9 AM-1 PM	\$250/258
CRAMMING FOR KINDERGARTEN	109801-05	AGES 4-5	7/6-7/31	MONDAYS-FRIDAYS	1-3 PM	\$600/618
MR. SHAUN LIVE!	109801-08	AGES 0-5	7/7-7/28	TUESDAYS	9-9:30 AM	\$200/206
MR. SHAUN LIVE!	109801-10	AGES 0-5	7/7-7/28	TUESDAYS	9:45-10:15 AM	\$200/206
MR. SHAUN LIVE!	109801-11	AGES 0-5	7/7-7/28	TUESDAYS	10:30-11 AM	\$200/206
MR. SHAUN LIVE!	109801-12	AGES 0-5	7/7-7/28	TUESDAYS	11:15-11:45 AM	\$200/206
PEE WEE SPORTSTERS	109801-14	AGE 4	7/9-7/30	THURSDAYS	10:45-11:30 AM	\$125/128
PEE WEE SPORTSTERS	109801-13	AGE 3	7/9-7/30	THURSDAYS	10-10:30 AM	\$100/103
PRESCHOOL CITS	109801-15	GRADES 7-10	7/7-7/30	TUESDAYS & FRIDAYS	10:30 AM-1 PM	\$280/288

IN-PERSON CLASSES WILL BE HELD AT THE TAKIFF CENTER.

# VIRTUAL ADULT ART CLASSES

## CERAMICS ADULT - ADVANCED WITH NATALIE STEINMETZ

This course is designed for our continuing students with a minimum of three years experience. We have modified our regular advanced studio class to accommodate working from home. Students will get a to-go box consisting of tools, 25lbs of clay, and plastic to store their pieces. The class will focus on primarily pinching and coiling, with a new hand-building project demonstrated each week. Arrangements for glazing will be made after the first class. All materials and firings are included.

## WATERCOLOR WITH CHERYL STEIGER

Participants will learn the basics of water coloring and more advanced painters will be shown new methods. Individual instruction will be provided in this virtual class, with attendees encouraged to progress at their own pace. Students may also send in pictures of their artwork to the instructor for a personalized video critique.

## DRAWING FOR EVERYONE WITH CHERYL STEIGER

Learn the fundamental skills of composition, proportion, values, and perspective using different techniques and mediums. Students may also send in pictures of their artwork to the instructor for a personalized video critique.

## THE ARTIST'S STUDIO WITH CHERYL STEIGER

Using photos, still life, and your imagination, work in the drawing or painting medium of your choice in this class. Individual instruction will be given on techniques. Students may also send in pictures of artwork to the instructor for a personalized video critique.

**VIRTUAL CLASSES WILL BE HELD VIA ZOOM. A ZOOM LINK WILL BE EMAILED TO YOU TWO HOURS BEFORE YOUR SCHEDULED CLASS TIME.**

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
CERAMICS ADULT - ADVANCED	119516-11	AGE 18+	7/6-7/27	MONDAYS	6-8 PM	\$115/130
WATERCOLOR	119733-06	AGE 18+	7/7-7/28	TUESDAYS	10 AM-12 PM	\$70/77
DRAWING FOR EVERYONE	119721-06	AGE 18+	7/8-7/29	WEDNESDAYS	10 AM-12 PM	\$70/77
CERAMICS ADULT - ADVANCED	119516-12	AGE 18+	7/8-7/29	WEDNESDAYS	11:30 AM-1:30 PM	\$115/130
THE ARTIST'S STUDIO	119737-06	AGE 18+	7/9-7/30	THURSDAYS	10 AM-12 PM	\$70/77

# VIRTUAL CHILDREN'S ART CLASSES

## SLEEP-UNDER SEWING CAMP WITH CIAO BELLA

It is SEW much fun to have a pajama party! During this five-day summer camp, your fashionista will love making items for their next sleep-under or sleepover. We will create a trendy hat, decorate a towel and a pillowcase, and design hair accessories. All supplies are provided, minus tape and hot glue. Students should register at least one week in advance to receive their fashion DIY kits in the mail. Sewing machines are optional. Access to Zoom and a printer is required.

## ADVANCED SEWING CAMP WITH CIAO BELLA

This is the perfect summer activity for advanced sewers, who will work on a pattern project during this week-long session. All supplies, including fabric and patterns, are provided. Camper will need to have their own sewing machine or they can rent one from the Ciao Bella Sewing Studio by contacting Taylor at CiaoBellaSewing@gmail.com. Participants must be over the age of 10 or have permission from Ciao Bella to participate in this advanced camp. Students should register at least one week in advance to receive their fashion DIY kits in the mail. Access to Zoom and a printer is also required.

## CARTOONING FOR KIDS WITH CHERYL STEIGER

Students will learn to express their ideas through cartooning and shown drawing techniques, characterizations, and how to develop storylines.

## SCULPTING WITH MODEL MAGIC WITH NATALIE STEINMETZ

Have fun creating sculptures with Model Magic, an air-drying, non-staining, easy-to-manipulate material! Our instructor will guide children with step-by-step instructions to make their own sculptures, with a new theme each week. All projects are age-appropriate, with no experience necessary or parent participation required. All materials are provided and dropped off at your doorstep. Red, blue, yellow, white, and black colors will be provided. The instructor will demonstrate how to mix them to create a full range of shades.

## CLAY FOR TEENS WITH NATALIE STEINMETZ

Have fun working with clay from home! We have modified our regular Ceramics class to accommodate working from home. Students will get a to-go box consisting of tools, 25lbs of clay, and plastic to store their pieces. The class will focus on primarily pinching and coiling, with a new hand-building project demonstrated each week. Students can drop off work to be fired and pick it up to glaze at home. Students can select their glazes after the first class. All materials and firings are included.

## DRAWING FOR KIDS WITH CHERYL STEIGER

Learn how to draw fundamental shapes while using different materials and techniques. Students will be drawing from both observations and their imaginations.

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
SLEEP-UNDER SEWING CAMP	111504-08	GRADES 2-6	7/6-7/10	MONDAY-FRIDAY	1:30-3:30 PM	\$180/198
ADVANCED SEWING CAMP	111504-09	GRADES 2-6	7/20-7/24	MONDAY-FRIDAY	1:30-3:30 PM	\$180/198
CARTOONING FOR KIDS	112420-03	AGES 9-13	7/6-7/27	MONDAYS	10 AM-12 PM	\$90/99
SCULPTING WITH MODEL MAGIC	111302-17	GRADES K-2	7/6-7/27	MONDAYS	3-4:30 PM	\$100/110
SCULPTING WITH MODEL MAGIC	111302-18	GRADES 3-4	7/7-7/28	TUESDAYS	1-2:30 PM	\$100/110
SCULPTING WITH MODEL MAGIC	111302-19	GRADES 5-8	7/7-7/28	TUESDAYS	3-4:30 PM	\$100/110
CLAY FOR TEENS	112503-08	GRADES 5-12	7/8-7/29	WEDNESDAYS	3-5 PM	\$115/130
SCULPTING WITH MODEL MAGIC	111302-20	GRADES K-2	7/9-7/30	THURSDAYS	1-2:30 PM	\$100/110
SCULPTING WITH MODEL MAGIC	111302-21	GRADES 3-4	7/9-7/30	THURSDAYS	3-4:30 PM	\$100/110
DRAWING FOR KIDS	112421-02	AGES 9-13	7/10-7/31	FRIDAYS	10 AM-12 PM	\$90/99
SCULPTING WITH MODEL MAGIC	111302-22	GRADES K-2	7/10-7/31	FRIDAYS	3-4:30 PM	\$100/110

# VIRTUAL YOUTH ENRICHMENTS

## MINECRAFT IN 2D-MAKING MOBILE GAME APPS WITH COMPUTER EXPLORERS

Learn how to make the coolest mods in Minecraft! Our proprietary software empowers Minecraft players (whether or not you know how to code) to imagine, create, and share amazing mods, texture packs, and schematics. LearnToMod helps you turn your mod ideas into reality! Parents, stop fighting your kid's passion for Minecraft and embrace it as a tool for learning and a real-world skill. Students will start their Minecraft modding journey using drag-and-drop Blockly programming and can graduate to Javascript.

## GAME MAKING WITH ROBLOX WITH COMPUTER EXPLORERS

Roblox is one of the fastest-growing game creation platforms on the planet, with more than 60 million players per month. In this course, you'll use Roblox's built-in editor to create 3D worlds and then use Lua to code game mechanics. Publish, share, and play games with friends on any platform from console to mobile.

## GAME MAKING 8 BIT GAMES WITH SPODER WITH COMPUTER EXPLORERS

Students will have a ton of FUN using their creativity and strategy to develop a multi-level computer game with Sploder! They will work in pairs to create games like a Retro Arcade, Platformer, Physics Puzzle, and 3D Space Adventure!

## BEGINNER CODING WITH THE CODER SCHOOL CODE

Class is an entry-level program, only for newbie coders. Our coaches use Scratch or Snap! to teach kids the project-based game development curriculum in a traditional class-like environment. Students will learn the fundamentals of coding in a fun and engaging way and have the opportunity to present one of their projects. No previous experience is necessary.

## ADVANCED CODING WITH THE CODER SCHOOL

Who's ready for some PYTHON, an easy-to-read style and popular language for professional and beginner coders alike! We'll start out by using an online python platform to learn some basics and practice some fundamental concepts. Time-permitting, we may jump to some more complex Python coding, potentially getting into coding with PyGame. No previous experience is necessary. There must a minimum of at least four students for the class to take place.

## ONLINE MAGIC CLASS WITH GARY CANTOR

Professional magician Gary Kantor now teaches his popular magic class online! This 45-minute 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. The children 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 and the videos can be watched again and again. Your entire family can even take this class together! New tricks are taught in each session. When you register, you will be told the household items that are needed for the class.

## ONLINE BALLOON ANIMAL CLASS WITH GARY CANTOR

Balloon artist Gary Kantor teaches this 45-minute online class that shows the techniques needed to take plain balloons and transform them into incredible balloon animals like dogs, butterflies, and fish. Children will be able to create their own balloon animals, with Gary walking them through each step. This class isn't just for the kids! Parents will have a blast if they join the experience. Each session will make different animals.

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
MINECRAFT IN 2D-MAKING MOBILE GAME APPS	111604-02	AGE 9+	7/6-7/10	MONDAY-FRIDAY	5:00-6:00 PM	\$129/142
GAME MAKING WITH ROBLOX	111605-05	AGE 9+	7/13-7/17	MONDAY-FRIDAY	3:00-4:00 PM	\$129/142
GAME MAKING 8 BIT GAMES WITH SPODER	111606-03	AGE 9+	7/20-7/24	MONDAY-FRIDAY	5:00-6:00 PM	\$129/142
BEGINNER CODING	111451-03	AGES 6-10	7/7-7/28	TUESDAY	10:00-11:00 AM	\$100/110
ADVANCED CODING	111451-04	AGES 9-14	7/7-7/28	TUESDAY	10:00-11:00 AM	\$100/110
**ONLINE MAGIC CLASS	111607-05	AGES 5-12	7/6-7/31	ANY DAY	ANYTIME	\$13/15
**ONLINE BALLOON ANIMAL CLASS	111607-06	AGE 7+	7/6-7/31	ANY DAY	ANYTIME	\$13/15

\*\*These classes are pre-recorded and can be watched any date or time. Once registered, you will receive the link and password for the recorded videos.

VIRTUAL CLASSES WILL BE HELD VIA ZOOM. A ZOOM LINK WILL BE EMAILED TO YOU TWO HOURS BEFORE YOUR SCHEDULED CLASS TIME.

# TEENS

## PRESCHOOL CITS WITH PARK DISTRICT PROGRAM MANAGERS

This program was designed to give future CITs and counselors the opportunity to develop their leadership skills. Participants will hear from professionals in the education and recreation fields, observe young children, and learn valuable skills - all while social distancing. Bring a lunch to eat while chatting with your friends in this small group. We will finish each day with a fun team activity!

## BABYSITTER TRAINING WITH AMERICAN RED CROSS INSTRUCTOR

A certified instructor from the American Red Cross conducts this training program, giving attendees the knowledge, skills, and confidence to care for babies to school-age children. Using videos, activities, hands-on training, and discussion, students will be shown how to perform basic first aid, identify common safety hazards and prevent injuries, make responsible decisions, and how to care for little ones, including putting on diapers, feeding babies and small children, and dressing them. Students will receive a 30-minute lunch break. Please note: Students arriving more than 15 minutes late will not receive certification. CPR/First Aid /AED certifications are not included in this training.

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
PRESCHOOL CITS	TAKIFF CENTER	109801-15	GRADES 7-10	7/7-7/30	TUESDAYS & FRIDAYS	10:30 AM-1 PM	\$280/288
BABYSITTER TRAINING	TAKIFF CENTER	111601-02	AGES 11-14	7/18	SATURDAY	9:00 AM-4:30 PM	\$165/182

# IN-PERSON SPORTS

## SPEED & AGILITY WITH REDLINE ATHLETICS

Train like a pro, with the pros! Have you ever wondered what it is like to train like your favorite professional athlete? Learn proper movement mechanics to run faster, jump higher, and move more efficiently in whatever sport you play. RedLine Sports and their sports performance specialists combine their passion and knowledge to mentor young athletes with training programs to help them achieve their goals, maximize their potential, and make them stronger athletes.

## YOUTH ROWING WITH SANDY CULVER

Whether you see a future on the crew team or you are just looking for a fun and challenging way to stay active, this class is for you! Instructors will focus on individual attention and proper form to ensure safety and a good workout.

## TEEN ROWING WITH SANDY CULVER

Whether you see a future on the crew team or you are just looking for a fun and challenging way to stay active, this class is for you! Instructors will focus on individual attention and proper form to ensure safety and a good workout.

### CLASSES ON-DEMAND

Do you have a group of friends who would like to take a class together? Do you see a class you want to take, but doesn't fit your schedule? No problem! We let you form your own semi-private classes based on program and space availability. To build your class, contact Adam Wohl at [awohl@glencoe-park-district.com](mailto:awohl@glencoe-park-district.com). Minimums, available days and times may vary.

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
SPEED & AGILITY	114600-06	GRADES 3-6	7/8-7/29	WEDNESDAYS	3:30-4:45 PM	\$120/132
YOUTH ROWING	117609-03	AGES 8-12	7/8-7/29	WEDNESDAYS	4-4:45 PM	\$76/84
TEEN ROWING	117609-04	AGES 13-17	7/8-7/29	WEDNESDAYS	5-6 PM	\$92/101

IN-PERSON CLASSES WILL BE HELD AT THE TAKIFF CENTER.

# KARATE WITH PRIDE DOJO

## KARATE- BEGINNERS WITH PRIDE DOJO

Join us for a 30-minute karate class via Zoom! Learn and fine-tune basic karate skills and get in a workout from home!

## KARATE- INTERMEDIATE/ADVANCED WITH PRIDE DOJO

This 30-minute karate class is held via Zoom, and teaches more advanced karate skills while providing a solid workout.

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
KARATE- BEGINNERS	116801-26	AGES 5-12	7/9-7/30	THURSDAYS	5-5:30 PM	\$78/86
KARATE- INTERMEDIATE/ ADVANCED	116801-27	AGES 5-12	7/9-7/30	THURSDAYS	5:45-6:15 PM	\$78/86

VIRTUAL CLASSES WILL BE HELD VIA ZOOM. A ZOOM LINK WILL BE EMAILED TO YOU TWO HOURS BEFORE YOUR SCHEDULED CLASS TIME.



# TENNIS

## TENNIS FOR BEGINNERS WITH PARK DISTRICT STAFF

Students are introduced to the game of tennis and receive basic instruction of strokes, serving, volleys, rules, scoring, and proper etiquette.

## TENNIS FOR ADVANCED BEGINNERS WITH PARK DISTRICT STAFF

For students who have progressed past the beginner program, this class emphasizes stroke refinement and match play.

## ADVANCED DRILL & PLAY TENNIS WITH PARK DISTRICT STAFF

Each session starts with 45 minutes of drills, with individualized tips from the teachers to hone your playing skills. This level of play is advanced, acceptance into the group play situation is set up at the teaching pro's discretion. Participants must have an NTRP rating of 3.5 or higher.

## TENNIS ON-DEMAND CLASSES WITH PARK DISTRICT STAFF

Have a group of friends that would like to take a tennis class together? Do our classes not work for schedule? No problem! Our tennis instructors can teach private, semi-private, and family lessons at a time that works for you! To build your class, please contact Shannon Stevens at [sstevens@glencoeParkDistrict.com](mailto:sstevens@glencoeParkDistrict.com).

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
TENNIS FOR BEGINNERS	CENTRAL	118710-18	AGE 18+	7/13-8/12	MONDAYS & WEDNESDAYS	11-12 PM	\$180/198
TENNIS FOR BEGINNERS	CENTRAL	118710-24	AGE 18+	7/18-8/8	SATURDAYS	11-12 PM	\$72/79
TENNIS FOR ADVANCED BEGINNERS	CENTRAL	118710-22	AGE 18+	7/16-8/13	THURSDAYS	11-12 PM	\$90/99
ADVANCED DRILL & PLAY TENNIS	CENTRAL	118710-17	AGE 18+	7/13-8/12	MONDAYS & WEDNESDAYS	9:30-11 AM	\$240/264
ADVANCED DRILL & PLAY TENNIS	CENTRAL	118710-23	AGE 18+	7/18-8/8	SATURDAYS	9:30-11 AM	\$96/106

# PICKLEBALL

## BEGINNER PICKLEBALL WITH CARL ROSENTHAL

Learn about the fastest growing racket sport in the country, Pickleball! This combination of tennis and ping pong is played with a whiffle ball on a badminton-sized court. Our beginners Pickleball workshop will teach you all about the game—the rules, scoring, and the skills needed to play. These 90-minute lessons are taught by an experienced player and all equipment is provided. No drop-ins allowed.

## ADVANCED BEGINNER/INTERMEDIATE PICKLEBALL WITH CARL ROSENTHAL

Intermediate Pickleball workshops are designed for picklers who know how to play the game and are looking to learn new strategies and techniques to enhance their game. Each 90-minute lesson is taught by an experienced player and all equipment is provided. No drop-ins allowed.

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
BEGINNER PICKLEBALL	WATTS PARK	115600-05	AGE 40+	7/20-8/24	MONDAYS	6-7:30 PM	\$125/140
ADVANCED BEGINNER/INTERMEDIATE PICKLEBALL	WATTS PARK	115600-06	AGE 40+	7/23-8/27	THURSDAYS	6-7:30 PM	\$125/140



# FITNESS

## SUMMER BOOT CAMP WITH SANDY CULVER

Start your morning at Lakefront Park with a fun and challenging workout! Using the open space of the park, the boot camp will incorporate a variety of cardio, plyometric, bodyweight, and core exercises that can be modified for all fitness levels. Bring a water bottle and mat (optional) for stretching and any core work.

## MOVING WITH WEIGHTS WITH MARIANNE NICOLASI

This low-impact, progressive cardio and weights program strengthens, improves muscle tone, and increases bone density. Using various weights plus simple step moves, this workout increases upper and lower body strength and burns calories. No drop-ins allowed. Must pre-register.

## FITRX WITH KAREN CAMPION

This class is a total body conditioning workout using bodyweight exercises and light weights. It incorporates classic exercises for the lower and upper body to improve your core and balance. The class is divided into three blocks, with brief cardio bursts in between planks and core exercises. The music and energy make for a fun and seemingly quick workout! No drop-ins allowed. Must pre-register.

## CARDIO KICKBOXING WITH KAREN CAMPION

This fun, high-energy workout focuses on a full range of motion and core strength by utilizing kickboxing techniques. This easy-to-follow class offers choreographed punches, kicks, and knee strikes while teaching proper form and burning calories. No drop-ins allowed. Must pre-register.

## ROW & GO INTERVAL WITH SANDY CULVER

Instructors will combine rowing intervals with dynamics sculpting exercises for the perfect balance of cardio and strength training. This heart-pumping, sweat-drenched, total body burn is as fun as it is effective. New to rowing? Don't sweat it—we'll teach you everything you need to know. No drop-ins allowed.

## PILATES FUSION WITH SILVIA SHAW

This class is an all-levels practice, adding the benefits of yoga to Pilates mat work. Working around core strength with classic Pilates sequences, participants move to short yoga moments to add flexibility and mobility. The goal is to exercise the body from the core outwards, with added challenges for those who want it. No drop-in allowed. Must pre-register.

## ALL LEVELS YOGA WITH SILVIA SHAW

This varied yoga practice links movement and breathing through short sequences, offering variations for all practice levels. Instructions are repeated in Spanish and Italian. All levels are welcome. No drop-ins allowed. Must pre-register.

## ZUMBA WITH MELISSA KERPEL

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Participants achieve long-term benefits while experiencing an absolute blast in an exciting hour of calorie-burning, body-energizing, awe-inspiring movements! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

## PADDLEBOARD YOGA WITH STEPH METZ

SUP (stand up paddle) and yoga is a fun way to improve your practice and paddle skills. Each session will feature active paddling along with strengthening and restorative yoga postures on the board. Work on your balance and core strength as you float on Lake Michigan. No prior paddling or yoga experience is required. Basic paddling techniques will be covered and options for yoga postures will be outlined. Each class starts with a short yoga sequence on land, then moves to the water to practice. All levels are welcome. No drop-ins allowed. Must pre-register. Fee includes paddleboard.

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
SUMMER BOOT CAMP	LAKEFRONT PARK	117706-02	AGE 18+	7/6-7/27	MONDAYS	7:30-8:30 AM	\$60/66
MOVING WITH WEIGHTS	TAKIFF CENTER	117703-03	AGE 18+	7/7-7/28	TUESDAYS	8:30-9:30 AM	\$60/66
FITRX	TAKIFF CENTER	117702-03	AGE 18+	7/7-7/28	TUESDAYS	6-7 PM	\$60/66
CARDIO KICKBOXING	TAKIFF CENTER	117701-03	AGE 18+	7/8-7/29	WEDNESDAYS	7-8 AM	\$60/66
ROW & GO INTERVAL	TAKIFF CENTER	117705-03	AGE 18+	7/8-7/29	WEDNESDAYS	7:30-8:30 AM	\$60/66
FITRX	TAKIFF CENTER	117702-04	AGE 18+	7/9-7/30	THURSDAYS	7-8 AM	\$60/66
MOVING WITH WEIGHTS	TAKIFF CENTER	117703-04	AGE 18+	7/9-7/30	THURSDAYS	8:30-9:30 AM	\$60/66
PILATES FUSION	LAKEFRONT PARK	117709-02	AGE 18+	7/9-7/30	THURSDAYS	10:30-11:30 AM	\$60/66
CARDIO KICKBOXING	TAKIFF CENTER	117701-04	AGE 18+	7/10-7/31	FRIDAYS	7-8 AM	\$60/66
ALL LEVELS YOGA	LAKEFRONT PARK	117708-02	AGE 18+	7/10-7/31	FRIDAYS	8:30-9:30 AM	\$60/66
ROW & GO INTERVAL	TAKIFF CENTER	117705-04	AGE 18+	7/10-7/31	FRIDAYS	7:30-8:30 AM	\$60/66
ZUMBA	TAKIFF CENTER	117711	AGE 18+	7/4-7/18	SATURDAYS	8:30-9:30 AM	\$10 PER DAY
PADDLEBOARD YOGA	GLENCOE BEACH	101801	AGE 18+	7/12-8/16	SUNDAYS	7:45-8:45 AM	\$40 PER DAY



# DEKHOCKEY

## DEKHOCKEY CLINICS WITH JOHN SCULLY

Learn the fundamentals of Dekhockey, Glencoe's newest sport! Stickhandling, shooting, and team play will be taught by former professional hockey player, John Scully. These clinics will help provide a solid foundation for the upcoming Dekhockey season.

## CLASSES ON-DEMAND

Do you have a group of friends who would like to take a class together? Do you see a class you want to take, but doesn't fit your schedule? No problem! We let you form your own semi-private classes based on program and space availability. To build your class, contact Adam Wohl at [awohl@glencoe-park-district.com](mailto:awohl@glencoe-park-district.com). Minimums, available days and times may vary.

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
DEKHOCKEY CLINIC	WATTS CENTER	102401-14	AGES 3-5	7/7-7/28	TUESDAYS	3-3:45 PM	\$60/66
DEKHOCKEY CLINIC	WATTS CENTER	102401-15	AGES 6-8	7/7-7/28	TUESDAYS	4-4:45 PM	\$60/66
DEKHOCKEY CLINIC	WATTS CENTER	102401-16	AGES 9-14	7/7-7/28	TUESDAYS	5-5:45 PM	\$60/66
DEKHOCKEY CLINIC	WATTS CENTER	102401-17	AGES 3-5	7/8-7/29	WEDNESDAYS	3-3:45 PM	\$60/66
DEKHOCKEY CLINIC	WATTS CENTER	102401-18	AGES 6-8	7/8-7/29	WEDNESDAYS	4-4:45 PM	\$60/66
DEKHOCKEY CLINIC	WATTS CENTER	102401-19	AGES 9-14	7/8-7/29	WEDNESDAYS	5-5:45 PM	\$60/66

