



Glencoe Park District 2020

# **AUGUST GUIDE**

# VIRTUAL PRESCHOOL

## ARTISTIC HANDS BOX

With the Artistic Hands Box, your child will receive a month of activities with materials and directions. The art will vary from open-ended process art to creative projects. Your little artist will be challenged with new materials, processes, and ideas.

## JUMP START BOX

Are you ready to jump start the school year? Let us prepare play-based activities that will keep your little one engaged and interested in the learning process and get ready for the return to school while having fun.

## CREATIVE MINDS BOX

Your little one will be challenged to create, problem-solve, and use logic to engage in hands-on activities with this box delivered to your door.

**BOXES OF MATERIALS WILL BE DROPPED OFF ON MONDAY, AUGUST 3 AND ON MONDAY, AUGUST 17 BETWEEN 10 AM-2 PM.**

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	FEES (R/NR)
ARTISTIC HANDS BOX	YOUR HOUSE	109801-17	AGES 2-5	\$150/155
JUMP START BOX	YOUR HOUSE	109801-18	AGES 2-5	\$150/155
CREATIVE MINDS BOX	YOUR HOUSE	109801-19	AGES 2-5	\$150/155

# IN-PERSON PRESCHOOL

## DIGGING FOR DINOS WITH PARK DISTRICT TEACHERS

Are you ready for a dinosaur adventure? Join us to explore the world of dinosaurs through art, play, and exploration.

## 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.

## BLAST OFF TO SPACE! WITH PARK DISTRICT TEACHERS

Calling all future astronauts! Come join us in exploring space and learning about planets and the solar system. Your child will shine like a star in this one week class.

## UNDER THE SEA WITH PARK DISTRICT TEACHERS

Is your little fish ready to jump into fun? We will explore ocean creatures, create ocean art, and make a splash with water fun! Join us to learn about all things under the sea in this one week class.

## MR. SHAUN LIVE! WITH MR. SHAUN

Join Mr. Shaun on the Takiff Center's front lawn 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.

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
DIGGING FOR DINOS	TAKIFF CENTER	109801-20	AGES 3-5	8/3-8/7	MONDAY-FRIDAY	9 AM-1 PM	\$250/258
BLAST OFF TO SPACE!	TAKIFF CENTER	109801-21	AGES 3-5	8/10-8/14	MONDAY-FRIDAY	9 AM-1 PM	\$250/258
UNDER THE SEA	TAKIFF CENTER	109801-22	AGES 3-5	8/17-8/21	MONDAY-FRIDAY	9 AM-1 PM	\$250/258
CRAMMING FOR KINDERGARTEN	TAKIFF CENTER	109801-24	AGES 3-5	8/3-8/21	MONDAYS-FRIDAYS	1-3 PM	\$450/463
MR. SHAUN LIVE!	TAKIFF CENTER	109801-25	AGES 0-5	8/4-8/28	TUESDAYS	9-9:30 AM	\$200/206
MR. SHAUN LIVE!	TAKIFF CENTER	109801-26	AGES 0-5	8/4-8/28	TUESDAYS	9:45-10:15 AM	\$200/206
MR. SHAUN LIVE!	TAKIFF CENTER	109801-27	AGES 0-5	8/4-8/28	TUESDAYS	10:30-11 AM	\$200/206
MR. SHAUN LIVE!	TAKIFF CENTER	109801-28	AGES 0-5	8/4-8/28	TUESDAYS	11:15-11:45 AM	\$200/206



# PRESCHOOL POP UPS

## PRESCHOOL GAMES WITH PARK DISTRICT TEACHERS

Did you miss July 4th preschool games as much as we did? Join us on the Takiff field to play our favorite games and win prizes in a smaller group setting. All games will be cleaned between use.

## BALLERS! WITH COACH MIRIAM

Pop in for some play time with Coach Miriam. Your tiny sportster will learn a variety of games and sport skills during this one hour drop-off class.

## BEYBLADE BATTLES WITH PARK DISTRICT TEACHERS

Our friends cannot stop talking about Beyblades! During this one time drop-off event, your child will be able to take part in a simple competition on the Beyblades Stadium and play with friends who share their passion.

## CREATIVE BUILDERS WITH PARK DISTRICT TEACHERS

Calling all creatives! In this hour-long drop-off class, your child will have the ability to practice teamwork and innovation as they use all types of materials to build and create.

## SHAKE, RATTLE, AND ROLL WITH MR. SHAUN

Join Mr. Shaun for music and dancing in the park!

## RELAY DAY WITH PARK DISTRICT TEACHERS

Join us for a morning full of races, games, and more!

## MESSY ART STUDIO WITH PARK DISTRICT TEACHERS

Outdoor art means messy fun! In this morning drop-off class, your child will love experience new materials, creating art, and getting messy! Please bring a change of clothes.

## CARS, TRUCKS, AND WHEELY THINGS WITH PARK DISTRICT TEACHERS

Drive on over to the Takiff Center field so we can play with friends, race cars down tubes, and create our very own car wash for our play trucks.

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
PRESCHOOL GAMES	TAKIFF CENTER	109801-29	AGES 2-5	7/25	SATURDAY	9-9:30 AM	\$15/20
PRESCHOOL GAMES	TAKIFF CENTER	109801-30	AGES 2-5	7/25	SATURDAY	9:45-10:15 AM	\$15/20
PRESCHOOL GAMES	TAKIFF CENTER	109801-31	AGES 2-5	7/25	SATURDAY	10:30-11 AM	\$15/20
PRESCHOOL GAMES	TAKIFF CENTER	109801-32	AGES 2-5	7/25	SATURDAY	11:15-11:45 AM	\$15/20
BALLERS!	TAKIFF CENTER	109801-33	AGES 3-5	8/6	THURSDAY	10-11 AM	\$25/30
BEYBLADE BATTLES	TAKIFF CENTER	109801-34	AGES 4-6	8/8	SATURDAY	10-11 AM	\$25/30
CREATIVE BUILDERS	TAKIFF CENTER	109801-35	AGES 3-5	8/12	WEDNESDAY	10-11 AM	\$25/30
SHAKE, RATTLE, AND ROLL	TAKIFF CENTER	109801-36	AGES 0-6	8/15	SATURDAY	4-4:45PM	\$25/30
SHAKE, RATTLE, AND ROLL	TAKIFF CENTER	109801-37	AGES 0-6	8/15	SATURDAY	5-5:45PM	\$25/30
RELAY DAY	TAKIFF CENTER	109801-38	AGES 3-5	8/17	MONDAY	10-11 AM	\$25/30
MESSY ART STUDIO	TAKIFF CENTER	109801-39	AGES 3-5	8/20	THURSDAY	9:30-11 AM	\$25/30
CARS, TRUCKS, AND WHEELY THINGS	TAKIFF CENTER	109801-40	AGES 3-5	8/26	WEDNESDAY	10-11 AM	\$25/30



# KIDS CLUB (REGISTRATION BEGINS AUGUST 5)

## AM KIDS CLUB FOR GRADES K-6

Start the school day with quiet games, lively conversation, or simple arts and crafts! Our instructors keep the mornings interesting with stories, artifacts, and activities at Watts Center. Participants from West and Central schools can also register for shuttle bus service from the Park District; South School students will be walked to school.

## PM KIDS CLUB FOR GRADES K-6

After a busy day at school, it's great to snack and chat with friends, finish homework, and stretch muscles on the playground. After-Schoolers cook healthy snacks, play organized games, and embark on learning adventures at Watts Center. Participants from West and Central schools can also register for shuttle bus service to the Park District; South School students will be walked to Watts. Included in your monthly Kids Club fee, we will transport participants to and from after school enrichments at West School and the Takiff Center.

## REGISTRATION

Registration for the 2020-21 school year starts August 5. To reserve a place for the 2020-21 school year, there is a \$125 non-refundable, non-transferable registration fee per child. Tuition will be assessed monthly beginning September 1, 2020; you can sign up for a monthly auto-charge. Online registration is unavailable; to register, please fill out a Kids Club registration form (available at the Takiff Center or download the form online). You must register by fax or in person at least 5 business days prior to the upcoming month.

Prorating and refunds are not available. Spots in this program cannot be held for those who wish to skip Kids Club for a month. Those participants must dis-enroll and re-enroll as space permits. The \$125 registration fee will only be charged once per school year.

## LAST MINUTE CARE

With Last Minute Care, we've got you covered! Last Minute Care includes AM/PM Kids Club and one day shuttle bus service.

You must reach out to the Glencoe Park District to confirm availability at least one business day in advance. If approved, you will need to notify School District 35 one business day in advance.

Limit ten uses per school year. Must register in person; subject to classroom availability.



## MONTHLY RATE FOR 2020-21 SCHOOL YEAR AUGUST 24, 2020–JUNE 8, 2021

AM KIDS CLUB 7-9 AM		PM KIDS CLUB 3-6:30 PM	
607501-02	\$158	607502-02	\$372
607501-03	\$207	607502-03	\$478
607501-04	\$252	607502-04	\$538
607501-05	\$303	607502-05	\$591
\$85 FOR ONE DAY OF CARE, WHICH INCLUDES SHUTTLE SERVICES AND MORNING/AFTERNOON KIDS CLUB. ACTIVITY: #607504-00			



# VIRTUAL YOUTH ART AND ENRICHMENT

## 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 primarily on 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.

## 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.

## ONLINE MAGIC CLASS WITH GARY CANTOR

Professional magician Gary Kantor offers 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.

## 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.

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
CLAY FOR TEENS	112503-09	GRADES 5-10	8/5-8/26	WEDNESDAYS	3-5 PM	\$115/130
ONLINE BALLOON ANIMAL CLASS	111607-09	AGE 7+	8/3-8/31	ANY DAY	ANYTIME	\$13/15
ONLINE MAGIC CLASS	111607-08	AGES 5-12	8/3-8/31	ANY DAY	ANYTIME	\$13/15
SCULPTING WITH MODEL MAGIC	111302-23	GRADES K-2	8/3-8/24	MONDAYS	3-4:30 PM	\$100/110
SCULPTING WITH MODEL MAGIC	111302-24	GRADES 3-4	8/6-8/27	THURSDAYS	3-4:30 PM	\$100/110

# IN-PERSON YOUTH ENRICHMENT

## AMAZING ART WITH SUNSHINE ARTS AND CRAFTS

In Amazing Art, kids will make tie dye shirts, experience pottery painting, create a canvas acrylic painting, make recycled art, and more. All new projects are created at every session!

## CHESS SCHOLARS CAMP WITH CHESS SCHOLARS

Develop your child's intellect in this half-day camp perfect for beginners as well as experienced players. Each day of camp will consist of a fun, interactive teaching period, followed by guided practice time, allowing the students to play against one another while being coached by an experienced instructor. Children will have the opportunity to test for a chess belt using our Chess Scholars system, patterned after martial arts belts. The camp session will conclude with a non-elimination tournament with prizes awarded to every participant.

## BASIC TRAINING BOOT CAMP WITH STICKY FINGERS COOKING

Curious how to make your own and pastries from scratch? Aspiring bakers who like to get their hands sticky in the kitchen will love this tasty, engaging, and imaginative camp! Young chefs will learn the basics of scratch-baking and how to make bread, fresh pasta, muffins, cookies, and more. We use all portable baking equipment and tools and each recipe can be recreated at home.

## GLOBAL TASTE BUDS WITH STICKY FINGERS COOKING

Cook your way around the world in our globally-inspired cooking camp! In this delicious camp, young chefs will cook recipes from countries all around the world and explore customs, songs, geography, and languages associated with each recipe. Young chefs will cook and gobble up tasty, healthy cuisine from South America, Europe, Africa, and Asia.

## KIDS COOKING NETWORK WITH STICKY FINGERS COOKING

Does your young chef love watching cooking shows on TV? In this exciting camp, young chefs will work together in cooking challenges inspired by favorite cooking TV shows such as Master Chef Jr, Kids Baking Championship, Chopped Jr, and Cutthroat Kitchen. We will learn how to use different cooking equipment and techniques, explore flavor pairings, and create tasty mouthwatering recipes from scratch each day. Young chefs will get their creative juices flowing in this fun and delicious cooking adventure!

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
AMAZING ART	TAKIFF CENTER	112420-04	GRADES K-5	8/4-8/25	TUESDAYS	4-5 PM	\$92/101
CHESS SCHOLARS CAMP	TAKIFF CENTER	908533-03	AGES 5-10	8/3-8/7	MONDAY-FRIDAY	9 AM-12 PM	\$286/315
BASIC TRAINING BOOT CAMP	TAKIFF CENTER	908401-01	AGES 4-6	8/17-8/21	MONDAY-FRIDAY	9-11 AM	\$250/275
BASIC TRAINING BOOT CAMP	TAKIFF CENTER	908401-02	AGES 7-12	8/17-8/21	MONDAY-FRIDAY	12:30-3:30 PM	\$250/275
GLOBAL TASTE BUDS	TAKIFF CENTER	908402-01	AGES 4-6	8/10-8/14	MONDAY-FRIDAY	9-11 AM	\$250/275
KIDS COOKING NETWORK	TAKIFF CENTER	908403-01	AGES 7-12	8/10-8/14	MONDAY-FRIDAY	12:30-3:30 PM	\$250/275

# VIRTUAL KARATE

## BEGINNERS KARATE 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!

## INTERMEDIATE/ADVANCED KARATE 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)
BEGINNERS KARATE	116801-32	AGES 5-12	8/6-8/27	THURSDAY	5-5:30 PM	\$78/86
INTERMEDIATE/ ADVANCED KARATE	116801-33	AGES 7+	8/6-8/27	THURSDAY	5:45-6:15 PM	\$78/86

# YOUTH SPORTS

## BASKETBALL CLINIC WITH HOT SHOT SPORTS

Our Summer Basketball Clinics focus on improving the basic fundamental skills of individual play. Throughout the week, campers will improve on these skills, while also working towards more advanced skills like ball handling, offensive moves, and footwork. Players will practice social distancing, should bring a snack and drink each day, and come ready to work hard while having fun!

## BEGINNER BEACH VOLLEYBALL WITH EVP ACADEMIES

Learn the fundamentals of beach volleyball in a fun and positive environment! Beginner beach volleyball drills will help you learn or improve all the fundamental skills of passing, setting, spiking, serving, blocking, and defense.

## INTERMEDIATE BEACH VOLLEYBALL WITH EVP ACADEMIES

This class is for the competitive volleyball player that can pass, set, and hit consistently. Our coaches will review the basic fundamentals of beach play and focus on the best technique for game play.

## GAME ON! SPORTS 4 GIRLS

Girls in grades 1-8 are invited to enroll in our Game On! Sports programs this summer! Attendees will learn and play a variety of sports, including lacrosse, field hockey, soccer, volleyball, basketball, softball, tennis, yoga, fitness, karate, touch rugby, flag football, and agility training. Activities will be based at Takiff, with the girls playing outside the majority of the day. These full-day programs run from 9 AM-3 PM and are offered on a week-by-week basis.

## SUMMER SPORTS TRAC

Keep your child active and having fun this summer with our Summer Sports Trac! Two days a week from 9 AM-12 PM, we offer a morning full of sports and games at Watts! Your child will participate in various sports, including dekhockey, tennis, camp games, track and field, soccer, basketball, and more! Hot Shot Sports, Coach Jon Pranian, Dekhockey's John Scully, Pulse Fitness, and GPD tennis pros will coach this program.

## HALF-DAY AND FULL DAY OPTIONS FOR KIDS

Full day and half-day options for kids are available! Game On! Sports 4 Girls offers classes from 9 AM - 3 PM and our Summer Sports Trac has half-day classes!

## 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@glencoeeparkdistrict.com](mailto:awohl@glencoeeparkdistrict.com). Minimums, available days and times may vary.

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
BASKETBALL CLINIC	WATTS CENTER	120830-09	AGES 9-13	8/10-8/14	MONDAY-FRIDAY	9 AM-12 PM	\$162/178
BASKETBALL CLINIC	WATTS CENTER	120830-10	AGES 9-13	8/17-8/21	MONDAY-FRIDAY	9 AM-12 PM	\$162/178
BEGINNER BEACH VOLLEYBALL	GLENCOE BEACH	101510-01	AGES 11-14	8/10-8/20	MONDAY-THURSDAY	3-4:30 PM	\$300
INTERMEDIATE BEACH VOLLEYBALL	GLENCOE BEACH	101510-02	AGES 11-14	8/10-8/20	MONDAY-THURSDAY	5-6:30 PM	\$300
GAME ON! SPORTS 4 GIRLS WEEK 1	TAKIFF CENTER	908801-03	GRADES 1-8	7/27-7/30	MONDAY-FRIDAY	9 AM-3 PM	\$600
GAME ON! SPORTS 4 GIRLS WEEK 2	TAKIFF CENTER	908801-04	GRADES 1-8	8/3-8/7	MONDAY-FRIDAY	9 AM-3 PM	\$600
GAME ON! SPORTS 4 GIRLS WEEK 3	TAKIFF CENTER	908801-05	GRADES 1-8	8/10-8/14	MONDAY-FRIDAY	9 AM-3 PM	\$600
GAME ON! SPORTS 4 GIRLS WEEK 4	TAKIFF CENTER	908801-06	GRADES 1-8	8/17-8/21	MONDAY-FRIDAY	9 AM-3 PM	\$600
GAME ON! SPORTS 4 GIRLS 4 WEEKS	TAKIFF CENTER	908801-07	GRADES 1-8	7/27-8/21	MONDAY-FRIDAY	9 AM-3 PM	\$2,300
SUMMER SPORTS TRAC	WATTS CENTER	914410-09	AGES 5-11	8/3-8/5	MONDAY & WEDNESDAY	9 -11:45 AM	\$100/110
SUMMER SPORTS TRAC	WATTS CENTER	914410-11	AGES 5-11	8/10-8/12	MONDAY & WEDNESDAY	9 -11:45 AM	\$100/110
SUMMER SPORTS TRAC	WATTS CENTER	914410-13	AGES 5-11	8/17-8/29	MONDAY & WEDNESDAY	9 -11:45 AM	\$100/110
SUMMER SPORTS TRAC	WATTS CENTER	914410-10	AGES 5-11	8/4-8/6	TUESDAY & THURSDAY	9 -11:45 AM	\$100/110
SUMMER SPORTS TRAC	WATTS CENTER	914410-12	AGES 5-11	8/11-8/13	TUESDAY & THURSDAY	9 -11:45 AM	\$100/110
SUMMER SPORTS TRAC	WATTS CENTER	914410-14	AGES 5-11	8/18-8/20	TUESDAY & THURSDAY	9 -11:45 AM	\$100/110



# PRESCHOOL AND YOUTH TENNIS WITH DARIUS IVASKA

## AGES 3-4

This fun class teaches kids how to hold a racquet, strengthens hand-eye coordination and balance, and shows them how to properly hit the ball.

## AGES 4-5

Expand your child's basic knowledge of tennis in this fast-paced class! Kids will work on developing strokes, shown how to track the ball, learn self-feeding drills, and start hitting.

## AGES 5-6

This class' emphasis is on teaching primary tennis skills, including movement, balance, and hand-eye coordination. Individual or team games accompany fun activities to help develop basic swing techniques and tactics.

## AGES 7-8

Need an advanced class to fine-tune your child's tennis skills? Proper techniques of swings and serves will be refined, as well as basic tactics, regular scoring systems, and match play.

## AGES 9-10

Now that your child has a solid foundation of primary tennis skills, we will fine-tune stroke development, with kids working to be able to hit the ball to different areas of the court and how to serve and volley. This class will also use match play.

## AGES 11-14

Does your teen want to advance their tennis skills? This class focuses on competitive tennis! We will work on developing strokes, spin, and power. Participants will learn through match play and drills.

# ADULT TENNIS WITH TIM HIBBEN

## BEGINNER

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

## ADVANCED BEGINNER DRILL

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

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

## INTERMEDIATE DRILL & PLAY

Forty-five minutes of drills start each session. The emphasis is on organized match play with the intent of putting into effect what has been mastered from previous practice. Varied competition, with tips from the pros, strengthens your game skills. The level of play is advanced, so acceptance into the group play situation is set up at the teaching pro's discretion. Intermediate Drill participants must have an NTRP rating of 3.0-3.5.

## ADVANCED DRILL & PLAY

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 CLASSES RUN AUGUST-OCTOBER!

PROGRAM	LOCATION	ACTIVITY #	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
<b>PRESCHOOL TENNIS</b>						
AGES 3-4	WATTS CENTER	118510-27	8/22-10/3	SATURDAY	10:45-11:30 AM	\$90/99
AGES 4-5	WATTS CENTER	118510-28	8/22-10/3	SATURDAY	11:30-12:30 PM	\$108/119
<b>YOUTH TENNIS</b>						
AGES 5-6	WATTS CENTER	118510-29	8/22-10/3	SATURDAY	12:30-1:30 PM	\$108/119
AGES 7-8	WATTS CENTER	118510-30	8/22-10/3	SATURDAY	1:30-2:30 PM	\$108/119
AGES 9-10	WATTS CENTER	118510-31	8/22-10/3	SATURDAY	2:30-3:30 PM	\$108/119
AGES 11-14	WATTS CENTER	118510-32	8/22-10/3	SATURDAY	3:30-4:30 PM	\$108/119
<b>ADULT TENNIS CLASSES</b>						
BEGINNER	WATTS CENTER	118710-29	8/24-10/5	MONDAY	11 AM-12 PM	\$90/99
BEGINNER	WATTS CENTER	118710-33	8/26-10/7	WEDNESDAY	11 AM-12 PM	\$126/138
BEGINNER	CENTRAL	118710-37	8/29-10/3	SATURDAY	11 AM-12 PM	\$90/99
ADVANCED BEGINNER DRILL	WATTS CENTER	118710-31	8/25-10/6	TUESDAY	11 AM-12 PM	\$126/138
ADVANCED BEGINNER DRILL	WATTS CENTER	118710-35	8/27-10/8	THURSDAY	11 AM-12 PM	\$126/138
INTERMEDIATE DRILL & PLAY	WATTS CENTER	118710-30	8/25-10/6	TUESDAY	9:30-11 AM	\$168/185
INTERMEDIATE DRILL & PLAY	WATTS CENTER	118710-34	8/27-10/8	THURSDAY	9:30-11 AM	\$168/185
ADVANCED DRILL & PLAY	WATTS CENTER	118710-28	8/24-10/5	MONDAY	9:30-11 AM	\$120/132
ADVANCED DRILL & PLAY	WATTS CENTER	118710-32	8/26-10/7	WEDNESDAY	9:30-11 AM	\$168/185
ADVANCED DRILL & PLAY	CENTRAL	118710-36	8/29-10/3	SATURDAY	9:30-11 AM	\$120/132

NO CLASS DATES: 9/2, 9/7, 9/19, 9/28

# VIRTUAL ADULT ART CLASSES

## 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 individualized class. Individual instruction will be given on techniques. Students may also send in pictures of artwork to the instructor for a personalized video critique. Our August schedule is modified, with only two classes offered.

## CERAMICS ADULT - ADVANCED WITH NATALIE STEINMETZ

This course is designed for our continuing students with a minimum of three years of 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 primarily on 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.

## 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. Our August schedule is modified, with only two classes offered.

## WATERCOLOR WITH CHERYL STEIGER

Students 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. Participants may also send in pictures of their artwork to the instructor for a personalized video critique. Our August schedule is modified, with only two classes offered.

PROGRAM	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
THE ARTIST'S STUDIO	119737-07	AGE 18+	8/6-8/13	THURSDAYS	10 AM-12 PM	\$35/38
CERAMICS ADULT - ADVANCED	119516-13	AGE 18+	8/3-8/24	MONDAYS	6-8 PM	\$115/130
CERAMICS ADULT - ADVANCED	119516-14	AGE 18+	8/5-8/26	WEDNESDAYS	11:30 AM-1:30 PM	\$115/130
DRAWING FOR EVERYONE	119721-07	AGE 18+	8/5-8/12	WEDNESDAYS	10 AM-12 PM	\$35/38
WATERCOLOR	119733-07	AGE 18+	8/4-8/11	TUESDAYS	10 AM-12 PM	\$35/38

# IN-PERSON ADULT FITNESS CLASSES

NO DROP-INS, REGISTRATION IN ADVANCE IS REQUIRED.

## ALL LEVELS YOGA WITH SILVIA SHAW

This varied yoga practice links movement and breathing through short sequences, offering different challenges for all practice levels. This diverse class offers instructions in English, Spanish, and Italian. All levels of yogis are welcome!

## FITRX WITH KAREN CAMPION

Experience a total body conditioning workout using body weight exercises and light weights. This class incorporates classic exercises for the lower and upper body by compounding the moves to get the most out of the strength of your core and balance. The class is divided into three blocks - planks and core exercises mixed in with cardio bursts. The music and energy make for a fun and seemingly quick workout!

## MOVING WITH WEIGHTS WITH MARIANNE NICOLSI

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 boosts upper and lower body strength and burns calories.

## PILATES FUSION WITH SILVIA SHAW

This all-levels practice adds the benefits of yoga to Pilates mat work. Building core strength with classic Pilates sequences, short yoga moments are incorporated to add flexibility and mobility. Added challenges are shared for those who want a more challenging workout.

## ROW & GO INTERVAL WITH SANDY CULVER

Instructors 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.

## 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, bootcamp will incorporate a variety of cardio, plyometric, bodyweight, and core exercises that can be modified to all fitness levels. Bring a water bottle and mat (optional) for stretching and any core work that will otherwise be done on the grass.

## WERQ WITH ERIN COOPER

WERQ is an addictive cardio dance class using a playlist of the hottest pop and hip-hop songs. This nonstop workout features repetitive athletic moves and fresh dance steps. Each week, new routines are mixed in with familiar favorites, so you get to WERQ the routines you know and challenge yourself with different steps. There is no class on August 10.

## ZUMBA WITH MELISSA KERPEL AND KATE WETTERGREN

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that is energizing as it is calorie-burning! 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.

PROGRAM	LOCATION	ACTIVITY #	AGES/GRADE	CLASS DATES	CLASS DAY	CLASS TIME	FEES (R/NR)
ALL LEVELS YOGA	LAKEFRONT PARK	117708-04	AGE 18+	8/3-8/24	MONDAYS	9:30-10:30 AM	\$60/66
ALL LEVELS YOGA	LAKEFRONT PARK	117708-05	AGE 18+	8/7-8/28	FRIDAYS	8:30-9:30 AM	\$60/66
FITRX	TAKIFF CENTER	117702-05	AGE 18+	8/4-8/25	TUESDAYS	6-7 PM	\$60/66
MOVING WITH WEIGHTS	TAKIFF CENTER	117703-13	AGE 18+	8/4-8/25	TUESDAYS	8:30-9:30 AM	\$60/66
MOVING WITH WEIGHTS	TAKIFF CENTER	117703-14	AGE 18+	8/6-8/27	THURSDAYS	8:30-9:30 AM	\$60/66
PILATES FUSION	LAKEFRONT PARK	117709-03	AGE 18+	8/6-8/27	THURSDAYS	10:30-11:30 AM	\$60/66
ROW & GO INTERVAL	TAKIFF CENTER	117705-07	AGE 18+	8/11-8/25	TUESDAYS	7-8 AM	\$45/50
ROW & GO INTERVAL	TAKIFF CENTER	117705-08	AGE 18+	8/13-8/27	THURSDAYS	7-8 AM	\$45/50
SUMMER BOOT CAMP	LAKEFRONT PARK	117706-03	AGE 18+	8/10-8/24	MONDAYS	7:30-8:30 AM	\$45/50
WERQ	TAKIFF CENTER	117712-01	AGE 18+	7/27-8/24	MONDAYS	9:30-10:30 AM	\$60/66
ZUMBA	TAKIFF CENTER	117711	AGE 18+	7/25-8/29	SATURDAYS	8:30-9:30 AM	\$10 PER CLASS