

# Winter 2021-2022



**SCHILLER PARK  
RECREATION DEPARTMENT**



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## Administrative Staff

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## Recreation Department

### Office Hours

The Recreation Department Administrative Offices are located at the Edward E. Bluthardt Recreation Center, 9638 West Irving Park Road, Schiller Park, 60176.

Monday-Friday  
 9:00 a.m. - 5:00 p.m.

Administrative Office  
**847-671-8580**

Registration Hours  
 9:00 a.m. - 8:00 p.m.

## Recreation Board Members

Pat Inendino	President
Philip Fanselow	Commissioner
Cathy Russ	Commissioner
Rocco Pretzie	Commissioner

## Recreation Board Meetings

Board meetings are held the 3rd Tuesday of every other month at 6:00 p.m. at the Activity Center, 9630 West Irving Park Road. Recreation Board meetings are open to the Public. The next meetings will be January 18, March 15 and May 17.

The Village of Schiller Park  
 9526 W. Irving Park Road  
 Schiller Park, Illinois 60176  
 847-678-2550

### President:

Nick Caiafa

### Clerk:

Rosa Jos

### Trustees:

Russell J. Klug  
 Robert Lima  
 Thomas F. Deegan  
 Joan Golembiewski  
 Terri Sheridan  
 Marie Lukowski

General Information.....	2-3
Fitness Information.....	4
Activity Center.....	5
Bark Park.....	5
Gym Rentals.....	5
NEDSRA.....	5
Youth Programs.....	6-7
Adult Programs.....	8
Senior Information.....	8



## Fitness Memberships Offered to Returning Military Veterans

Mayor Nick Caiafa and the Village Board have approved a program to be offered through the Recreation Department to provide a

complimentary one year fitness pass for military veterans returning to the community from active duty. A similar program is offered through our Special Recreation Association - NEDSRA, and was modified to meet the needs of our residents of Schiller Park. In a show of gratitude for veterans service, the Village is offering this free membership to the fitness center and basketball courts located at the Recreation Center.

To qualify, they must be a resident of Schiller Park and be returning from active duty in the military. Veterans may present their discharge paperwork and proof of residency at the Recreation Center between 9 AM and 5 PM Monday thru Friday. For more information or to schedule an alternative time please call (847) 671-8580.

FACILITIES & PARKS	ADDRESS	PHONE	VILLAGE OF SCHILLER PARK										
			Parking	Baseball	Softball	Basketball	Racquetball	Playground	Rec. Center	Swimming Pool	Fountain		
Activity Center	9630 Irving Park	671-8580											
Community Center	4501 N. 25th Ave.												
Bluthardt Recreation Center	9638 Irving Park	671-8580	•			•	•			•		•	
Anna Montana Water Park/Memorial Pool	4001 Scott St.	671-8585	•									•	•
Schiller Bark Park	4555 Ruby St.												•
Fairview Park	5200 Michigan Ave.									•			
Kennedy Park / Shelton Field	4001 Scott St.		•	•	•	•				•			•
Stalica Park	9200 Irving Park		•	•	•	•				•			•
Wm. M. Dooley Memorial Park	4536 Scott St.									•			
North Village Park	4800 Forster Ave.									•			•
Clock Tower Park	9501 Irving Park									•			•
Skate Park	9620 Irving Park												

## Thank you . . .

The Schiller Park Recreation Department expresses a very special thank you to School District No. 81 for the use of their facilities. Because of their cooperation, we are able to offer quality recreation programs.





## No Guns Allowed



## Individuals With Disabilities



Schiller Park Recreation Dept. services, programs and activities are subject to all applicable laws regarding non-discrimination, including the Americans With Disabilities Act (ADA). If you or a family member or friend has a disability and are interested in participating in or attending any of the programs or activities, the Recreation Dept. will make reasonable accommodations to hire qualified personnel and make reasonable accommodations to facilitate the opportunity. To assist us in making appropriate accommodations, we urge you to contact us in advance of program participation and discuss the necessary accommodation. Your ideas are welcome.

## Dial-A-Ride

Bus transportation from your door to anywhere in Leyden Township or to a bus stop for transfer to a Pace bus. To schedule a ride, call Valley Transit, Inc. at 888-699-6999 the day before you need service.

## CPR

Learn the lifesaving techniques of Cardio Pulmonary Resuscitation (CPR). This class could help you save a loved one's life.

Age: 14 - Adult  
Dates: Call for schedule  
Location: Schiller Park Recreation Center  
9638 W. Irving Park Road  
Call Schiller Park Recreation Center at 847-671-8580 to register.  
Instructor: American Heart Assn. Certified Instructors



## Photo Policy

The Schiller Park Recreation Department periodically takes photographs or video during a class, event or at facilities or parks. Please be aware that these photos/video are for use by the Village and may be used in Village publications. Please call the Recreation Department for additional information.

## Brochure Changes/Error Disclaimer

Due to the large amount of information available in the Schiller Park Recreation Department program guide, errors before or after publication may occur. We apologize for any errors in this publication, and we will advise you of any changes as quickly as possible. We will also attempt to keep information on our website, [villageofschillerpark.com](http://villageofschillerpark.com) as current as possible. Thank you for your patience and understanding when these situations occur.

## Program Cancellations

The Schiller Park Recreation Department reserves the right to cancel any program, activity or event which does not meet minimum enrollment goals. Participants are strongly urged to register for programs, activities and events as soon as possible to avoid the disappointment of a canceled program. Should a program be canceled by the Schiller Park Recreation Department, a full refund will be issued.

## Accident Insurance

The Village of Schiller Park Recreation Department does not carry medical or accident insurance for program participants. Participants should review their personal insurance before registering for the Village of Schiller Park Recreation Department programs to be certain of adequate coverage.

## Smoking

Smoking is not allowed in the Village of Schiller Park Facilities and Playgrounds. Thank you for your cooperation.



## Parent Reminder

With your child's best interest in mind, we ask that parents do not remain in class, or bring other children into class during any of our youth programs. This may interrupt the participant's attention and inhibit the establishment of peer relationships. Thank you for your understanding and cooperation.

**Need More Information?**  
Just email your questions to: [registrar@schillerparkil.us](mailto:registrar@schillerparkil.us)

# Registration



- Residents **MAIL IN** and **WALK IN** registration begins today.
- Mail received will be randomly processed each morning.



- Beginning and ending dates vary depending on classes.
- Certain classes with back to back sessions may have started, however, patrons can still register for these classes.

## Registration Policies

1. All programs have a minimum and maximum enrollment and will be filled on a first come, first serve basis. Waiting lists will be formed when programs are filled and every attempt will be made to accommodate persons on these lists.
2. The Recreation Department may alter the schedule, cancel or add programs when enrollment warrants.
3. The Recreation Department assumes no liability for personal injuries or for loss of personal property while attending Recreation Department activities. It is recommended that participants review their personal policies for coverage during leisure activities.
4. Refunds will not be made once a program has begun, unless the program is cancelled or a physician's excuse is presented. A \$5.00 service fee will be charged on all refunds except where a program is canceled.
5. Persons enrolling after the start of a program will be required to pay the total program fee.
6. Only persons residing within the boundaries of the Village of Schiller Park are considered residents. Proof of residency is required.
7. A \$25.00 service fee will be charged for checks returned "Non-Sufficient Funds".
8. Confirmation of a registration will be mailed only to those who include a self addressed, stamped envelope with their registration forms.





## FITNESS INFORMATION

Stop by the Recreation Center and tour the fitness area. Fitness members enjoy the variety of cable machines, free weights and cardio equipment without the expensive membership and crowded fitness facilities.

FITNESS MEMBERSHIP RATES	1 Yr.	6 Mo.
Individual Adult Resident (18 & Over)	\$105	\$ 80
Individual Adult Non-Resident (18 & Over)	\$165	\$115
Individual Youth Resident (13-17)	\$ 80	\$ 65
Individual Youth Non-Resident (13-17)	\$115	\$ 90
Individual Senior Resident (55 & Over)	\$ 80	\$ 65
Individual Senior Non-Resident (55 & Over)	\$105	\$ 80
Family Resident Pass (2 Parent & 2 Children)	\$185	\$135
Family Non-Resident Pass (2 Parent & 2 Children)	\$250	\$200
Individual Corporate Membership (S.P. Business Letterhead)	\$125	N.A.

••• Fitness Room Daily Fee – \$5 •••  
Replacement Pass \$5

• Individual Resident Pass Includes Gym Pass •

Fitness Members ages 13-15 must be accompanied by a parent/guardian or attend during a supervised program. For more info call 847-671-8580.

### RACQUETBALL MEMBERSHIP RATES

Individual Adult Resident (18 & Over)	\$40 /Year
Individual Adult Non-Resident (18 & Over)	\$60 /Year
Individual Youth Resident (17 & under)	\$35 /Year
Individual Youth Non-Resident (17 & under)	\$50 /Year
Corporate Racquetball Membership (Corporate Includes 5 members - additional pay \$25)	\$180 /Year
Court Fee: \$5 / Hour - Members	
\$8 / Hour - Non-Members	
\$2 / Hour - Non-Member Guest Fee	

### RESERVATION POLICY

Members may reserve court time up to 7 days in advance. Non-Members may only reserve court time up to 24 hours in advance. Cancellations less than 24 hours in advance will be billed.

### RECREATION CENTER ID CARDS

Schiller Park residents may purchase an ID Card for the gymnasium. Residents may purchase the passes for \$10, a replacement of a lost card is \$5. Proof of residency (Gas, Electric, Telephone Bill, Drivers License) is required. ID Cards are available at the front desk at the Recreation Center. A Youth Non-Resident Gym Pass (Grades 1-8 that attends school in Schiller Park) can be purchased for \$25/year. Also, adult Non-Residents (ages 18 & over) can purchase a noon gym pass for \$50/year to be used only at noon.

### BUILDING HOURS\*

Monday - Friday 9:00 A.M. - 8:00 P.M.  
Saturday 8:00 A.M. - 5:00 P.M.

\* Building Hours may vary.

### GYM RENTAL

The gymnasium is available for rental during non-program hours. Applications for the use of facilities, will be taken at the Recreation Center located at 9638 W. Irving Park Road.

#### GYMNASIUM RENTAL FEE

	Basketball/Soccer	Floor Hockey
1 hour	\$65.00	\$95.00
1 1/2 hours	\$85.00	\$110.00
2 hours	\$105.00	\$135.00
deposit	\$10.00/hour	\$10.00/hour



Surprise that special person with a gift certificate for a fitness pass at the Schiller Park Recreation Center. Memberships for 6 months or one year are available at the front desk in the Recreation Center. Your friend or family member will enjoy our expanded hours of operation and clean environment while they work out on state of the art fitness equipment.

Fitness gift certificates are a great idea for anyone who knows how important health and nutrition are for a healthy life style. Certificates can be purchased between 9:00 a.m. and 5:00 p.m. Monday through Friday.

These certificates also make a great gift for birthdays. For further information, please contact the Recreation Department by calling (847) 671-8580.





# Schiller Park Activity Center

9630 Irving Park Road

## Plan your next party at the Schiller Park Activity Center!

The Recreation Department is excited to announce that the Activity Center is available to rent for parties, meetings and other uses. This facility boasts a kitchen area with a stove, refrigerator, microwave and sink. The chairs and round tables will comfortably accommodate groups up to 50 people. For your convenience, we will arrange the tables and chairs according to your request. Plan your next party at the Schiller Park Activity Center and let us prepare the room for you, then all you will need to do is decorate with your own theme. In addition, this space is ideal for association or business meetings\*. The building and restroom facilities are ADA accessible.



- Graduation Parties
- Wedding Showers
- Family Parties
- Baby Showers
- Birthday Parties
- Anniversary Parties
- Retirement Parties
- Association Meetings

### Rental Rates

½ Hour	Residents \$40 / Non-Residents \$55
1 Hour	Residents \$60 / Non-Residents \$85
*2 Hour	Minimum Rental Deposit \$150



## Schiller Bark Park

Enjoy Schiller Park's dog park located on Ruby Street (by the Metra Station). Dog owners that get their required dog license (obtained by showing proof of current rabies vaccine and paying a fee) can use the dog park. The fee is \$7 (resident) or \$10 (non-resident). Owners will receive their standard collar license tag which will allow access to the dog park. Dog license tags are good thru June 30, 2022 and must be obtained annually. These tags can be obtained at Village Hall and the Recreation Center.

The dog park has benches, dog waste bags, garbage receptacles and a drinking fountain which includes a lower bowl for your dog. Dogs and their owners will have an opportunity to socialize with others in a secure area where your pets can run off leash and explore while getting some good exercise. As is normally the case, dog owners are responsible for their dogs. Owners will not be allowed to bring dogs that are aggressive towards other dogs or people. Owners are also expected to clean-up after their dogs with bags provided on site. Please remember that the dog park provides one open area for all size dogs so owners must be mindful of their dog's interactions with others.

For more information please contact the Recreation Department at (847) 671-8580 or email to registrar@schillerparkil.us.

## Gym Rental

The gymnasium is available for rental during non-program hours. Applications for the use of facilities, will be taken at the Recreation Center located at 9638 W. Irving Park Road.

### GYMNASIUM RENTAL FEE

	Basketball/Soccer	Floor Hockey
1 hour	\$65.00	\$95.00
1 1/2 hours	\$85.00	\$110.00
2 hours	\$105.00	\$135.00
deposit	\$10.00/hour	\$10.00/hour

**A PROUD SERVICE OF**

**VILLAGE OF SCHILLER PARK**

Providing individuals with a disability recreational and social opportunities each year.  
Contact NEDSRA today for more information!

**1770 W. Centennial Place**      **630.620.4500**  
**Addison, IL 60101**      **nedsra.org**

# Youth Programs



## Little Dragons (Age 4-5)

Level: All belt M/M: 4/12

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination, and respect for the discipline of martial arts training.

## Early Taekwondo (Age 6-7)

Level: All belt M/M: 4/15

Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skill, and self-confidence through creative activities.

## Youth Taekwondo (Age 8-13)

Level: All belt M/M: 4/20

This program includes a balanced cardiovascular workout, including punching, kicking, and blocking skills, using the Taekwondo tradition, and self-control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

## Parent/Child Taekwondo (Age 7 & up with parent)

Level: All belt M/M: 4/20

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Taekwondo techniques including punching, kicking, and blocking.



## Adult Taekwondo (Age 14 and up)

Level: All belt M/M: 4/20

Restricted to high school students and older; this program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking, and blocking. This is a great program for those looking to maintain and improve their physical fitness.

Location: Community Center, 4501 N. 25th Ave.  
 Day: Wednesdays  
 Session 1: December 8-January 26  
 Session 2: February 9-March 30  
 Session 1 Fee: \$60 Res./\$65 Non-Res.  
 Session 2 Fee: \$60 Res./\$65 Non-Res.  
 Uniform Fee: \$45.00 (Paid to instructor)

Class #	Code	Group Name	Age	Time
1	128	Little Dragons	(4-5 yrs.)	5:00-5:40 p.m.
2	129	Early Taekwondo	(6-7 yrs.)	5:45-6:30 p.m.
3	130	Youth Taekwondo	(8-13 yrs.)	6:40-7:20 p.m.
4	131	Parent/Child Taekwondo	(7 yrs.+)	6:40-7:20 p.m.
5	132	Adult Taekwondo	(14 yrs. & up)	6:40-7:20 p.m.

## Basketball League

These cooperative recreational leagues are between the Schiller Park Recreation Department, Park District of Franklin Park, Rosemont Park District, Leyden Township Recreation Department and Norridge Park District. Teams from each town are formed and play in weekly games at rotating locations. Teams practice once a week to learn fundamentals. Equal playing time is enforced for all players. Participants receive T-shirt uniforms. Volunteer Coaches are needed, contact the Recreation Department at 847-671-8580 for further details.

## Youth Basketball League

Grades: 1-8  
 Day: Practice (Weekdays)  
 Day: Games (Saturdays)  
 Dates: January 29-March 26  
 Fee: \$50.00 per person/\$60.00 if paid after January 21  
 Grade 1-2: Saturday Games Only  
 Grade 3-5: 10:00 a.m.-3:00 p.m. (Games)  
 Grade 6-8: 10:00 a.m.-3:00 p.m. (Games)

(Schedules will be provided after registration is complete)

## PRESEASON CLASSES FOR YOUTH SPORT LEAGUES

### Preseason Basketball

Introduce your child to basketball or take their game to the next level. Fundamentals of dribbling, passing, shooting and defense will be taught; with younger players working on coordination and motor skills, and older players concentrating on teamwork and game situations.

Location: Schiller Park Recreation Center  
 Day: Mondays  
 Ages: Ages 6-12  
 Dates: December 6 – January 10 (6 weeks)  
 Times: 5:30 p.m. – 6:30 p.m. Code: 735-1  
 6:30 p.m. – 7:30 p.m. Code: 735  
 Fees: \$50 Resident/\$55 Non-Resident  
 Min/Max: 8/25  
 Instructor: Mr. V Athletics





## Skyline Athletes

### Basketball/Soccer Combo

Introduce your child to basketball and soccer to take their game to the next level. Fundamentals of both sports will be taught; with younger players working on coordination and motor skills, and older players concentrating on teamwork and game situations.

Location: Schiller Park Recreation Center  
Day: Mondays  
Ages: Ages 5-12  
Dates: January 17-March 7  
Times: Ages 5-7 (5:30 p.m.-6:15 p.m.)-Code: 738  
Ages 8-12 (6:15 p.m.-7:00 p.m.)-Code: 738-1  
Fees: \$60 Resident/\$65 Non-Resident  
Min/Max: 8/25  
Instructor: Skyline Athletics

### Gymnastics

Gymnastics class participants will learn a wide variety of gymnastics skills along with acrobatics. The participants will learn proper technique, stretching, flexibility, tumbling and conditioning.

Location: Schiller Park Recreation Center  
Day: Tuesdays  
Ages: Ages 4-8  
Times: Ages 4-6 (5:30 p.m.-6:15 p.m.)-Code: 733  
Times: Ages 6-8 (6:15 p.m.-7:00 p.m.)-Code: 733-1  
Dates: January 18-March 8  
Fees: \$60 Resident/\$65 Non-Resident  
Min/Max: 8/25  
Instructor: Skyline Athletics

### Soccer

Learn the basics of soccer while having fun at the same time. Fundamentals of dribbling, passing, and kicking will be covered through fun games that keep everyone moving. Younger groups will work on coordination and motor skills, while older groups will concentrate on teamwork and game situations.

Location: Schiller Park Recreation Center  
Day: Saturdays  
Ages: Ages 3-9  
Dates: January 15-March 5  
Times: Ages 3-5 (11:15 a.m.-12:00 p.m.)-Code: 126  
Ages 6-9 (12:00 p.m.-2:45 p.m.)-Code: 127  
Fees: \$60 Resident/\$65 Non-Resident  
Min/Max: 8/25  
Instructor: Gerardo Silva

### Baseball/Softball

Schiller Park will be offering Youth Baseball and Softball for ages 4-14 years of age. Age groups consist of Coed T-Ball (4-6 yrs. old) and Baseball and Softball at the following age groups: 8U (7-8 yrs. old), 10U (9-11 yrs. old), 12U (11-12 yrs. old), and new this spring 14U (12-13 yrs. old), pending enough registration. Age groups are determined by date of birth. Teams are formed based on registration and compete against surrounding communities. This league is a recreational program that emphasize skill development, teamwork, and sportsmanship. Volunteer coaches are needed to insure a successful program for all. Registration and additional information is available at the Recreation Center.

### Magic Class

Children will amaze their family and friends with the tricks they learn from this class that involve cards, ropes coins and more. Lessons are always age appropriate and never repeated in other sessions. Additionally, each child will receive their very own magic kit to take home.

Location: Norridge Recreation Center (Tot Room)  
4631 N. Overhill, Norridge  
Days/Time: Tuesday, January 25 (6:45 p.m. -7:40 p.m.)  
Ages: Ages 5-12  
Fees: \$21 Resident/\$26 Non-Resident  
Code: 723  
Min/Max: 8/25  
Instructor: Gary Kantor

### Babysitting Class

American Red Cross Babysitters™ Training.™ Babysitter training provides the knowledge and skills necessary to safely and responsibly care for infants and children up to the age of 11, as well as to manage a babysitting business. Please bring a lunch, drink and a doll.

Dozens of downloadable resources provide: Step-by-step instructions for skills, such as spoon-feeding, summaries of each lesson, templates for resumes and business cards, forms to aid parent interviews, and more.

Location: Recreation Center Game Room  
Day: Saturdays  
Ages: Ages 11-14  
Dates: January 29 Code: 751  
February 26 Code: 751-1  
March 12 Code: 751-2  
Times: 9:00 a.m. -2:00 p.m.  
Fees: \$75.00 Resident/\$80.00 Non-Resident  
Min/Max: 6/15  
Code: 751

### CPR

Learn the lifesaving techniques of Cardio Pulmonary Resuscitation (CPR). This class could help you save a loved ones' life.

Age: Ages 14-Adult  
Location: Schiller Park Recreation Center  
Dates: Thursday, January 6 (6:00 p.m.-10:00 p.m.)  
Saturday, February 12 (9:00 a.m.-1:00 p.m.)  
Saturday, March 5 (9:00 a.m.-1:00 p.m.)  
Cost: \$50 Resident/\$60 Non-resident  
Instructor: American Heart Assn. Certified Instructors  
Code: 329





## Hip Hop

Hip-Hop evolved out of street and break dancing and is characterized by its athletic and bouncy style. Hip-Hop is set to a strong, contemporary beat, builds stamina, and emphasizes body isolations, attitude, coordination, free-style movement, and rhythm. This form of dance is seen in music videos.

Location: Activity Center, 9630 Irving Park Rd.  
 Day: Mondays  
 Ages: Ages 5-13  
 Dates: January 17-March 7  
 Times: 7:00-7:45 p.m.  
 Fees: \$60 Resident/\$65 Non-Resident  
 Min/Max: 5/12  
 Code: 752  
 Instructor: Whitney Morris

## Dance/Poms

A movement-based class that focuses on sharp arm movements, execution of choreographic visuals and dance team cheers. Dancers will learn fundamentals of Pom positions, performances skills and pushes dancers to expand on their high energy level.

Location: Activity Center, 9630 Irving Park Rd.  
 Day: Mondays  
 Ages: Ages 3-5  
 Dates: January 17-March 7  
 Times: 6:15 p.m.-7:00 p.m.  
 Fees: \$60 Resident/\$65 Non-Resident  
 Min/Max: 5/12  
 Code: 754  
 Instructor: Whitney Morris

## Music/Lyrical Dance

Lyrical is a fusion of ballet and jazz dance techniques. Lyrical dance challenges dancers to use motion to interpret music and express emotion. Lyrical jazz is a very passionate and emotional dance style. It portrays certain emotions and tells a story through every movement made.

Location: Activity Center, 9630 Irving Park Rd.  
 Day: Thursdays  
 Ages: Ages 7-13  
 Dates: January 20-March 10  
 Times: 7:00 p.m.-7:45 p.m.  
 Fees: \$60 Resident/\$65 Non-Resident  
 Min/Max: 5/12  
 Code: 753  
 Instructor: Whitney Morris

## 2022 Summer Day Camp

Information to be announced  
in the Spring brochure.

## Open Gym Basketball –

High School/Adult • Monday-Friday • 11:00 a.m. – 1:00 p.m.  
 Grades 1st-8th • Monday-Friday • 3:00 p.m. – 5:00 p.m.

## WINTER BREAK CAMP

Camp will be held at the Activity Center. Themed activities will be scheduled daily and visits to the Recreation Center gymnasium and game room are built in. Please have your child dress appropriately for indoor and outdoor activities.

Sign up for your specific date or sign up for the week. The program daily hours are 8:30 a.m. – 5:30 p.m.

### Sign up for the week:

Code: 740	December 27-December 30	\$90 Resident/\$100 Non-Resident
Code: 741	January 3-January 7	\$110 Resident/\$120 Non-Resident

### Sign up for your specific dates: \$30 Resident/\$40 Non-Resident (per day)

Code: 742	December 27
Code: 743	December 28
Code: 744	December 29
Code: 745	December 30
Code: 746	January 3
Code: 747	January 4
Code: 748	January 5
Code: 749	January 6
Code: 750	January 7

MIN/MAX: 12/35





## Strong Nation

Strong Nation is a 1-hour bodyweight group exercise class that blends plyometrics, muscle conditioning and intense cardio for the ultimate full body workout, but the key is the music. It's not a dance class, it's a revolutionary high-intensity workout led by music to help you make it to the last rep and maybe even 5 more. Every move has a beat making your workout even more efficient. Bring a mat, towel, and water to the class.

Ages: 18 years and up  
Location: Community Center, 4501 N. 25th Ave.

### Tuesday Class

Day: Tuesdays  
Session 1: January 18-March 8  
Time: 7:00 p.m.-8:00 p.m.  
Fee: \$60 Res./\$65 Non-Res.  
Code: 341  
Min/Max: 6/25  
Instructor: Lucie Andrici, AFAA certified, Strong Nation, Zumba Fitness, Aqua Zumba, Zumba Gold, Zumba Kids, Zumba Step, Zumba Toning, Zumba Sentao licensed, CPR, AED

### Thursday Class

Day: Thursdays  
Session 1: January 20-March 10  
Time: 7:00 p.m.-8:00 p.m.  
Fee: \$60 Res./\$65 Non-Res.  
Code: 341-1  
Min/Max: 6/25  
Instructor: Lucie Andrici, AFAA certified, Strong Nation, Zumba Fitness, Aqua Zumba, Zumba Gold, Zumba Kids, Zumba Step, Zumba Toning, Zumba Sentao licensed, CPR, AED

## Zumba Fitness - Monday

Zumba combines high energy and motivating music with unique moves and combinations that will allow you to dance away your worries. This is a fun class that offers cardio while sculpting your body.

Ages: 18 +  
Location: Community Center, 4501 N. 25th Ave.  
Day: Mondays  
Session 1: January 24-March 21 (No Class February 14)  
Time: 6:00 p.m.-7:00 p.m.  
Fee: \$55 Res./\$60 Non-Res.  
Code: 317  
Min/Max: 8/25  
Instructor: Lucie Andrici, AFAA certified, Strong Nation, Zumba Fitness, Aqua Zumba, Zumba Gold, Zumba Kids, Zumba Step, Zumba Toning, Zumba Sentao licensed, CPR, AE

## Adult Co-Ed Recreation Volleyball

Sign up for the night. Teams are formed each night and play friendly matches. Self-officiated.

Ages: 18 +  
Location: Schiller Park Recreation Center  
Day: Wednesdays  
Dates: January 19-March 23  
Times: 7:00 p.m. -9:00 p.m.  
Fees: \$50 Resident/\$60 Non-resident  
Min/Max: 8/24  
Code: 500

## Adult Walk

Try our morning walking program! The gymnasium at the Recreation Center is reserved for adults 55 years and older for walking every Monday, Wednesday, and Friday from 9:00 a.m. until 11:00 a.m. from October through April 2022.

## Game Room Day

Brush up on your game skills! The game room is open for adults 55 and older every Monday, Wednesday, and Friday, from 9:00 a.m. until 11:00 a.m. Play pool, ping pong and board games with friends and neighbors. Why should kids have all the fun?

Please note the Recreation Department reserves the right to alter the Walking or Game Day schedules, as other programs may from to time need the space.





## Leyden Family Services - Senior Citizen Program

Serving Seniors Age 60 and above  
847-455-3929

### Join us at the Community Center

4501 N. 25th Ave, Schiller Park  
9 AM – Last appointment meets at 11:30 a.m. on Tuesdays  
January 18, February 15, March 15 and April 19

## Essentrics® Aging Backwards

Essentrics is a low-impact, full-body strength and stretch workout that is safe for all ages and fitness levels. It is both effective and healing. Essentrics will help you not only regain lost flexibility, but it will also help you maximize your flexibility potential. Through standing and chair work, you'll learn how to keep your aging body feeling young, strong, healthy and pain-free, regardless of your chronological years. Wear comfortable clothes and bring a bottle of water. We workout in bare feet or non-slip socks.

Location: Community Center, 4501 N. 25th Ave.  
Day: Mondays  
Ages: 55 & older  
Dates: January 10-February 28  
Times: 11:00 a.m.-12:00 p.m.  
Fees: \$35 Res./\$40 Non-Res.  
Min/Max: 5/25  
Instructor: Patricia Trampas, Essentrics Certified L4 Instructor, CPR and AED

## Crafting Days

Looking for an activity that will get you out of the house and having some fun? We have implemented a crafting day once a month for adults 62 and older. Join us at the Activity Center for themed crafting projects and socializing with fellow residents.

Location: Schiller Park Recreation Center  
Day: Tuesdays  
Ages: 62 & older  
Dates: January 18  
February 15  
March 15  
April 19  
Times: 10:00 a.m.-12:00 p.m.  
Fees: \$5 (No fee on March 15)  
Min/Max: 5/25  
Instructor: Mary Maltese, Senior Center Services Coordinator.

Call 847-678-8765 to reserve your spot and payment will be taken at event.

## Schiller Park Senior Services

Mary Maltese, Senior Services Coordinator  
Direct Line 847-678-8765 • seniorservices@schillerparkil.us



## Bingo + Gentle Exercises = BINGOCIZE®

Looking For A Fun Way To Be More Active? Bingocize® is a 10-week program that combines the game of bingo with fall prevention exercises. Come play bingo and meet new people all while learning about techniques to reduce falls. Bingocize® is exercise for your body, mind and spirit.

Location: Community Center, 4501 N. 25th Ave.  
Days: Wednesdays and Fridays  
Ages: 55 & older  
Dates: January 26-April 1  
Times: 10:00 a.m.-11:00 a.m.  
Fees: FREE OF CHARGE\*  
Min/Max: 12/25  
Instructor: Staffed by Age Options

\*Registration is required and taken at the Recreation Center

## Tai Chi for Arthritis

Designed to reduce the fear of falling and improve relaxation and balance in older adults. Improve balance, mobility, strength, flexibility, and relaxation. Decrease in pain and falls. Wear comfortable clothes and bring a bottle of water.

Location: Schiller Park Recreation Center  
Day: Thursdays  
Ages: 55 & older  
Dates: January 13-April 28  
Times: 10:00 a.m.-11:00 a.m.  
Fee: FREE OF CHARGE\*  
Min/Max: 12/25  
Instructor: Staffed by Age Options  
Code: 350

\*Registration is required and taken at the Recreation Center

## Join the Autumn Leaves Club . . .

Meetings on the 2nd and 4th Tuesday of every month.  
Play Bingo, other games, events and activities. New members welcome. For further information, contact Autumn Leaves President, JoAnn Michonski at 847-678-2452.

