Coming This Autumn

Food Truck Rally Medinah Color Run Harvest Fest Halloween Happenings Preschool/Playschool Club Kindergarten Youth Soccer Youth Basketball Adult Trips

Registration Begins July 31

Register online at medinahparkdistrict.org

Wedinah
Park District
Autumn 2023 =

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22W130 Thorndale Avenue, Medinah, Illinois 60157 · Phone 630-893-2560 · Fax 630-893-0932 www.medinahparkdistrict.org

Connolly Recreation Center Autumn Hours September 1-December 31, 2023

Administative Office Hours:

Monday–Friday 8:30 am-5:00 pm

Facility & Fitness Center Hours:

Monday-Thursday	7:00 am-9:00 pm
Friday	7:00 am-8:00 pm
Saturday	7:30 am-12:00 pm
Sunday	Closed

Recreation Center Closed: Sep 3, 4, Nov 23, Dec 24, 25, 31

Medinah Park District Board Meetings

The public is invited and encouraged to attend all Board meetings. Meetings are held at the Connolly Recreation Center at 7:00 pm on the following dates:

Wednesdays: Aug 16, Sep 20, Oct 18, Nov 15, Dec 20

For more information or to get involved with the Park District, please call 630-893-2560. Notices of all public meetings are posted in the entrance vestibule of the Connolly Recreation Center. Please check our website for additional meeting postings or changes.

Board of Park Commissioners

President
Vice-President
Treasurer
Commissioner
Commissioner

Staff

Administration Department

Bruce Baum (CPRP), Executive Director bruce@medinahparkdistrict.org Maria Piworski (CPRP), Supt. of Finance/HR maria@medinahparkdistrict.org

Recreation Department

Jim Huetson (CPRP), Superintendent of Rec	reationjim@medinahparkdistrict.org
Brooks Wogelius, Recreation Supervisor	brooks@medinahparkdistrict.org
Hope Rapp, Receptionist	hope@medinahparkdistrict.org
Maria Ameneiro, Receptionist	mameneiro@medinahparkdistrict.org

Parks Department

Vince DeGrado, Superintendent of Parks	vince@medinahparkdistrict.org	
Jeremy Weres, Park Specialist I	jeremy@medinahparkdistrict.org	

Safety Department

Mark Goode, Safety Coordinator	.mark@medinahparkdistrict.org
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CPRP - Certified Park and Recreation Professional

Online registration now available 24/7! Visit the Park District online at www.medinahparkdistrict.org

Mission and Vision Statement

The Mission of the Medinah Park District is to:

- Enhance the Quality of Life of the Park District Community
- Promote Sound and Effective Use of Park District Resources
- Provide Safe and Enjoyable Opportunities
- Preserve and Maintain Open Space

Our Vision Statement:

To consistently deliver a broad range of safe, healthy, educational, inclusive and fun-filled recreational opportunities for our communities, neighbors and guests.

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Program dates are subject to change. Visit us online for the latest information.

Periodical Publication Autumn 2023 Medinah Park District Tri-Yearly Publication Issue #23-3 The following abbreviations indicate information pertaining to specific programs or services. **Co-operative Program** = C

Parent/Child Program = Pc

The initials below indicate the name of the staff person in charge of each program. Feel free to contact staff with any questions. Jim Huetson = (JH) Brooks Wogelius = (BW)

Park District Autumn Program & Events

The various program options within our Autumn Program Guide are wide ranging and have something for everyone as the Park District continues to offer a full range of fun and interesting programs, events and services this fall. As the crisp winds and cool temperatures of fall begin to emerge, there has never been a better time to join the Park District's family of participants. We invite all our residents and non-residents alike to peruse the pages of this guide for an activity or program that may be of interest to you or a family member. Improve your health with a Fitness Center, Pickleball or Open Gym membership, participate in a day trip, engage the family in upcoming autumn special events, rent one of our indoor or outdoor facilities, enjoy our natural areas with a walk on one of our many park site trails or take a program you have always wanted to participate in. Whatever your interests, we look forward to seeing you with us during the 2023 autumn season at the Connolly Recreation Center or at a park near you.

Park District Welcomes New Superintendent of Recreation

The Medinah Park District is pleased to announce the hiring of Jim Huetson, the district's new Superintendent of Recreation. Mr. Huetson started his new duties with the district on June 12. He will be responsible for the oversight of day-to-day operations of the recreation division. Mr. Huetson comes to the Medinah Park District with multiple years of park and recreation administration experience, having spent the last 10 years at the Geneva and Lombard Park Districts in various management capacities, primarily overseeing special use facilities and handling a multitude of recreation programming areas.

Medinah Park District receives Grant to upgrade Goodenough Park Playground Equipment

The Medinah Park District is excited to announce, in conjunction with PlayCore, Game Time Recreation Products, Cunningham Recreation and the Illinois Park and Recreation Association (IPRA) the receipt of a grant to offset the costs associated with new playground equipment at Goodenough Park, located on Woodview Avenue just west of Rohlwing Road. This partnership is a collaborative effort to improve the quality of life in our community through this Statewide Healthy Play Initiative. The Goodenough Park site, by receiving matching grant funds from GameTime, will be one of many National Demonstration Sites across Illinois and will create outdoor play and recreation spaces that align with evidence-based best practices in the areas of inclusion, nature integration, physical activity and adult fitness. The Goodenough Park project is scheduled for a mid to late fall, 2023 installation of new equipment and various other upgrades to the present playground area. The District will receive a 75% reduction in overall playground equipment costs associated with the project.





Join the Medinah Park District for the last of our FREE outdoor family concerts! Bring your family and friends to Thorndale Park for spectacular music. Don't forget the lawn chairs, blankets and picnic baskets!!

> Location: Thorndale Park Pavilion Concert Times: 6:30-8:00 p.m. Date: August 9



THE ROCKIN' FENDERSKIRTS – Wednesday, August 9

Put on your blue suede shoes and rock around the clock to your favorite rock 'n' roll oldies. That'll be the day The Rockin' Fenderskirts come to town. There will be a whole lot of shakin' going on as you dance, sing and laugh until you're all shook up!!

HALLOWEEN HAPPENINGS

Ages 3-14

235003C

Fri

Registration Deadline: Oct 16

Enjoy some Halloween fun as the Medinah Park District and Medinah School District #11 PTO present a night filled with thrills for your family. Pick your pumpkin to decorate from our pumpkin patch and ride our spooky hayride through the haunted trail...

if you dare! Activities include: games, face painting, entertainment, camp fire with s'mores, and a costume contest. Come and have a howling good time! * *If registered past deadline and/or day of, you will not be guaranteed a pumpkin or s'more kit.*

Location Fee	\$12(R \$22(R)/\$37(NR) fa	on Center dividual with parent mily of 4 in same household itional sibling in same household
Min/Max	25/100)	-
Code	Day	Date	Time
235003A	Fri	Oct 27	6:00-8:30 pm (individual w/paren
235003B	Fri	Oct 27	6:00-8:30 pm (family of 4)

6:00-8:30 pm (add. sibling)

Oct 27



MEDINAH PARK DISTRICT'S



Saturday, September 23 12:00-4:00 pm at Thorndale Park

The entire community is invited!

Come celebrate our 2nd Annual Harvest Fest event at Thorndale Park. Enjoy live entertainment, games, demonstrations, food, community vendors and more.

Wrist bands will be for sale for \$5.00. The wrist band will give you access to the climbing wall, inflatables, petting zoo, kids area and more!

A big thank you to the Boy Scout Troop #95 and Medinah District #11 PTO for their support with this event.

- The "Jolly Ringwalds" Band
- Carnival-Style Games
- Balloon Artist
- Food Vendors
- Community Business
 Vendors
- Climbing Wall
- Inflatable Corn Maze
- Petting Zoo
- Contests
- Program Demonstrations



Special Events

Christmas Family Movie Nights (BW) All Ages

Officially start the holidays with a festive movie to get you and your family into the Christmas spirit. Concessions will be available for purchase. *Pre-registration required.*

Location Fee Min/Max	Free				
Code	Day	Date	Time	Movie	
235001A	Thu	Dec 7	7:30-9:30 pm	How the Grinch Stole Christmas (2000)	
235001B	Thu	Dec 14	7:30-9:30 pm	Home Alone (1990)	

Christmas Gingerbread House Making (BW) Ages 4-12

Get into the Christmas spirit and have some fun! You can make your own Gingerbread Houses holly and jolly using all the right ingredients that will make even Santa Claus proud! All supplies will be provided, you just need your imagination!

Location Instructor Fee Min/Max	Connolly Recreation Center-Walnut Room Medinah Park District Staff \$10(R)/\$18(R) 5/10			
Code	Day	Date	Time	
235002	Wed	Dec 6	5:30-6:30 pm	

Polar Express Visits Medinah (BW) Ages 4-12

The Conductor of the Polar Express is very busy this time of year, but he's making a promise to visit all the good little boys and girls by reading them the holiday classic "The Polar Express." Create Santa's bell and Polar Express tickets, which you can personally give Mr. Claus when you see him for our pizza event the following week. Cookies and hot chocolate will be provided, however the Conductor has one very important rule...never ever let it cool! **Pre-registration is required.**

Location	Connolly Recreation Center-Walnut Room		
Fee	\$6(R)/\$10(NR)		
Min/Max	4/20		
Code	Day	Date	Time
235005	Fri	Dec 1	5:00-6:00 pm

Registration Deadline: Nov 29

Santa's Calling

Ages 3-10

Jolly Old Saint Nick will be calling children to check their Christmas lists. To make arrangements with Santa, stop by the Park District between November 27 and December 14, 2023 to fill out Santa's "checklist" (one "checklist" per child must be filled out). Or email, brooks@medinahparkdistrict.org to receive Santa's checklist via email. *Calls will be made to the children on Friday, December 15* between 3:45-6:45 pm.

Pizza with Santa Ages 3-14

The Medinah Park District and Medinah School District #11 PTO have planned a wonderful holiday evening for the entire family. You will get to visit with Santa, and have pizza with him too! Make sure to bring warm clothes and boots to join us prior to dinner for our outdoor Candy Cane hunt. A Christmas Story, along with live holiday music from the Northwest Suburban Concert Band, PTO Bake Sale, holiday crafts and dinner, will round out the evening.

Candy Cane Hunt – 6:30 pm (*Rec Center Patio*) Christmas Story Time – 6:45 pm Dinner, Santa, Holiday Music, Crafts, PTO Bake Sale – 7:00 pm

Pre-registration is required. Each person attending needs to register. Kids 2 years old and under are free but need to register. Each family will receive their own cheese pizza.

Location Fee Min/Max	Connolly Recreation Center \$14(R)/\$23(NR) <i>couple rate</i> \$12(R)/\$18(NR) <i>additional sibling</i> 25/100		
Code 235004A 235004B	DayDateTimeFriDec 86:30-8:00 pm (couple)		Time 6:30-8:00 pm <i>(couple rate)</i> 6:30-8:00 pm <i>(add. sibling)</i>
Deviaturatio		Deed	

Registration Deadline: Dec 1

Daddy Daughter "Under the Sea" Date Night

Save The Date! February 9, 2024 6:00-8:15 pm

*Check back in the Winter/Spring 2024 brochure for more information.

Food Truck Rally (BW)

Families

Join us for our 3rd annual summer food truck event incorporating a wide range of your favorite delicacies. A variety of food and dessert trucks will be available to try. Entertainment and court games are part of the event.

Location Fee Min/Max	Thorndale Park Parking Lot Free Unlimited	
Day	Date	Time
Fri	Aug 18	5:00-9:00 pm



www.medinahparkdistrict.org

Medinah 'Tween' Scene (BW)

Grades 3rd-5th

Medinah students come enjoy a night full of fun! Activities will include music and open gym. Pizza, pop, and candy will be available for purchase at our concession stand. Parents <u>must</u> enter the building to sign participants in and out. Participants will pay at the door. Dress and conduct codes will be enforced.

Location Fee	Connolly Recreation Center \$5(R)/\$9(NR)		
Day	Date	Time	
Fri	Sep 29	6:30-8:30 pm	
Fri	Nov 3	6:30-8:30 pm	

Medinah Teen Scene (BW) Grades 6th-8th

During the school year, 6th-8th grade students will take over the Medinah Park Districts' Connolly Recreation Center for an evening of fun and socialization. Activities will include basketball, music, and dancing. Concessions will be available for purchase. Parents **must** enter the building to sign participants in and out. Participants will pay at the door. Dress and conduct codes will be enforced.

Location	Connolly Recreation Center		
Fee	\$5(R)/\$9(NR)		
Day	Date	Time	
Fri	Aug 25	6:30-8:30 pm	
Fri	Oct 13	6:30-8:30 pm	



Ages 4+

When life hands you color, run with it! This event is in partnership with Medinah School District #11 and PTO. Come on out for the 5th Annual Color Run. Bring your family and friends and let's have a blast. Fee includes mile loop that can be run multiple times, running t-shirt, sunglasses, two color packets and post-race activities. Proceeds will go towards the Medinah Park District Scholarship Program. *Rain date will be on Friday, September 15.*

Location Fee	Thorndale Park \$22(R)/\$37(NR) \$5 additional color packets*		
Min/Max	100/400		
Code 235050A 235050B	Day Fri Fri	Date Sep 8 Sep 8	Time 4:30-5:45pm 4:30-5:45pm*



Registration Deadline: Aug 28

Preschool 2023–2024 (BW)

The Medinah Park District Preschool program offers your child a comfortable, safe and fun environment for learning. Our program is semi-structured and focuses on developing socialization, self-confidence, fine and large motor skills as well as pre-kindergarten and kindergarten readiness skills. The Medinah Park District preschool incorporates the Kindergarten curriculum from Medinah School District #11 into their program. The children will develop these skills at their own pace through play, craft projects, stories, songs and special activities. Our main goal is to help your child acquire the joy of learning and attending school. Children must be toilet trained and be the appropriate age by September 1, 2023.

Registration must be done in person and proof of age is required. **A \$25 non-refundable deposit is required at time** of registration for the 2023-24 school year. Registration fees are paid in three trimester payments during the year (see payment schedule below).

New days and times this year.

Location Instructor		Connolly Recreation Center-Carol A. Healy Early Childhood Room Marissa Nowotarski			
Age	3 & 4 years <i>(3 days a week)</i>				
Fee	\$466/tri(R)/\$481/tri/(NR)				
Min/Max	6/18				
Code	Day	Date	Time	Age	
235215A	Mon/Wed/Fri	Aug 23-May 17	9:00-11:30 am	3	
235215B	Mon/Wed/Fri	Aug 23-May 17	9:00-11:30 am	4	
Age	4 years <i>(5 days a week)</i>				
Fee	\$485/tri(R)/\$500/tri(NR)				
Min/Max	6/18				
Code	Day	Date	Time	Age	
235215C	Mon-Fri	Aug 23-May 17	9:00-11:30 am	4	

Payment Due Dates for Trimester Payments: August 7, 2023 – 1st trimester

November 6, 2023 – 2nd trimester February 5, 2024 – 3rd trimester

Playschool (BW)

Ages 21/2-3

Play School is for the child who is not quite old enough for our preschool program but is ready for social interaction away from mom. Songs, stories, age-appropriate craft projects and of course playtime will develop your child's socialization skills. Children will explore, discover and learn through play and your child will become more comfortable in a "school" environment. Your child does not have to be potty trained; however, no diapers/pull-ups will be changed during class time. Pull-ups are permitted however, a parent/caregiver must be available to change if needed. *A \$25 non-refundable deposit is required at time of registration for the 2023-24 school year.* Registration fees are paid in three tri-mester payments during the year. *See preschool payment schedule.

Location	Connolly Recre	eation Center-Oak Roo	m
Instructors	MPD Instructor		
Fee	\$418(R)/\$433(I	NR) trimester	
Min/Max	5/10		
Code	Day	Date	Time
234240	Tue/Thu	Sep 5-May 23	9:00-11:00 am

Club Kindergarten AM & PM (BW)

Ages 5-6 (entering Kindergarten)

Club Kindergarten is for participants who have Kindergarten at the Medinah Primary School. Space is limited, so parents are encouraged to register as soon as possible. Kindergarteners will enjoy a variety of activities. Club Kindergarten will also incorporate themes, homework time and curriculum from Medinah Primary School Kindergarten into the program. Participants are required to bring a snack and lunch each day. AM Club Kindergarten students will be transported by school bus from the Connolly Recreation Center to Medinah Primary School, and PM Club Kindergarten students will be transported by school bus from Medinah Primary School to the Connolly Recreation Center. *Club Kindergarten will follow the attendance schedule of Medinah District #11.*

Location Instructor Fee Min/Max	MPD Staff \$834 per trii	ecreation Center-Wal mester re school year	nut Room
Code	Day	Date	Time
234200A 234200B	Mon-Fri Mon-Fri	Aug 23-May 30 Aug 23-May 30	7:30-11:45 am 11:45 am-4:00 pm

*Monthly payment plans can be arranged per request. A \$30 non-refundable fee is required.



"Power Through" Before/After School Care (BW)

Entering Kindergarten-5th Grade

Medinah Park District (in cooperation with Medinah School District #11) will be offering "Power Through" Before/After School Care to Medinah Residents this fall. The program is available for students attending Medinah Primary and Intermediate Schools. The program will be held in the gym and/or classrooms at Medinah Primary School. Transportation to and from the appropriate schools will be provided by school bus. Program hours are 6:30 am until school begins and from the end of school until 6 pm.

Our goal is to provide a safe, fun, friendly, inclusive, and structured before and after school environment. The program will encourage a balance of healthy minds, bodies and personal growth/development through activities. The program will encourage participants through scheduled activities to achieve this balance. The Medinah Park District will follow Medinah School District #11 guidelines pertaining to health guidelines.

"Power Through" Before/After School Care will follow the Medinah School District #11 days off. Medinah Park District will offer School Days off programs that are not included in the Before/After School Care Fee. There will be a separate registration and fee for the School Days Off Programs.

Payment information: Payments are divided equally among the months with days off in consideration. When registering for Before/After School Care, please be aware that you are registering for the whole school year. A payment form will be distributed before payment due date to participant/parent.

Payment Due Dates for Trimester Payments:

1st trimester - upon registration 2nd trimester - November 13, 2023 3rd trimester - February 12, 2024

Mon-Fri

Mon-Fri

LocationMedinah Primary School-Gym/ClassroomsInstructorMPD StaffMin/Max10/25CodeDayDate235418AMon-FriAug 17-May 306:30-8:15 am

Aug 17-May 30

Aug 17-May 30

Fee \$630/tri \$870/tri \$1,383/tri

*Monthly payment plans can be arranged per request. A \$30 non-refundable fee is required.

3:15-6:00 pm

6:30-8:15 am/3:15-6:00 pm



235418B

235418C

Park District Youth Program License Plates

The sale and subsequent renewals of each plate generates \$25 for the PowerPlay Beyond School Grant Program, which funds youth programs in park and recreation agencies throughout Illinois. The goal of the PowerPlay program is to increase the number of opportunities designed to show youth the lifelong benefits of fitness, health and nutrition. Park District Youth Program plates also may be requested through Pick-a-Plate at www.cyberdriveillinois.com. For more information, call 217-785-5215, or visit www.cyberdriveillinois.com.

Early Childhood General Interest & Sports



Key

Co-operative Program = C

Parent/Child Program = Pc

Reading to a Dog

Ages 4+

Does your child love to read aloud? Does your child love dogs? Join us at the Medinah Park District where there will be plenty of therapy dogs just waiting to get petted and read to. Please provide your favorite book to read. **Pre-registration is required.**

Location Fee Min/Max	Connolly Recreation Center Free 10/30		
Code	Day	Date	Time
234011C	Sat	Aug 10	11:00 am-12:00 pm
235011A	Sat	Sep 16	11:00 am-12:00 pm
235011B	Sat	Oct 14	11:00 am-12:00 pm



Little Sluggers T-ball (JH) C Ages 4-6

Young kids will love this introduction to one of the most popular pastimes around! Participants will learn the basic skills of baseball such as: throwing, catching, base running, hitting and fielding, all in a non-competitive environment. This is an introductory program that stresses fun and teamwork. This program is in cooperation with the Itasca Park District. A volunteer parent will serve as the class instructor/coach. Please indicate if you would like to volunteer on your child's registration form. Practices will be held on Thursday evenings and scrimmages on Saturday mornings. A team t-shirt and end of the season award are included. **Games begin in September TBD.**

 Location
 Medinah Intermediate School-Tball Field North

 Instructor
 Volunteer Coaches

 Fee
 \$64(R)/\$79(NR)

 Min/Max
 8/12 players per team

 Code
 Day
 Dates
 Time

235250 Thu/Sat Aug 17-Oct 21 5:30-6:30 pm (Thursday practice)

Tot Rock/Kid Rock I & II (BW)

This interactive class has everyone on their feet! We all learn together while engaging in active, creative, music-based activities, while using rhythm instruments and movement props. All class procedures are designed to keep staff and students safe. Activities are age appropriate by class and include songs and rhymes, rhythm and coordination, fine and gross motor, imagination and sensory, listening and following directions skills. Sing, dance, play, learn and imagine with us! www.rockitkids.com

Tot Rock! Pc

Ages 1 w/ parent

Location	Connolly Recreation Center-Maple Room		
Instructor	Rock 'n' Kids, Inc.		
Fee	\$64(R)/\$79(NR)		
Min/Max	3/4 per district		
Code	Mon	Date	Time
235210A		Sep 11-Oct 16	9:00-9:40 am
235210B		Oct 30-Dec 11	9:00-9:40 am
No Class: Nov 20			

Kid Rock I & II

Ages 2-5

Location Instructor Fee Min/Max	Connolly Recreation Center-Maple Room Rock 'n' Kids, Inc. \$64(R)/\$79(NR) 3/4 per district		
Kid Rock I	(2-3 years	s old w/ parent)	
Code	Day	Date	Time
235211A	Mon	Sep 11-Oct 16	9:45-10:25 am
235211B	Mon	Oct 30-Dec 11	9:45-10:25 am
Kid Rock II	(3-5 year	olds w/out parent)	
Code	Day	Date	Time
235212A	Mon	Sep 11-Oct 16	10:30-11:15 am
235212B	Mon	Oct 30-Dec 11	10:30-11:15 am

No Class: Nov 20

Pee Wee Sports (BW)

Ages 3-5

We have found this exciting class to be just what parents need to give their children a positive first step into athletics. We play a different sport each week, including soccer, baseball, hockey, basketball, and football. Participants will start developing socialization, teamwork, direction following, and key motor skills. *If your child is enrolled in our preschool program, staff will walk your child to this class.*

Location	Connolly Recreation Center-Gym		
Instructor	Sports R Us Staff		
Fee	\$60(R)/\$75(NR)		
Min/Max	6/12		
Day	Date	Time	Age
235216A	Wed	Sep 13-Oct 18	11:20 am-12:10 pm
235216B	Wed	Nov 1-Dec 13	11:20 am-12:10 pm

No Class: Nov 22

Registration Deadline: Aug 2

Lil' Dribblers (JH)

Ages 4-5

The Lil' Dribblers Basketball program introduces children to the game of basketball in a safe, fun and exciting environment. Our curriculum uses age-appropriate activities and games specifically designed to increase balance, body awareness, motor skills, hand/ eye coordination, listening skills and the ability to follow directions.

Location	Clauss Recreation Center-Gym 555 W. Bryn Mawr Ave., Roselle		
Instructor Fee	Hot Shots Sports \$65(R)/\$80(NR)		
Min/Max	4/4		
Code 235229A 235229B	Day Fri Fri	Date Sep 8-Oct 20 Nov 3-Dec 15	Time 4:00-4:45 pm 4:00-4:45 pm
No Class: N	ov 24		

T-ball Skills (JH)

Ages 4-6

This introductory T-ball program is perfect for a child who wants to have fun, make new friends and be introduced to baseball. Participants enjoy learning the skills needed to play baseball including offense and defense, as well as the rules and philosophies of the game. The program stresses teamwork over competition. All you need to bring is a glove!

Location	Clauss Recreation Center Soccer Fields 555 W. Bryn Mawr Ave., Roselle		
Instructor Fee Min/Max	Hot Shots \$65(R)/\$8 4/4		
Code 235223	Day Wed	Date Sep 6-Oct 11	Time 3:30-4:15 pm

Pee Wee Flag Football Under the Lights (JH) C Ages 4-7

Come join in on the fun and start playing the nation's most loved game! Players are introduced to stance, receiving, rushing, blocking and defense. Each week ends with a scrimmage encouraging teamwork and sportsmanship. Players always get to play either receiver or running back each week. Games focus on fundamentals and field concepts, as well as positions and mechanics. No equipment necessary!

Location	Clauss Recreation Center-Green Ball Field 555 W. Bryn Mawr Ave., Roselle				
Instructor	Hot Shots Sports				
Fee	\$65(R)/\$80(NR)				
Min/Max	4/4				
Code	Day	Date	Time		
235226	Wed	Sep 6-Oct 11	4:30-5:15 pm		

Little Hoops (JH)

Ages 4-6

Our instructional/team program prepares your future hoops player! Volunteer coaches will teach participants fundamental skills, basic techniques and improvement of motor skills required for the game of basketball. Players will use junior sized balls and shorter hoops to build confidence. Practices will be held on Friday's with scrimmages being played on Saturday mornings at the Wood Dale, Itasca or Medinah Park Districts. Team t-shirts will be provided. If you are interested in coaching, please note this on your child's registration form. Certain Friday/Saturday dates on the calendar will not be scheduled due to facility conflicts and are TBD. Saturday game times are to be determined. Games will begin the weekend of October 28th. There will be no games on November 25th.

Location Instructor Fee Min/Max	Connolly Recreation Center-Gym Volunteer Parents \$63(R)/\$78(NR) 6/8 players per team			
Code 235230	DayDateTimeFri/SatOct 13-Dec 95:15-6:15 pm (Fri practice)			
B · · · · ·	n Die eiller	- 0 - 07		

Registration Deadline: Sep 27



Additional Early Childhood Programs are found in the Youth section of the brochure.

Dance – pages 13, 14 Winter Holiday Camp – page 15 Parent Child Cooking Classes – page 15 Thanksgiving Holiday Camp – page 15 Magic Class – page 15 T-Ball Skills –page 17 Pee Wee Flag Football – page 17 Fall Soccer League – page 18 Baton Twirling – page 19 Illinois Shotokan Karate Club – page 21

Dance

Medinah Park District School of Dance (BW)

Innovation Arts Connection

Connecting communities to creative arts--that is what we do at Innovation Arts Connection! Our progressive curriculum focuses on dance concepts and core techniques as well as teaching the importance of respect, positive attitude and hard work. In our classes students will develop grace, rhythm, coordination, creativity, and confidence in a fun, safe and structured environment. IAC's dance classes offer stability, a sense of community, socialization and structure. We look forward to seeing you in class!

Innovation Arts Connection, LLC collaborates with local Chicagoland park districts. For more information about the IAC program including class expectations, dress code, pandemic procedures and more, please visit www.innovationartsconnection.com or find us on Instagram or Facebook @innovationartsconnection.

Park Studio Classes

The Park Studio program track is a studio program designed around the Park District community culture. This track is for dancers of all ages and experience levels who are looking for a progressive session and higher commitment level with a final holiday choreography to be performed for guardians at an in-class performance. Within this program, participants can engage in core studio-level dance classes. All park studio classes are held at Medinah Park District's Connolly Recreation Center.

Sep 18-Dec Code 235435A 235435B 235435C No Class: No	Monday Ballet/Tap I Ballet/Lyrical II & III Tap II & III	Age 7-9 10-15 10-15	Time 4:30-5:45 pm 5:55-7:25 pm 7:35-8:35 pm	Fee R/NR \$188/\$203 \$225/\$240 \$150/\$165	Min/Max 4/7 4/9 4/9
Sep 20-Dec Code 235436A 235436B 235436C 235436D No Class: No *This group is	Wednesday Dance with Me Ballet/Tap A Ballet/Tap B Musical Theater I	Age Walking-3* 3-6 5-7 7-9 guardian particip	Time 3:50-4:20 pm 4:30-5:15 pm 5:25-6:25 pm 6:35-7:35 pm	Fee R/NR \$75/\$90 \$113/\$128 \$150/\$165 \$150/\$165	Min/Max 4/6 4/7 4/7 4/8
Sep 21-Dec Code 235437A 235437B 235437C No Class: No	Thursday Hip Hop/Jazz A & B Hip Hop/Jazz I Hip Hop/Jazz II & III	Age 3-6 7-9 10-15	Time 6:00-6:45 pm 6:55-7:55 pm 8:00-9:00 pm	Fee R/NR \$113/\$128 \$150/\$165 \$150/\$165	Min/Max 4/7 4/8 4/9
Sep 22-Dec Code 235438	: 15, 2023 Friday Musical Theater II & III	Age 10-15	Time 4:30-5:30 pm	Fee R/NR \$150/\$165	Min/Max 4/9
Sep 22-May 235439 Sep 13-15,	/ 31, 2024 (Full year) MPD Company Rehearsal* 2023	8-15	5:45-7:45 pm	\$600/\$615**	5/12
Code 235445	Wednesday-Friday Company Bootcamp*	Age 8-15	Time 4:30-6:30 pm	Fee R/NR No fee	Min/Max 5/12

*Must be enrolled in Company

**Includes Boot camp, but does not include costume/competition fees



Dance Parties

Dance Parties are a condensed 1-day session of dance technique, movement games, crafts, a mini-performance and much more! Participants of all levels are encouraged to get involved through these camp-style classes that are designed to help participants fill their evening with fun, educational, and movement-oriented programming. Wear comfortable form-fitted clothing, dance shoes or bare feet. Feel free to dress to match the theme too! Please bring a water bottle.

Sugar Plum Tea Party

Dress up in your best ballet attire and join Ms. Lora and the MPD Dance Company for a morning of Nutcracker fun. Our day will start with a fun craft and reading the story of the Nutcracker followed by a dance class full of ballet technique, movement games, and choreography to the music of the Nutcracker. At the end of our event, we will enjoy delicious treats and tea with the Sugar Plum Fairy herself!

Dec 2, 2023

CodeWednesday-FridayAgeTime235446Sugar Plum Tea/Dance Party3-89:30-11:30 am

Fee R/NR \$63/\$78 **Min/Max** 5/10

Dance class descriptions can be found at www.medinahparkdistrict.org For more information on Innovation Arts Connection, please visit <u>www.innovationartsconnection.com</u>.



Youth General Interest



School Days Off (BW) Ages K-5th Grade

Children will enjoy their school days off with activities, games, crafts, and fun with friends at the Medinah Park District! Children will need to bring a lunch, snack, water bottle and wear comfortable gym shoes. Pre-registration is required and ends two days prior to the date of the school day off. This is a separate registration from the Power Through Before/After School Care.

Location	Connolly Recreation Center				
Instructor	MPD Staff				
Fee	\$35(R)/\$50(NR)				
Min/Max	6/20				
Code	Day	Date	Time		
235404B	Fri	Oct 6	8:30 am-4:00 pm		
235404C	Mon	Oct 9	8:30 am-4:00 pm		

Winter Holiday Camp (BW)

Ages 5-12

Looking for something to do during winter break? Send your kids to the Connolly Recreation Center for a day of activities. The kids will be busy with games, crafts, movies, gym time, and more. Please send a sack lunch and drink with your child.

Location Instructor Fee Min/Max	Connolly Recreation Center-Walnut Room Medinah Park District Staff \$95(R)/\$110(NR) 6/15				
Code	Day	Date	Time		
235406A	Mon-Wed	Dec 27-29	8:30 am-3:30 pm		
235406B	Mon-Wed	Jan 3-5	8:30 am-3:30 pm		

New! Parent Child Cooking Classes C C Ages 5-12

Bond and create a meal with your child and leave the prep to us. Chef Pina teaches a different recipe each week. Participants see, smell, taste, ask questions about, and learn the background of food. Bring a container for leftovers. All long hair must be tied up. Price is per couple.

Location	Chef's	s Corner,	172 S. Circle	Ave., Bloomingdale
Instructor	Chef	Pina		-
Fee	\$56(F	?)/\$71(NF	R) per couple	
Min/Max	3/5			
Code	Day	Date	Time	Program

Code	Day	Date	lime	Program
235407A	Fri	Sep 29	6:30-8:30 pm	Pasta Night
235407B	Fri	Oct 27	6:30-8:30 pm	Soups and Breads
235407C	Fri	Dec 1	6:30-8:30 pm	Cookies for Santa



Thanksgiving Holiday Camp (BW) Ages 5-12

Looking for something to do during Thanksgiving break? Look no further than the Connolly Recreation Center for days of fun activities! The kids will be busy with holiday themed: games, crafts, movies, gym time, and more. Please send a sack lunch and water bottle with your child.

Location Instructor Fee Min/Max	Connolly Recreation Center-Walnut Room Medinah Park District Staff \$95(R)/\$110(NR) 6/15				
Code 235405	DayDateTimeMon-WedNov 20-228:30 am-3:30 pm				
Registration Deadline: Nov 17					

Magic Class (JH)

Ages 5-12

MAGIC CLASS! Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks from the "Magic Team of Gary Kantor"! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. 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 since brand new tricks are always taught at each session! Each child receives a magic kit to take home.

Location	Itasca Park District, 350 Irving Park Rd., Itasca				
Instructor	Magic Team of Gary Kantor				
Fee	\$22(R)/\$37(NR)				
Min/Max	5/15				
Code	Day	Date	Time		
235415	Mon	Oct 2	6:45-7:40 pm		
235416	Tue	Dec 5	4:00-4:55 pm		

Mad Science: Mad Lab

Grades K-5

Junior scientists will spend six weeks exploring new and different STEM topics with plenty of hands-on experiments, new problems to solve creatively, and lots of new, cool take-home items! Topics will include bugs, geology, special effects, detective science, and more.

Location	Connolly Recreation Center Carol A. Healy Early Childhood Room				
Instructor	Mad Science				
Fee	\$190(R)/\$205(NR)				
Min/Max	12/20	、 ,			
Code 235410	Day Mon	Date Sep 25-Nov 6	Time 4:30-5:30 pm		
	`				

No Class: Oct 9

Chess Scholars (BW) Grades K-5

Develop your child's intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Chess has been proven to enhance children's motivation, concentration, focus, social skills, and creativity. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholars coach.

Location	Medinah Primary School-Library 22W300 Sunnyside Rd., Medinah, IL				
Instructor Fee Min/Max	After Schoo \$120 8/16	ol Enrichment Staff			
Code 235402	Day Thu	Date Oct 5-Nov 9	Time 3:30-4:30 pm		



Amigos-Arte y Cultura (BW)

K-5th Grade

Learning Spanish is as easy as uno, dos, tres! In Amigos, children will dive deep into the traditions and get a taste of the culture of Spanish speaking nations across the globe as well as learn basic vocabulary words such as numbers, colors, shapes, greetings, days of the week and more. Sing, clap, and count your way towards learning the Spanish language.

Location	Medinah Primary School-Library			
	22W300 St	unnyside Rd., Medina	ıh, IL	
Instructor	After Schoo	ol Enrichment Staff		
Fee	\$120			
Min/Max	8/16			
Code	Day	Date	Time	
235400	Tue	Sep 19-Oct 24	3:30-4:30 pm	

Smart Start Art-Outer Space (BW) K-3rd Grade

"Every child is an artist" - Pablo Picasso. Explore your artistic side with Smart Start Art from Afterschool Enrichment Solutions. Blast off your imagination, explore faraway galaxies, and meet outrageous space creatures! Discover your creativity and imagination as an artist, developing fine motor skills, style, and vision as we explore different artistic techniques through a variety of inspiring projects. Sketch and draw, shade and color, cut, glue, fold... create! See your imagination come to life! Learn about great artists from throughout history and the present day, through a weekly featured artist and fun, exciting games. No experience necessary.

Location	Medinah Primary School-Library 22W300 Sunnyside Rd., Medinah, IL			
Instructor		hool Enrichment Staff		
Fee	\$120			
Min/Max	8/16			
Code	Day	Date	Time	
235401	Wed	Sep 27-Nov 1	3:30-4:30 pm	

Robotics Academy (BW)

Ages 7-12

Explore the world of robotics and coding in this hands-on environment, full of experiments, exploration, and collaboration as we meet different robots and learn the challenges of programming and problem solving.

Location	Johnston Rec Center, 172 South Circle Ave, Bloomingdale, IL				
Instructor	Computer Explorers Staff				
Fee	\$88(R)/\$103(NR)				
Min/Max	2/3 per district				
Code	Day	Date	Time		
235430	Wed	Sep 20-Oct 11	5:00-6:15 pm		

Video Game Lab (BW) C Ages 7-12

Let's create a game on the PC with Xbox controllers! Using a visual programming language, where students can learn about creativity, problem solving, and collaboration. It's not just about programming. Stretch your imagination to design and build fun-filled, challenging games.

Location Instructor	Connolly Recreation Center				
Fee	Computer Explorers Staff \$88(R)/\$103(NR)				
Min/Max	2/3 per district				
Code	Day Date Time				
235431	Wed Nov 29-Dec 20 5:00-6:15 pm				

www.medinahparkdistrict.org



Hot Shots Sports aims to develop young athletes who will grow emotionally, physically, and intellectually in our sports programs. By redirecting the focus away from wins and losses and towards personal growth, we create an environment where winning is the byproduct of, and not the means to, success. This approach creates critical thinkers who understand the importance of giving their best in practice, games, and other endeavors. Our Coaches take pride in fostering that drive and motivating your child to find the champion inside of themselves.

T-ball Skills (JH) C Ages 4-6

This introductory T-ball program is perfect for a child who wants to have fun, make new friends and be introduced to baseball. Participants enjoy learning the skills needed to play baseball including offense and defense, as well as the rules and philosophies of the game. The program stresses teamwork over competition. All you need to bring is a glove!

Location	Clauss Recreation Center-Soccer Fields 555 W. Bryn Mawr Ave., Roselle			
Instructor Fee Min/Max	Hot Shots \$65(R)/\$8 4/4			
Code 235223	Day Wed	Date Sep 6-Oct 11	Time 3:30-4:15 pm	

Junior Flag Football (JH) C Ages 8-11

Players experience daily scrimmages with active instruction and tips from the coaching staff. Players are encouraged to employ skills used in football such as running pass routes, play calling, defensive positioning, and the fundamentals of blocking and pass coverage. These skills and others will be put to use in a "game time" environment while the players scrimmage each week.

Location	Clauss Recreation Center-Green Ball Field 555 W. Bryn Mawr Ave., Roselle			
Instructor	Hot Shots Sports			
Fee	\$65(R)/\$80(NR)			
Min/Max	4/4			
Code	Day	Date	Time	
235225	Wed	Sep 6-Oct 11	5:15-6:15 pm	

Pee Wee Flag Football Under the Lights (JH) C Ages 4-7

Come join in on the fun and start playing the nation's most loved game! Players are introduced to stance, receiving, rushing, blocking and defense. Each week ends with a scrimmage encouraging teamwork and sportsmanship. Players always get to play either receiver or running back each week. Games focus on fundamentals and field concepts, as well as positions and mechanics. No equipment necessary!

Location	Clauss Recreation Center-Green Ball Field 555 W. Bryn Mawr Ave., Roselle			
Instructor	Hot Shots Sports			
Fee	\$65(R)/\$80(NR)			
Min/Max	4/4			
Code	Day	Date	Time	
235226	Wed	Sep 6-Oct 11	4:30-5:15 pm	

Basketball 101 (JH) C

Ages 7-8

Develop early basketball skills such as shooting, dribbling and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun!

Location Instructor Fee Min/Max	Clauss Recreation Center-Gym 555 W. Bryn Mawr Ave., Roselle Hot Shots Sports \$70(R)/\$85(NR) 4/4				
Code 235227A 235227B	Day Fri Fri	Date Sep 8-Oct 20 Nov 3-Dec 15	Time 4:45-5:30 pm 4:45-5:30 pm		
No Class:	Nov 24				

Game Time Basketball (JH) C Ages 9-12

One of the best ways to develop your basketball skills is through game play, and in Game Time you do just that. Each week, basketball players are challenged through various games including 1-on-1, 3-on-3, and 5-on-5. Coaches referee and guide the class to enhance the players understanding of the game.

Location Instructor	Clauss Recreation Center-Gym 555 W. Bryn Mawr Ave., Roselle Hot Shots Sports				
Fee Min/Max	\$70(R)/\$85(NR) 4/4				
Code	Day	Date	Time		
235228A 235228B	Fri Sep 8-Oct 20 5:30-6:30 pm Fri Nov 3-Dec 15 5:30-6:30 pm				
No Class: Nov 24					



Enjoy the fun and excitement of league soccer! The Medinah Co-ed Fall Youth Soccer League will participate in the Mid-Suburban Soccer League. Other districts included are: Addison, Glendale Heights, Itasca, Roselle, Villa Park and Wood Dale. This league promotes an atmosphere of enjoyment, teamwork, and good sportsmanship while learning and improving upon fundamental skills. Adult volunteers coach and instruct each team. Teams will be formed immediately following the registration deadline and volunteer coaches will be confirmed and contacted.

Registration – Every effort will be made to place registrants on a team; however, once a team has filled, registrants will be placed on a "wait list" in an effort to create another team. In the event we have enough "wait list" participants, kids will be divided up to create an even number of boys and girls on each team. Because of this, we <u>cannot guarantee</u> that your child will play on a requested team. Participants will be informed of team placement by their coach on or before Wednesday, August 16.

Practices and Games – Practices are held once or twice per week with practice days and times set at the discretion of the coach. Games will be played on Saturday's (7 games). Time and location of games will be determined by league schedules. Parents must be able to transport their child to and from practices and games.

Uniforms – All players must wear a Medinah Park District uniform. If you are new to the program you must order a new jersey (\$25) at the time of registration. Please note on your registration form the size of jersey you would like to order (YS, YM, YL, AS, AM, AL). Black shorts and socks are required and should be purchased on your own. All participants are required to wear shin guards underneath their socks at all practices and games.

Coaches – The Medinah Park District relies on volunteer coaches to help run this program. Without volunteers, we would be unable to offer such a popular program. All coaches will be provided with certification and educational materials for the purpose of safety and improved skill development for players. If you are interested in coaching, please indicate your interest on your child's registration form.

LocationManary Park, Medinah Middle School, Thorndale Park (practices/home games only)InstructorVolunteer CoachesFee\$66(R)/\$81(NR)\$76(R)/\$91(NR) - after Jul 21Jersey Fee\$25Age4-14 years old

Registration Deadline: Aug 4

			Min/Max			
Code	Day	Dates	Grade (2023/24)	Per Team	# of Players on Field	
235450A	Sat	Sep 9-Oct 21	Pre K-Kindergarten	5/6	3v3 No Goalie	
235450B	Sat	Sep 9-Oct 21	1st-2nd Grade	6/8	4v4 No Goalie	
235450C	Sat	Sep 9-Oct 21	3rd-4th Grade	9/14	7v7	
235450D	Sat	Sep 9-Oct 21	5th-6th Grade	9/14	8v8	
235450E	Sat	Sep 9-Oct 21	7th-8th Grade	11/14	10v10	

Note: In the event a game is canceled due to weather, every attempt will be made to make it up during the week; however, we cannot guarantee this because of factors out of our control and therefore, are not able to give refunds for a shortened season.

** Park district members of the Mid-Suburban Soccer League have adopted the new standards set forth by the U.S. Youth Soccer Organization. New age groups will play small sided games with adjusted field sizes to encourage more touches and player development. The adopted changes will create more skillful players by allowing for more individual teaching and play time on either side of the ball. Teams will be based on approximately 5 to 14 players per roster depending on age groups (see above).

Program registrations are due one week prior to the program start date, unless class maximums are reached. If maximums are reached, waitlists will be formed.

Midwest Referees

Midwest Referees is now seeking new referees ages
13+ in the Medinah Area for Fall/Spring seasons for the Medinah Park District Soccer Leagues.
If you would like to become a referee please visit <u>www.midwestreferee.com</u> to get started.

Baton Twirling (BW) C Ages 5-12

Welcome to baton twirling! Baton twirling is an excellent way of developing hand-eye coordination, flexibility, dance, rhythm, self-discipline, and overall body coordination. Dance is also incorporated in these classes and students will learn a combination of dance-twirl movements and choreography. Please wear gym shoes and comfortable clothes to the first class. Leotards and shirts are acceptable attire as well.

Batons are available from instructor for purchase. Students will be measured at the first class and batons will be ordered after that.

Level 2 requires instructor approval to join.

Location	Connolly Recreation Center-Gym				
Instructor	Tracy Thomson				
Fee	\$57(R)/\$72(NR)				
Min/Max	4/20				
Code	Day	Date	Time		
235403	Wed	Sep 13-25	5:15-6:00 pm		



Look for your Winter/Spring program guide in November 2023.

Bloomingdale Gymnastics C

Through a partnership with the Bloomingdale Park District, Medinah Park District residents are invited to enroll in the Bloomingdale Park District Gymnastics Program at a reduced non-resident rate. To enroll in a gymnastics class please register at the Bloomingdale Park District, 108 S. Bloomingdale Road, or online at www.bloomingdaleparks.org. For additional information about the Bloomingdale Gymnastics program please call the Bloomingdale Park District Front Desk at 630-529-3650.

NEW! Fall Kick Ball (JH) Ages 7-12

The focus of this recreational program is honing skills and friendly competition. All players are in the batting order and everyone will play the field. Volunteer coaches will work with kid's emphazing the fundamentals of kick ball. The program will consist of a 6-game schedule. Fee includes an award. Volunteer coaches will ref the games. Games will consist of 6 innings with an hour time limit. No practices will be held and games are on Fridays.

Location Instructor Fee Min/Max	Thornda Voluntee \$25(R)/\$ 20/40			
Code	Day	Date	Time	Ages
234409A	Fri	Sep 15-Oct 20	4:00-5:00 pm	7-9
234409B	Fri	Sep 15-Oct 20	5:00-6:00 pm	10-12

Registration Deadline: Aug 18

Teen Cooking Boot Camp (JH)

Ages 13-17

This class is designed for ages 13-17 years. Our Teen Cooking Boot Camp series will help your teen become more familiar and confident in the kitchen. The class offers hands on cooking, baking and more. Each class presents basic food prep skills and best practices for kitchen safety. Every student will go home with a printed menu of the food prepared. Teens should wear comfortable clothes with closed-toed shoes and all long hair should be tied back.

Menus:

Italy – Cesar Salad, Neapolitan Pizzas, Summer Berry Crostata with Gelato Mexican – Guacamole w/tortilla chips, Chicken Enchiladas w/roasted salsa roja, Tres Leches Cake w/strawberries

French Pastries - Crepes Suzette, Eclairs w/pastry cream & chocolate sauce, season fruit tart

Location Instructor Fee Min/Max	Chef's Corner, 172 S Circle Ave., Bloomingdale Chef Pina \$45(R)/\$60(NR) 7/12				
Code	Day	Date	Time		
235704A	Fri	Sep 15	6:00-8:00 pm	Italy	
235704B	Fri	Nov 10	6:00-8:00 pm	Mexican	
235704C	Fri	Dec 8	6:00-8:00 pm	French Pastries	



Youth Basketball League (JH)

The Medinah Park District offers this recreational league for both boys and girls in grades 3rd-8th. Focus will center on individual instruction, teamwork, and friendly competition. Weekly practices begin in early December and games against other local park district teams start in January and run through the middle of March. Games are played at home and on the road.

The Park District relies on volunteer coaches to help run this program. Please indicate on your child's registration form if you are interested in coaching a team.

Location	Connolly Recreation Center-Gym
Instructor	Volunteer Coaches
Fee	\$79(R)/\$94(NR) + \$23 jersey fee**
	\$89(R)/\$104(NR) + \$23 jersey fee** - after Oct. 20
Min/Max	6/10 players per team

*All new participants must purchase a reversible jersey. Returning participants may purchase a jersey if needed, or use a jersey from a previous year.

Registration Deadline: Oct. 20, 2023

Girls League

Boys League

Code

235427

235428 235429

 December
 2023-March
 2024

 Code
 Grade
 235424
 3rd & 4th
 235425
 5th & 6th
 235426
 7th & 8th
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December 2023-March 2024

Grade 3rd & 4th

5th & 6th

7th & 8th



Rookies Basketball League (JH) C Grades 1st & 2nd

This is a co-ed program in cooperation with the Roselle Park District. This fun co-ed youth basketball league is forming teams now! It'll be four on four with a parent joining the action. It's driveway basketball at its best. Each team will need a volunteer adult player/ coach. Please let us know on your registration form if you are interested in volunteering. Rosters will be 6-8 players per team. Practices will start in December with games beginning in January, 2024. Away games will be played at the Roselle Park District on Mondays or Thursdays either at 6:00 or 7:00 pm. Don't be left sitting on the bench. A t-shirt will be included so please note proper size on the registration form. It'll be slam dunk fun!

Location	Connolly Recreation Center, Gym
Instructor	Volunteer Parent
Fee	\$64(R)/\$79(NR)
	\$74(R)/\$89(NR) after Oct. 2023
Min/Max	6/10 players per team
Code	Date
235411	Dec 2023-Mar 2024

Registration Deadline: Oct 20

Taekwon-Do (JH) C Ages 8 through Adult

Imagine what an advantage you will have now, and in the future, by learning martial arts today. Do you like to stretch, kick, punch, relieve stress, and feel good? The benefits of Taekwon-Do include character building, confidence, selfesteem, discipline, focus, perseverance, physical fitness, improved balance, coordination, strength, flexibility, and self-defense. Imagine that "attitude is everything" and you will never give up in any aspect of your life. This is Taekwon-Do!

Location	Monday: 5:00-6:00 pm, Medinah Park District 22W130 Thorndale Ave. Medinah		
	Wednesday	: 6:00-7:00 pm, Itasca Park District	
	350 Irving P	ark Rd, Itasca	
Instructor	Barry Weisb	perg	
Fee	\$50(R)/\$65(NR)	
	\$10 <i>each ac</i>	dditional family member	
Min/Max	8/50		
Code	Devi	Dete	
Coue	Day	Date	
234440C	Day Mon/Wed	Date Aug 14-Oct 11	
		2	
234440C	Mon/Wed	Aug 14-Oct 11	
234440C 234440D	Mon/Wed Mon/Wed	Aug 14-Oct 11 Aug 14-Oct 11 <i>(additional member)</i>	
234440C 234440D 235441A 235441B	Mon/Wed Mon/Wed Mon/Wed	Aug 14-Oct 11 Aug 14-Oct 11 <i>(additional member)</i> Oct 23-Dec 13	

Registration Hints – Register Early!

To ensure your registration is not delayed, fill out all forms completely and correctly including your signature and payment method. If the class of your choice is full, you will be placed on a waiting list and contacted about the status of your registration.

Please note that we co-op with many other park districts on programs. Just because we only have two or three registrants does not mean the program will not run. We do not get co-op registrations until a few days before classes begin. When in doubt, always register as you could be the one that makes the class run!

Shotokan Karate

Illinois Shotokan Karate Club (JH)

Illinois Shotokan Karate Club is Chicagoland's premier karate school taught under the instruction of John DiPasquale, a four-time National Champion, and President of the American Shotokan Karate Association.

- Uniforms and Belt-Testing are options available through the ISKC instructor.
- Please note that the Youth, Parent/Child and Adult classes may train together.
- Beginner students will not be permitted to register into the current session after the second class has met.
- Registration for continuers through advanced students will be accepted after the start date, but full class fee is required.
- Please visit www.iskc.com for more information or call us at (847) 359-0666.

Pre Karate (4-6 Years)

In our Pre-Karate Safety classes, young children develop flexibility, strength, and coordination in fun, yet disciplines activities. This program is specifically designed for growing minds and bodies to enhance memory and agility. Watch your child's confidence blossom and their skills improve.

Adult Karate

Our Adult classes release tension, develop total body fitness and build stamina and overall productivity! In addition to self-defense skills, karate increases flexibility, cardiovascular endurance and muscle tone, while improving core strength.

Parent/Child Karate

Parent/Child classes are a great way to spend quality time with your child, while conditioning muscles, developing coordination and improving cardiovascular fitness. (Fees are per person.)

Location Community Recreation Center, 505 N. Springinsguth, Schaumburg

Day	Date	Fee
Tue	Sep 5-Dec 12	\$208 45 min-55 min classes

Pre Karate (4-6 years) Min/Max 1/3

Code	Time	Level
235420A	4-4:45 pm	Beginner/Continuer (White belts)
235420B	4:50-5:35 pm	Intermediate/Advanced (Stripe belt & Up)

Youth/Adult (7 yrs-Adult) Min/Max -1 /E

IVIII I/ IVIAX	1/5	
Code	Time	Level
235420C	5:45-6:40 pm	Beginner/Continuer (White-Orange belts)
235420D	6:50-7:45 pm	Novice (Yellow- Low Purple belts)
235420E	7:55-8:50 pm	Inter/Adv (High Purple-Black belts)

Location Meineke Recreation Center, 220 E. Weathersfield Way, Schaumburg, IL

Day	Date	Fee
Sat	Sep 9-Dec 16	\$208 45 min-55 min classes
Sat	Sep 9-Dec 16	\$253* 11/2 hour classes

Pre-Karate (4-6 years) 1/2

	1/5	
Code	Time	Level
235421A	2:45-3:30 pm	Beginner/Continuer (White belt)
235421B	3:40-4:25 pm	Intermediate/Advanced (Stripe belts & up)

Youth/Adult (7 yrs-Adult)

Min/Max	1/6
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Min/Max

Code	Time
235421C	12:20-1:15 pm
235421D	1:20-2:15 pm
235421E	2:25-3:20 pm
235421F	3:30-4:25 pm
235421G	4:35-6:00 pm*

Level Beginner (No Experience) Continuer (1 Session-Orange belts) Novice (Yellow-Low Purple belts) Inter. (High Purple-1st Brown belts) Adv. (Brown w/Permis.-Black belts)*



Medicare 101 – The Basics

Ages 60+

The Park District would like to invite Medinah residents to a very informative presentation series. The first presentation is Medicare 101 – The Basics. The Glendale Heights Senior Services will provide a SHIP (Senior Health Insurance Program) volunteer counselor to explain the Medicare basics and answer common questions including: What is Part A, B, C and D? or when should I apply for Medicare? and what is the difference between an Advantage Plan and a Supplement Plan? Come out for this free presentation to help clear up some questions and ease your mind about Medicare. This program is FREE but pre-registration is required.

Location Instructor Fee Min/Max		ecreation Center-C leights Senior Sen	
Code	Day	Date	Time
235110	Tue	Sep 19	2:00-3:00 pm

Registration Deadline: Sep 8

Chef Pina's Cooking Classes C

Ages 21+

In this interactive cooking class, participants will see, smell, taste and ask questions from trained Chef Pina. Each class will have a different menu. These classes will take you home full and possibly with leftovers. Whichever one-night cooking session you choose, you will enjoy a wonderful meal and great conversation. Bring your appetite and a container for leftovers.

Menus:

Fish & Chips – Fish & Chips, Clam Chowder, Bread, Chef's choice Dessert

Louisiana Special – Cajun Shrimp Etouffee, Spinach and Herb Galette, Apple Beignet

Taste of Santorini – Lamb stuffed Eggplant, White beans, Tuna salad w/radicchio, Bread, Chef's choice Dessert Spice It Up Spain – Paella w/chicken, Seafood, Sausage, Vegetables w/saffron, Bread, Chef's choice Dessert Buona Mangiata – Meatballs w/spinach and ricotta w/pasta, Panzanella Salad, Bread, Chef's choice Dessert

Location Instructor Fee Min/Max	Chef's Corner, 172 S. Circle Ave., Bloomingdale Chef Pina \$52(R)/\$67(NR) 7/12			
Code	Day	Date	Time	Program
235701A	Fri	Sep 8	6:00-9:00 pm	Fish & Chips
235701B	Fri	Sep 22	6:00-9:00 pm	Louisiana Special
235701C	Fri	Oct 6	6:00-9:00 pm	Taste of Santorini
235701D	Fri	Nov 3	6:00-9:00 pm	Spice It Up Spain
235701E	Fri	Nov 17	6:00-9:00 pm	Buona Mangiata
235701F	Mon	Aug 28	6:00-9:00 pm	Customer Appreciation – Free Class

Holiday Appetizers C Ages 21+

Join Chef Pina for a hands-on cooking experience that teaches you how to prepare holiday appetizers without having to turn on your oven. Be sure to come hungry as you will taste everything you prepare!! Copies of all recipes are provided.

Location	Park District Bloomingdal		Bloomingdale Rd.,
Instructor Fee Min/Max	Chef Pina \$35(R)/\$50(I 4/12		
Code 235702	Day Thu	Date Dec 7	Time 6:30-8:30 pm

Holiday Cookie Bake & Exchange C Ages 18+

Why waste precious holiday time in your own kitchen baking cookies when you can get the bulk of your holiday baking done on a single Saturday morning!! Participants enjoy the company of others, listen to seasonal music and enjoy coffee and treats while baking. Save time and sanity this holiday season! Bring tins or containers from home to store your holiday treasures.

Location	Chef's Corn	er, 172 S. Circle	Ave., Bloomingdale
Instructor	Chef Pina		
Fee	\$58(R)/\$73(NR)	
Min/Max	7/10		
Code	Day	Date	Time
235703	Sat	Dec 16	9:00 am-12:00 pm

Adult Fitness

Fitness Classes @ Roselle Park District (JH) C Ages 18+

For a complete class description check out www.medinahparkdistrict.org under

online registr	ration link.				
Locations Fee	See Below \$34(R)/\$49(NR) <i>4-week class</i> \$26(R)/\$41(NR) <i>3-week class**</i>				
Min/Max	4/15	()			
Code	Day	Date	Time	Class	
Location: 10 235730A) North R Mon	Sep 11-Set 25**	9:15-10:15 am	Pilates	
235730B 235730C 235730D	Mon Mon Mon	Oct 2-Oct 23 Oct 30-Nov 20 Nov 27-Dec 18	9:15-10:15 am 9:15-10:15 am 9:15-10:15 am	Pilates Pilates Pilates	
Location: 10) North Re	oselle Road Suite 1			
235731A 235731B 235731C 235731D	Tue Tue Tue Tue	Sep 5-Sep 26 Oct 3-Oct 24 Oct 31-Nov 21 Nov 28-Dec 19	4:45-5:45 pm 4:45-5:45 pm 4:45-5:45 pm 4:45-5:45 pm	Get RIP Get RIP Get RIP Get RIP	
Location: 5	55 W. Bry	n Mawr Ave., Roselle	-CRC Maple	=	
235732A 235732B 235732C 235732D	Tue Tue Tue Tue	Sep 5-Sep 26 Oct 3-Oct 24 Oct 31-Nov 21 Nov 28-Dec 19	6:00-7:00 pm 6:00-7:00 pm 6:00-7:00 pm 6:00-7:00 pm	Spin Spin Spin Spin	
Location: 1(North B	oselle Road Suite 1			
235733A 235733B 235733C 235733D	Thu Thu Thu Thu Thu	Sep 7-Sep 28 Oct 5-Oct 26 Nov 2-Nov 16** Nov 30-Dec 21	4:45-5:45 pm 4:45-5:45 pm 4:45-5:45 pm 4:45-5:45 pm	Get Rip Get Rip Get Rip Get Rip	
Location: 10 North Roselle Road Suite 2					
235734A 235734B 235734C 235734D	Thu Thu Thu Thu	Sep 7-Sep 28 Oct 5-Oct 26 Nov 2-Nov 16** Nov 30-Dec 21	7:00-8:00 pm 7:00-8:00 pm 7:00-8:00 pm 7:00-8:00 pm	Yoga Yoga Yoga Yoga	
Location: 10) North Re	oselle Road Suite 2			

Sep 8-Sep 29 9:15-10:15 am 235735A Fri 235735B Fri Oct 6-Oct 27 Pilates 9:15-10:15 am 235735C Fri Nov 3-Nov 24 9:15-10:15 am Pilates 235735D Dec 1-Dec 22 Fri 9:15-10:15 am

www.medinahparkdistrict.org

Pilates

Pilates



Zumba® (JH)

Ages 18+

This one-hour energetic workout will have you sweating in no time. With Latin-based rhythms, motivating music, and easy-to-follow combinations, this total-body workout combines all elements of fitness - cardio, muscle conditioning, balance and flexibility, and boosted positive energy. Remember your water bottle, and come ready for a dance party!

Location Instructor Fee Min/Max	Connolly Recreation Center-Walnut Room Kimberly Black-Zumba® Basic 1 Certified \$15(R)/\$27(NR) \$7 <i>drop-in rate</i> 8/15			
Code 234710C 235711A 235711B 235711C 235711D	Day Mon Mon Mon Mon	Date Aug 7-Aug 28 Sep 11-Oct 2 Oct 9-Oct 30 Nov 6-Nov 27 Dec 4-Jan 8	Time 6:30-7:30 pm 6:30-7:30 pm 6:30-7:30 pm 6:30-7:30 pm 6:30-7:30 pm	

No Class: Sep 4, Dec 25, Jan 1

New! Tai Chi-Meditation in Motion (JH) Ages 21+

Often described as "Meditation in Motion", Tai Chi is a gentle, low-impact form of mind/body exercise with smooth, flowing movements that contain a surprising inner power to strengthen the body and mind while promoting better health and increased relaxation. Participants will learn the Tai Chi for Arthritis and Fall Prevention program developed by Dr. Paul Lam in Australia. Using the Sun Style of Tai Chi, it is designed to be safe and easy on the joints, improve balance and be easy to learn. This class is appropriate for adults and seniors who would like increased strength, coordination and flexibility, decreased joint pain, improved balance and posture, decreased stress and an increased sense of well-being. Tai Chi requires no special equipment and is generally performed standing. This program, however, can be done seated if needed for safety.

Location	Connolly Recreation Center		
Instructor	Diana Nielsen (Certified Instructor)		
Fee	50(R)/\$65(NR)		
Min/Max	6/10		
Code	Day	Date	Time
234705B	Thu	Aug 3-Sep 7	6:00-7:00 pm
235705A	Thu	Sep 21-Oct 26	6:00-7:00 pm

www.medinahparkdistrict.org

Yoga Flow (JH)

Ages 18+

Turn inward and let go in this energizing, guided flow. All levels are welcome! Please bring a water bottle and yoga mat to class. For virtual: A Zoom link to the class will be sent to the email address on file one hour before the first class.

Location	JRC/Group X Room, 172 S Circle Ave, Bloomingdale				
Instructor	Julie G	entile, RYT 500			
Fee	\$140(R)/\$155(NR)			
Min/Max	1/2 par	ticipants			
Code	Day	Date	Time		
235740A	Mon	Sep 11-Dec 18	7:00-7:40 pm		
235740B	Mon Sep 11-Dec 18 7:00-7:40 pm (Virtual)				
No Class: No	ov 20				

Yoga for Self-Care (JH) C Ages 18+

Step onto your mat and into your highest potential with mindbody-spirit practices, including yoga poses, breathing exercises and meditation with an emphasis on self-care. All levels are welcome! Please bring a water bottle and yoga mat to class. For virtual: A Zoom link to the class will be sent to the email address on file one hour before the first class.

Location	JRC/Group X Room, 172 S Circle Ave,				
	Bloom	ingdale			
Instructor	Julie G	entile, RYT 500			
Fee	\$140(F	R)/\$155(NR)			
Min/Max		rticipants			
Code	Day	Date	Time		
235741A	Wed	Sep 13-Dec 20	7:00-7:40 pm		
235741B	Wed Sep 13-Dec 20 7:00-7:40 pm (Virtual)				
No Class: N	ov 22				

Meet the Teacher

Julie M. Gentile has been leading yoga classes since 2011. Her classes are infused with self-care practices from her awardwinning books: 108 Yoga and Self-Care Practices for Busy Mamas and How to Stay Calm in Chaos: An Everyday Self-Care Guide; Stand Up for Your Self-Care YouTube Channel and blog; and Instagram and Facebook



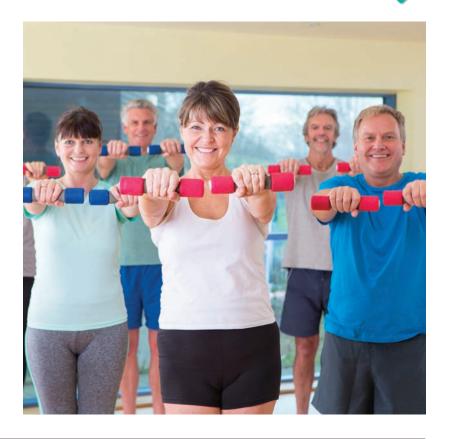
pages @JulieGtheYogi. Sign up for Nourish Note, her monthly self-care newsletter, at www.JulieGtheYogi.com.

Mature Adults

Get Fit Be Fab (JH) C Ages 50+

No matter what age you are, we all need to stay in shape and have more energy. In this class we do cardio, strength training, balance, mobility, and flexibility. This class is geared to YOU, and we will find activities that fit your individual needs.

10 North Roselle Rd., Suite 2, Roselle, IL Pauline \$34(R)/\$49(NR) 4/12			
Time 927 9:15-10:15 a 25 9:15-10:15 a 22 9:15-10:15 a	am am		
/ 22 ec 20	9:15-10:15 a 9:15-10:15 a		



New! Movie Matinee

Ages 50+

Are you looking for a relaxing afternoon? Join us in our private theater at Clarendale of Addison Senior Community to watch a movie along with tasty refreshments. Afterwards be our guest for live entertainment in our Salt Creek Bar and Lounge. Sign up today!

Location Fee Min/Max	Clarendale of Addison, 1651 W. Lake Street, Addison, IL Free 5/12			
Code	Day	Date	Time	Movie
235103A	Wed	Sep 13	1:00 pm	Ticket to Paradise (2022)
235103B	Wed	Oct 18	1:30 pm	Queen Bees (2021)
235103C	Wed	Nov 15	1:15 pm	The Age of Adeline (2015)



Entertainment None Jack Muccio The Vito Zatto Show

Silver Sneakers & Prime Network C

The Medinah Park District is proud to co-op with the Bloomingdale Park District and offer Silver Sneakers and Prime Network in partnership with Tivity Health. If you are a member of either program, you are eligible for a membership at the B-Fit Center and Silver Sneakers classes (coming soon!) at the Bloomingdale Park District (172 S. Circle Ave, Bloomingdale, IL). For more information regarding either program, please visit www.tivityhealth.com.



Shopping at the Arboretum of South Barrington (JH) C (2)

Ages All Adults

The Arboretum of South Barrington is the most exciting place to shop, dine and play. The center hosts over 60 stores that includes DSW, The LOFT and many more. Shopping and lunch is on your own. Lunch options include Cooper's Hawk, Panera, Potbelly, Ruth's Chris Steak House and more. Trip fee includes transportation only.

Code	Dav	Data	Timo		
	172 S. Circle Ave. Bloomingdale				
Bus Departure	Johnston Recreation Center-10:30am				
Min/Max	4/4 per (district			
Fee	\$10(R)/\$18(NR)				
Location	South Barrington, IL				

Code	Day	Date	Time
235805	Sat	Sep 16	10:30 am-2:30 pm

Registration Deadline: Sep 8

Richardson Adventure Farm (JH) C (3)

Ages All Adults

Join us for a day of corn mazes, hayrides and pumpkin patches. Richardson Adventure Farm has the world's largest corn maze taking up 28 acres of land. The Farm offers various activities with fun for all! On the way home, we will be stopping for lunch at Diamond Deli and Wine which has a restaurant, casino and stores combined into one. Registration fee includes transportation and general admission to the Farm. Lunch and other purchases are on your own.

Location Fee Min/Max Bus Departure		57(NR)	
Code	Day	Date	Time
235802	Fri	Sep 22	9:30 am-5:00 pm

Registration Deadline: Sep 15

Chicago Botanical Gardens (JH) C Ages All Adults

Enjoy the beautiful gardens at your own pace. With the Botanical Gardens having over 385 acres of landscaped garden displaying millions of plants and flowers in a variety of settings, we will have plenty to see and do!!!! Lunch will be on your own at the on-site Garden View Café. Cost includes transportation and admission ticket.

Location	Glencoe, IL								
Fee	\$34(R)/\$49(NR)								
Min/Max	4/4 per di	strict							
Bus Departure		Connolly Recreation Center-9:30 am 22W130 Thorndale Ave., Medinah							
Code	Day	Date	Time						
235800	Wed	Sep 27	9:30 am-3:30 pm						

Registration Deadline: Sep 6

Old Joliet Prison Tour (JH) C

Ages All Adults

Join us for a general history tour of the Old Joliet Prison! This 90-minute tour talks about the history of the site when it was first opened in1858 til its closure in 2002 and takes you into the East and West Cell Houses, North Segregation, Inmate Dining Hall and the Chapel. At the prison, there is no seating, some uneven ground and only port-a-toilets. There is also extensive walking on this trip. Cost includes transportation and tour ticket.

Location Fee Min/Max Bus Departure		strict Recreation C	Center-12:45 pm re., Medinah
Code	Day	Date	Time
235801	Fri	Oct 13	12:45 pm-5:30 pm

Registration Deadline: Aug 21

Grand Victoria Casino (JH) C

Ages 21+

Want to try your luck? Join us as we head to Grand Victoria Casino in Elgin. Trip includes transportation. Lunch is on your own at either Crave Deli or Slice Pizzeria in the casino. Receive \$10 in free cash play for the slot machines.

Location	Elgin, IL								
Fee	\$10(R)/\$	18(NR)							
Min/Max	4/4 per di	istrict							
Bus Departure	Johnston	Recreation (Center-11:30 am						
-	172 S Cir	72 S Circle Ave., Bloomingdale							
Code	Day	Date	Time						
235804	Mon	Oct 16	11:30 am-3:30 pm						

Registration Deadline: Oct 2

Rodgers & Hammerstein's

Ages All Adults

Once upon a time in a faraway land, a young woman wished for a life as beautiful as a fairytale. Join us at Drury Lane Theatre to experience the classic Rodgers & Hammerstein adaptation of Cinderella this holiday season. Featuring the beloved songs "In My Own Little Corner", "Impossible/It's Possible" and "Ten Minutes Ago", this magical musical is sure to entice all!!

Location Fee Min/Max Bus Departure	\$92(R)/\$1 5/8 per di Clauss Re		
Code	Day	Date	Time
235803	Sat	Dec 9	2:15-6:30 pm

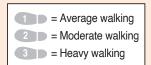
Registration Deadline: Nov 17



Attention Trip Participants!

Did you ever wonder why your favorite trip gets cancelled? Each trip requires careful planning and sometimes this means that deadline dates for final counts are 3-6 weeks before a scheduled trip. If the participant count is not high enough by the deadline date, we must cancel or forfeit our deposit. For this reason, we suggest that if you see a trip that strikes your interest, sign up for it as soon as possible. This will ensure the participant count is high enough to keep the trip going.

All trip return times are approximate. Transportation is provided by the Medinah, Roselle or Bloomingdale Park District mini bus unless otherwise noted. The buses are air-conditioned and provide accessible seating options for our handicapped participants. Refunds requested after the registration deadline will not be granted unless the trip registrant's spot can be filled.



The footprint symbols indicate the amount of walking for each outing.

We attempt to give you as much information as possible regarding the amount of walking required during each trip. The symbols will allow you to make a more informed decision regarding trip registration.

itness Center (JH)

The Medinah Park District's Fitness Center is dedicated to fitness excellence with quality equipment and programs designed to offer the best value. Whether your goals are to increase overall fitness, lose weight or take on an extra challenge, we are here to provide the equipment and personnel to help you achieve those goals.

Individuals, couples and families may join the Fitness Center on an annual or 3-month basis, or may pay a daily fee to use the facility.

We offer LifeFitness cardiovascular and strength equipment, personal training opportunities, personalized orientations upon request, open gym options and locker room and shower facilities.

All individuals utilizing the fitness center must wear shirts and shoes at all times. Please be sure to bring separate work out shoes for the fitness center so dirt and other debris are not tracked in. Individuals under the age of 18 must have a parent or guardian signature on the fitness center waiver in order to utilize the facility. Facility closure due to maintenance and/or special events is considered in the fee schedule. There are no fee adjustments or compensation for down time.

Join the Fitness Center and get started on a healthy future!



Medinah Park District Fitness Center Membership Pricing

Annual Membership	Rate		Renewa	al Rates*	*In order
	Resident No	on-Resident	Resident N	Ion-Resident	to take
Individual Adult (22-54)	\$134	\$174	\$114	\$154	advantage
Individual Senior (55+)	\$ 94	\$134	\$ 74	\$114	of the
Household (3+ in same home)	\$344	\$424	\$304	\$384	discounted
Student (14-21 years)*	\$ 94	\$134	\$ 74	\$114	renewal fee,
Corporate (per person, 2 or more)	\$134				members
3 Month Membership	\$ 64	\$84			need to
Military Membership	\$ 64	\$84			renew prior
Daily Rate**	\$5	\$7			to their expiration
Large Locker Rental*** Small Locker Rental***	\$75/year \$40/year	\$25 for 3 m \$12 for 3 m		for 1 month for 1 month	date.

ID Cards - All members will be issued a Fitness Center identification card. This will need to be presented prior to entering the fitness center. There is a \$5 replacement fee if card is lost.

Proof of residency will be required to receive resident rates. Active or retired vets must show proof to receive military membership.

**All daily fee users must be 14 years and older and have a waiver signed by a guardian 18 years or older each visit. Daily fees are paid at the front desk.

***If you do not choose to rent a locker, daily use of locker is available at no charge. Please bring your own lock and remove it when you leave the building. Medinah Park District is not responsible for lost or stolen items.

Fitness Center Hours

September 1 – December 31

Regular Hours

Monday-Thursday	7:00 am-9:00 pm
Friday	7:00 am-8:00 pm
Saturday	7:30 am-12:00 pm
Sunday	Closed

Fitness Center Closed: Sep 3, 4, Nov 23 Dec 24, 25, 31

Membership **Benefits**

- Cardio and Strength Training Equipment
- Fitness Center Orientation (upon request)
- Basketball & Pickleball Open Gyms
- Locker Room Facilities

- Personal Trainer and Nutrition Specialist When Available
- Two Guest Passes Per Year For All Annual Members

Fitness Center/Open Gym

Medinah Park District Fitness Center Equipment

Cardiovascular

- 3 Life Fitness
 9500HR Treadmills
- 2 Life Fitness 9500HR Ellipticals
- 1 Life Fitness Lifecycle 9500HR Recumbent Bike
- 1 Life Fitness Lifecycle 9500HR Upright Bike
- 1 Matrix Spin Bike
- 1 Body Craft Elliptical
- 1 Body Craft Rower

Open Gym (JH)

September 1 – December 31

Monthly Open Gym schedules are available online at www.medinahparkdistrict.org

Open Gym Daily Fees: \$4/day – Residents \$6/day – Non-Residents

Strength

Bench/Shoulder Press

Lat Pulldown/Low Row

Leg Extension/Leg Curl
Leg Press/Calf Press

Dumbbells (5 lb-50 lbs)

Hammer Body Weight

Back Extension

Hammer Abdominal Board

Arm Curl/Tricep Extension

Hours are subject to change without notice due to seasonal program scheduling. Youth Basketball League practices and games from January-May will supersede certain open gym times. Schedules will be posted on a monthly basis online and at the Connolly Recreation Center.

Open Gym Annual Membership Pass

An open gym annual membership pass allows a participant to use the gym during set open gym times for no additional fee. Passes are valid one year from the date of purchase.

The fees are as follows:

Residents

1002-0 1002-1	Youth Ages 6-13 H.S./Adult	\$49 \$59
Non-Residents		
1002-0	Youth Ages 6-13	\$64
1002-1	H.S./Adult	\$74

Pass must be presented upon entering facility.

Open Gym Rules

- All participants must sign in and fill out required information completely (clearly and legibly) before beginning play.
- Your open gym pass must be presented in order to participate.
- Participants under the age of 18, parents must accompany you to obtain annual membership pass.
- There is a \$5 replacement fee if pass is lost.
- Players must wear appropriate gym shoes.
- Players must demonstrate good sportsmanship.
- Offensive language will not be tolerated.
- Absolutely no gum or food in the gym.

Additional Open Gym guidelines are posted in our facility, as well as on our website at www.medinahparkdistrict.org.

Pickleball Open Gym (JH) Ages 18+

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. It is played with a hard paddle and a wiffle ball on a court with the same dimensions as a double's badminton court. The net is similar to a tennis net; however, it is two inches lower. Bring out a group of friends and give this addictive game a try! Equipment is provided. For more information about Pickleball and its rules, visit usapa.org.

Location	\$2 drop in rate			
Fee	\$75 annual rate			
Day	Date	Time		
Tue/Thu	Sep 5-Dec 28	9:00-11:00 am		





Park and Facility Rentals

We have a facility for every occasion! Need a convenient site to hold an organization or business meeting? Want an indoor space to hold a child's birthday party? Would an outdoor playing field and pavilion be a perfect spot for a family reunion? Now is the time to start planning for these events and the Medinah Park District can help with our indoor and outdoor facility rental space. The Park District has both indoor and outdoor facilities that can be rented by the hour for family functions, club and school activities, civic group meetings or athletic events. Please visit our website at <u>www.medinahparkdistrict.org</u> for additional details for renting a facility.



Connolly Recreation Center 22W130 Thorndale Ave. Medinah, IL 60157

Gym (max 250) \$45/hour (R) \$60/hour (NR) Walnut Room (max 80) \$40/hour (R) \$55/hour (NR)

Maple Room (max 40) \$35/hour (R) \$50/hour (NR)

Oak Room (max 20) \$25/hour (R) \$40/hour (NR)

Kitchen (refrigerator, microwave, convection oven and ice machine available for use)

\$15 flat fee with rental of any of the above rooms

Thorndale Park

22W130 Thorndale Ave. Medinah, IL 60157



Pavilion – includes use of picnic tables, electricity,

sand volleyball (in season) and ball field (if available). \$35/hour (R) \$50/hour (NR)

Fire Pit

\$15/hour (R) \$25/hour (NR) \$15 flat fee with Pavilion rental

Athletic Fields/Tennis Courts \$35/hour (R) \$50/hour (NR)

Reservations must be made at least three weeks in advance. A \$20 non-refundable reservation fee and application is required to reserve a date and space. Full payment and security deposit is due at least two weeks prior to rental date. Additional fees may apply for groups larger than 75. A \$20 prime rate fee per hour is charged for hours rented after regular facility hours. Call 630-893-2560 for more information. Military discounts available. Buy one hour, get one free. Must show proof.

New Park Signage Upgrades at all Medinah Park Sites

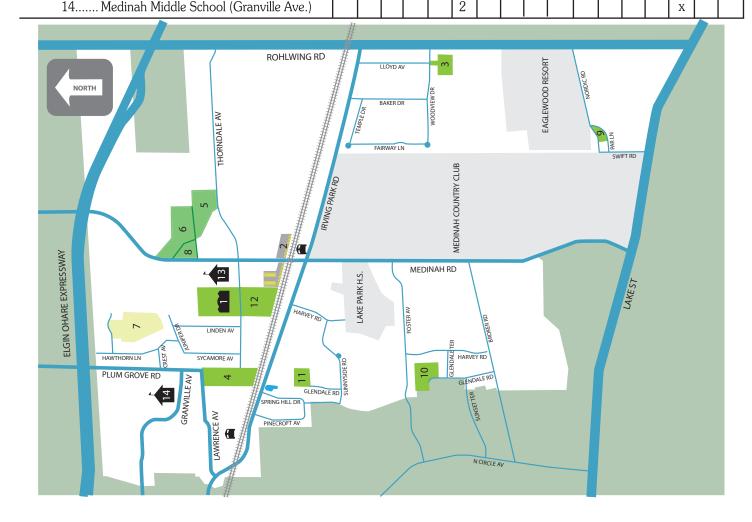
The Medinah Park District has been in the process of upgrading all of its park site signage during the late spring and summer of 2023. The new park signs are made of recycled materials that are manufactured to last for a minimum of 25 years. A total of 9 signs are replacing the old wooden signs that were in place at Thorndale, Riha, Manary, Goodenough, Springhill, Nordic and Meacham Creek Parks as well as at Natasha Brandt Nature Preserve and Meacham Wildlife Preserve.





Parks and Facilities

	Rentals	Playground	Trails	Ball Fields	Tennis Courts/Pickelball	Soccer Fields	Sled Hill	Ice Skating	Sand Volleyball	Basketball Courts	Shelter	Picnic Tables	Nature Area	Restrooms	Parking Lot	Pond	Acres	
Facilities																		
1Connolly Recreation Center 2Commuter Parking Lots	X									Х				х	X X			
Park Sites															Λ			
3		x	х		1/1					х							3.5	
4	x	X	X	1	1/1	1				Λ	x	x			x	x	12	
5Meacham Creek Park (Thorndale Ave.)			X	-		-						х	Х		X		12	
6 Meacham Wildlife Preserve (Medinah Rd)													х				16	
7 Michaels/McClure Wetland													х				15	
8Natasha Brandt Nature Preserve													х				4	
9Nordic Park (Fairway and Nordic)		x			2						х				х		2.5	
10Riha Park (GlendaleN of Sunset)	х	Х	Х	1		Х					х	Х			х	Х	7	
11Springhill Park (Glendale – N of Sunnyside)	x	x		1/1							х	X			х		3	
12 Thorndale Park (Thorndale Ave.) *lighted	x	2	х	5/*2	*4		х	Х	Х		х	х		х	х		30	
School Sites																		
13Medinah Intermediate School (Medinah Rd.)		x		2		х									Х			
14 Medinah Middle School (Granville Ave.)						2									x			



NEDSRA



NEDSRA is a proud service of the Medinah Park District. Through our partnership, individuals with a disability are offered over 600 recreational opportunities each year. If you or someone you know has a disability contact NEDSRA today! All ages and ability levels are welcomed!

-Special Olympics -Social Clubs -Fitness Programs -Sensory Programs -Art Therapy

1770 W. Centennial Place Addison, IL 60101

ELE ASS





FOLLOW 🗗 🙆 💟 💽 US!

-Overnight Trips -Camps -Adult Day Program -Community Events & Much More!

> 630.620.4500 nedsra.org

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Co-operative Programs

The Medinah Park District co-ops with the following leisure service agencies to provide program opportunities for you and your family: Addison Park District, Bloomingdale Park District, Itasca Park District, Roselle Park District and the Wood Dale Park District.

Employment Opportunities

The Medinah Park District offers a variety of part-time and seasonal positions. Individuals who are friendly, hardworking and dedicated to doing a good job are desired. You must be age 16 years or older to be considered for a position. Due to the many applications received and the limited number of positions, the District will only contact those being considered for a position. Please also consider volunteering with the Park District if not hired for a position. The Medinah Park District is an equal opportunity employer.

Insurance Disclaimer

The Medinah Park District is committed to conducting its recreational programs and services in the safest manner possible and holds the safety of participants in the highest regard. Participants and parents registering their child in recreational programs must recognize, however, that there is an inherent risk of injury when choosing to participate in activities.

Please recognize that the Medinah Park District does not carry medical accident insurance for injuries sustained in its programs. The cost of such would make program fees prohibitive; therefore, each person registering themselves or a family member for a recreational program/activity should review their own medical insurance policy for coverage. It must also be noted that the absence of medical insurance coverage does not make the Medinah Park District automatically responsible for the payment of medical expenses. The Medinah Park District requires that all program participants or legal guardians sign a Liability Waiver and Release form at the time of registration.

Program Guide Changes/ Errors Disclaimer

Due to the large amount of information available in the Medinah Park District program guide, errors and changes before and after publication may occur. While we attempt to locate and fix all errors in the proofing process, some items are missed. We apologize for any errors that may occur and will attempt to advise you of any changes as quickly as possible. Please check online for updated information.

Program Cancellations

Programs that do not reach the advertised minimum registration number at least one week prior to the start of the program may be cancelled due to low enrollment. Participants will be notified of the cancellation as soon as possible. Full refunds will be issued for programs cancelled due to low enrollment. If a program has an advertised deadline date listed in the brochure description, the program will be cancelled after that date if minimum registration has not been reached.

Americans with Disabilities Act

The Medinah Park District is committed to accessibility for individuals with disabilities and strives to provide equal, integrated participation in all programs, services and activities. The park district's policy is to reasonably accommodate all qualified program applicants in accordance with the Americans with Disabilities Act (ADA). We welcome questions, comments and concerns of interested community members regarding district ADA compliance.

To arrange for auxiliary aids or accommodations enabling individuals with disabilities to participate in park district public meetings, or to request publications in a special format (audiocassette, large print) please call 630-893-2560 or write to 22W130 Thorndale Avenue, Medinah, IL 60157.

Parking for PreK/K, 1st/2nd Grade Soccer Field, T-ball Field

Park District PreK/K, 1st/2nd Grade Soccer and T-ball program participants and spectators should park in the Medinah Intermediate School parking lots located at the corner of Medinah Road and Thorndale Avenue. The lots provide for a short walk to the school athletic fields. These lots are located apart from the main parking lots at Thorndale Park/Connolly Recreation Center.

Visit Our Website

The Medinah Park District's website can be located at www.medinahparkdistrict.org. You can peruse programs, register online, review board of commissioner meeting minutes and agendas, download a printable registration form, find an application for employment or view our site and stay informed. If you have suggestions or ideas for our website, please contact us at 630-893-2560.

Say Cheese!

Photos and video of participants in programs or special events and users of District facilities or parks are used in publicizing and promoting the District. All persons registering for District programs and activities or using District property thereby agree that any photograph or videotape taken by the District may be used by the District for promotional purposes. Please tell an instructor or photographer if you do not want to be photographed or videotaped.

Athletic Field Conditions

Home game field conditions and updates for youth soccer, and baseball/softball can be attained by checking the Park District's website at www.medinahparkdistrict.org. Please check with your coach about practice and away game cancellations.

Inclusive Recreation Programs

In a continuing effort to meet the needs of residents with special needs, NEDSRA (see page 32) and the Medinah Park District provide inclusive recreation services. This means that individuals with disabilities can participate in programs offered by the park district. This inclusive recreation environment provides residents with disabilities greater choices for their leisure time and allows all residents to learn about one another as they participate together. Let the park district and NEDSRA know of your special needs and interests so that we can provide the support necessary for successful inclusion. By communicating your needs, the park district and NEDSRA can be prepared to provide you with appropriate services.



Registration

4 Easy and Convenient Ways to Register

On-Line	Register via https://apm.activecommunities.com/medinahparkdistrict
Walk-In	You may bring your registration form directly to the Registration counter at the Connolly Recreation Center, 22W130 Thorndale Avenue.
Mail-In	You may mail your registration form to the Medinah Park District, 22W130 Thorndale Avenue, Medinah, IL 60157.
Fax	You may fax your registration to the Medinah Park

Fax You may fax your registration to the Medinan Park District at 630-893-0932. MasterCard, Visa and Discover are accepted. The registration form must be fully completed and signed.

Registration Hours

Walk-In program registration will be accepted during regular Connolly Recreation Center building hours of 7:00 am-9:00 pm Monday-Thursday, 7:00 am-8:00 pm on Friday, 7:30 am-12:00 pm on Saturday.

Medinah Park District residents receive preference during program enrollment periods and may register for programs beginning July 31, 2023. Registration is taken on a first come, first serve basis. Non-resident registration will begin on August 7, 2023. Non-resident registration rates are 1.75 times the resident fee with the additional fee not to exceed \$15.

All registration fees must be paid at the time of registration unless noted otherwise. Persons enrolling after the start date of a program will be required to pay the entire program fee. Pro-rating of program fees will not be accepted.

Are You a Resident?

The Medinah Park District has definitive boundaries that take in parts of Roselle (zip code 60172), Itasca (zip code 60143) and Medinah (zip code 60157). In fact, you may be a resident of the Medinah Park District and your neighbor next to you or across the street from you may not be residents of the park district.

Why is this important? Medinah Park District residents support the district by paying property taxes to the district while non-residents do not. Residents are thus afforded special privileges and benefits.

How do you know if you are a resident? If you are a property owner, look at a copy of your most recent tax bill. If the Medinah Park District is listed, you are a resident. If you rent, call us at 630-893-2560 and give us your address; we will be able to tell you if you are a resident or not.

What about those privileges and benefits? To begin, residents receive the first opportunity to register for our seasonal program offerings. Secondly, residents who register for our programs and services are charged a lower user fee than non-residents. Residents are also charged less for facility rentals. This is because residents pay taxes that support our Park District and in return we offer lower fees for services.

Registration Fees

Cash, personal checks, money orders and VISA, MASTERCARD or DISCOVER CARD may be used to pay for Park District registration fees, membership fees or services. Checks and money orders must be made payable to the Medinah Park District.

Class Cancellation/Changes

Most programs have a minimum and maximum number of openings. If your class is cancelled due to low enrollment, the park district will make every attempt to offer an alternative class when available or credit a family account or provide a full refund. Class decisions about cancellations are usually made seven days in advance. Please be aware that certain programs have special registration deadlines that will be listed if different than the general seven day period.

Once programs begin, individual classes may change or be cancelled due to weather and/or the instructor being ill. Every attempt will be made to make up the class; however, we cannot guarantee this as there are other programs that may conflict with us being able to provide a makeup time. Unfortunately, refunds cannot be issued if this happens.

Minimums and Maximums

A class minimum is established to make sure that a program has enough registration support to justify holding the program. Since most instructors are paid per class period, running classes with less than the minimum of registrants would be a drain on the financial network of the Park District. A vast majority of our recreation programs are self-sufficient. If a class does not meet the minimum number of participants, it may be cancelled. In these cases, registrants will be notified. *Please see Program Cancellations on our General Information page.*

Maximum numbers are established to maintain the safety and quality of a program. We keep student/instructor ratios low to insure you get what you pay for; a higher quality program. Room capacity and ratios are primary considerations for the maximum number listed.

Waiver Forms Required

A signature is required on the waiver portion of all registrations. Please read the waiver in full before signing. Registrations cannot be processed without the waiver signed.

Return Check Policy

We gladly accept personal checks as payment for registration fees. If, for any reason, a check is returned to our office marked "NSF" we will contact you. You will be required to submit a full cash payment, as well as the current bank service charge, in order to maintain your registration in your particular program of interest. Class privileges will be suspended and new registration will not be accepted until payment is received.

Refund Policy

Refunds for programs will not be made once a program has begun unless the program is cancelled by the Park District, the participant moves from the district or the participant provides a medical document from his/her physician. Trip refunds will not be made after the registration deadline unless the ticket can be resold.

An administrative fee of \$5.00 will be charged for any refund request except when a program is cancelled by the Medinah Park District. In addition, a refund will be prorated if any classes were attended. Refunds can take up to 4 weeks to process.

Medinah Park District

22W130 THORNDALE AVE. MEDINAH, IL 60157 (630) 893-2560 FAX (630) 893-0932 **REGISTRATION/WAIVER**

(Please print all information neatly and carefully)

Payee's Nar	me					Payee's Birthdat	e				
Address											
City, State,	Zip_					E-mail					
Home Phon	ie ()				Cell/Emerg. Pho	ne ()				
Method of Payr	ment	□ Visa	Card #					Exp. Date	ç	SVC #	
 □ Cash □ Check # □ Credit Card 		□ Master □ Discover Name (Please print as it ap				Si pears on card)	—				
CODE #		PROGRA	M NAM	E	FEE	PARTICIPANT'S	NAME	BIRTHDATE	SEX	TRANS.	#
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			TOTAL	DUE	\$	Do you or your chil Americans with Dis above? Yes □ N	abilities Act,				

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

As a participant or parent/guardian of participant(s) in these program(s)/activities, I recognize and acknowledge that there are certain risks of physical injury, and I voluntarily agree to assume the full risk of any injuries, including death, damages or loss, regardless of severity, that I or my minor child/ward may sustain as a result of participating in any and all activities connected with and associated with such programs/activities held on or off Park District property (including transportation services/vehicle operation, when provided).

I further agree to waive and relinquish any and all claims I or my minor child/ward may have as a result of participating in these programs/activities (held on or off District property) against the Medinah Park District, including its officials, agents, volunteers, employees, independent contractors and servants (hereinafter collectively referred as "Medinah Park District").

I do hereby fully release and forever discharge and agree to indemnify, hold harmless and defend the Medinah Park District from any and all claims from injuries, including death, damages or losses sustained by me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of these program(s) (held on or off District property) or the transportation services.

I hereby authorize and give consent to the Park District to photograph/video my child or me, and without limitation, to use such photographs/video in connection with promoting/advertising the services, programs and facilities of the Park District, without consideration of any kind.

In the event of any emergency, I authorize District officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for me or my minor child's immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I have read and fully understand the above important information, warning of risk, assumption of risk, waiver & release of all claims and photo/video authorization.

SIGNATURE of Adult/Parent/Guardian 18 years of age or older.

*If registering via fax your facsimile signature shall substitute for and have the same legal effect as an original form signature.

Date_

MEDINAH PARK DISTRICT 22W130 Thorndale Avenue Medinah, IL 60157

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