

Beginning Ballet

This class introduces children to ballet steps, barre exercises, stretches, and short dance combinations. FOR CHILDREN WHO ARE READY TO ATTEND A CLASS ALONE. Girls wear a leotard and tights, boys wear a t-shirt and shorts. Wear soft-soled or ballet shoes.

Min/Max: 5/10

Dates: September 13 - December 6 (12 weeks)
no class 11/22

Instructor: Patrice Reid

Location: Senior Center, Exercise Room
505 S. Quentin Road

Age: 3 - 4 years

Prog #	Day	Time	Fee
8307-3	Tue	5:00-5:30 pm	\$60 R/\$90 NR

Age: 4 - 5 years

Prog #	Day	Time	Fee
8308-3	Tue	6:25-6:55 pm	\$60 R/\$90 NR

Dates: September 14 - December 7 (12 weeks)
no class 11/23

Instructor: Katherine Siegle

Location: Community Center, Room 2C

Age: 3 - 4 years

Prog #	Day	Time	Fee
8310-3	Wed	11:00-11:30 am	\$60 R/\$90 NR

Age: 4 - 5 years

Prog #	Day	Time	Fee
8311-3	Wed	11:45 am-12:15 pm	\$60 R/\$90 NR

Dates: September 15 - December 8 (12 weeks)
no class 11/24

Instructor: Katherine Siegle

Location: Community Center, Room 2C

Age: 3 - 4 years

Prog #	Day	Time	Fee
8312-3	Thur	9:30-10:00 am	\$60 R/\$90 NR

Age: 4 - 5 years

Prog #	Day	Time	Fee
8313-3	Thur	12:15-12:45 pm	\$60 R/\$90 NR

Dates: September 16 - December 9 (12 weeks)
no class 11/25

Instructor: Katherine Siegle

Location: Falcon Park Recreation Center,
Prairie Hawk Room

Age: 3 - 5 years

Prog #	Day	Time	Fee
8314-3	Fri	11:15-11:45 am	\$60 R/\$90 NR



For dance classes
for older
children see
page 30 & 31.

Beginning Ballet & Tumbling

A combination class that introduces children to beginning ballet and basic tumbling techniques. Girls may wear a leotard and tights, boys wear a t-shirt and shorts. Wear soft-soled or ballet shoes.

Age: 3 - 4 years

Dates: September 13 - November 15 (10 weeks)

Instructor: Patrice Reid

Location: Community Center, Room 2C

Min/Max: 5/10

Prog #	Day	Time	Fee
8304-3	Tue	10:30-11:15 am	\$51 R/\$77 NR

Beginning Tap & Ballet

Young dancers are introduced to the basics of tap and ballet in this fun and creative class. Girls wear a leotard and tights, boys wear a t-shirt and shorts. Bring soft-soled or ballet shoes and tap or hard-soled shoes with a strap.

Min/Max: 5/10

Age: 4 - 6 years

Dates: September 13 - December 6 (12 weeks)
no class 11/22

Instructor: Patrice Reid

Location: Senior Center, Exercise Room
505 S. Quentin Road

Prog #	Day	Time	Fee
8301-3	Tue	5:35-6:20 pm	\$70 R/\$105 NR

Age: 3 1/2 - 5 years

Dates: September 15 - December 8 (12 weeks)
no class 11/24

Instructor: Katherine Siegle

Location: Community Center, Room 2C

Prog #	Day	Time	Fee
8302-3	Thur	10:15-11:00 am	\$70 R/\$105 NR

Dates: September 16 - December 9 (12 weeks)
no class 11/25

Instructor: Katherine Siegle

Location: Falcon Park Recreation Center,
Prairie Hawk Room

Prog #	Day	Time	Fee
8303-3	Fri	1:00-1:45 pm	\$70 R/\$105 NR

Continuing Dance

For children who have taken a session or two of dance and are ready to move on. Beginning technique will be built on and more advanced dances will be taught.

Age: 3 1/2 - 5 years **Min/Max:** 5/10

Ballet Only

Dates: September 13 - December 6 (12 weeks)
no class 11/22

Instructor: Patrice Reid

Location: Senior Center, Exercise Room
505 S. Quentin Road

Prog #	Day	Time	Fee
8305-3	Tue	7:00-7:30 pm	\$60 R/\$90 NR

Tap & Ballet

Dates: September 14 - December 7 (12 weeks)
no class 11/23

Instructor: Katherine Siegle

Location: Community Center, Room 2C

Prog #	Day	Time	Fee
8306-3	Wed	12:30-1:15 pm	\$70 R/\$105 NR

Combo Class

A little bit of ballet, a little bit of tap, and a little bit of jazz. This class will explore techniques from various forms of dance and teach rhythm and body awareness.

Age: 3 1/2 - 5 years
Instructor: Katherine Siegle
Min/Max: 5/10

Dates: September 15 - December 8 (12 weeks)
no class 11/24

Location: Community Center, Room 2C
Prog # **Day Time** **Fee**
 8315-3 Thur 11:15 am-12:00 pm \$70 R/\$105 NR

Dates: September 16 - December 9 (12 weeks)
no class 11/25

Location: Falcon Park Recreation Center, Prairie Hawk Room
Prog # **Day Time** **Fee**
 8316-3 Fri 12:00-12:45 pm \$70 R/\$105 NR

Jazz It Up & Tap Too **NEW!**

This class is a basic introduction to jazz and tap dance techniques. Principles of body awareness, rhythm, and coordination will be taught. Children should wear comfortable clothes and bring soft-soled or ballet shoes and hard-soled or tap shoes.

Age: 3 1/2 - 5 years
Dates: September 15 - December 8 (12 weeks)
no class 11/24

Instructor: Katherine Siegle
Location: Community Center, Room 2C
Min/Max: 5/10
Prog # **Day Time** **Fee**
 8309-3 Thur 12:15-1:00 pm \$70 R/\$105 NR

Sibling Dance **NEW!**

For the family who loves to dance together! This class will introduce the children to beginning ballet and creative dance. Please wear soft-soled shoes and comfortable clothes.

Age: 2 1/2 - 5 years
Dates: September 14 - December 7 (12 weeks)
no class 11/23

Instructor: Katherine Siegle
Location: Community Center, Room 2C
Min/Max: 6/12
Prog # **Day Time** **Fee***
 8317-3 Wed 10:15-10:45 am \$85 R/\$128 NR

*Fee is for 2 children.

Sing, Dance, Act, Perform **NEW!**

Children love to make-up their own stories, songs, and dances. This class will include singing to favorite songs, creative movement, and acting. This class promotes creativity and self-confidence. There will be a mini-show on the last day of class.

Age: 3 1/2 - 6 years
Dates: September 13 - November 15 (10 weeks)
Instructor: Patrice Reid

Location: Community Center, Room 2C
Min/Max: 5/12
Prog # **Day Time** **Fee**
 8318-3 Tue 12:30-1:15 pm \$51 R/\$77 NR

Pre Poms

Learn pom formations and beginning routines. This class is great for promoting coordination and self esteem. Poms will be provided for use during class. Bring a labeled water bottle.

Age: 4 1/2 - 6 years
Dates: September 14 - November 16 (10 weeks)

Instructor: Kim Armentrout
Location: Community Center, Room 2C
Min/Max: 5/10

Prog # **Day Time** **Fee**
 8300-3 Wed 1:30-2:15 pm \$51 R/\$77 NR

Toddler Martial Arts and More

Your child will develop coordination, increase flexibility, and have a great time! Each session will focus on physical fitness, coordination drills, and pre-martial arts skills. Emphasis will be placed on age-appropriate themes including respect, discipline, manners, focus, and socialization. Parents are strongly encouraged to attend. For further information contact Jan Wood at 847-705-8714.

Age: 2 1/2 - early 4 years
Dates: September 13 - November 1 (8 weeks)

Instructor: Johnna Brant
Location: Falcon Park Recreation Center, Prairie Hawk Room

Min/Max: 8/18
Prog # **Day Time** **Fee**
 8411-3 Tue 6:30-7:10 pm \$52 R/\$78 NR

Martial Arts & Tumbling

Your child will develop coordination, increase flexibility and strength, gain motor skills, and have a great time learning an awesome combination of martial arts and tumbling skills. Each class we will run, stretch, have fun drills and activities, and then practice our skills (learning new and reviewing old skills). Parents are strongly encouraged to attend with their child. For further information contact Jan Wood at 847-705-8714.

Age: 2 1/2 - early 4 years
Dates: September 12 - November 7 (8 weeks)
no class 10/31

Instructor: Jan Wood
Location: Community Center, Room 1E
Min/Max: 8/18

Prog # **Day Time** **Fee**
 8418-3 Mon 6:00-6:40 pm \$52 R/\$78 NR

Age: 3 - 5 years
Dates: September 14 - November 2 (8 weeks)

Instructor: Jan Wood
Location: J.P. Wood Martial Arts America
 249 E. Northwest Highway, Palatine
 (next to Hobby Lobby)

Min/Max: 8/14
Prog # **Day Time** **Fee**
 8412-3 Wed 10:30-11:10 am \$52 R/\$78 NR

Follow us:



Parents Day Out

Need a little time for yourself? This is the program for you! Children will enjoy playtime, snacktime, and group activities. Children do not need to be toilet trained and should be comfortable being away from their parents for an extended time. Please send a peanut free snack and drink and a change of clothes for your child to each class. **Children can be registered for no more than two days a week.**

Age: 2 1/2 - 5 years
Instructor: Jennefer Schelfhout & Bonnie Shemroske
Location: Birchwood Lower Level
Min/Max: 5/12

Dates: September 12 - December 12 (13 weeks)
no class 11/21

Prog #	Day Time	Fee
8616-3	Mon 9:15 am-12:00 pm	\$137 R/\$206 NR

Dates: September 13 - December 13 (13 weeks)
no class 11/22

Prog #	Day Time	Fee
8617-3	Tue 9:15 am-12:00 pm	\$137 R/\$206 NR

Dates: September 14 - December 14 (13 weeks)
no class 11/23

Prog #	Day Time	Fee
8618-3	Wed 9:15 am-12:00 pm	\$137 R/\$206 NR
8619-3	Wed 12:30-3:00 pm	\$124 R/\$186 NR

Dates: September 15 - December 15 (13 weeks)
no class 11/24

Prog #	Day Time	Fee
8620-3	Thur 9:15 am-12:00 pm	\$137 R/\$206 NR

Dates: September 16 - December 16 (13 weeks)
no class 11/25

Prog #	Day Time	Fee
8621-3	Fri 9:15 am-12:00 pm	\$137 R/\$206 NR

Age: 2 1/2 - 4 years
Instructor: Kim Armentrout & Staff
Location: Falcon Park Recreation Center, Golden Eagle Room
Min/Max: 5/12

Dates: September 13 - December 13 (13 weeks)
no class 11/22

Prog #	Day Time	Fee
8622-3	Tue 9:30 am-12:00 pm	\$124 R/\$186 NR

Dates: September 15 - December 15 (13 weeks)
no class 11/24

Prog #	Day Time	Fee
8623-3	Thur 9:30 am-12:00 pm	\$124 R/\$186 NR

Sports Sampler

Children are introduced to a variety of sports at their skill level, including basketball, soccer, t-ball, and floor hockey. We will work on skills as well as playing the game. Bring a labeled water bottle.

Age: 3 - 4 years
Dates: September 12 - November 14 (10 weeks)
Instructor: Jennefer Schelfhout
Location: Birchwood Gym
Min/Max: 5/10

Prog #	Day	Time	Fee
8424-3	Mon	1:00-1:45 pm	\$56 R/\$84 NR
8425-3	Mon	2:00-2:45 pm	\$56 R/\$84 NR

Having trouble registering online?
 Call 847-496-6223.

Preschool & Kindergarten Martial Arts

You won't believe the numerous benefits your child will receive from this class! They will develop flexibility, coordination, and physical fitness while learning martial arts skills. In each session, they will learn a variety of new techniques as we kick, punch, block, jump, run, tumble, and much, much more. Emphasis will also be placed on age-appropriate themes of focus, respect, discipline, and manners. Parents are welcome to attend. For further information contact Jan Wood at 847-705-8714.

Age: 4 - 6 years
Dates: September 13 - November 1 (8 weeks)
Instructor: Johnna Brant
Location: Falcon Park Recreation Center, Prairie Hawk Room

Min/Max: 8/18

Prog #	Day	Time	Fee
8416-3	Tue	5:45-6:30 pm	\$52 R/\$78 NR



Sports For Kids

Children will have fun learning to play baseball, soccer, and flag football. Bring a labeled water bottle.

Instructor: "Coach Ray" Wronski
Location: Falcon Park Recreation Center Turf
Min/Max: 8/16

Age: 4 - 6 years
Dates: September 13 - October 25 (7 weeks)

Prog #	Day	Time	Fee
8420-3	Tue	1:00-1:45 pm	\$39 R/\$59 NR

Dates: November 1 - December 13 (6 weeks)
no class 11/22

Prog #	Day	Time	Fee
8421-3	Tue	1:00-1:45 pm	\$35 R/\$53 NR

EVENING CLASSES

Children will have fun learning to play baseball, soccer, and basketball. Bring a labeled water bottle.

Instructor: "Coach Ray" Wronski
Location: Birchwood Gym
Min/Max: 8/12

Dates: September 15 - October 20 (6 weeks)
Age: 4 - 5 years

Prog #	Day	Time	Fee
8422-3	Thur	5:45-6:30 pm	\$35 R/\$53 NR

Prog #	Day	Time	Fee
8423-3	Thur	6:45-7:30 pm	\$35 R/\$53 NR

See page 50 for information on our Kinder Soccer League.

Kicks For Kids

Soccer only! Children learn skills, play games, and have fun. Teamwork and good sportsmanship are stressed. Bring a labeled water bottle.

Age: 4 - 6 years
Instructor: "Coach Ray" Wronski
Min/Max: 8/16



Location: Falcon Park Recreation Center Turf
Dates: September 13 - October 25 (7 weeks)
Prog # **Day** **Time** **Fee**
 8434-3 Tue 2:00-2:45 pm \$39 R/\$59 NR

Dates: November 1 - December 13 (6 weeks)
no class 11/22
Prog # **Day** **Time** **Fee**
 8433-3 Tue 2:00-2:45 pm \$35 R/\$53 NR

Location: Birchwood Gym
Dates: September 15 - October 27 (7 weeks)
Prog # **Day** **Time** **Fee**
 8429-3 Thur 11:45 am-12:30 pm \$39 R/\$59 NR

Dates: November 3 - December 15 (6 weeks)
no class 11/24
Prog # **Day** **Time** **Fee**
 8430-3 Thur 11:45 am-12:30 pm \$35 R/\$53 NR

Hoops For Kids

Basketball only! Children learn skills, play games, and have fun. Bring a labeled water bottle.

Age: 6 - 7 years
Instructor: "Coach Ray" Wronski
Location: Birchwood Gym
Min/Max: 8/16

Dates: September 12 - October 24 (7 weeks)
Prog # **Day** **Time** **Fee**
 8426-3 Mon 3:45-4:30 pm \$39 R/\$59 NR

Dates: October 31 - December 12 (6 weeks)
no class 11/21
Prog # **Day** **Time** **Fee**
 8427-3 Mon 3:45-4:30 pm \$35 R/\$53 NR

Saturday Basketball

Children have fun learning the fundamentals through drills, individual instruction, and games. Bring a labeled water bottle.

Age: 6 - 7 years
Dates: September 17 - November 5 (8 weeks)
Instructor: "Coach Ray" Wronski
Location: Birchwood Gym
Min/Max: 8/12
Prog # **Day** **Time** **Fee**
 8428-3 Sat 11:00-11:45 am \$45 R/\$68 NR

Parent & Child Basketball

It's parents vs. kids as you learn the fundamentals of basketball along with your child. Parents, come ready to play! Register child only.

Age: 5 - 6 years
Dates: September 17 - November 5 (8 weeks)
Instructor: "Coach Ray" Wronski
Location: Birchwood Gym
Min/Max: 5/10
Prog # **Day** **Time** **Fee**
 8404-3 Sat 12:00-12:45 pm \$45 R/\$68 NR

Flag Football For Kids

Children have fun learning the basics of football — throwing, passing, and kicking. Teamwork and good sportsmanship are stressed. Bring a labeled water bottle.

Instructor: "Coach Ray" Wronski
Location: Birchwood Gym
Min/Max: 8/12

Age: 6 - 7 years
Dates: September 16 - October 28 (7 weeks)
Prog # **Day** **Time** **Fee**
 8431-3 Fri 3:45-4:30 pm \$39 R/\$59 NR

Dates: November 4 - December 16 (6 weeks)
no class 11/25
Prog # **Day** **Time** **Fee**
 8432-3 Fri 3:45-4:30 pm \$35 R/\$53 NR



Thanksgiving Break Classes

Sports For Kids Clinic **NEW!**

A great way for your child to have fun and improve their skills during break. We'll play soccer, t-ball, and basketball. Bring a labeled water bottle.

Age: 6 - 7 years
Dates: November 21, 22, 23 (3 days)
Instructor: "Coach Ray" Wronski
Location: Birchwood Gym
Min/Max: 8/16
Fee: \$17 R/\$26 NR
Prog # **Day** **Time**
 8319-3 M/T/W 10:00-10:45 am

Kicks For Kids Clinic **NEW!**

Soccer fun during break! Children will improve their skills, play games, and have fun. Teamwork and good sportsmanship are stressed. Bring a labeled water bottle.

Age: 4 - 5 years
Dates: November 21, 22, 23 (3 days)
Instructor: "Coach Ray" Wronski
Location: Birchwood Gym
Min/Max: 8/16
Fee: \$17 R/\$26 NR
Prog # **Day** **Time**
 8320-3 M/T/W 11:00-11:45 am

Hoops For Kids Clinic **NEW!**

For boys and girls who want to learn the basic skills while having fun. Teamwork and good sportsmanship are stressed. Bring a labeled water bottle.

Age: 5 - 6 years
Dates: November 21, 22, 23 (3 days)
Instructor: "Coach Ray" Wronski
Location: Birchwood Gym
Min/Max: 8/16
Fee: \$17 R/\$26 NR
Prog # **Day** **Time**
 8321-3 M/T/W 12:00-12:45 pm