



May - August 2014

Summer

program guide



Lincolnwood
Parks & Recreation

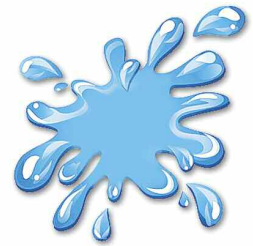
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www.recreation.lwd.org

Proesel Park Family Aquatic Center Schedule

7055 Kostner Avenue • Lincolnwood, IL 60712
(847) 673-6870



POOL DATES:

Saturday, May 31 - Sunday, September 1

SWIM MEETS (Main Pool Closed):

Wednesdays: June 18, June 25 and July 9
4pm to Closing

<i>Fenced Childrens Area</i> Reserved for children seven years and under accompanied by an adult.	<i>Weekdays</i>		<i>Saturdays</i>		<i>Sundays & Holidays</i>	
	Dates	Times	Dates	Times	Dates	Times
	June 2 - June 15	10am-9:30pm	May 31 - Aug. 30	10am-9:30pm	June 1-Sept. 1	10am-7pm
	June 16 - Aug. 8	10:30am-9:30pm				
	Aug. 11- Aug. 22	10am-9:30pm				

<i>Zero Depth Pool</i> Children under seven years must be accompanied by an adult. The activity pool is open for all ages.	<i>Weekdays</i>		<i>Saturdays</i>		<i>Sundays & Holidays</i>	
	Dates	Times	Dates	Times	Dates	Times
	June 2 - June 15	10am-9:30pm	May 31 - Aug. 30	10am-9:30pm	June 1-Sept. 1	10am-7pm
	June 16 - Aug. 8	1-9:30pm				
	Aug. 11- Aug. 22	10am-9:30pm				

<i>Lap and Diving Pool</i> OPEN SWIM HOURS Only one lap lane will be available during all open swim hours.	<i>Weekdays</i>		<i>Saturdays</i>		<i>Sundays & Holidays</i>	
	Dates	Times	Dates	Times	Dates	Times
	June 2 - June 15	10am-5:30pm	May 31 - Aug. 30	10am-9:30pm	June 1-Sept. 1	10am-7pm
	June 16 - Aug. 8	1-5:30pm; 6:30-9:30pm				
	Aug. 11- Aug. 22	10am-9:30pm				

Daily Aquatic Center Activities

Dates	Times	Activity
June 2 - June 15	6-10am	Swim Team/Adult Lap Swim
	5:30-6:30pm	Swim Team/Adult Lap Swim
June 16-August 8	6-9:20am	Swim Team/Adult Lap Swim
	9:30am-Noon	Youth Swim Lessons
	Noon-1pm	Adult Lap Swim
August 11-August 22	6-10am	Adult Lap Swim

Special Pool Closings

At the discretion of the Supt. of Parks and Facilities and Pool Managers, the pool may be closed for the following reasons:

1. Inclement Weather - When the temperature falls below 68° or when storms threaten safety. If it is raining, the pool will re-open when the weather clears.
2. Safety Hazards - When a situation arises that would jeopardize the health of the people in attendance.
3. Special Event - A Parks and Recreation Department sponsored event, a swim meet, or program.
4. Low attendance- Fewer than 25 patrons over a 30 minute timeframe.

CALL THE POOL AT (847) 673-6870 FOR INFORMATION.

Attention Pool Patrons!

This is the first year of School District #219's new attendance schedule. High School students will be returning to school on Tuesday, August 12, which is about two weeks earlier than in the past. High School students are a large part of our workforce and they will become unavailable during daytime hours in the final weeks of summer. Between August 12 and Labor Day every effort will be made to keep all the areas of the pool open for use. However, there may be times when only certain areas are open and others closed due to staffing. Our top priority is to provide a safe environment for our users.

As a service to our members during this transition year, we will not close the final week in August as we have in the past. We will communicate hours and any closed areas to our users once school starts via social media, the Village website and through staff. Thank you for your patience as we make our way through the first year of this new schedule.



RESIDENT PROGRAM & POOL MEMBERSHIP REGISTRATION BEGINS:

Upon receipt of summer brochure

NON-RESIDENT ONLINE POOL MEMBERSHIP REGISTRATION:

10am on Saturday, April 12

NON-RESIDENT PROGRAM REGISTRATION BEGINS: Monday, April 21

Lincolnwood Parks & Recreation

ADMINISTRATIVE OFFICE

6900 N. Lincoln Avenue, Lincolnwood, IL 60712

Phone: (847) 677-9740 • Fax: (847) 673-4413

HOURS:

Monday-Friday: 9am-5pm;

(Office hours will be extended to 6pm on May 21 and May 29)

The office will be closed: April 18, May 26, July 4

PARKS AND RECREATION STAFF

Jan Hincapie, CPRP, Director of Parks and Recreation

(847) 745-4724jphincapie@lwd.org

Chris Stachewicz, CPO, WSIT, LGIT, Superintendent of Parks and Facilities

(847) 745-4723cstachewicz@lwd.org

Katie Smith Gamroth, CPRP, Superintendent of Recreation

(847) 745-4721kgamroth@lwd.org

Melissa Rimdzis, CPRP, Community Center Program Supervisor

(847) 745-4728mrimdzis@lwd.org

Mike Azzaretto, Youth Programs Coordinator

(847) 745-4729mazzaretto@lwd.org

Christine Quill, Clerk/Receptionist

(847) 677-9740cquill@lwd.org

PARK AND RECREATION BOARD

The Park and Recreation Board reviews and recommends policies, fees, administrative and budgetary matters. Park and Recreation Board meetings are held on the second Tuesday of each month in the Village Hall Council Chambers. Meetings begin promptly at 7:00pm. The public is encouraged to attend.

BOARD MEMBERS

Demerise Gratch, Chairperson; Barry Bass, Sarah Hardin,

Gail Ito, Arthur Lovering, Jennifer Spino, Laura Tomacic

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Like us on Facebook!

Bring your lawn chair, blanket and picnic basket and enjoy an evening in the park!

Summer Concert Series

Thursday Evenings
7pm-8:30pm
Proesel Park

- ★ Weekly children's activities included
- ★ Concession stand will be open for food and refreshments
- ★ **FREE BINGO** every week starting at 6pm



June June 12 – **Wind Gypsies**

Genres covered are far-ranging to include danceable guitar driven classic rock music from several decades sprinkled with some hard-driving blues with a dash of classic country.

June 19 – **Out of Control**

Awesome 7-8 piece dance band, featuring the best high energy music of the 80's, 90's and 2000's. Two female vocalists, live horns and huge repertoire. Frank Sinatra to Madonna, Bon Jovi to Lady Gaga. This group plays it all!

June 26 – **Saturday June Band**

Saturday June plays an eclectic mix of music ranging from the 60's and the 70's right through up to today's hits. They also perform songs from their original albums!

July July 10 – **Skip Towne Productions**

Chicago's Skip Towne and the Greyhounds personify hard-driving, heartfelt, classic blues, jazz, swing, ballads, and downright good time Rockin' Blues that you can't refuse!

July 17 – **Swing Express**

Bringing the swinging sounds of such legends as Duke Ellington, Ella Fitzgerald, Benny Goodman, Fats Waller and Count Basie to today's audiences, the Swing Express promises audiences a great night out each and every time!

July 31 – **The Paul Avers Band**

This country-influenced band plays songs from George Strait, Keith Urban, Brooks & Dunn, Joe Nichols, Blake Shelton, Brad Paisley and all today's artists!

August August 7 – **Ac-Rock**

Ac-Rock is Chicago's premier a cappella quartet, singing classic rock 'n roll favorites from the 1950s forward. It's an engaging mix of tightly-crafted music and freewheeling humor that pleases audiences of all ages.

August 14 – **Felix and Fingers**

Felix and Fingers is the Midwest's premier dueling pianos company, specializing in high energy, all-request shows designed to get you singing and dancing. This is a family friendly show perfect for all ages.

Aquatic Center Memberships - Resident



RESIDENCY REQUIREMENTS

In order to qualify for the resident rate, your primary residence needs to be in the Village of Lincolnwood. **Proof of residency is required upon registration.** The only acceptable documents are: driver's license, state ID, mortgage, title or lease agreement. If sharing a lease agreement, a second form of ID must be shown with the Lincolnwood address. Families are required to bring a birth certificate for children.

Family is defined as parents (or legal guardians) and dependent children (age three by May 31, 2014 through 18 years) living at the same address (minimum of six months per year). Family of two may be two adult members or one adult and one dependent child living at the same address. No others are included in family memberships. A parent must be present when purchasing a family membership.

Ages 18-24 Years: You may add adult children (18-24 years of age) living in your home to your membership package. Proper ID must be provided.

2014 Resident Aquatic Center Membership Fees

EARLY BIRD PACKAGE	Through 5/9 Price	After 5/9 Price
Individual	\$91	\$100
Senior (Age 55+)	\$67	\$73
Senior Couple	\$119	\$133
Family of 2	\$128	\$143
Family of 3	\$158	\$173
Family of 4	\$177	\$197
Family of 5	\$209	\$229
Family of 6	\$223	\$247
Family of 7	\$234	\$259
Each Additional	\$31	

RESIDENT DAILY ADMISSIONS

(Ages 3 years & up)

- Proof of residency is required at the gate for residents who do not have a membership ID card.
- During public swim hours, children under the age of three are admitted free with an adult.

All other persons must pay the daily admission fee.

Weekdays	\$6
Evenings	\$5
Weekends, Holidays	\$6



MEMBERSHIP PHOTO ID CARDS:

- You must show your pool ID card at the pool entrance. **RECEIPTS WILL NOT BE ACCEPTED.**
- All pool members (three years and up) will be issued a photo ID membership card.
- Membership cards are not transferable.
- Misuse or borrowing passes will result in loss of membership without refund.
- Lost cards must be replaced at the Parks and Recreation Department for a fee of \$10. Proof of identification is required.
- Absolutely NO REFUNDS after pool opens. (May 31, 2014)

RESIDENT NANNY POLICY

Residents have the opportunity to skip the non-resident online process to add their nanny under the following guidelines:

- Residents may add one nanny at time of registration between the time the summer brochure is available and April 21 at 10am.
- After purchase, residents are allowed one nanny transfer until Friday, May 30 at 5pm. All transfer requests after May 31 will be denied. A transferred pass is defined as changing John Doe to Jane Doe.
- Non-resident nannies will be charged at the Individual Non-Resident rate.

GUEST PASS ID CARD - RESIDENTS ONLY

Residents will have the opportunity to purchase a guest pass ID card. This will give you the chance to bring your out of town guests at a reduced rate. There are 10 guest visits on each card (example: four people enter = four swipes resulting in six passes remaining).

A maximum of one card is allowed per family for the season.

You must present your proof of residency at purchase, and must be at the pool with your guests. Cards are only available at the Parks and Recreation office, and are valid for the 2014 season only. Non transferable. **Fee: \$100**

► Attention Pool Patrons!

This is the first year of School District #219's new attendance schedule. High School students will be returning to school on Tuesday, August 12, which is about two weeks earlier than in the past. High School students are a large part of our workforce and they will become unavailable during daytime hours in the final weeks of summer. Between August 12 and Labor Day every effort will be made to keep all the areas of the pool open for use. However, there may be times when only certain areas are open and others closed due to staffing. Our top priority is to provide a safe environment for our users.

As a service to our members during this transition year, we will not close the final week in August as we have in the past. We will communicate hours and any closed areas to our users once school starts via social media, the Village website and through staff. Thank you for your patience as we make our way through the first year of this new schedule.



Aquatic Center Memberships - Non-Resident

Non-resident registration is only accepted on our website at www.lwdpoolpass.org, beginning at 10am on Saturday, April 12. It is extremely important to have all information ready at the time of registration. Please check the recreation website approximately two weeks prior for more information at www.recreation.lwd.org.

PLEASE NOTE:

- Online registration will be on a first come - first served basis until all 2,000 passes are sold.
- No walk-in registrations will be accepted at the Parks and Recreation office.
- Any mail-in registrations received at the Parks and Recreation office will be returned to the sender.
- Any faxed-in registrations will be disregarded.
- The Parks and Recreation office will be open until 6pm on May 21 and May 29 for ID photos. ID photos can also be taken at the pool May 31-June 7.
- 2013 pool members will not have to retake a photo; your pass will be reactivated when your registration is processed.
- If you are a new member this year, every family member on the pass is required to come in for a photo ID.
- Families are required to provide a birth certificate for children.

Family Passes: Children under 3 years (by May 31, 2014) do not need to be included in your family membership.

Nanny Passes: You will be able to add one nanny pass (billed as an individual membership) to your package on April 12. You must have your nanny's address and birth date for the registration process. Nanny passes are not transferable after May 30, 2014.

Ages 18-24 Years: You may add adult children (18-24 years of age billed as individual memberships) living in your home to your membership package. Proper ID must be provided.

Senior Couples: Senior couples, 55 years or better, may register at a discounted rate.

Non-Resident Aquatic Center Pricing

PACKAGE 2014 PRICE

Individual	\$326
Senior (Age 55+)	\$231
Senior Couple	\$439
Family of 2	\$508
Family of 3	\$593
Family of 4	\$658
Family of 5	\$716
Family of 6	\$807
Family of 7	\$863



Non-Resident Daily Admission

(Ages 3 years & up)

Non-residents who are not pool members are permitted to use the pool facility **only when accompanied by a resident or pool member**. The daily admission fees for non-residents are listed below.

Weekdays	\$12
Evenings	\$10
Weekends, Holidays	\$13

Non-Resident Camp Program User Pass

We offer the one time purchase of a 20 visit punch card to non-residents households who are enrolled in a minimum of four weeks in the day camp program, and were unable to purchase a pool membership. You may only use your User Pass for 20 swipes total (example: four people enter = four swipes resulting in 16 left). Every household registering for the User Pass must show proof of four weeks of camp registration. If a household has purchased a User Pass and has cancelled out of the minimum four weeks of camp registration, households will not be refunded for the week(s) of camp that would put the household under the minimum of four.

A maximum of one card is allowed per household for the season. This pass expires at the end of the 2014 pool season. The person whose picture is on the pass must be present each time the pass is used. Pass is non transferrable. **Fee: \$250**



Aquatic Center Memberships - Business



REQUIREMENTS

In order to qualify for the Lincolnwood business/local government rate, participants must work full-time for an employer located within the Village of Lincolnwood. Local government organizations include Lincolnwood School District 74 and the Lincolnwood Library District. Business/local government employee proof is required upon registration. The only documents accepted are valid employee ID cards with a letter from a supervisor including contact information verifying employment, a current pay stub, or a current Lincolnwood business license.

Family is defined as parents (or legal guardians) and dependent children (age 3 by May 31, 2014 through 18 years) living at the same address (minimum of six months per year). Family of two may be two adult members, or one adult and one dependent child living at the same address. No others are included in family memberships. A parent must be present when purchasing a family membership.

MEMBERSHIP PHOTO ID CARDS:

- You must show your pool ID card at the pool entrance.
RECEIPTS WILL NOT BE ACCEPTED.
- All pool members (three years and up) will be issued a photo ID membership card.
- Membership cards are not transferable.
- Misuse or borrowing passes will result in loss of membership.
- Lost cards must be replaced at the Parks and Recreation Department for a fee of \$10. Proof of identification is required.
- Absolutely NO REFUNDS after swimming pool opens. (May 31, 2014)

PLEASE NOTE:

- **Registration begins immediately.**
- Registration will be on a first come - first served basis until 100 passes are sold.
- Walk-in registrations will be accepted at the Parks and Recreation office.
- Any mail-in registrations received at the Parks and Recreation office will be returned to the sender.
- Any faxed registrations will be disregarded.
- Every family member on the pass is required to come in for a photo ID.
- The Parks and Recreation office will be open until 6pm on May 21 and May 29 for ID photos. ID photos can also be taken at the pool May 31-June 7.

Family Passes: Children under 3 years (by May 31, 2014) do not need to be included in your family membership.

Nanny Passes: One nanny pass (billed as an individual membership) may be added to your package. The nanny's address and birth date are needed for the registration process. Nanny passes are not transferable after 5pm on May 30.

Ages 18 & up: Children 18-24 years old (billed as individual memberships) may be added to your package.

Senior Couples: Senior couples, 55 years and better, may register at a discount. See below.

Lincolnwood Business / Local Government Pricing

Package	2014 Price
Individual	\$242
Senior (Age 55+)	\$170
Senior Couple	\$321
Family of 2	\$379
Family of 3	\$438
Family of 4	\$487
Family of 5	\$530
Family of 6	\$597
Family of 7	\$642
Each Additional	\$40



Register Early for Classes!

All of our classes have minimums and maximums, and we do not want you to miss out on one of our great classes. Please sign up early to avoid cancellations.



Swim Lessons

Swim Lessons – Proesel Park Family Aquatic Center

Group and private swim lessons are offered at Proesel Park Family Aquatic Center for the summer of 2014. Trained staff will be in the water with your child from Level I to Level V. If they are not ready for the level they are signed up for, staff will place them in the appropriate level to suit their skills. Our mission is to provide a well-organized swim program for all of our participants to learn and excel throughout the course of the summer.

**REGISTRATION FOR SESSION I
CLOSES AT 5PM ON FRIDAY, JUNE 13.**

**REGISTRATION FOR SESSION II
CLOSES AT 5PM ON FRIDAY, JULY 11.**

Parent Observation Days

Mondays
June 23 and July 21

Tuesdays
June 24 and July 22

Fridays
June 27 and July 25

Swim Lesson Policies

- Only Lincolnwood residents, pool members and day camp participants may register for swim lessons.





Levels Offered:

Level I - Introduction to Water Skills

This is the introductory class for swimming. Level I helps students feel comfortable in the water and enjoy the water safely.

Level II - Fundamental Aquatic Skills

Level II is for students to learn the fundamental skills of swimming. Students must learn the basic fundamentals before they can move to Level III.

Level III - Stroke Development

Level III will build and strengthen the basic fundamental skills learned in Level II. This level will also provide additional guided practice with strokes.

Level IV - Stroke Improvement

Level IV develops confidence in the strokes learned and improves other aquatic skills like diving and swimming underwater for several seconds.

Level V - Stroke Refinement

Level V provides further coordination and refinement of the strokes. By the time students are ready for Level V, they will have excellent stroke techniques and be prepared for longer distance swimming.

How to determine your child's age group:

- Tots:** 4 years old by September 1, 2014
- Kinder:** Entering Kindergarten in Fall 2014
- Grades 1-2:** Entering Grades 1-2 in Fall 2014
- Grades 3-9:** Entering Grades 3-9 in Fall 2014

Session I

Tots (6 Lessons)

Days: Monday/Wednesday
Dates: June 18-July 7*
Time: 9:15-9:45am
Fee: \$51

Level	Code
Level I	206601.A1
Level II	206601.A2
Level III	206601.A3

*Classes start Wednesday, June 18

Kinder (6 Lessons)

Days: Monday/Wednesday
Dates: June 18-July 7*
Time: 10-10:30am
Fee: \$51

Level	Code
Level I	206602.A1
Level II	206602.A2
Level III	206602.A3
Level IV	206602.A4

*Classes start Wednesday, June 18

Grades 1-2 (10 Lessons)

Days: Monday/Wednesday/Friday
Dates: June 18-July 11*
Time: 10:45-11:30am
Fee: \$95

Level	Code
Level I	206603.A1
Level II	206603.A2
Level III	206603.A3
Level IV	206603.A4
Level V	206603.A5

*Classes start Wednesday, June 18

***NO CLASS JULY 4**

Grades 3-9 (11 Lessons)

Days: Tuesday/Thursday/Friday
Dates: June 17-July 11*
Time: 9:45-10:30am
Fee: \$105

Level	Code
Level I	206604.A1
Level II	206604.A2
Level III	206604.A3
Level IV	206604.A4
Level V	206604.A5

*Classes start Tuesday, June 17

***NO CLASS JULY 4**

Session II

Tots (7 Lessons)

Days: Monday/Wednesday
Dates: July 16-August 6*
Time: 9:15-9:45am
Fee: \$59

Level	Code
Level I	206601.B1
Level II	206601.B2
Level III	206601.B3

*Classes start Wednesday, July 16

Kinder (7 Lessons)

Days: Monday/Wednesday
Dates: July 16-August 6*
Time: 10-10:30am
Fee: \$59

Level	Code
Level I	206602.B1
Level II	206602.B2
Level III	206602.B3
Level IV	206602.B4

*Classes start Wednesday, July 16

Grades 1-2 (10 Lessons)

Days: Monday/Wednesday/Friday
Dates: July 16-August 6*
Time: 10:45-11:30am
Fee: \$95

Level	Code
Level I	206603.B1
Level II	206603.B2
Level III	206603.B3
Level IV	206603.B4
Level V	206603.B5

*Classes start Wednesday, July 16

Grades 3-9 (11 Lessons)

Days: Tuesday/Thursday/Friday
Dates: July 15-August 7*
Time: 9:45-10:30am
Fee: \$105

Level	Code
Level I	206604.B1
Level II	206604.B2
Level III	206604.B3
Level IV	206604.B4
Level V	206604.B5

*Classes start Tuesday, July 15



Swim Lessons / Aquatic Center Programs

Private Swim Lessons

Ages: All

Private swim lessons may be the key to improving specific swimming skills. Private swim lessons provide individualized attention from an experienced swim instructor. Once you have registered, you will be contacted by the Swim Lesson Coordinator. Registration for this program takes place at the Parks and Recreation office.

PLEASE NOTE: Due to high demand, a waitlist will be started when all time slots have been filled. You will be contacted should an instructor become available.

Program #: 206610.A1 – 5 lessons
206610.A2 – 10 lessons
Days: As coordinated with instructor
Dates: As coordinated with instructor
Time: Between 9am-4:30pm
Fee R/NR: R\$25/NR\$30 per half-hour lesson

Parent/Tot Swim Lessons

Ages: 6 months-3 years

The objective of this class is to help students become comfortable in the water through a series of games and songs. (Parents participate in the water with their child.)

SESSION I	Level I	Level II
Ages:	6 months-2 years old	2-3 years old*
Program #:	206605.C	206605.C1
Days:	Monday/Wednesday	Tuesday/Thursday
Dates:	June 18-July 9	June 19-July 10
Time:	10:30-11am	9:30-10am
Fee R/NR:	R\$51/NR\$69	R\$55/NR\$74

SESSION II	Level I	Level II
Ages:	6 months-2 years old	2-3 years old*
Program #:	206605.D	206605.D1
Days:	Monday/Wednesday	Tuesday/Thursday
Dates:	July 14-August 6	July 15-August 7
Time:	10:30-11am	9:30-10am
Fee R/NR:	R\$56/NR\$73	R\$61/NR\$77

*NOTE: Level II is for tots age 2 by June 1, 2014.

NO CHILD WILL BE PERMITTED INTO THE POOL WITHOUT A SWIM DIAPER.

Adult Swim Lessons

It's never too late to learn to swim or improve on your swimming skills.

Program #: 206611.A
Days: Saturdays
Dates: June 7 - July 26
Time: 9-9:50am
Fee R/NR: \$95

*Please
Note:*
No swim
lessons on
July 4

Deep Water Aerobics

Ages: Adults (18 years +)

This is an hour-long high intensity aerobic workout in deep water. Flotation belts will keep participants buoyant at shoulder level for a completely "non- impact" high intensity workout. Styrofoam weights and noodles will also be used in class. Improve tone, flexibility and cardiovascular conditioning as the basics of "water running", cross-country skiing, and core conditioning are employed. Stretching and cool down will take place at the shallow end of the pool during the last 10 minutes of class.

Program #: 206310.D
Instructor: Bonnie Rubenstein
Location: Proesel Park Family Aquatic Center Diving Well
Days: Tuesday/Thursday
Dates: July 1-August 7
Time: 11:30am-12:30pm
Fee R/NR: R\$56/NR\$70
Drop-In Fee: R\$10/NR\$13



Aquatic Center Programs



Aquanastics

Ages: Adults (18 years +)

This class combines a variety of fun and fitness activities set to music. Water exercise is not only beneficial for body toning, but has therapeutic value for those who need a regular program of rhythmic movement.

Program #: 206312.B
Instructor: Adrienne Stern, AEA Certified
Location: Proesel Park Family Aquatic Center
Days: Tuesday/Thursday
Dates: June 17-August 7
Time: 10:30-11:30am
Fee R/NR: R\$112/NR\$140
Drop-In Fee: R\$10/NR\$13

Step Aquanastics

Ages: Adults (18 years +)

Step in the pool is not just another gimmick; it's an alternative to land step and traditional aquatic exercise in one class. It will prove to be a creative and fun class. We will be using steps and noodles for this class.

Location: Proesel Park Family Aquatic Center
Instructor: Eileen Feder, AEA Certified

Program #: 206311.B
Day: Sunday
Dates: June 15-August 3
Time: 9-10am
Fee R/NR: R\$56/NR\$70
Drop-In Fee: R\$10/NR\$13

Program #: 206315.C
Days: Monday/Wednesday
Dates: June 16-August 6
Time: 11:30am-12:30pm
Fee R/NR: R\$112/NR\$140
Drop-In Fee: R\$10/NR\$13

Aqua Zumba

Ages: Adults (18 years +)

Jump into the Latin-inspired, easy-to-follow, calorie-burning dance fitness party that makes working out a splash! Aqua Zumba brings the popular fitness program to the pool with moves that will give you a cardiovascular and muscle-toning workout!

Location: Proesel Park Family Aquatic Center
Instructor: Regina Mundt, AEA Certified
Program #: 206316.C
Day: Monday
Dates: June 23-August 11
Time: 10:30-11:30am
Fee R/NR: R\$64/NR\$80
Drop-In Fee: R\$10/NR\$13

Program #: 206316.D
Day: Monday
Dates: June 23-August 11
Time: 7-8pm
Fee R/NR: R\$64/NR\$80
Drop-In Fee: R\$10/NR\$13



Online Registration

You may access the online registration site by going to www.recreation.lwd.org and clicking on the Registration tab.



Aquatic Center Programs

Swim Team

The Lincolnwood Lightning Swim Club (LLSC) is open to swimmers ages five and older. The majority of the team is between the ages of five and 18. The program combines excellent training and instruction in competitive swimming with weekly meets to monitor progress.

Jim Schick, Head Coach for Lincolnwood Lightning, brings with him a wealth of knowledge about the sport. Jim was a former collegiate swimmer and has been involved in coaching various age groups. He has coached YMCA, high school and college swimmers for over 25 years, and he has been with Lincolnwood for 14 years. Jim's program emphasizes instruction on proper swimming techniques, starts, turns and relay exchanges while introducing some of the older age group swimmers to conditioning training.

Program #:	206702.B			
Fees:	First Child	2nd Child	3rd Child	4th Child
Resident:	\$230	\$210	\$195	\$195
Non-Resident:	\$290	\$270	\$255	\$255

- Mandatory parent meeting on June 12 at 6:15pm at the Proesel Park Family Aquatic Center.
- NO REFUNDS are issued for swim team.
- New swimmers must register for the Stroke Clinic.

***Receive
\$10 OFF!
when registering
for Stroke Clinic***

Fees include team suit, team cap, team T-shirt, transportation to selected meets, participation in dual meets and awards for meets.

For additional practice information: www.lwlightning.org/practice-schedule/



Practice Times

- Swimmers are not expected to attend all practices.
- Guidelines will be available at the parent meeting.

Evening Practice - Begins June 2

Monday, Tuesday, Thursday, Friday 5-6:30pm

Morning Practice - Begins June 9

Monday, Tuesday, Thursday, Friday - All Age Groups

6am	Senior & Gold*	Lanes 1, 2, 5 & 6
7am	Gold & Silver	Lane 4
7:30am	Bronze	Lane 2 & 3
7:30am	Blue	Diving Well
7:45am	White	Diving Well, Lane 1

*Gold may start at either 6am or 7am (but not at 6:30am)

Lincolnwood Diving Club

Are you interested in competitive diving? Whether you are a first timer or just looking to polish your skills, the Lincolnwood Diving Club offers beginner, intermediate, advanced and private diving instruction.

Jasmine Ramahi, two time NCAA Division II National Qualifier, is a Lincolnwood native and back for her fifth summer as the Lincolnwood Diving Instructor. Over the past eight years, Jasmine dove for Niles West High School, Oakton Diving Club, and Grand Valley State University (Grand Rapids, MI). She focuses on mechanics and strives to build enthusiasm toward the sport for any age level. At the beginning stages, kids are taught body control and body awareness in an effort to make diving easier to master.

Private Diving Lessons

Program #:	206318.A
Days:	By appointment with instructor
Dates:	June 28-July 18*
Time:	5:30-6:30pm - 30 minute lesson; or by appointment
Location:	Proesel Park Family Aquatic Center
Fee R/NR:	R\$22/NR\$28 per half-hour lesson

*No class July 4

Beginning Diving

Ages: 5-12 years

Beginner lessons are a tremendous way for newcomers to try the sport of diving. The lessons are geared toward teaching the fundamentals of diving in a safe and enjoyable manner.

Program #:	206313.B
Day:	Monday/Thursday
Date:	June 16-July 10
Time:	5:30-6:30pm
Location:	Proesel Park Family Aquatic Center
Fee R/NR:	R\$90/NR\$120

**YOU MUST BE
A RESIDENT OR POOL
MEMBER TO ENROLL
IN DIVING.**

Intermediate to Advanced Diving

Ages: 5-17 years

Intermediate and advanced lessons are an excellent way for divers who have some experience and want to continue to build upon that knowledge. The intermediate to advanced lessons are geared toward perfecting the fundamentals of diving while learning new, more challenging dives.

Program #:	206314.B
Day:	Tuesday/Thursday
Date:	June 17-July 10
Time:	5:30-6:30pm
Location:	Proesel Park Family Aquatic Center
Fee R/NR:	R\$90/NR\$120



Stroke Clinic

Our clinic is designed to accommodate swimmers who have basic ability in freestyle and backstroke. This is not recommended for those who want a learn-to-swim program. Our swim team has swimmers age five to 18 years with different levels of accomplishment. If you have any questions, please contact Jim Schick at babaramdas@comcast.net.

Our main goal is to make the transition from short course (25 yards) to our long course pool (50 meters). We do this by giving each swimmer the opportunity to improve their skills and technique so that they may swim more efficiently with less struggle and less wasted energy. This will give each swimmer the opportunity to have more fun with less effort. **New swim team members must register for the Stroke Clinic.**

The progression through the four strokes (stroke technique, reviewing drills, stroke components, starts, turns and finishes) is designed for those that already have a basic skill level. Our goal is to expose everyone to all four strokes and introduce the beginning swimmer to some of the components of each stroke when they are ready for them. During any session there will always be some freestyle for all levels, and in each successive session new strokes and techniques will be added as swimmers progress at their own pace. Coaches may adjust swimmers to other lanes from time to time during these two weeks depending on the skills the coach feels an individual swimmer needs to improve.



Session I: Freestyle 5/19, 5/20

The first two days will be devoted to freestyle only. We will have lanes from beginning levels to advanced.

Session II: Backstroke 5/21, 5/22

We will continue freestyle and also begin backstroke for those who are ready, as well as introduce backstroke components to some beginning levels.

Session III: Breaststroke 5/23, 5/27

We will continue freestyle and backstroke and also begin breaststroke for those who are ready, as well as introduce limited breaststroke components to some beginning levels.

*NO CLINIC 5/26

Session IV: Butterfly 5/28, 5/29

We will continue freestyle, backstroke and breaststroke and also begin butterfly for those who are ready, as well as introduce limited butterfly components to some beginning levels.

Session V: Starts & Turns 5/30

Starts and turns may also be covered by the coaches at their discretion during each stroke session.

For more information: www.lwlightning.org

Inclement weather location:

Norris Aquatic Center, Evanston

Alternate Dates : May 31, June 1

Practice will be held at 8am

Triathlon training swimming techniques will be included in the Stroke Clinic this year.

Schedule & Fees

Program will be held at Proesel Park Family Aquatic Center from 4:30-6pm.

PROGRAM #	DATES	FEE
206701.A7	See Above	\$75

Fee includes all sessions.

To avoid cancellations, please register early for classes!



Aquatic Center Rentals & Parties

Birthday Parties at the Proesel Park Family Aquatic Center!



No matter what your age, you'll have fun racing down the water slide, jumping off the diving boards or just relaxing in the sun! Lincolnwood Parks and Recreation provides an area for up to three hours to stage your party. You bring the cake, and we'll provide the fun! For party reservations and availability, please contact the Parks and Recreation office at (847) 677-9740.

Party Packages

(Residents and Non-Resident Pool Members)

Party rental space is available near the concession stand for your party. These zones include picnic tables and a grassy area for your party to meet and enjoy the day. We have three different zones and an indoor party room for an additional fee. Packages are for parties with a maximum of 25 people. Fee includes admissions (access to all pools) and exclusive use of your assigned zone. Rental packets are available at the Parks and Recreation Department. Reservations are available in three-hour blocks.

PACKAGE 1

- ★ One hour in our multi-purpose room (if needed)
- ★ Slice of pizza, 12 oz. soda, napkins and plates

PACKAGE 2

- ★ One hour in our multi-purpose room (if needed)
- ★ Hot dog, fries, 12 oz. soda, napkins and plates

FEES:

PACKAGE 1 & 2

Resident

\$275 for up to 25 guests
\$12 for each additional guest

Non-Resident (Pool Members)

\$350 for up to 25 guests
\$14 for each additional guest

All guests including adult supervisors over the 25 person limit will be charged as an additional guest as stated above. Season passes are not valid for party admissions.

PACKAGE 3 (Price does not include food)

- ★ Package 3 allows bulk commercial food during your rental time.

Resident

\$200 for up to 25 guests
\$12 for each additional guest
Indoor Rental Room: \$30/hour

Non-Resident (Pool Members)

\$270 for up to 25 guests
\$14 for each additional guest
Indoor Rental Room: \$40/hour

Pool Rentals

Are you interested in renting the entire Proesel Park Family Aquatic Center? Whether it's a family reunion, graduation, birthday, or just a party, come celebrate at our facility! Pool rentals are only available for members and residents on Sunday evenings. Detailed information and rental packets are available at the Parks and Recreation Department or call (847) 677-9740 for more information.

FOR:	Members & Residents Only
FEES:	\$375/hour
WHEN:	Sundays
HOURS:	7-9:30pm
DEPOSIT:	\$1,000

Please Note:

- ★ \$250 Facility deposit is required.
- ★ Parties must be reserved at least seven days in advance.
- ★ Payment in full is required at the time of reservation.
- ★ If you need to cancel or reschedule your party, there is a \$25 reschedule fee and a service charge for cancellations. Please see our refund policies on page 30.
- ★ It is suggested you arrive at least 15 minutes early to receive party details and directions to your party zone.
- ★ Refunds will be offered if Proesel Park Family Aquatic Center is forced to close due to weather or health issues before your party has received their food.
- ★ Party times are during public session times. Please be advised that no additional staff will be delegated for your party.
- ★ Please allow time for set up and clean up within your party time. You will not have access to the multi-purpose room after your reservation time.
- ★ Lifeguards are responsible for enforcing safety rules and responding to emergencies. Parents/guardians must supervise their children at all times. To provide for your safety, we require the following adult to child supervision ratios:
 - Under 6 = one adult for every two children
 - Ages 6-8 = one adult for every four children
 - Ages 8 & up = one adult for every six children



Birthday Parties at the Lincolnwood Community Center!

Birthdays are a very special time for children. Let us provide the perfect venue and theme for your next celebration.

All parties are two hours.

Parties include:

- Party room including tables/chairs
- 60 minutes of staff-led games, activities or craft
- 30 minutes for food, cake, presents, etc. (items not provided)
- Use of kitchen for food preparation



Parties must be booked a minimum of three weeks in advance.

Party Fees: (based on 20 children)

\$225 for residents

\$280 for non-residents

Each additional child: R\$10/NR\$12

For more information, please call Mike Azzaretto at (847) 677-9740 or visit www.recreation.lwd.org.

Choose from the following party themes!

Pirate/Princess Party

Dress as your favorite pirate or princess and enjoy a party complete with games and crafts fit for any scallywag or royal highness!

Lego® Party

Build the perfect birthday party with Legos®! Games and challenges will entertain any experienced or novice builder.

Angry Birds® Party

Come and use our three-person sling shot to launch birds at themed challenges that you and your guests create to destroy the pesky pigs.

Mad Scientist Party

Slip on your lab coat and get ready for some fun "in the lab" with science experiments and games.

Wii Dance Party

Have a dance contest with your favorite songs! Glow bracelets will add to the exciting atmosphere for all party guests to enjoy.

Little Athlete Party

Come dressed in your favorite jersey and enjoy playing sports-related traditional games. A coach will run athletic games of the birthday boy/girl's choice.

Indoor Playground Party

(For children under four years of age)

Our Indoor Playground equipment will be set up for all to enjoy including riding toys, slides, seesaws and soft mats.

Traditional Birthday Party

For the more traditional at heart, enjoy carnival games such as bean-bag toss, miniature golf, ring toss, and pin the tail on the donkey.





Youth Programs

Little Hawks Floor Hockey

Grades: 3-5

Want to try the fastest game in the world? This fun floor hockey class will teach all the basic fundamentals of hockey including passing, shooting and stickhandling! In addition to the basic skills, children will learn sportsmanship and teamwork. Whether you have played before or are just starting out, this class is fun for everyone! Comfortable clothes and gym shoes should be worn.

Location: Proesel Park Outdoor Rink
Program #: 102212.C
Day: Tuesday
Dates: June 17-August 5
Time: 3-4pm
Fee: R\$72/NR\$90

Karate in the Park *New!*

Grades: K-5

What's better than a karate class? A karate class outdoors in Proesel Park! Gen-Ki Karate & Kung Fu will teach the basics of self-defense. This class will boost their confidence, help them excel in sports and academics and will teach them how to respect others as well as themselves. Comfortable clothing should be worn; the traditional Gi is not necessary.

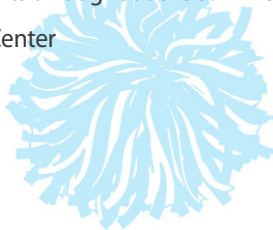
Location: Proesel Park
Program #: 202306.A
Day: Thursday
Dates: June 19-August 7
Time: 3:30-4:30pm
Fee: R\$80/NR\$100

Lincolnwood Poms *New!*

Grades: 3-8

This class will teach beginning to advanced skills in poms. Students will learn and further advance in leaps, turns, routine and dance techniques. Benefits include coordination, flexibility and enhanced social skills. There will be performances at various events throughout the summer!

Location: Lincolnwood Community Center
Program #: 202212.A
Day: Saturday
Dates: June 21-August 9
Time: 9-10am
Fee: R\$56/NR\$70



Free Golf Loaner Clubs

The Lincolnwood Parks and Recreation Department has several sets of golf clubs to loan to kids ages six to 14 from April 1-October 31, 2014. For more information and to make a reservation, call our Parks and Recreation Department at (847) 677-9740.

A photo ID and credit card number are required with the reservation as well as a \$50 refundable security deposit. This is an easy and fun way to spend the day enjoying the great outdoors.

Program #: 207320.B



Flag Football *New!*

Grades: K-8

Have fun with an activity that promotes teamwork and sportsmanship. Flag football is a great way to work on the fundamentals and skill portion of the game including passing, catching, running and defense. Whether you have played before or are just starting out, this program is fun for everyone!

Location: Proesel Park
Day: Monday
Dates: June 16-August 4

GRADES K-2

Program #: 202210.A
Time: 3-4pm
Fee: R\$72/NR\$90

GRADES 3-5

Program #: 202210.B
Time: 4:15-5:15pm
Fee: R\$72/NR\$90

GRADES 6-8

Program #: 202210.C
Time: 5:30-6:30pm
Fee: R\$72/NR\$90



Archery

Grades: 5-9

Take part in this fun, skills-building class in archery fundamentals. This class is structured to present the basics of equipment and its care, techniques and essentials of shooting, history, and the many safety considerations necessary for the sport. This class will feature fun challenges to test each child's newly acquired skills. Equipment will be provided.

Location: Proesel Park Shelter
Program #: 102215.C
Day: Wednesday
Dates: June 18-August 6*
Time: 4-5pm
Fee: R\$84/NR\$105

*No class July 16



**INTERESTED IN
PARTICIPATING IN THE
FALL LEAGUE?**

Central Suburban League Youth Developmental Flag Football

Leagues will begin September 2014. Details and league information will be posted on our website www.recreation.lwd.org and in the fall brochure.



The Lincolnwood Parks and Recreation Department is pleased to partner with School District 74 to offer Club Kid, an afterschool program for Kindergarten–5th grades during the 2014-2015 school year. Club Kid provides fun, organized activities for the children after school in the Rutledge Hall Multipurpose Room. (Children from Todd Hall are walked to Rutledge Hall by Club Kid staff.)

This well-rounded program features homework help, arts and crafts, cooking activities, athletics, a health and wellness program and more. Club Kid follows the School District 74 calendar, meeting every day that school is in session.

Please contact Melissa Rimdzius at mrimdzius@lwd.org or (847) 677-9740 for registration and program information.

A safe, organized and fun afterschool alternative!

**HOMEWORK HELP, ARTS & CRAFTS,
ATHLETICS, FITNESS AND MORE!**



Grades: Kindergarten–5th
Time: 2:45–6:15pm
Dates: First full day of school through last full day of school
(Club Kid is held every day District 74 is in session)
Location: Rutledge Hall Multipurpose Room

Customize to Fit your Schedule!

Days Per Week	Full School Year	Per Month*
1 day/week	\$700	\$70
2 days/week	\$1,200	\$120
3 days/week	\$1,700	\$170
4 days/week	\$2,100	\$210
5 days/week	\$2,500	\$250

* Monthly fees are based on registration received prior to the first day of school.

Please call (847) 677-9740 for more information.

Three Convenient Payment Options:

- Payment in full at time of registration
- Two equal payments: August and January (no finance fee)
- Monthly payments (requires additional \$100 finance fee and credit card on file)

Counselor-in-Training Program

Working under the direction of the Club Kid Director and counselors, C.I.T. participants will plan, facilitate and participate in age-appropriate activities for the Club Kid members. They will also be responsible for getting their own homework completed during program hours. C.I.T.s will focus on building positive relationships with staff and serving as role models for Club Kid members. This program is designed to provide opportunities for preteens to develop valuable leadership skills.

Registration for the program requires an application and references (available at www.recreation.lwd.org). Only those applicants who were enrolled in the Club Kid program as 5th Graders will be considered for the 2014-2015 school year.

Days Per Week	Full School Year	Per Month*
1 day/week	\$560	\$56
2 days/week	\$960	\$96
3 days/week	\$1,360	\$136
4 days/week	\$1,680	\$168
5 days/week	\$2,000	\$200

*Monthly fees are based on registration received prior to the first day of school.



Exercise, Fitness & Health

Zumba

Ages 16 years+

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple; we want you to want to work out, to love working out, and to get hooked!

The routines feature intermittent training with fast and slow rhythms. This is a feel great workout that tones and sculpts your body while burning fat.



Free Demo!
MAY 27

Location: Lincolnwood Community Center

Program #:	Day	Time	Dates	Fee
204307.C1	Sunday	9-10:15am**	June 1-August 10*	R\$70/NR\$88
204307.C2	Tuesday	6:45-7:45pm	June 3-August 12	R\$77/NR\$97

*No class July 27

****THIS 75-MINUTE CLASS INCLUDES 30 MINUTES OF STRENGTH AND CORE WORK**



R.I.P.P.E.D

Fitness Formula Workout

Ages 16 years+

Just in time for summer! Come try this high intensity no boredom workout! R.I.P.P.E.D. stands for Resistance, Intervals, Power, Plyometrics, Endurance and Diet. This fitness combination is suggested to help you attain and maintain your physique in ways that are fun, safe, and extremely effective. This one-hour class uses free weights, resistance tubing and body weight to workout every muscle group. Class is broken down into six 9-minute activity segments. Along with driving, motivating music, participants jam through R.I.P.P.E.D. with smiles, determination and strength. For all levels, R.I.P.P.E.D. is challenging yet doable. Resistance tubing and light free weights are provided.

Free! **R.I.P.P.E.D. DEMO CLASS**

MAY 29 • 6:45-7:45pm

Lincolnwood Community Center

Come and see what all of the buzz is about!

Program #:	204305.A
Day:	Thursday
Dates:	June 5-August 14*
Time:	6:45-7:45pm
Location:	Lincolnwood Community Center
Fee:	R\$70/NR\$88

*No class July 24

Nia

Ages: Adults

Nia is a low impact dance cardio class for the fitness adventurer – blending martial arts, mindfulness and more. Choreographed to musical styles from around the world, Nia delivers an inspiring workout that will leave you toned, strong and energized. Includes 20 minutes of strength and stretch mat work. Bring a towel and a full water bottle and expect to be moved!

SESSION I:

Program #:	104333.H
Day:	Tuesday
Dates:	June 3-July 8
Time:	10:15-11:15am
Location:	Lincolnwood Community Center
Fee:	R\$78/NR\$98

SESSION II:

Program #:	104333.I
Day:	Tuesday
Dates:	July 15-August 19
Time:	10:15-11:15am
Location:	Lincolnwood Community Center
Fee:	R\$78/NR\$98



Online Registration

You may access the online registration site by going to www.recreation.lwd.org and clicking on the Registration tab.



Beginning Pilates Mat

Ages: Adults

Beginning Pilates Mat is a mindful exercise class practiced on a padded mat. Cued movements focus the mind, and lengthen and strengthen the musculature.

With emphasis on core stability and economy of movement, Pilates offers a path to deep strength, and a centered and graceful way of living. (NOT suitable for those with osteoporosis.) Bring a towel and full water bottle.



SESSION I:

Program #: 104309.D
Day: Tuesday
Dates: June 3-July 8
Time: 11:30am-12:30pm
Location: Lincolnwood Community Center
Fee: R\$78/NR\$98

SESSION II:

Program #: 104309.E
Day: Tuesday
Dates: July 15- August 19
Time: 11:30am-12:30pm
Location: Lincolnwood Community Center
Fee: R\$78/NR\$98

Peace Yoga

Ages 16 years+

Peace Yoga is the perfect combination of basic stretches, yoga postures, breath work, meditation and relaxation all geared to create harmony within the mind, body and spirit. It promotes healthy internal organ functions and smooth energy circulation within all systems of the body. Peace Yoga movements are designed to stretch and tone muscles, loosen stiff joints, help correct poor posture, improve balance and leave you feeling agile and refreshed.

Level I

No experience necessary. This gentle program is designed for beginners and is great for expectant moms, too.

Program #: 204314.A3
Day: Monday
Dates: June 9-August 11
Time: 6:45-7:45pm
Location: Lincolnwood Community Center
Fee: R\$127/NR\$159

Tai Chi for Adults and People with Arthritis

Ages 40 years+

Tai Chi consists of fluid, gentle movements that are slow in tempo. It improves strength, flexibility, balance, well-being and overall fitness. This form is especially ideal to free up stiff joints and muscles. Students report better balance, significant pain relief, lower blood pressure, improved physical ability and an increased sense of "well-being". It is a great stress-buster! This class is taught by Arthritis Foundation certified instructor Renee Gatsis.

Free! TAI CHI DEMO CLASS

June 11 6:30-7pm
Lincolnwood Community Center
Program #: 204315.C

Come and meet Renee and see the benefits of Tai Chi firsthand. Pre-registration is preferred.

Program #: 204315.D
Day: Wednesday
Dates: June 18-August 13
Time: 6:30-7:30pm
Location: Lincolnwood Community Center
Fee: R\$72/NR\$90

Drop-In Senior Exercise

Ages 55 years +

For older adults and seniors who want to stay healthy and independent, the National Institutes of Health (NIH) recommends four types of exercise. Strength exercises build muscle and increase metabolism which helps keep weight and blood sugar in check. Balance exercises build leg muscles which help prevent falls. Stretching gives you more freedom of movement and endurance exercises (walking, jogging, swimming, biking, etc.) increase your heart rate and breathing. This class will cover all four elements operating under a drop-in format.

Day: Tuesday & Thursday
Time: 9-9:50am
Location: Lincolnwood Community Center
Fee: \$2 per class – Social Club Members
 \$3 per class – Non-Social Club Members



Exercise, Fitness & Health

Adult Softball

Ages: 18 years+

Register for summer softball online at www.recreation.lwd.org or in the Parks and Recreation office. Full payment is due at the time of registration. Payouts will be awarded to the first and second place teams.

Location: Proesel Park

Fee: \$750 per team (includes umpire fees)

Adult 12" Softball - Fridays

Program #: 108204.A

Day: Friday

Time: 6-10pm

Start Date: May 2

Adult 12" Softball - Sundays

Program #: 108204.B

Day: Sunday

Time: 9am-Noon

Start Date: May 4

Adult 16" Softball - Wednesdays

Program #: 108204.C

Day: Wednesday

Time: 6-10pm

Start Date: April 30



Rain Hotline: (847) 745-4772

The hotline is updated at 4pm on Wednesday and Friday and at 7am on Sundays

Outdoor Adventure Recreation Exploring the North Shore Channel on Bike *New!*

Ages: 14 years+

Join professional REI Outdoor School instructors for a leisurely ride on this local iconic bike trail. We provide the equipment, on-trail support, and local knowledge. Just come ready for a great ride that is perfect for anyone who wants to use this trail for recreation, exercise, or commuting. If you enjoy meeting people, while riding through new areas or known favorites, don't miss this opportunity to experience what the Lincolnwood area has to offer! Please note, participants under the age of 18 must be accompanied by a participating adult.

Provided Equipment: Novara hybrid bikes and helmets

Please Bring: Water, snacks, closed toed shoes with heel support, and clothing appropriate for the activity and weather. You may also bring your own bike and helmet.

Location: Centennial Park

Fee: Call or visit www.recreation.lwd.org in May of 2014

SESSION I:

Program #: 204304.G

Day/Date: Sunday, June 22

Time: 8am-12pm

SESSION II:

Program #: 204304.H

Day/Date: Saturday, July 12

Time: 8am-12pm

SESSION III:

Program #: 204304.I

Day/Date: Wednesday, August 6

Time: 4-8pm

D'Original Jazz Dance Group

Ages: 21 +

Join us for an evening of dance open to all levels and styles. Dance styles include ballroom, cha-cha, swing, tango, waltz, fox trot, rhumba, bolero, cumbia, bachata, salsa, merengue and more! Grab your dancing shoes and dance the night away!



Day: Friday

Time: 7-11pm

Location: Lincolnwood Community Center

Fee: R\$10/NR\$13



E-Town Tennis Programs

The staff at E Town Tennis has been teaching all levels of players since 2006. Our vision and philosophy is to provide each player the best coaching/training environment to achieve and exceed their individual tennis goals. Through hard work, self-discipline, and dedication all individuals participating in classes will succeed on the tennis court. Participants must wear clothes they can move around freely in and bring their own water and racket.

Open House
Saturday, May 17
3-4:30pm
Proesel Park

Quick Start Tennis

Quick Start Tennis is the United State Tennis Association's (USTA) fun way to help develop tennis skills in players of all ages and be successful from your very first swing.

Location: Proesel Park
Fee: R\$90/NR\$113

SESSION I

June 16-July 3

Program #:	Days	Time	Level
212304.A	Mon/Wed	4-5pm	Pee Wee (Ages 4-6)
212304.B	Mon/Wed	5-6pm	Beginner (Ages 7+)
212304.C	Tue/Thur	4-5pm	Pee Wee (Ages 4-6)
212304.D	Tue/Thur	5-6pm	Beginner (Ages 7+)

SESSION II

July 7-July 24

Program #:	Days	Time	Level
212305.A	Mon/Wed	4-5pm	Pee Wee (Ages 4-6)
212305.B	Mon/Wed	5-6pm	Beginner (Ages 7+)
212305.C	Tue/Thur	4-5pm	Pee Wee (Ages 4-6)
212305.D	Tue/Thur	5-6pm	Beginner (Ages 7+)

SESSION III

July 28-August 14

Program #:	Days	Time	Level
212306.A	Mon/Wed	4-5pm	Pee Wee (Ages 4-6)
212306.B	Mon/Wed	5-6pm	Beginner (Ages 7+)
212306.C	Tue/Thur	4-5pm	Pee Wee (Ages 4-6)
212306.D	Tue/Thur	5-6pm	Beginner (Ages 7+)

SESSION IV

August 18-September 4

Program #:	Days	Time	Level
212307.A	Mon/Wed	4-5pm	Pee Wee (Ages 4-6)
212307.B	Mon/Wed	5-6pm	Beginner (Ages 7+)
212307.C	Tue/Thur	4-5pm	Pee Wee (Ages 4-6)
212307.D	Tue/Thur	5-6pm	Beginner (Ages 7+)

Adult Tennis

Location: Proesel Park
Fee: R\$135/NR\$169

SESSION I

June 7-July 16

Program #:	Day	Time	Level
212328.A	Monday	6-7:30pm	Beg./Adv. Beg.
212328.B	Tuesday	6-7:30pm	Intermediate 1-4
212328.C	Wednesday	6-7:30pm	Beg./Adv. Beg.
212328.F	Saturday	9-10:30am	Beg./Adv. Beg.
212328.G	Sunday	3-4:30pm	Intermediate 1-4

SESSION II

July 19-August 20

Program #:	Day	Time	Level
212329.A	Monday	6-7:30pm	Beg./Adv. Beg.
212329.B	Tuesday	6-7:30pm	Intermediate 1-4
212329.C	Wednesday	6-7:30pm	Beg./Adv. Beg.
212329.F*	Saturday	9-10:30am	Beg./Adv. Beg.
212329.G*	Sunday	3-4:30pm	Intermediate 1-4

*Classes July 26 and July 27 will be held at Central Park

USTA Midwest Youth Team Tennis

Ages: 5-10

The Village of Lincolnwood is proud to partner with USTA to offer a USTA Midwest Youth Tennis Team right here in Lincolnwood! This program uses the Quick Start Tennis play format, which uses age appropriate equipment and courts. Each participant will receive a membership in the USTA, tennis racket, t-shirt and hat.

Location: Proesel Park Tennis Courts
Fee: R\$140/NR\$175

SESSION I:

Program #: 212326.B
Day: Saturday
Dates: June 7-July 12
Time: 9:00-10:30am

SESSION II:

Program #: 212326.C
Day: Saturday
Dates: July 19-August 23
Time: 9:00-10:30am



For private and semi-private lessons, please contact the Lincolnwood Parks and Recreation office at (847) 677-9740.

Rain Hotline: (847) 626-5352



Lincolnwood Social Club

Open to Seniors Age 55 Years or Better

The fun never ends with the Lincolnwood Social Club! Members go on great day trips to places like museums, restaurants and cultural centers, the theater and ballet as well as area festivals and sporting events. Monthly events are planned at the Community Center such as holiday parties, guest speakers, movies and lunches, and social mixers. Members receive discounted fees on programs and are allowed participation in "member only" events and classes throughout the year. If you aren't already a member, please consider joining today or share with a friend or relative who is 55 years or better.

Our Social Club newsletter lists all of the activities, day trips and Special Interest Clubs. The newsletter is mailed to all Social Club members and is also available online at www.recreation.lwd.org. Please call (847) 677-9740 to receive a copy of the most current publication.

Special Interest Clubs

Participation is not limited to Social Club members. Anyone interested can pay daily dues to participate. Here are some of the ongoing Special Interest Clubs:

Bridge – Bridge Club meets every Monday from 12:15-3pm at the Community Center. Members are FREE; Non-Members pay \$3 per day.

Mah Jongg – Mah Jongg Club meets every Thursday from 12:30-3pm at the Community Center. Members are FREE; Non-Members pay \$3 per day.

Senior Exercise – Classes are held every Tuesday and Thursday from 9-9:50am at the Community Center. See page 19 for details.

Lincolnwood Social Club Annual Membership

Membership runs from
June 1, 2014-May 31, 2015

Rates are as follows:

Lincolnwood Resident – Single	\$30
Lincolnwood Resident – Couple	\$50
Non-Resident – Single	\$36
Non-Resident – Couple	\$62



The Lincolnwood Human Relations Commission invites all residents to its annual Independence Day concert.

This FREE concert will be held at the Proesel Park Shelter at Kostner and Morse Avenues. Free refreshments will be served.

Independence Day Concert

Friday, July 4 ★ 10:30am to Noon



Maine-Niles Association of Special Recreation

**Dedicated to Improving the Quality of Life, Through Advocacy and Awareness,
Promoting a Successful Leisure Lifestyle for Individuals with Disabilities**

M-NASR serves children, teens and adults with physical, mental and emotional disabilities, their families and their community recreation agencies by providing a wide range of recreation and leisure programs for people of every age, talent and interest. M-NASR conducts programs year round. Special services include summer camps, special events and holiday trips, after-school and day off from school programs. Participants enjoy dances, organized clubs, dinners at local restaurants and the friendship and company of their peers, adding to the richness and joy of their lives in the process. M-NASR also offers inclusion services to those who need assistance to participate in programs offered by their park districts and/or recreation department. M-NASR operates several accessible vehicles and offers door-to-door transportation for many activities.



Corporate Giving Programs

Do you or someone you know work for an organization with a corporate giving program? These businesses have grant/fundraising opportunities in place for 501(c)(3) not-for-profit organizations like M-NASR. If you do, please contact us at (847) 966-5522. Sharing this information could provide immeasurable assistance to individuals with physical and mental challenges in your community.

Liponi Foundation

The Liponi Foundation for Special Recreation was formed in 1990 to facilitate participation by children and adults with disabilities in recreation programs. The Foundation was named after the late Sam Liponi who was generous in his support of the Maine-Niles Association of Special Recreation and that work continues today through the efforts of the Foundation.

This not-for-profit, tax exempt body is governed by a board of trustees representing the communities that M-NASR serves: Des Plaines, Golf-Maine, Lincolnwood, Morton Grove, Niles, Park Ridge and Skokie. A dinner dance fundraiser is held in March and a mini-golf outing is held in August.

If you are interested in supporting individuals with special needs by attending Foundation fundraisers or making a donation, please call Stella LiPomi, Foundation Treasurer at (847) 966-5522.

M-NASR Administrative Office:

6820 W. Dempster Street • Morton Grove, IL 60053

Ph: (847)966-5522 • Fax: (847)966-8340

www.mnasr.org



Athletic Facility, Tennis & Shelter Rental

Tennis Club

The Lincolnwood Tennis Club is open to residents only (age 18 and over). Members have the opportunity to reserve court time at Proesel, Flowers and Central Parks by phone two days in advance. A Tennis Club member must be on the court during reserved time.

PROGRAM #: 207202.B

FEE: \$60 annual fee

RESERVATION DATES: May 5-September 1

CALL IN SYSTEM BEGINS: Thursday, May 1

RESERVATION CALL IN HOURS: 9am-3pm



Reserving Tennis Courts:

- 1) Village sponsored events, lessons, rentals, and Lincolnwood Tennis Club reservations have first priority (see schedule posted in tennis box on fence near entrance).
- 2) You are allowed to book for up to two hours at any given time.
- 3) Rack-up system prevails all other times when courts are not reserved as above.

Tennis Court Rental

Lincolnwood Parks and Recreation has blocked off one court at Proesel Park for residents interested in renting a court for the permanent time of your choice. You may rent for up to two hours at a time.

- Try our weekly packages; you may reserve one day, for two hours, for up to an eight-week period without having to call for a reservation each week.

FEE PACKAGES:

\$15 / Hour

1. \$85 / 4 week, 2 hour rental
2. \$120 / 6 week, 2 hour rental
3. \$160 / 8 week, 2 hour rental

RENTAL DATES:

May 5-October 31

Proesel Park Facility Rental Information

Rental and athletic permits are available in the Parks and Recreation Department beginning at 9am on April 1. Applications are processed on a first come-first served basis. Please call (847) 677-9740 for more information.

PROESEL PARK RENTAL	AVAILABILITY	FEES	SPECIFICS
Pavilion/Shelter	May 3-October 26 Weekends Only	\$200 Residents & Lincolnwood Businesses Only	Maximum Capacity – 150 Guests; \$250 Security Deposit Required
40 x 40 Party Tent (adjacent to Aquatic Center)	May 31-September 6; Weekends Only	\$125 per day Residents & Lincolnwood Businesses Only	Maximum Capacity – 50 Guests; \$250 Security Deposit Required
Baseball/Softball Fields	April 3-October 26	No Lights – R\$40/NR\$75 Lighted – R\$60/NR\$100	One Hour Rental per Field
Soccer Fields	May 3-October 26	No Lights – R/NR\$60 Lighted – R/NR\$100	Designated space near the Fire Department

Online Registration

You may access the online registration site by going to www.recreation.lwd.org and clicking on the Registration tab.



Planning an event? We have the perfect venue!



The Lincolnwood Community Center is the perfect venue for your next party. The facility is ideal for meetings, family parties, birthdays, showers, and any other type of social gathering.

The Community Center features two indoor spaces. The large room accommodates 200 guests; the small room holds 45. Both rooms feature gleaming hardwood floors and access to the beautifully decorated outdoor patio with space for approximately 35 guests.

Rental amenities include:

- Round or rectangular tables
- Padded banquet chairs
- Kitchen featuring stove/oven/microwave, warming ovens, refrigerator, coffee maker, sink, counter/serving space (large room only)

Additional rental fees apply for:

- Stainless steel outdoor gas grill
- Visual equipment – TV, DVD player, projection screen
- Audio equipment – sound system, podium, microphone
- Patio featuring wrought iron round patio tables and chairs with umbrellas

For more information or to check availability, please call (847) 677-9740.

Rental Rates

	Large Room	Small Room
Resident	\$95	\$55
Non-Resident	\$160	\$110
Security Deposit	\$500	\$250

Premium Rental Rates

(If you are serving wine & beer)

	Large Room	Small Room
Resident	\$150	\$90
Non-Resident	\$250	\$150
Security Deposit	\$1000	\$500

Applicants must pay an additional \$25 non-refundable application fee for rentals with beer/wine and provide Host Liability Insurance.

All rental permits and fees must be submitted at least two weeks before your requested date.

RATES ARE SUBJECT TO CHANGE



The rates are for rentals scheduled during general hours of operation. Rental fees increase and rental hours are subject to change for holidays.

Brick Campaign



Be a part of Lincolnwood history!

Buy a brick in The Promenade.

(Between Village Hall and the Police Department entrances).

*Honoring the past, celebrating the future
and supporting the community in a special way*

Why should you buy a brick?

Your purchase of an engraved official Lincolnwood brick will...

- Help build a lasting tribute to the Village
- Permanently record your place in Village history
- Honor the past and celebrate the future
- Provide a once in a lifetime opportunity to publicly honor your family, friends or business

How will the proceeds be used?

Money from the sale of Promenade bricks will be used for park improvements.

How much does an engraved brick cost?

\$75 includes the cost of the brick, engraving and installation; \$50 for a duplicate brick for you to keep.

Each brick is 4" x 8" and holds up to three lines of text with 13 characters per line.



**For more information, please visit our website at www.recreation.lwd.org
or stop by the Parks and Recreation office at 6900 N. Lincoln Ave.**

*Honor a mentor, memorialize a loved one
or mark a special occasion with our*

Park Donation Program

The Lincolnwood Parks and Recreation Department's park donation program is a wonderful way to honor the memory of a special individual or group or to celebrate a birthday, anniversary or special event. Trees and benches may be installed in the neighborhood parks listed below. The Village Arborist will assist in the selection and determine the planting location within the park desired for the species chosen.



- Trees are available for planting in the following parks: Central Park, Flowers Park, O'Brien Park, Lincolnwood Centennial Park, Goebelt Park, Rossi Park, Columbia Park, Kenneth Park, G.G. Rowell Park, Drake Park, Kildare Park and Springfield Park.
- Tree species include: Sugar Maple, Japanese Tree Lilac, White Pine, American Linden, Flowering Pear, Magnolia, Colorado Spruce, Swamp White Oak, River Birch, Norway Spruce and Redbud.

**For more information, please visit our website at www.recreation.lwd.org
or stop by the Parks and Recreation office at 6900 N. Lincoln Ave.**

Aquatic Center Membership Application

Family Information

First Name _____ Last Name _____
 Address _____ City _____ Zip _____
 Home Phone Number (_____) _____ Cell Phone Number (_____) _____
 Emergency Phone Number (_____) _____ Emergency Name/Relationship _____
 E-Mail Address _____

Does the participant require any assistance or special accommodation to effectively participate and/or enjoy the program? Yes ☐ No ☐
 If you checked yes, a member of our staff will contact you to make the necessary arrangements.

Please check if you do NOT want to receive future information about Lincolnwood programs or events. ☐

Aquatic Center Pass Registration

Full Name of Each Member Receiving an Aquatic Center Pass	Birthdate	Age	Sex	Fee

PLEASE CHECK MEMBERSHIP CATEGORY / CATEGORIES:

- ☐ Individual ☐ Family of 6
☐ Senior (55+) ☐ Family of 7
☐ Senior Couple ☐ Nanny
☐ Family of 2
☐ Family of 3
☐ Family of 4
☐ Family of 5

Payment Information

☐ Check # _____ (Please make checks payable to Village of Lincolnwood)

☐ Cash

Credit Card: ☐ Visa ☐ Mastercard Expiration Date: _____ Credit Card # _____

Print Name: _____ Signature: _____
 (As it appears on card)

NOTE: Only registrations paid by credit card are accepted by FAX. When registering by FAX, it is mutually understood that the facsimile registration documents (including the waiver and release of all claims) shall substitute for and have the same legal effects as the original form.

Sign the Registration Waiver

WAIVER OF LIABILITY / HOLD HARMLESS AGREEMENT – ADULT AND/OR MINOR

Please read this form carefully and be aware in signing up and registering yourself and/or your minor child/ward for participation in the above described Activity and any activities associated therewith you will be waiving your rights to all claims for injuries you might sustain arising out of this Activity; and you will be indemnifying, holding harmless and defending the Village of Lincolnwood for any claims arising out of the participation of your minor child/ward in the Activity.

In consideration of myself and/or my minor child/ward under 18 years of age being allowed to participate in the Activity, I recognize and acknowledge that there are certain risks of physical injury associated with the Activity. I agree to assume the full risk of injuries that I or my minor child/ward may sustain, as a result of participating in the Activity and all activities connected or associated therewith. I agree to indemnify, hold harmless and defend the Village of Lincolnwood for any and all claims injuries, damage or loss on behalf of myself and/or my minor child/ward may have against the Village of Lincolnwood as a result of my participation and/or my minor child/ward's participation in the Activity.

The invalidity or unenforceability of any of the provisions hereof shall not affect the validity or enforceability of the remainder of this Agreement.

☐ I have read and fully understand the above Waiver and Release of all claims.

Name(s) of Minor _____

Printed Name of Parent/Legal Guardian/Adult Participant _____

Signature of Parent/Legal Guardian/Adult Participant _____ Date _____

OFFICE USE ONLY Processed by: _____ Date _____ Amount \$ _____

Lincolnwood Parks & Recreation

6900 N. Lincoln Avenue, Lincolnwood, IL 60712 Phone (847) 677-9740 Fax (847) 673-4413

Visit our website at www.recreation.lwd.org



Aquatic Center Rules

In order to provide a safe and enjoyable pool experience for everyone, the following general rules must be followed:

1. OBEY LIFEGUARDS AND POOL ADMINISTRATION AT ALL TIMES.
2. Children 12 years or under must be under constant supervision of an adult 18 years or older.
3. Children under age three will only be allowed in the main pool when supervised by a parent or adult 18 years and older.
4. All children who are not toilet-trained must wear tight fitting rubber or plastic pants over a swim diaper. Disposable diapers are not permitted as mandated by the Department of Public Health.
5. Transferred season passes will be revoked.
6. Replacement passes are \$10 each and are issued at the Parks and Recreation Department in Village Hall.
7. No refunds of daily fees will be issued due to inclement weather.
8. The pool will not be open during cool weather, unsafe weather conditions, or due to low attendance (less than 25 swimmers) as determined by the Pool Manager. Call (847) 673-6870 to verify that the pool is open.
9. All glass is prohibited as mandated by Illinois Health Code.
10. Food and beverages may be packed in lunch-size coolers and are allowed in the concession area only. Bulk commercially packaged food and beverages, either brought or delivered, are not permitted in the facility.
11. All persons entering the pool must shower as mandated by Illinois Health Code.
12. Street shoes are not allowed in the pool area at any time.
13. No smoking or alcohol allowed in the pool facility or the park.
14. Offensive language and inappropriate behavior is prohibited.
15. No eating or drinking allowed on the pool deck as mandated by Illinois Health Code.
16. No running or ball playing allowed on the pool deck.
17. Dunking or other dangerous conduct is prohibited.
18. Flotation devices for toddlers will be allowed only in the Fenced Childrens pool. No flotation devices allowed in the main pool except for family nights and pool rentals.

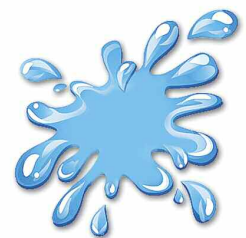
One set of pool rules must be signed and kept on file for each individual and/or family that has a current pool membership.

Diving Board Rules

1. Only one person at a time is allowed on the diving board.
2. You must swim to the ladder after diving into the pool.
3. Gainers/reverse diving are not allowed.
4. One bounce on the board only.
5. Must be able to swim 18 yards to use the diving boards.
6. Do not walk down the diving board ladder - ask for assistance.
7. Do not swim under the diving boards.
8. Parents are not allowed to catch their children off the diving board.
9. Divers must jump/dive straight off the board.
10. You must practice safe diving at all times.

Fenced Childrens Pool Rules

1. All children who are not toilet trained must wear tight fitting rubber or plastic pants over a swim diaper. Disposable diapers are not permitted as mandated by the Department of Public Health.
2. No changing diapers on the deck.
3. No food or drinks in the Fenced Childrens pool area.
4. No smoking in pool area or park.
5. No running on the pool deck.
6. Fenced Childrens pool for use by children under seven years of age.
7. Children must be supervised by an adult 18 years and older while in the Fenced Childrens pool.
8. Parents/caregivers must assist their child out of the pool during safety breaks.



On extremely busy days, patrons may be required to wait in line to enter the facility, sometimes for an extended period of time. Patrons will be served on a first-come, first-served basis. Patrons needing special assistance should ask the front desk staff to speak to the Manager or Assistant Manager.

Failure to follow pool rules in accordance with policies may result in removal and/or suspension from facilities. All enforcement and general translations of the rules for the pool are subject to management discretion. All members entering the pool may use a state issued ID twice if they forget their pool ID before purchasing a new pool ID for \$10.

☐ I have read, and am aware of all pool rules. If this is a family membership, I agree to inform my family members of all pool rules.

Name: _____ Date: _____

Registration Form

Family Information

First Name _____ Last Name _____
 Address _____ City _____ Zip _____
 Home Phone Number (_____) _____ Cell Phone Number (_____) _____
 Emergency Phone Number (_____) _____ Emergency Name/Relationship _____
 E-Mail Address _____

Does the participant require any assistance or special accommodation to effectively participate and/or enjoy the program? Yes ☐ No ☐
 If you checked yes, a member of our staff will contact you to make the necessary arrangements.

Please check if you do NOT want to receive future information about Lincolnwood programs or events. ☐

Program Registration

Program Number	Program Name	Participant's First Name	Sex	Birthdate	Age	Current Grade	Fee

Payment Information

☐ Check # _____ (Please make checks payable to Village of Lincolnwood)

☐ Cash

Credit Card: ☐ Visa ☐ Mastercard Expiration Date: _____ Credit Card # _____

Print Name: _____ Signature: _____
 (As it appears on card)

NOTE: Only registrations paid by credit card are accepted by FAX. When registering by FAX, it is mutually understood that the facsimile registration documents (including the waiver and release of all claims) shall substitute for and have the same legal effects as the original form.

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The invalidity or unenforceability of any of the provisions hereof shall not affect the validity or enforceability of the remainder of this Agreement.

☐ I have read and fully understand the above Waiver and Release of all claims.

Name(s) of Minor _____

Printed Name of Parent/Legal Guardian/Adult Participant _____

Signature of Parent/Legal Guardian/Adult Participant _____ Date _____

OFFICE USE ONLY Processed by: _____ Date _____ Amount \$ _____

Lincolnwood Parks & Recreation

6900 N. Lincoln Avenue, Lincolnwood, IL 60712 Phone (847) 677-9740 Fax (847) 673-4413

Visit our website at www.recreation.lwd.org



General Information

Refund Policies

Satisfaction Guarantee

The Lincolnwood Parks and Recreation Department is committed to providing the public with high quality recreation programs. Our program participants are very important to us, and we would like each one to be satisfied with their recreational experiences. If you are not completely satisfied with our program or services, tell us and we will do one of the following:

- 1) Invite you to repeat the program at no charge
- 2) Allow you a credit that can be applied to another program
- 3) Issue you a full refund

Our guarantee is based on fulfilling our promise of delivering the published expectations describing the particular program you have registered for. If you are not satisfied, we will kindly ask you to complete a refund request form available from the front office staff or online at www.recreation.lwd.org. This form must be completed prior to one of the above actions being taken. Satisfaction guarantee does not apply to pool memberships.

General Refund / Credit Policy

General refunds will be granted when requested five full working days before the start of a program. All refunds are subject to a 10% administrative fee and will be mailed within four to six weeks of your request.

We do understand that there may be times when illness, emergencies, and relocation force you to discontinue participation in a program. Should this occur, we ask that you submit proof of relocation or a written explanation from your doctor. These documents must be submitted along with the refund request form mentioned above. In the event that a program does not reach the minimum enrollment, the class may be cancelled with full refunds issued. The administrative fee does not apply in these instances.

Community Center Rentals & Birthday Parties, Athletic & Picnic Permit Refund Policy

- 1) If a rental is canceled two weeks before the scheduled date, a full refund less a 10% administrative fee will be issued.
- 2) If a rental is canceled 13 days or less before the scheduled date, a 50% refund less a 10% administrative fee will be issued.



Like us on Facebook!

Contact Us

The Lincolnwood Parks and Recreation Department prides itself on maintaining a high level of citizen confidence and support. We are committed to providing you with the highest quality programs and services that meet your satisfaction. If at any time you have feedback for us, please call the Parks and Recreation Department at (847) 677-9740 or email Jan Hincapie, Director of Parks and Recreation at jphincapie@lwd.org.

Brochure Errors

Due to the large amount of information included in each seasonal brochure, errors may sometimes occur. There may be last minute changes in days and times of classes, registration requirements and fees once the brochure has gone to print. You will be advised in a timely manner of any changes. We thank you for your patience and understanding.

Program Requests

This is your Parks and Recreation Department! Please let us know if there are programs you would like to see us incorporate into our current offerings. You may direct your suggestions to Katie Smith Gamroth, Superintendent of Recreation, Lincolnwood Parks and Recreation, 6900 N. Lincoln Avenue, Lincolnwood, IL 60712 or kgamroth@lwd.org. We thank you for your input!

Photo Policy

Photographs and videos are periodically taken of participants while they are engaged in programs, special events or enjoying the parks. Please be aware that these photos / videos may appear in local newspapers, Parks and Recreation Department publications or on the cable access program.

Registration Deadlines

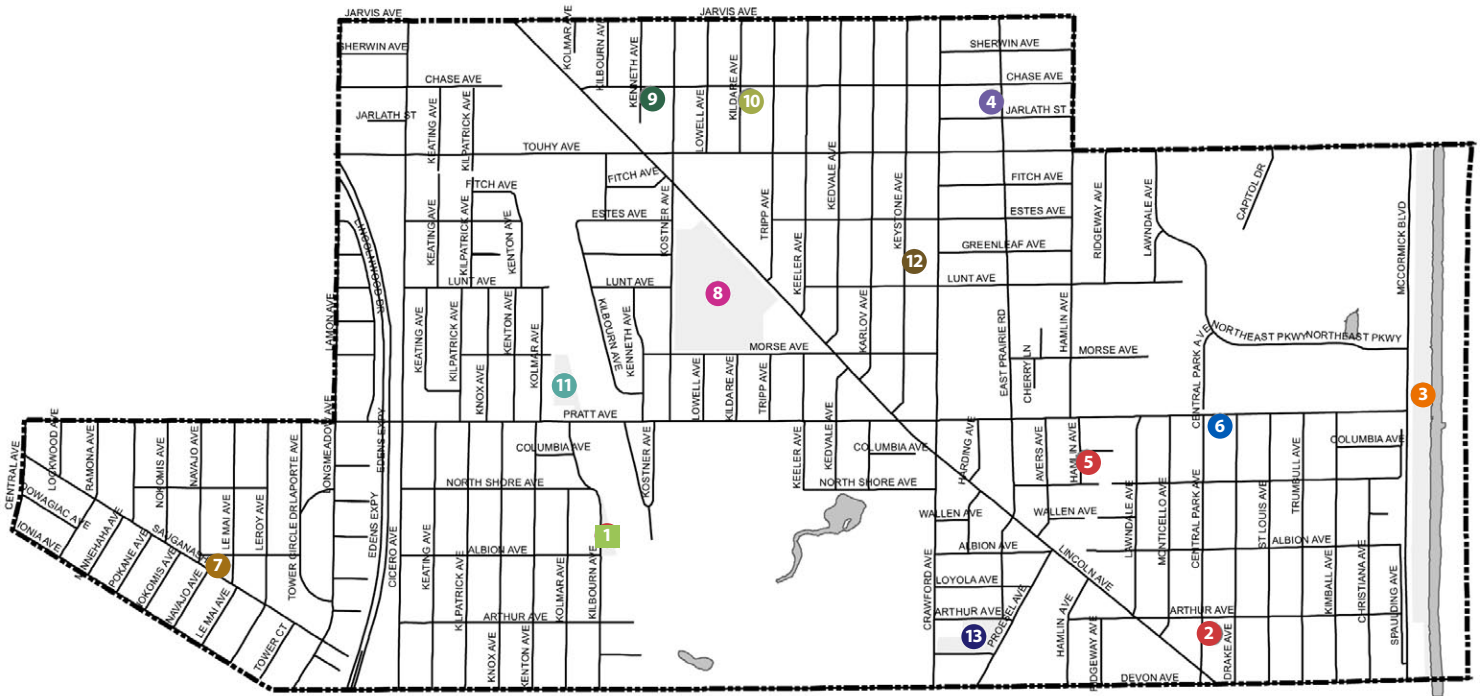
Register for classes early! All of our classes have minimums and maximums, and we do not want you to miss out on one of our great classes. Please sign up early to avoid cancellations.

Online Registration

Online registration is now available. You can access the registration site by going to www.recreation.lwd.org.

Drop-Off Registration

For your convenience, there is a drop box located in front of the Municipal Complex in the circular drive. You may drop off your registration forms there.



1 Arthur A. Goebelt Park
6621 Kilbourn Ave.

2 Central Park
6451 Central Park Ave.

3 Lincolnwood Centennial Park
6801 McCormick Blvd.

4 Charles L. O'Brien Park
7260 East Prairie Rd.

5 Columbia Park
3745 Columbia Ave.

6 Drake Park
6750 Drake Ave.

7 G.G. Rowell Park
6555 Albion Ave.

8 Henry A. Proesel Park
7030 Lincoln Ave.

9 Kenneth Park
7255 Kenneth

10 Kildare Park
7245 Kildare Ave.

11 M. Lester Flowers Park
4520 Pratt Ave.

12 Richard R. Rossi Park
7025 Keystone Ave.

13 Springfield Park
3901 Arthur Ave.

Thor Guard Lightning Detection System

When a Threat is Detected

- Warning horn will sound with an uninterrupted 15-second blast and a strobe light will flash when there is the potential for a lightning strike within the coverage area.
- Once a threat is detected, the system continuously updates data about energy in the air 50 times per second to see if the atmosphere still retains the potential energy necessary for a lightning strike.
- Upon hearing the horn blast and/or seeing the strobe light, park users must leave the park and seek appropriate shelter.

What Qualifies as Appropriate Shelter

- Inside buildings, hard-top vehicles or other lightning protected facilities and amenities
- As a last resort, seek low-lying areas or dense woods

What to Avoid

- Open areas/isolated trees, overhead wires/power lines, water, elevated ground, metal, maintenance machinery, wire fences, open top or soft top vehicles and a temporary tent structure.

When the Threat has Diminished

- The horn will sound three short 4-second blasts and the strobe light will turn off
- The horn signals that normal activity may resume

Thor Guard Location

Proesel Park Family Aquatic Center

Other Non-Covered Locations

- Signal horns may not be at your site, but at a site within ear shot. If you hear the alarm, please leave the park immediately.

If you have any questions, comments or concerns regarding the Thor Guard Lightning Detection System, please call the Lincolnwood Parks and Recreation Department at (847) 677-9740.



Village Of Lincolnwood
Parks and Recreation Department
6900 North Lincoln Ave.
Lincolnwood, IL 60712

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PERMIT NO. 124

ECRWSS
POSTAL CUSTOMER
Lincolnwood, IL 60712

Lincolnwood Centennial Park Family Fun Fest



September 14 ★ 1 to 3pm

Get out and enjoy Lincolnwood Centennial Park!

This free family-friendly afternoon of fun will consist of demonstrations highlighting park features, children's activities and musical entertainment.

Please visit our website at www.recreation.lwd.org for a complete activity lineup.

Parking is available at the lot located just north of the McCormick/Northeast Parkway intersection and at Lincolnwood Town Center.