



May - August 2012

Summer



SCAN ME!

Lincolnwood
Parks & Recreation

www.lincolnwoodil.org



explore fire trucks, police cars, dump trucks and more!

TOUCH-A-TRUCK

Saturday, September 8
11am-2pm

Lower Level Parking Lot by Kohl's

Here's your chance to sit in the driver's seat of the Village of Lincolnwood's fire trucks, police cars, and other equipment. Children and parents are encouraged to explore and learn how these big rigs play a part in keeping the Village of Lincolnwood running smoothly.

- Kids' Activities
- Samples
- Goodie Bags



free admission

This is a cooperative event between the Village of Lincolnwood's Parks and Recreation Department, Public Works Department, Police and Fire Departments, and is hosted by the Lincolnwood Town Center Mall.



LINCOLNWOOD TOWN CENTER

Fridays for the Family

Join the Parks and Recreation staff at the center court of the Lincolnwood Town Center Mall on selected Friday evenings from 5:30-6:30pm for a "Taste of Recreation." These activities are free and appropriate for the entire family. So stop by and take part in all the ways you can play in the Village of Lincolnwood! **Dates are: May 11, June 22, July 20, August 17.**

Check out our website at www.lincolnwoodil.org or new Facebook page for a listing of monthly activities!

Ages: All
Days: Friday Nights
Time: 5:30-6:30pm
Location: Lincolnwood Town Center Mall (Center Court)
Fee: FREE

Thank you Lincolnwood Town Center Mall for hosting Fridays for the Family!

LINCOLNWOOD TOWN CENTER

3333 W. Touhy Ave.
www.simon.com



Lincolnwood Memorial Day Parade and Festivities **Monday, May 28**



Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. There are many stories as to its origin, with over two dozen cities and towns laying claim to being the birthplace of Memorial Day.

It is not important who was the first; what is important is that Memorial Day was established. Memorial Day is not about division. It is about reconciliation. It is about coming together to honor those who gave their all.

Please help Lincolnwood and American Legion Post #1226 celebrate Memorial Day. The parade kicks off at the corner of Cicero and Pratt Avenues at approximately 10:20am, traveling east on Pratt Avenue, turning north on Keeler Avenue, ending in Proesel Park at Madeleine's Garden.

The ceremony will take place in Madeleine's Garden beginning at approximately 11am.

All Memorial Day activities are free of charge. For more info, call the Parks and Recreation Department at (847) 677-9740 or visit our website at www.lincolnwoodil.org.



Independence Day Concert

Wednesday, July 4 • 10:30am to Noon

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. Free refreshments will be served to all in attendance.

General Information

ADMINISTRATIVE OFFICE

LINCOLNWOOD PARKS AND RECREATION DEPT.

6900 N. Lincoln Avenue, Lincolnwood, IL 60712

Phone: (847) 677-9740

Fax: (847) 673-4413

HOURS:

Monday-Friday: 9am-5pm;

Saturday: 9am-Noon (May 12, 19, June 2, 9)

The office will be closed: April 6, May 28, July 4

PARKS AND RECREATION STAFF

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Director of Parks and Recreation

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Melanie Unterfranz

Youth Programs Coordinator

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facebook

**Check us out
on Facebook!**

Mission Statement:

The mission of the Lincolnwood Parks and Recreation Department is to provide enjoyable, quality programs and attractive, safe facilities to improve the health, welfare and pleasure of all the residents of Lincolnwood.

RESIDENT PROGRAM & POOL MEMBERSHIP REGISTRATION BEGINS:

Upon receipt of summer brochure

NON-RESIDENT ONLINE POOL MEMBERSHIP REGISTRATION BEGINS:

10am on Saturday, April 21

NON-RESIDENT PROGRAM REGISTRATION BEGINS:

Monday, April 23

ONLINE REGISTRATION

Online registration is now available. You can access the registration site by going to www.lincolnwoodil.org and scrolling over the departments tab at the top right, then clicking on Parks and Recreation. You may click on the Registration Information tab on the left side of the page or the "Register Now" icon.

PARKS AND RECREATION BOARD

The Parks and Recreation Board reviews and recommends actions to the Village Trustees. This includes recommendations for policies, fees, administrative and budgetary matters. Parks and Recreation Board meetings are held on the second Tuesday of each month in the Village Hall Council Chambers. Meetings begin promptly at 7:30pm. The public is encouraged to attend.

BOARD MEMBERS

Demerise Gratch, Chairperson

Barry Bass

Gail Ito

Arthur Lovering

Barbra Pabst

Judith Snyder

Laura Tomacic

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

Thank you! Artwork on pages 23, 24, 27 and 33 has been provided by Lincolnwood students from Andy MacCrimmon's Lincoln Hall Art Class. (Students include Andrea Kirincic, Christopher Han, Bruce Blumenthal, Julia Stoia, Sarah Yun and Hana Comor).



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PARK WATCH

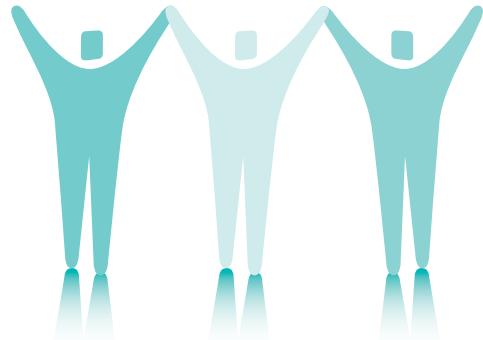
We need your help keeping the parks of Lincolnwood clean, safe, and free of vandalism. If you find any broken equipment or have other safety concerns about the parks, please contact the Lincolnwood Parks and Recreation Department at (847) 677-9740. If you see vandalism occurring in the parks, please contact the Lincolnwood Police by calling 911. The Parks and Recreation Department is committed to providing a safe place for recreation and would prefer to enhance the quality of the parks rather than replace vandalized equipment.

Thank you for your support in our efforts to provide the residents of Lincolnwood with quality parks.

Volunteer Opportunities

Serve your community with your time and talents! The Lincolnwood Parks and Recreation Department relies on many different kinds of volunteers throughout the year to make its programs and special events successful. We are always looking for special event helpers for events like Farmers Market, Turkey Trot, Winter Carnival and Summer Market and Music Series.

For more information, please call the Parks and Recreation Department at (847) 677-9740.



Aquatic Center Membership - 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. Families are required to bring a birth certificate for children. Anyone not meeting this requirement will pay the non-resident rate if there are passes available.

Family is defined as mother, father (or legal guardians) and dependent children (age 3, by June 2, 2012, thru 18 years) living at the same address (minimum of six months per year). Ages 18-24 must prove their Lincolnwood family address is their primary address when added to the family pass. 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.

2012 Resident Aquatic Center Membership Fees

EARLY BIRD PACKAGE – Before 5/13

	Price
Individual	\$88
Senior	\$65 (Age 55+)
Senior Couple	\$115
Family of 2	\$124
Family of 3	\$152
Family of 4	\$171
Family of 5	\$201
Family of 6	\$215
Family of 7	\$225
Each Additional	\$30

After 5/13

	Price
	\$97
Senior	\$71
Senior Couple	\$128
Family of 2	\$137
Family of 3	\$167
Family of 4	\$189
Family of 5	\$220
Family of 6	\$237
Family of 7	\$249

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

DON'T FORGET...

Residents can renew their pool passes using our online registration system!



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. (June 2, 2012)
- A \$10 fee will be assessed for anyone wishing to have a new photo taken prior to the expiration of the pool ID.

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. There is no guarantee you will get a pass this way.
- After purchase, residents are allowed one nanny transfer until Friday, June 1 at 5pm ONLY. All transfer requests after June 1 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 (\$304).

Aquatic Center Membership - 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 mother, father (or legal guardians) and dependent children (ages 3, by June 2, 2012, thru 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. (June 2, 2012)
- A \$10 fee will be assessed for anyone wishing to have a new photo taken prior to the expiration of the pool ID.

PLEASE NOTE:

- **Registration begins immediately.**
- Registration will be on a first come - first served basis until 250 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 getting a pass is required to come in and get a photo ID.

Family Passes: Children under 3 years (by June 2, 2012) 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 June 1.

Ages 18 & up: Children 18 years and up (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	2012 Price
Individual	\$233
Senior	\$162
Senior Couple	\$309
Family of 2	\$365
Family of 3	\$422
Family of 4	\$468
Family of 5	\$510
Family of 6	\$574
Family of 7	\$617
Each additional	\$ 40



Aquatic Center Schedule



Proesel Park Family Aquatic Center

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

POOL DATES: Saturday, June 2 - Sunday, August 26

Saturday, September 1 - Monday, September 3

POOL CLOSED: Monday, August 27 - Friday, August 31

SWIM MEETS (Main Pool Closed): Held Wednesdays from 4pm – *Close

*Detailed schedule to be posted at pool.

Wading Pool

Reserved for children seven years and under who must be accompanied by an adult who remains with the child.

Weekdays, June 4 - June 15

10am-9:30pm

Weekdays, June 18 - August 10

10am-9:30pm

Weekdays, August 13 - August 24

10am-9:30pm

Saturdays, June 2 - September 1

10am-9:30pm

Sundays & Holidays, June 3 - September 2

10am-7pm

Activity Pool

Children under seven years must be accompanied by an adult who remains with the child. The activity pool is open for swimmers of all ages.

Weekdays, June 4 - June 15

10am-9:30pm

Weekdays, June 18 - August 10

1pm-9:30pm

Weekdays, August 13 - August 24

10am-9:30pm

Saturdays, June 2 - September 1

10am-9:30pm

Sundays & Holidays, June 3 - September 2

10am-7pm

Main Pool

Weekdays, June 4 - June 15

6am-10am	Swim Team / Adult Lap Swim
10am-5:30pm	Open Swim (all ages)
5:30-6:30pm	Swim Team / Adult Lap Swim
6:30-9:30pm	Open Swim (all ages)

Weekdays, June 18 - August 10

6-9:20am	Swim Team / Adult Lap Swim
9:30am-Noon	Youth Swim Lessons
Noon-1pm	Adult Swim
1-5:30pm	Open Swim (all ages)
5:30-6:30pm	Swim Team / Adult Lap Swim
6:30-9:30pm	Open Swim (all ages)

Weekdays, August 13 - August 24

6-10am	Adult Lap Swim
10am-9:30pm	Open Swim (all ages)

Saturdays, June 2 - September 1

10am-9:30pm Open Swim (all ages)

Sundays & Holidays, June 3 - September 2

10am-7pm Open Swim (all ages)

One lap lane will be available during all open swim hours only.

At the discretion of the Superintendent 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. (Call the pool at (847) 673-6870 for info.)
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).

2012 Aquatic Center Membership Application

Name (Last , First) _____ Date _____

Address _____ City _____ Zip _____

Home Phone Number (_____) _____ Cell Phone Number (_____) _____

Emergency Phone Number (_____) _____ Emergency Name/Relationship _____

E-Mail Address _____ Yes, please add me to a future email list.

(Used to send program updates and general recreation department information)

**PLEASE CHECK MEMBERSHIP
CATEGORY / CATEGORIES:**

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

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

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.

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

Cash

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

Print Name (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.

Signature: _____

PARTICIPANT'S WAIVER, RELEASE AND HOLD HARMLESS AGREEMENT

As a participant (or as the parent or guardian of a participant under age 18) in the Lincolnwood Parks and Recreation Department program(s) I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, including death, damage or loss which I may sustain as a result of participating, in any manner, in any and all activities associated with the program(s). I also recognize and acknowledge that all program activities involving strenuous exertion or body contact are hazardous recreation activities which involve substantial risk of injury to a participant. Further, I understand that this Agreement encompasses all exercises and physical movements of any nature undertaken the program(s), the use and adjustment of any and all machinery, equipment, apparatus and anything related to my use of the services, facilities or premises involved in the program(s) as well as the provision of or failure to provide instructions or supervision.

I hereby agree to waive and relinquish any and all claims that I may have, due to participating in the program(s), including any claims for negligence or any other unintentional conduct against the Village of Lincolnwood, and any and all other participating or cooperating governmental units, independent contractors, officers, agents, servants and employees of the governmental units and independent contractors, and any and all other persons and entities that might be directly or indirectly liable for any injuries that I might sustain while participating in the program(s). I hereby fully release and discharge the Village of Lincolnwood and the above mentioned other persons and entities from any and all claims for injuries, including death, damage or loss that I may have or that may accrue to me because of my participation in the program(s). I also hereby agree to indemnify, hold harmless and defend the Village of Lincolnwood and all other persons and entities mentioned above from any and all claims resulting from injuries, including death, damages and loss sustained by anyone, which arise out of or are in any way associated with my conduct and the activities of the program(s).

I understand the nature of the program(s) for which I am registering and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand and agree that any advertisements or warnings of the particular risks of the program(s) that I subsequently receive will be incorporated herein by reference and become a part of this Agreement.

Participant or Parent / Guardian Signature _____ Date _____
(If participant is under the age of 18)

Office Use Only - Processed By: _____ Date: _____ Amount \$ _____ ID Check: _____

Aquatic Center Rules

In order to provide a safe and enjoyable pool experience for everyone, the following general rules are to 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 or cloth diaper. Disposable diapers are not permitted as mandated by the Department of Public Health.
5. Transferred season passes will be revoked. Replacement passes are \$10 each and are issued at the Parks and Recreation Department.
6. No refunds of daily fees will be issued due to inclement weather.
7. The pool will not be open during cool weather, unsafe weather conditions, or due to low attendance (less than 20 swimmers) as determined by the Pool Manager. Call (847) 673-6870 to verify that the pool is open.
8. All glass is prohibited as mandated by Illinois Health Code.
9. Food and beverages may be packed in 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.
10. All persons entering the pool must shower as mandated by Illinois Health Code.
11. Street shoes are not allowed in the pool area at any time.
12. No smoking allowed in the pool facility.
13. Offensive language and inappropriate behavior is prohibited.
14. No eating, drinking or smoking allowed on the pool deck as mandated by Illinois Health Code.
15. No running allowed on the pool deck.
16. No ball playing allowed on the deck.
17. Dunking or other dangerous conduct is prohibited.
18. Flotation devices for toddlers will be allowed only in the wading pool. No flotation devices allowed in the main pool except for family nights and pool rentals.
19. Personal phone calls are not permitted from the office. A pay phone is located outside the front gate.
20. Failure to follow pool rules in accordance with policies may result in removal and/or suspension from facilities.
21. All enforcement and general translations of the rules for the pool are subject to management discretion.
22. 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.

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. You must obey lifeguards and pool administration at all times.
2. Only one person at a time is allowed on the diving board. Divers must wait their turn on the deck.
3. You must swim to the ladder after diving into the pool.
4. Gainers/reverse diving may only be done with the direct supervision of the Lincolnwood diving coach.
5. One bounce on the board only.
6. Must be able to swim 18 yards to use the diving boards.
7. Do not walk down the diving board ladder - ask for assistance.
8. Do not swim under the diving boards.
9. Parents are not allowed to catch their children off the board.
10. Divers must jump/diver straight off the board.
11. You must practice safe diving at all times.

WADING POOL RULES

1. All children who are not toilet trained must wear tight fitting rubber or plastic pants over a swim diaper or cloth 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 wading pool area.
4. No smoking.
5. No running on the pool deck.
6. Wading pool for use by children under 7 years of age.
7. Children must be supervised by an adult 18 years and older while in the wading pool.
8. Parents/caregivers must assist their child out of the pool during safety breaks.

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: _____

Aquatic Center Membership - Non-Resident

Registration Information

Non-resident registration is only accepted online at www.lincolnwoodil.org, beginning at 10am on Saturday, April 21. It is extremely important to have all information ready at the time of registration. Please check the Village website approximately two weeks prior for more information.

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 on Saturday, May 12, May 19, June 2 and June 9 for non-residents to come in and get their membership pass ID photos taken from 9am-Noon.
- 2011 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 member of your family who will be getting a pass will need to come in and get a pool ID.

Family Passes: Children under 3 years (by June 2, 2012) 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. You must have your nanny's address and birth date for the registration process. Nanny passes are not transferable after June 1.

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

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



2012 Non-Resident Aquatic Center Pricing

PACKAGE	2012 PRICE
Individual	\$304
Senior	\$212
Senior Couple	\$410
Family of 2	\$474
Family of 3	\$553
Family of 4	\$614
Family of 5	\$668
Family of 6	\$752
Family of 7	\$805

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

Swim Lessons

Lincolnwood Parks and Recreation has adopted the American Red Cross Learn-to-Swim program. There are five levels in the Learn-to-Swim program, plus our added sixth level, synchronized swimming (advanced level). Sign your child up today for the level you think is appropriate. 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.

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.

Level VI - Synchronized Swim

Synchronized Swimming class is designed to introduce the sport of synchronized swimming to the newcomer and build on previously learned skills for those with a little more experience.

How to determine your child's age group:

Tots: 4 years old by Sept. 1, 2012
Kinder: Entering Kindergarten in Fall 2012
Grades 1-2: Entering Grades 1-2 in Fall 2012
Grades 3-9: Entering Grades 3-9 in Fall 2012



SWIM LESSON POLICIES – NO EXCEPTIONS!

- Only Lincolnwood residents, pool members and day camp participants may register for swim lessons.
- Swim lesson fees must be paid in full at time of registration.
- Swim lesson fees are not eligible for the camp payment plan.

**REGISTRATION FOR SESSION I
CLOSES AT 5PM ON FRIDAY, JUNE 15.**

**REGISTRATION FOR SESSION II
CLOSES AT 5PM ON FRIDAY, JULY 13.**

PARENT OBSERVATION DAYS

Mondays, June 25 and July 23
Tuesdays, June 26 and July 24
Fridays, June 29 and July 27

Swim Lessons

Proesel Park Family Aquatic Center

SESSION I FEES

Tots: \$51
Kinder: \$51
Grades 1-2: \$95
Grades 3-9: \$100

Tots (6 Lessons)

Days: Monday/Wednesday
Dates: June 20-July 11
Time: 9:15-9:45am

Level	Program #
Level I	206601.A1
Level II	206601.A2
Level III	206601.A3

Kinder (6 Lessons)

Days: Monday/Wednesday
Dates: June 20-July 11
Time: 10-10:30am

Level	Program #
Level I	206602.A1
Level II	206602.A2
Level III	206602.A3
Level IV	206602.A4

Grades 1-2 (10 Lessons)

Days: Monday/Wednesday/Friday
Dates: June 20-July 13
Time: 10:45-11:30am

Level	Program #
Level I	206603.A1
Level II	206603.A2
Level III	206603.A3
Level IV	206603.A4
Level V	206603.A5
Level VI	206603.A6

Grades 3-9 (11 Lessons)

Days: Tuesday/Thursday/Friday
Dates: June 21-July 13
Time: 9:45-10:30am

Level	Program #
Level I	206604.A1
Level II	206604.A2
Level III	206604.A3
Level IV	206604.A4
Level V	206604.A5
Level VI	206604.A6

SESSION II FEES

Tots: \$56
Kinder: \$56
Grades 1-2: \$95
Grades 3-9: \$100

Tots (6 Lessons)

Days: Monday/Wednesday
Dates: July 18-August 6
Time: 9:15-9:45am

Level	Program #
Level I	206601.B1
Level II	206601.B2
Level III	206601.B3

Kinder (6 Lessons)

Days: Monday/Wednesday
Dates: July 18-August 6
Time: 10-10:30am

Level	Program #
Level I	206602.B1
Level II	206602.B2
Level III	206602.B3
Level IV	206602.B4

Grades 1-2 (10 Lessons)

Days: Monday/Wednesday/Friday
Dates: July 18-August 6
Time: 10:45-11:30am

Level	Program #
Level I	206603.B1
Level II	206603.B2
Level III	206603.B3
Level IV	206603.B4
Level V	206603.B5
Level VI	206603.B6

Grades 3-9 (11 Lessons)

Days: Tuesday/Thursday/Friday
Dates: July 19-August 10
Time: 9:45-10:30am

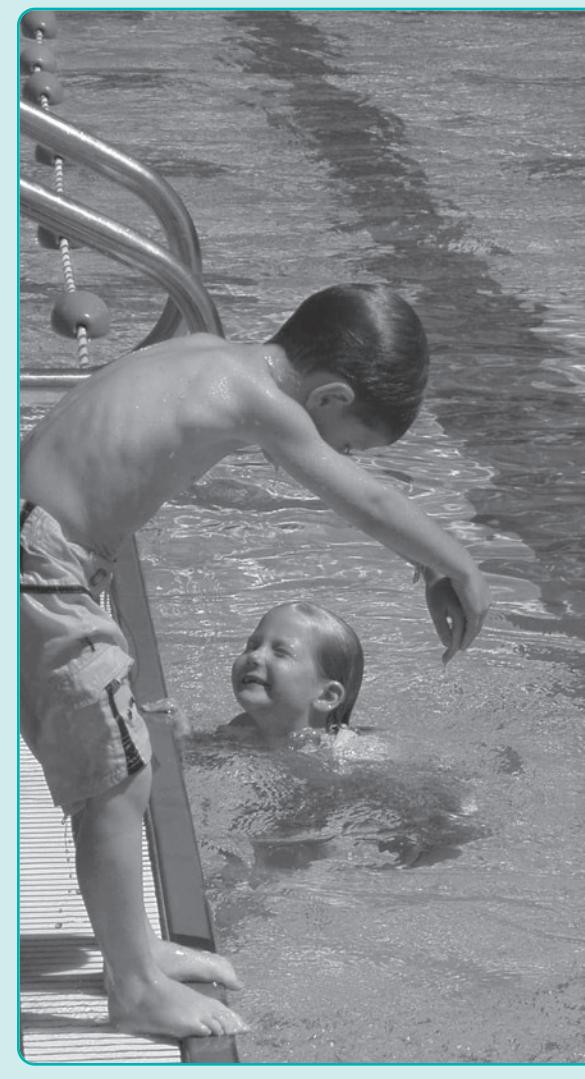
Level	Program #
Level I	206604.B1
Level II	206604.B2
Level III	206604.B3
Level IV	206604.B4
Level V	206604.B5
Level VI	206604.B6

PLEASE NOTE:
No swim lessons on July 4

Only residents,
pool members or participants
in day camp can register for
swim lessons.

•

All fees for swim lessons
must be paid for in full
at the time of registration.



Swim Lessons

Private Swim Lessons

Ages: All

Private swim lessons may be the key to improving specific problems in swimming skills. Private swim lessons provide individualized attention from an experienced swim instructor. Lessons are taught by American Red Cross Water Safety Instructors during structured hours at the pool. Once you have registered, you will be contacted by the Swim Lesson Coordinator. If you are interested in having a particular instructor, please note this information on your registration form. Registration for this program takes place at the Parks and Recreation office.

PLEASE NOTE: Not all of our instructors can teach private lessons. Therefore, this is a limited program. There are days and times throughout the summer when we will not be able to provide you with an instructor.

Program #: 206610.A1 – June
206610.A2 – July
206610.A3 – August
Days: As coordinated with Instructor
Dates: As coordinated with Instructor
Time: 11:30am-12:30pm
Location: Proesel Park Family Aquatic Center
Fee R/NR: \$22 – half-hour lesson

A wait list will be started after the maximum has been reached. You will be contacted should an instructor become available.

Parent/Tot Swim Lessons

Ages: 6 months - 3 years

Following the guidelines of the American Red Cross, students will begin their water exploration adventures. 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

Program #: 206605.A
Days: Mon & Wed
Dates: June 20-July 11
Time: 10:30-11am
Fee R/NR: \$51/\$69

SESSION II

Program #: 206605.B
Days: Mon & Wed
Dates: July 18-August 8
Time: 10:30-11am
Fee R/NR: \$56/\$73

Classes start on Wednesday.

NOTE: NO CHILD WILL BE PERMITTED INTO THE POOL WITHOUT A SWIM DIAPER. (Available for purchase at the pool). No prorated fees.

PLEASE NOTE:
No swim lessons on July 4

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 9 - July 28
Time: 9-9:50am
Fee R/NR: \$95
Registration Deadline: June 8



Aquatic Center Programs

Aquanastics

Ages: Adults (18 years +)

This class combines a variety of fun, 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.A

Instructor: Adrienne Stern, Certified Aquatic Exercise Instructor

Location: Proesel Park Family Aquatic Center

Days: Tuesday & Thursday

Dates: June 12-July 31

Time: 10:30-11:30am

Fee R/NR: R\$65/NR\$81

Min/Max: 15/24

Registration Deadline: June 11

Drop-In Fee: \$10R/\$13NR*

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.

Program #: 206311.A

Instructor: Eileen Feder, AEA Certified

Location: Proesel Park Family Aquatic Center

Day: Sunday

Dates: June 10-August 12

Time: 9-10am

Fee R/NR: R\$50/NR\$65

Min/Max: 7/12

Registration Deadline: June 8

Program #: 206315.A

Days: Monday & Wednesday

Dates: June 11 - August 1

Time: 11:30am-12:30pm

Fee R/NR: R\$65/NR\$81

Min/Max: 15/24

Registration Deadline: June 8

Drop-In Fee: \$10R/\$13NR*

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. Min 8/Max 15

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!

Program #: 206316.A

Instructor: Regina Mundt, AEA Certified

Day: Monday

Dates: June 18-August 6

Time: 7-8pm

Location: Proesel Park

Family Aquatic Center

Fee R/NR: R\$64/NR\$80

Min/Max: 10/25

Registration deadline: June 15

FREE DEMO
June 11 • 7-7:45pm

Drop-In Fee: \$10R/\$13NR*

Aqua Yoga

Ages: Adults (18 years +)

This is a low-impact, shallow water class which uses the buoyancy and cushioning effects of water to improve balance, flexibility and coordination. We will focus on breathing, stretching and strengthening muscles by taking traditional yoga poses to the water. Principles of Pilates will be used to strengthen the core muscles. Benefits are improved body awareness and relaxation of the mind and body. Swimming ability is NOT necessary for this class.

Program #: 206317.A

Instructor: Bonnie Rubenstein, AEA Certified

Days: Monday & Wednesday

Dates: June 11-August 1

Time: 10:30-11:30am

Location: Proesel Park Family Aquatic Center

Fee R/NR: R\$69/NR\$86

Min/Max: 10/24

Registration deadline: June 8

Drop-In Fee: \$10R/\$13NR*

Program #: 206310.A

Days: Tuesday & Thursday

Dates: June 12-July 31

Time: 11:30am-12:30pm

Location: Proesel Park Family Aquatic Center Diving Well

Fee R/NR: R\$65/NR\$81

Registration Deadline: June 11

Drop-In Fee: \$10R/\$13NR*

Aquatic Center Programs

Family Fridays

What are you doing on Friday nights? At the Proesel Park Family Aquatic Center we are having tons of fun! Bring your water play toys, rafts and blow-up balls to the pool. This is strictly a night of fun that includes no adult swim and a variety of games for the kids, so come enjoy your Friday nights at the pool!

DATES: June 8, 15, 22, 29;
July 6, 13, 20, 27;
August 3, 10, 17, 24, 31
TIME: 6:30-9:30pm

- Family Fridays are for pool members and those paying daily admissions who are age 17 years and older.
- Youth pool members and those paying a daily admission under age 17 must be accompanied by a parent, guardian or responsible adult.

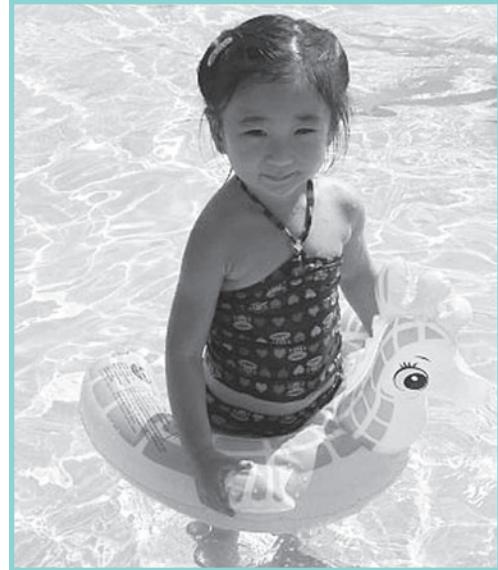
Guest Pass ID Card

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 you must be with your guests at all times while at the pool. Cards are only available at the Parks and Recreation office, and are valid for the 2012 season only. No transfers. **Fee: \$100**



Program User Pass

Non-Residents

Attention all non-residents who were not able to purchase a pool membership. We are now offering 20 visit punch cards to those who are enrolled in day camp and pool programs. You may only use your Program User Pass for 20 swipes total (example: four people enter = four swipes resulting in 16 left). Every individual registering for the Program User Pass must show proof of program registration. **A maximum of one card is allowed per family for the season.** This pass expires at the end of the 2012 pool season and cannot be used the following season. Eligible programs include day camp and all other pool programs. No transfers. **Fee: \$200**

Aquatic Center Programs

Swift Diving

Lincolnwood Parks and Recreation Diving Program*

Swift Diving Club is a premier, competitive diving program in the Chicagoland area. Swift Diving prides itself on preparing young athletes for competitive diving in the high school arena and at the college level. With a dedicated and experienced coaching staff, the club's mission is to provide a safe and enjoyable educational diving experience, while striving for excellence. Great success in recent years has elevated Swift to one of the best diving programs in Illinois, while demonstrating strength at the regional and national level.

Beginners Diving

Ages 5-17

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

Registration Deadline: June 1

Program #: 206313.A
Day: Monday & Thursday
Date: June 4-July 5
Time: 5:30-6:30pm
Location: Proesel Park Family Aquatic Center
Class Size: Min 10/Max 12
Fee: R\$90/NR\$120



Intermediate to Advanced Diving

Ages 5-17

Intermediate and advanced lessons are an excellent way for divers who have some experience in diving 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.

Registration Deadline: June 4

Program #: 206314.A
Day: Tuesday & Thursday*
Date: June 5- July 5
Time: 5:30-6:30pm
Location: Proesel Park Family Aquatic Center
Class Size: Min 10/Max 12
Fee: R\$90/NR\$120

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

Club Notes:

*Thursdays are practice days only and therefore do not need to be made up in the event of bad weather. Both classes are held together to give students an opportunity to practice their skills.

Contact Information: www.swiftaquatics.com

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 from 5 years to 18 years with different levels of accomplishment. If you have any questions or concerns, please contact Jim Schick (email below) for more information prior to registration.

Our main goal is to make the transition from short course (25/yd pools) 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 this summer. 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. Not everyone is ready for the more advanced strokes and drills. Our goal is to expose everyone to all four strokes and introduce the beginning swimmer to some of the components of these strokes 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 work on.

Session 1: Freestyle 5/21-5/22

The first two days will be devoted to Freestyle only, for everyone. We will have lanes from beginning levels to advanced.

Session 2: Backstroke 5/23-5/24

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

Session 3: Breaststroke 5/25-5/29

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.

Session 4: Butterfly 5/30-5/31

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 5: Starts & Turns 6/1

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

For more information: www.lwlightning.org

Questions? E-mail Head Coach Jim Schick at babaramdas@comcast.net

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

**Should any session be cancelled due to weather, we will reschedule for 6/2 or 6/3 at 8am.*

Schedule & Fees

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

PROGRAM #	DATES	FEE
206701.A6	See Above	\$75

Fee includes all sessions.

One week pricing may be available on an individual basis for special circumstances.

Contact: babaramdas@comcast.net.



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 5 and 17. The program combines excellent training and instruction in competitive swimming with weekly meets to monitor progress.

Jim Schick, the 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 age group, YMCA, high school and college swimmers for over 23 years, and he has been a coach in Lincolnwood for 12 years. Jim's program will emphasize instruction on proper swimming techniques, starts, turns and relay exchanges while introducing some of the older age group swimmers to conditioning training.



Program #: 206702.A

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

Incentive: Receive \$10 off when registering for stroke clinic

- Mandatory parent meeting on June 14 at 6:15pm at the Proesel Park Aquatic Center.
- NO REFUNDS are issued for swim team.
- New swimmers must register for the Stroke Clinic.

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

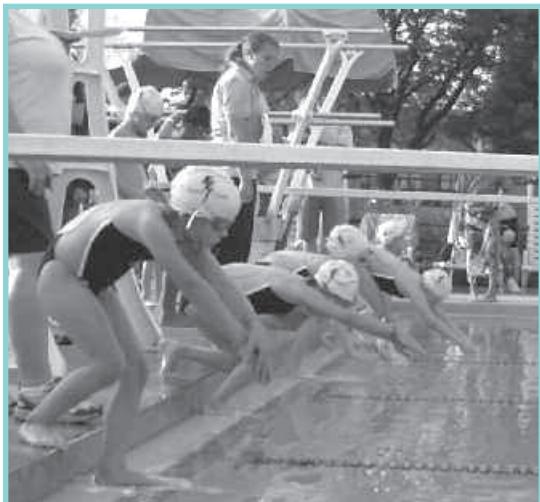
PRACTICE TIMES

- Swimmers are NOT expected to attend all practices.
- Guidelines will be available at the parents' meeting.

EVENING PRACTICE - Begins June 4

Mon, Tue, Thur, Fri

5-6:30pm



MORNING PRACTICE - Begins June 11 (Weather Permitting)

Mon, Tue, Thur, Fri – All Age Groups

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

*Gold may start at either 6:30am or 7am (but not at 6:45am)

Please note: The lanes you swim in may change due to the group size for that morning, but not the starting time.

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

Registration Deadlines

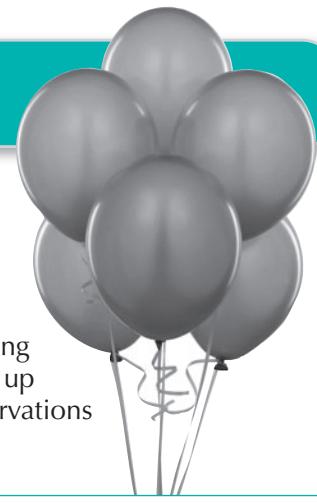
REGISTER FOR CLASSES EARLY!

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

Aquatic Center Rentals & Parties

Have your next birthday 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 3 hours to stage your party. You bring the cake, and we'll provide the fun! For party reservations and available times, please contact the Parks and Recreation office at (847) 677-9740.



Party Packages 1 & 2 (Includes food)

Resident

\$275 for up to 25 guests
\$12 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 1

- Reservation for up to 3 hours in our outdoor party area
- One hour is included in our multi-purpose room (if needed)
- Slice of pizza, 12 oz. soda, napkins & plates

Non-Resident (Pool Members Only)

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

PACKAGE 2

- Reservation for up to 3 hours in our outdoor party area
- One hour is included in our multi-purpose room (if needed)
- Hot dog, fries, 12 oz. soda, napkins & plates

Pool Party - Pod Style! (Does not include food)

Party rental space is available near the concession stand for your next party. These "pods" include picnic tables and a grassy area for your party to meet and enjoy the day. We have three different pods and an indoor party room for an additional fee. This party package is for parties with a maximum of 25 people. Fee includes admissions (access to all pools) and exclusive use of your assigned pod. In addition, bulk commercial food will be allowed during your rental time. Come to the Parks and Recreation office to fill out a rental packet and check availability. Reservations are available in 3-hour blocks.

FOR: Members & Residents Only

FEES: \$200 Resident Pool Member

\$270 Non-Resident Pool Member

Call for availability

WHEN: During regular hours of operation

HOURS: \$250

DEPOSIT: Indoor Rental Room

- \$30/hour – Resident Pool Member
- \$40/hour – Non-Resident Pool Member



Please Note:

- Parties must be reserved at least 7 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 in the brochure for cancellation charges.
- It is suggested you arrive at least 15 minutes early to receive party details and directions to your party area.
- Refunds will be offered if Proesel Park Family Aquatic Center is forced to close the pools 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 your room after the time frame as other parties may be booked.
- Lifeguards are responsible for enforcing safety rules and responding to emergencies. Parents or guardians should 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

Pool Rentals

Are you interested in renting the entire Proesel Park Family Aquatic Center and having it all to yourself? 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

Community Center Rental

*Planning an event?
We have the perfect venue!*



The Lincolnwood Community Center is the perfect venue for your next rental. 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 48. Both climate-controlled rooms feature gleaming hardwood floors and access to the beautifully decorated outdoor patio with space for approximately 35 guests.

Rental amenities (some at an additional charge) include:

- Round or rectangular tables
- Padded banquet chairs
- Kitchenette featuring warming ovens, refrigerator, coffee maker, sink, counter/serving space
- Visual equipment – TV, DVD player, projection screen
- Audio equipment – sound system, podium, microphone
- Stainless steel outdoor gas grill
- Wrought iron round patio tables and chairs with umbrellas

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

RATES: (Hourly)

	Large Room	Small Room
Resident	\$85	\$45
Non-Resident	\$145	\$90
Security Deposit	\$500	\$250

RATES WITH ALCOHOL: (Hourly)

	Large Room	Small Room
Resident	\$130	\$75
Non-Resident	\$230	\$135
Security Deposit	\$1,000	\$500

Applicants must pay an additional \$25 non-refundable application fee for rentals with alcohol 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. During holidays, rental fees increase and rental hours are subject to change. Availability is based upon seasonal Parks and Recreation Department programs and previously scheduled rentals.

Children's Birthday Party Packages

**Let us host your next birthday party
at the Lincolnwood Community Center!**

Birthdays are a very special time for children. Let us provide the perfect venue and theme for your little one's next celebration. All parties include:

- 60 minutes of supervised games, activities or craft
- 60 minute party room rental including tables/chairs and set-up/clean-up
- Use of refrigerator/freezer, warming ovens and food prep area

Parties must be booked a minimum of three weeks in advance and require a \$250 refundable security deposit. Party fees are \$225 for residents and \$280 for non-residents based on 20 children. Each additional child is \$10.

For more information, please call (847) 677-9740 or visit our website at www.lincolnwoodil.org.

*Choose
a theme!*



**Choose from the following
party themes, or let us
customize a party just for you!**

Sword/Wand Party

Children come dressed for a Harry Potter, Pirates, Star Wars, Peter Pan, or Action Figure theme. Instructor will be present to assist children with fighting moves. Then up on the platforms they go to play out their characters. Photo ops galore!

Princess Party

Dress up as your favorite princess and play games fit for your royal highness! There will be a crowning ceremony for all the princesses in the royal court. Bring your camera!

Wii Dance Party

Have a dance contest with your favorite Wii dance game! Disco ball and glow bracelets add to the fun!

Sports Party

Dress up as your favorite sports player and play games including sports trivia!

Playground Party

For the little ones, small indoor playground equipment will be set up for toddlers to enjoy. Circle time with parent/toddler songs and games ending with the birthday song and a special birthday crown.

Carnival Party

We will have carnival games for all to try! Choose from: bean bag toss, miniature golf, ring toss, ball in cup, bowling, etc.

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! By participating in Zumba classes, you can achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!

Location: Lincolnwood Community Center

Program #	Day	Date	Time	Fee
204307.A1	Tuesday	6/19-8/21	10-11am	R\$70/NR\$88
204307.A2	Tuesday	6/19-8/21	6:30-7:30pm	R\$70/NR\$88
204307.A3	Thursday	6/21-8/23	10-11am	R\$70/NR\$88

New!

Zumba® R.I.P.P.E.D Fitness Formula Workout

Ages 16 years+

Just in time for summer! Come try this new high intensity no boredom here 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, doable 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 6-9 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 effective; it's tough yet doable. Resistance tubing and light free weights are provided.

Program #: 204307.B1

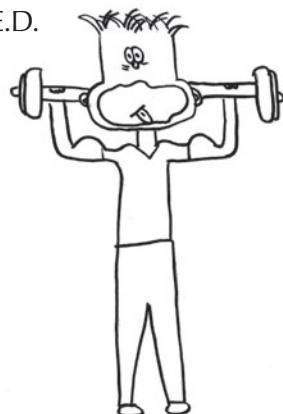
Day: Thursday

Dates: June 21-August 23

Time: 6:30-7:30pm

Location: Lincolnwood Community Center

Fee: R\$70/NR\$88



Special Summer Zumba® Drop-In

No one wants to stop exercising when a session ends, so join us for drop-in classes to bridge the gap between the spring and summer sessions. The drop-in fees remain the same (\$10/NR\$13); dates and times are listed below.

June 5 10-11am & 6:30-7:30pm
June 7 10-11am & 6:30-7:30pm
June 12 6:30-7:30pm



FREE!

R.I.P.P.E.D.
DEMONSTRATION CLASS
JUNE 14 • 6:30-7pm
Lincolnwood Community Center
Program #: 204307.B

Come and see what all of the buzz is about!
PRE-REGISTRATION IS PREFERRED
FOR THE DEMO CLASS.

Super Sunday Zumba®

Ages 16 years+

Join us on Sunday mornings for Zumba® and more. This 75 minute class combines all of the components of fitness with 50 minutes of high energy, heart pumping Zumba cardio followed by strength and balance training using exercise tubing. Finish the class with a full body stretch and relaxation.

Program #: 204307.C

Day: Sunday

Dates: June 17-August 19

Time: 9-10:15am

Location: Lincolnwood Community Center

Fee: R\$70/NR\$88

Exercise, Fitness & Health

Peace Yoga

Ages 16 years+

Bring joy and peace into your life through Peace Yoga – the perfect combination of yoga postures, basic stretches, breath work, meditation and relaxation, all geared to create harmony within the mind, body and spirit. The movements are designed to stretch and tone muscles, loosen stiff joints, help correct poor posture, improve balance and leave you feeling agile and refreshed. This class is taught by instructors from the Peace School of Chicago. Please visit their website at www.peaceschool.org.

Program #: 204314.A1

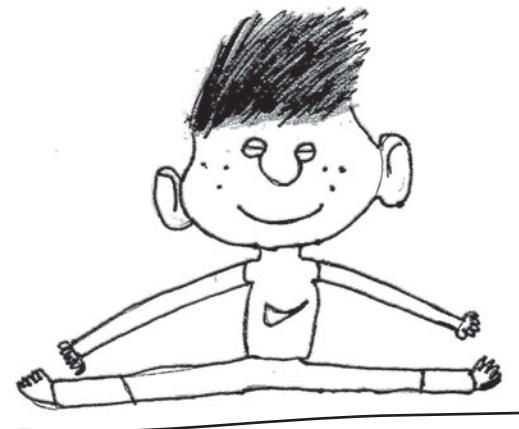
Day: Monday

Dates: June 11-August 20

Time: 6:45-7:45pm

Location: Lincolnwood Community Center

Fee: R\$127/NR\$159



Gift Certificates

Do you wish to celebrate a birthday, honor a retiring colleague, recognize an achievement or landmark life event? The Parks and Recreation Department can help you provide a customized gift certificate. Certificates are available in \$10 increments and are redeemable for class and camp registration, pool membership and special activities. For additional information, please call (847) 677-9740.

Tai Chi for Adults and People with Arthritis

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 have reported better balance, significant pain relief, increased sense of well-being, and improved physical ability. This class is taught by Arthritis Foundation certified instructor Renee Gatsis.

FREE TAI CHI DEMO CLASS

June 6 6:30-7pm

Lincolnwood Community Center

Program #: 204315.A

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

Program #: 204315.B

Day: Wednesday

Dates: June 20-August 15

Time: 6:30-7:30pm

Location: Lincolnwood Community Center

Fee: R\$48/NR\$60

*No class July 4

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

Summer Softball Leagues

We are accepting Adult Softball registration through Friday, April 20.

You must pay the \$450 league fee (payable to Village of Lincolnwood) to secure your team's spot.

You may register online at www.lincolnwoodil.org, or in person at the Parks and Recreation office.

Credit cards (Visa and MasterCard), checks, and cash are accepted.

Captain's meeting will be held on April 25.

Adult 12" Summer Softball League

Program #: 108201.A

Ages: Adults (18 yrs. & older)

Days: Friday Nights

Time: 6-11pm

Start: May 4

Location: Proesel Park

Min/Max: 5 Teams/10 Teams

Fee: \$450 per team, plus umpire fee*



Adult 12" Summer Softball League

Program #: 108201.B

Ages: Adults (18 yrs. & older)

Days: Sundays

Time: 9am-Noon

Start: May 6

Location: Proesel Park

Min/Max: 5 Teams/10 Teams

Fee: \$450 per team, plus umpire fee*



Adult 16" Summer Softball League

Program #: 108201.C

Ages: Adults (18 yrs. & older)

Days: Wednesday Nights

Time: 6pm-11pm

Start: May 2

Location: Proesel Park

Min/Max: 5 Teams/8 Teams

Fee: \$450 per team, plus umpire fee*

*There is an additional umpire fee that will be determined once the league is filled.

Online Registration



You can access the online registration site by going to www.lincolnwoodil.org and scrolling over the departments tab, then clicking on Parks and Recreation. If you need assistance call (847) 677-9740.



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 2012-2013 school year. Club Kid provides fun, organized activities for the children after school in the Rutledge Hall Multipurpose Room. (Children from Todd Hall are met by Club Kid staff and walked to Rutledge Hall.)

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



Unique to Club Kid, you may register to attend 1-5 days per week. At the time of registration, a \$100 non-refundable fee is due and the specific days of the week you wish to send your child must be noted. We offer a 5% sibling discount after the first child is registered as well as a payment plan for an additional \$100. More information will be provided at the time of registration and will be outlined in the Parent Manual and August Parent Orientation Meeting.

homework club • arts & crafts • athletics & fitness • cooking & more!

Grades: Kindergarten – 5th
Time: 3:00-6:15pm*
Dates: First day of school through last day of school
(Club Kid is held every day District 74 has school)
Location: Rutledge Hall Multipurpose Room

*Club Kid meets immediately following early dismissal on Mondays

Customize it to your schedule!

Days Per Week	Full School Year	Per Month**
1 day/week	\$700	\$67
2 days/week	\$1,200	\$123
3 days/week	\$1,700	\$178
4 days/week	\$2,100	\$223
5 days/week	\$2,500	\$267

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

3 convenient payment options:

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

Free Golf Loaner Clubs

The Parks and Recreation Department has several sets of golf clubs to loan to kids ages 6-14 from April 1 to October 31, 2012. For more information call our Parks and Recreation Department at (847) 677-9740 or visit our website www.lincolnwoodil.org. A reservation request is available online. Just complete the form and bring it to the Parks and Recreation Department. 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 on the golf course enjoying the great outdoors.



Archery

Grades: 4-7

Take part in this fun, skill building class in archery fundamentals. This class is structured to present the basics of equipment and its care, techniques and essentials of shooting, and the many safety considerations necessary for the sport. An adult must accompany enrolled participants to the first class. Equipment will be provided.

Program #: 102215.A

Day: Wednesday

Dates: May 2-May 23

Time: 4-5pm

Location: Proesel Park Shelter

Fee: R\$38/NR\$49

One Week Archery Class

Program #: 102215.B

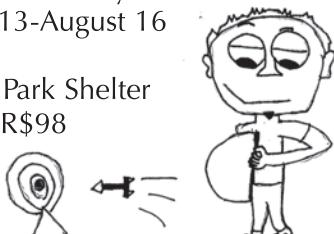
Days: Monday-Thursday

Dates: August 13-August 16

Time: 1-3pm

Location: Proesel Park Shelter

Fee: R\$76/NR\$98



Central Suburban League Youth Developmental Flag Football

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

LEAGUES WILL BEGIN SEPTEMBER 2012.

Details and league information will be posted on our website www.lincolnwoodil.org and in the Fall brochure.

Tae Kwon Do

Ages: 5-1/2-9 years

If you want to boost your child's confidence, help them with self-discipline, and teach them how to respect others as well as themselves, our Ultimate Martial Arts Youth Program is right for you. Our classes are kept small and intimate, so we can give students individual attention and immediate feedback. As your child learns self defense, they'll become....

- Lean, Flexible and Coordinated
- Strong, Confident and Self-Assured
- In Control of Teasing and Bullying
- Excel in Sports and Academics

Program #: 202211.A

Day: Saturday

Dates: June 16-August 18

Time: 9-10am

Location: Lincolnwood Community Center

Fee: R\$120/NR\$144

Gary Kantor's Magic

Ages: 5-12 years

Children will have a great time as they learn fascinating tricks from the magic team of Gary Kantor. Participants will leave with the ability to amaze family and friends with tricks involving ropes, cards, coins, mind-reading and much more. While tricks appear difficult, every child will discover they have what it takes to learn and to perform with ease. Each child will receive their very own magic kit to take home at the conclusion of class. Children are encouraged to sign up for repeat classes as tricks are always new and fresh.

Program #: 202209.A1

Day/Date: Tuesday, June 12

Time: 5-5:55pm

Location: Lincolnwood Community Center

Fee: R\$20/NR\$25



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 and cultural centers, the theater and ballet as well as area festivals and sporting events. Monthly events are planned in-house at the Lincolnwood Community Center such as holiday luncheons, guest speakers, movies 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 fellow 55+ friend or relative. The more the merrier is our motto, and we truly mean it!

Our Social Club newsletter lists all of the in-house activities, day trips and special interest clubs. The newsletter also includes community information as well as "sneak peeks" at upcoming trips and events before they are published at large. The newsletter is mailed to all Social Club members and is also available on our website at www.lincolnwoodil.org. Please call (847) 677-9740 or email jspringer@lwd.org to receive a copy of the most current publication.

Special Interest Clubs

All held at the Lincolnwood Community Center.

Participation is not limited to Social Club members. Anyone interested can pay dues to participate.

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

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

Senior Exercise – Classes are held every Tuesday and Thursday from 9-9:50am. This is a weights and movement class featuring low-impact exercises geared towards toning and increasing flexibility and strength. Many of the exercises are done while seated or using a chair for support. Members pay \$2 per class; Non-Members pay \$3 per class. (See page 24).

Lincolnwood Social Club Annual Membership

Membership runs from
June 1, 2012-May 31, 2013.
Rates are as follows:

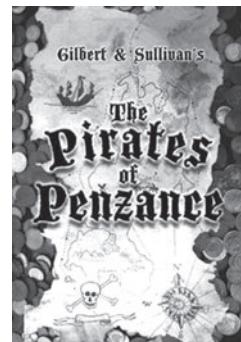
Lincolnwood Resident – Single	\$30
Lincolnwood Resident – Couple	\$50
Non-Resident – Single	\$36
Non-Resident – Couple	\$62

Upcoming Day Trips

The Pirates of Penzance at Lincolnshire Marriott Theatre

A spirited romp with pirates and maidens on the isle of Penzance!

Stash the gold! Guard the women! Hide the rum! The "Pirates" have arrived! Set sail across our open stage on this swashbuckling Gilbert and Sullivan adventure loaded with enough laughs to fill Davey Jones' locker. It follows the fortunes of Frederic, a young lad who is mistakenly apprenticed to the Pirate King. When Frederic falls for the lovely Mabel, whose father is the very model of a modern Major General, a tempest brews on the sea of love. Full of roving rogues and dazzling damsels in distress, it's a treasure chest full of mischievous musical mayhem. A pre-performance lunch is included in the cost of the trip. Menu selections will be available at time of registration.



Program #: 205402.A
Day: Wednesday
Date: May 16
Time: 10am-5pm
Fee: \$80 – Members;
\$96 – Non-Members

Brick Campaign



Be a part of Lincolnwood history!

Buy a brick in the Village of Lincolnwood 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.

CUT ON DOTTED LINE AND RETURN WITH PAYMENT

Brick Campaign Ordering Information

Brick Inscription:

(Please print legibly; one letter or space per square.)

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

The Village of Lincolnwood reserves the right to edit text and cannot honor replacement requests.

Please return this form with a check payable to the Village of Lincolnwood and mail it to:

Promenade Brick Program

c/o Parks and Recreation Department
6900 N. Lincoln Avenue
Lincolnwood, IL 60712

Deadline for initial order is April 30, 2012.

For more info, please contact the Parks and Recreation Department at (847) 677-9740 or www.lincolnwoodil.org.

Park Donation Program

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

The Lincolnwood Parks and Recreation Department is pleased to announce its Park Donation Program. This 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 / Benches may be planted / installed in the neighborhood parks listed below. The Parks and Recreation Department will assist in the selection of the tree appropriate for the location desired, and will be responsible for the upkeep and maintenance of all dedications. Dedication includes family ceremony and photo of memorial.



CUT ON DOTTED LINE AND RETURN WITH PAYMENT

Park Donation Program Ordering Information

PLEASE PLANT MY TREE/INSTALL MY PARK BENCH IN THE FOLLOWING PARK (please check one)

- | | | | |
|---|---------------------------------------|---|--|
| <input type="checkbox"/> Central Park | <input type="checkbox"/> Flowers Park | <input type="checkbox"/> O'Brien Park | <input type="checkbox"/> Village Hall Promenade between Village Hall and the Police Dept.) |
| <input type="checkbox"/> Channel Runne Park | <input type="checkbox"/> Goebelt Park | <input type="checkbox"/> Rossi Park | |
| <input type="checkbox"/> Columbia Park | <input type="checkbox"/> Kenneth Park | <input type="checkbox"/> G.G. Rowell Park | |
| <input type="checkbox"/> Drake Park | <input type="checkbox"/> Kildare Park | <input type="checkbox"/> Springfield Park | |

TREE SPECIES (please check one)

- | | | |
|--|--|--|
| Shade | Ornamental | Evergreen |
| <input type="checkbox"/> Sugar Maple | <input type="checkbox"/> Crabapple | <input type="checkbox"/> White Pine |
| <input type="checkbox"/> American Linden | <input type="checkbox"/> Japanese Tree Lilac | <input type="checkbox"/> Colorado Spruce |
| <input type="checkbox"/> Swamp White Oak | <input type="checkbox"/> Flowering Pear Magnolia | <input type="checkbox"/> Norway Spruce |
| | <input type="checkbox"/> River Birch | |
| | <input type="checkbox"/> Redbud | |

PRICES:

- | | |
|------------------------------------|--|
| Shade Tree (2.5" Dia.) | \$600 (includes plaque) |
| Ornamental Tree (2.5" Dia.) | \$650 (includes plaque) |
| Evergreen Tree (6' Tall) | \$725 (includes plaque) |
| Park Bench | \$1500 (includes plaque on bench) |

Total amount enclosed: \$ _____

This gift is: In Honor of

In Memory of

Name of Recipient: _____

Donated by: _____

Name: _____

Address: _____

City / State / Zip: _____

Day / Evening Phone: _____

Make checks payable to the Village of Lincolnwood, return check and form to the Parks and Recreation Department, 6900 N. Lincoln Ave., Lincolnwood, IL 60712

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 Departments. 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.

M-NASR Administrative Office is at:
6820 W. Dempster Street • Morton Grove, IL 60053
Ph: (847)966-5522 • Fax: (847)966-8340

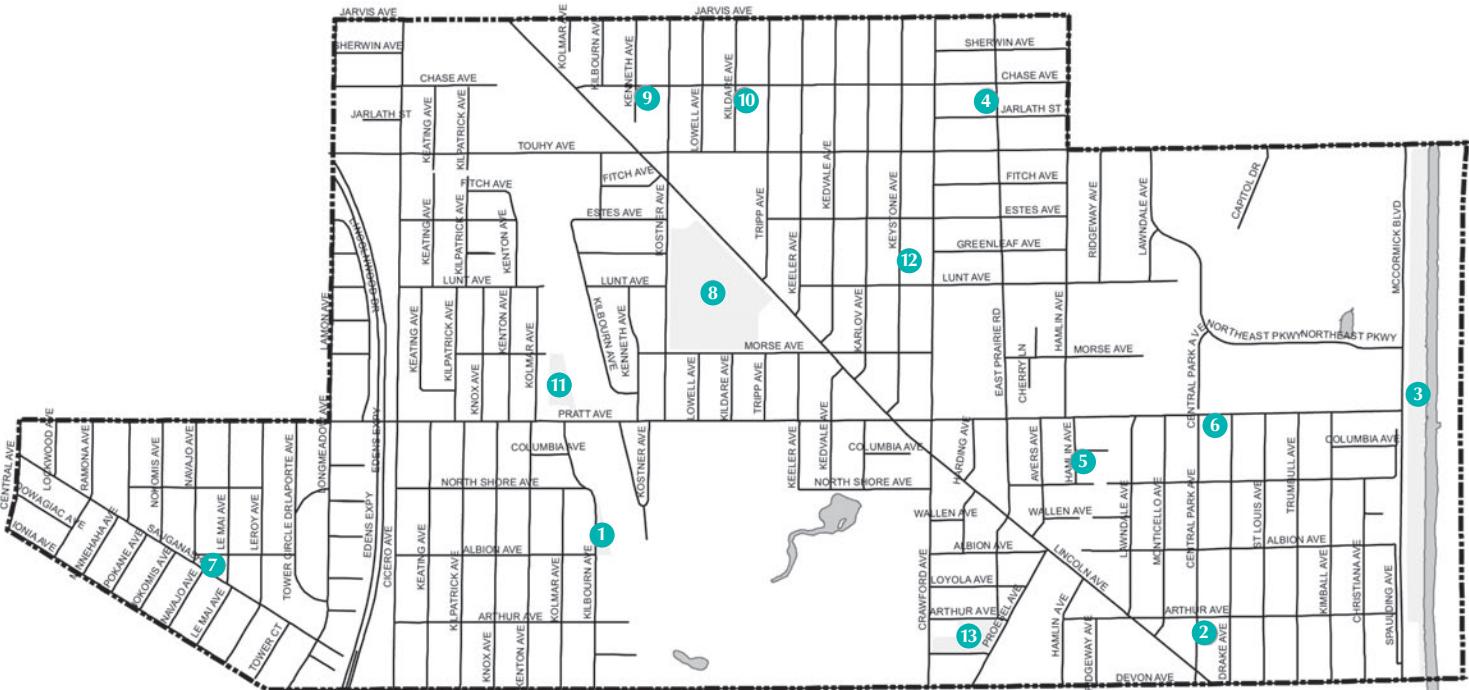
The Liponi Foundation for Special Recreation was formed in 1990 to facilitate participation by children and adults with disabilities in recreation programs. The Foundation was named after the late Sam Liponi who was generous in his support of the Maine-Niles Association of Special Recreation, and that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

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.

Facilities Map



1 Arthur A. Goebelt Park
6621 Kilbourn Ave.

2 Central Park
6451 Central Park Ave.

3 Channel Runne Park

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

WHEN THE THREAT HAS DIMINISHED

- The horn will sound three short four-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.

Athletic Facility, Tennis & Shelter Rental

Tennis Club

The Lincolnwood Tennis Club is a program designed for 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.A

FEE: \$60

RESERVATION DATES: May 5-September 3

CALL IN SYSTEM BEGINS: Thursday, May 3

RESERVATION CALL IN HOURS: 9am-3pm

RESERVING TENNIS COURTS:

- 1) Village sponsored events, lessons, rentals, and 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

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

- Try our package deals, where you may reserve one day, for two hours, for up to an eight-week period.

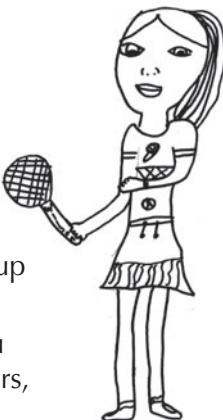
FEE PACKAGES:

\$15 / Hour

\$85 / 4 week, 2 hour deal

\$120 / 6 week, 2 hour deal

\$160 / 8 week, 2 hour deal



RENTAL DATES:

May 5-October 31

FOR: Residents only

Volleyball Court

Rent Proesel Park's beautiful sand volleyball courts. We have two regulation-sized courts located near basketball courts, baseball fields, a shelter house, water fountains, and restrooms.

FEE: \$60 per date

RENTAL DATES: May 1-October 31

AVAILABLE: April 2

FOR: Residents only

Baseball / Softball Field

Athletic permits for renting baseball / softball fields are available at the Parks and Recreation Department by request. Stop by today and rent a field.

FEE: \$60 per date; \$100 per date (lighted)

RENTAL DATES: April 2-October 31

AVAILABLE: April 2

FOR: Residents only

Soccer Field

Many people utilize our beautiful green space to play soccer on a daily basis. Don't risk the chance of not getting field space. Come in today and rent a soccer field. We have a lighted soccer field for night time use.

FEE: \$60 per date; \$100 per date (lighted)

RENTAL DATES: May 1-October 31

AVAILABLE: April 2

FOR: Residents only



Proesel Park Shelter Rental

Proesel Park shelter reservations will be taken starting on Monday, April 2, at 9am for the 2012 season at the Lincolnwood Village Hall, Parks and Recreation Department, 6900 N. Lincoln Ave.

Midwest Tennis Programs

The founder of Midwest Tennis Programs has provided quality professional tennis instruction to thousands of Chicagoans in the north and northwest suburbs for more than 30 years. For more information, please visit the Midwest Tennis Programs, LLC website at www.midwesttennisprograms.com.

Pee Wee Tennis Camp – Morning

Pee Wee Tennis is a specialized program that helps younger children acquire basic tennis skills in a fun and supportive environment. The emphasis is placed on helping children learn the gross and fine motor skills necessary for success in tennis, as well as for almost any other sport.

Ages: 5-7 Years
Days: Monday-Thursday
Time: 8-9:00am
Location: Proesel Park

Dates	Program #	R/NR Fee
June 11-June 21	412329.A	R\$119/NR\$124
June 25-July 5	412329.A1	R\$119/NR\$124
July 9-July 19	412329.A2	R\$119/NR\$124
July 23-Aug 2	412329.A3	R\$119/NR\$124
Aug 6-Aug 16	412329.A4	R\$119/NR\$124
Aug 20-Aug 30	412329.A5	R\$119/NR\$124

Family Camp NEW!

This new program is designed for working families, including parents and grandparents, that want to learn to play tennis together with their children and grandchildren.

Ages: Open
Level: Open
Days: Monday-Thursday
Time: 6-7:00pm

Dates	Program #	R/NR Fee
June 11-June 21	412331.A1	R\$119/NR\$124
June 25-July 5	412331.A2	R\$119/NR\$124
July 9-July 19	412331.A3	R\$119/NR\$124
July 23-Aug 2	412331.A4	R\$119/NR\$124
Aug 6-Aug 16	412331.A5	R\$119/NR\$124

High School Team Training Tennis Camp

*Prior approval from the camp director is required for registration.

Ages: 12-18 Years
Level: Intermediate (NTRP 3.5) to Advanced (NTRP 4.5)
Days: Monday-Thursday
Location: Proesel Park

Dates	Time	Program #	R/NR Fee
June 4-June 7	4:15-6:15pm	412320.A	R\$120/NR\$125
June 11-June 21	1:15-4:15pm	412320.A1	R\$359/NR\$364
June 25-July 5	1:15-4:15pm	412320.A2	R\$359/NR\$364
July 9-July 19	1:15-4:15pm	412320.A3	R\$359/NR\$364
July 23-Aug 2	1:15-4:15pm	412320.A4	R\$359/NR\$364
Aug 6-Aug 16	1:15-4:15pm	412320.A5	R\$359/NR\$364
Aug 20-Aug 30	4:15-6:15pm	412320.A6	R\$239/NR\$244

Junior Tennis Camp – Morning

Ages: 7-17 Years
Level: Beginner (NTRP 1.0) to Mid-Intermediate (NTRP 3.9)
Days: Monday-Thursday
Time: 9am-Noon

Dates	Program #	R/NR Fee	Location
June 11-June 21	412301.A	R\$359/NR \$364	Proesel Park
June 25-July 5*	412301.A1	R\$359/NR \$364	Proesel Park
July 9-July 19	412301.A2	R\$359/NR \$364	Proesel Park
July 23-Aug 2	412301.A3	R\$359/NR \$364	Proesel Park
Aug 6-Aug 16	412301.A4	R\$359/NR \$364	Proesel Park
Aug 20-Aug 30	412301.A5	R\$359/NR \$364	Proesel Park

*No camp July 4; Make-up is June 29

Junior Tennis Camp – Afternoon

Ages: 7-17 Years
Level: Beginner (NTRP 1.0) to Mid-Intermediate (NTRP 3.9)
Days: Monday-Thursday
Time: 4:15-6:15pm

Dates	Program #	R/NR Fee	Location
June 4-June 7	412313.A	R\$120/NR\$125	Proesel Park
June 11-June 21	412313.A1	R\$239/NR\$244	Proesel Park
June 25-July 5*	412313.A2	R\$239/NR\$244	Proesel Park
July 9-July 19	412313.A3	R\$239/NR\$244	Proesel Park
July 23-Aug 2	412313.A4	R\$239/NR\$244	Proesel Park
Aug 6-Aug 16	412313.A5	R\$239/NR\$244	Proesel Park
Aug 20-Aug 30	412313.A6	R\$239/NR\$244	Proesel Park

*No camp July 4; Make-up is June 29



Rain Hotline:

(847) 933-9130 • www.midwesttennisprograms.com

Please visit the website for information regarding make-up dates and times. Click on the tab, "Rain/Make-Up Info" and then scroll down to Lincolnwood to find the appropriate class. All make-up information will be posted as soon as it becomes available.

Midwest Tennis Programs

Quick Start Tennis

Quick Start Tennis, provided in cooperation with the United States Tennis Association (USTA), helps develop tennis skills in players of all ages. Classes are offered for youth through adult on weekdays and weekends.

PLEASE NOTE:
No tennis camps
on July 4

Youth Quick Start Tennis

Fees R/NR: R\$149/NR\$154 – Class only (M/W or T/TH*)
NEW! R\$194/NR\$199 – Class plus Grand Prix matches
 4-5:30pm Fridays

SESSION I:

June 11-July 11 (M/W; M/W/F)*

Location: Proesel Park

Program #	Days	Time	Level	Age
212301.A	M/W	3:30-4:30pm	Pee Wee	4-6
212301.B	M/W	4:30-5:30pm	Beginner	7-9
212301.C	M/W/F	4:30-5:30pm; Fri 4-5:30	Beginner	7-9
212301.D	M/W	5:30-6:30pm	Adv. Beg./Int.	10+
212301.E	M/W/F	5:30-6:30pm; Fri 4-5:30	Adv. Beg./Int.	10+

*No camp July 4

June 12-July 12 (T/TH; T/TH/F)

Location: Central Park, 6451 Central Park Ave.

Program #	Days	Time	Level	Age
212301.F	T/TH	3:30-4:30pm	Pee Wee	4-6
212301.G	T/TH	4:30-5:30pm	Beginner	7-9
212301.H	T/TH/F	4:30-5:30pm; Fri 4-5:30	Beginner	7-9
212301.I	T/TH	5:30-6:30pm	Beg./Adv. Beg	10+
212301.J	T/TH/F	5:30-6:30pm; Fri 4-5:30	Beg./Adv. Beg	10+

SESSION II:

July 16-August 15 (M/W; M/W/F)

Location: Proesel Park

Program #	Days	Time	Level	Age
212302.A	M/W	3:30-4:30pm	Pee Wee	4-6
212302.B	M/W	4:30-5:30pm	Beginner	7-9
212302.C	M/W/F	4:30-5:30pm; Fri 4-5:30	Beginner	7-9
212302.D	M/W	5:30-6:30pm	Adv. Beg./Int.	10+
212302.E	M/W/F	5:30-6:30pm; Fri 4-5:30	Adv. Beg./Int.	10+

July 17-August 16 (T/TH; T/TH/F)

Location: Central Park, 6451 Central Park Ave.

Program #	Days	Time	Level	Age
212302.F	T/TH	3:30-4:30pm	Pee Wee	4-6
212302.G	T/TH	4:30-5:30pm	Beginner	7-9
212302.H	T/TH/F	4:30-5:30pm; Fri 4-5:30	Beginner	7-9
212302.I	T/TH	5:30-6:30pm	Beg./Adv. Beg	10+
212302.J	T/TH/F	5:30-6:30pm; Fri 4-5:30	Beg./Adv. Beg	10+

Youth Weekend Quick Start Tennis

June 17-August 19

Fees R/NR: R\$149/NR\$154 – 1 hour class
 R\$219/NR\$224 – 1.5 hour class

Location: Proesel Park

Program #	Days	Time	Level	Age
212303.A	Sun	2:30-4:00pm	Tourn/HS Team Training	12+
212303.B	Sun	4-5:00pm	Pee Wee	4-6
212303.C	Sun	4-5:00pm	Beg/Adv. Beg	7-12
212303.D	Sun	5-6:30pm	Jr. Tennis Camp	7-17

Adult Weekday Quick Start Tennis

Fees R/NR: R\$119/NR\$124 – Class only

NEW! R\$179/NR\$184* – Class & Thursday Night League

*Thursday night from 7-8:30pm Matches provide adults with the opportunity to test their skills and experience the fun of tennis games and friendly competition. This program will focus on round robin matches that include both singles and doubles. Winner(s) of each singles and doubles round robin after 5 weeks will be awarded a trophy.

SESSION I: June 11-July 18

Location: Proesel Park

Program #	Dates	Time	Day	Level
212304.A	6/11-7/9	6:30-8pm	M	Beg./Adv. Beg
212304.B	6/11-7/9	6:30-8pm	M/TH*	Beg./Adv. Beg
212304.C	6/11-7/9	8-9:30pm	M	Int. 1/Int. 2
212304.D	6/11-7/9	8-9:30pm	M/TH*	Int. 1/Int. 2
212304.E	6/13-7/18	6:30-8pm	W	Adv. Beg./Int.
212304.F	6/13-7/18	6:30-8pm	W/TH*	Adv. Beg./Int. 1
212304.G	6/13-7/18	8-9:30pm	W	Int. 3/Int. 4
212304.H	6/13-7/18	8-9:30pm	W/TH*	Int. 3/Int. 4

*Includes Thursday match night from 7-8:30 pm

SESSION II: July 16-August 22

Location: Proesel Park

Program #	Dates	Time	Day	Level
212305.A	7/16-8/13	6:30-8pm	M	Beg./Adv. Beg
212305.B	7/16-8/13	6:30-8pm	M/TH*	Beg./Adv. Beg
212305.C	7/16-8/13	8-9:30pm	M	Int. 1/Int. 2
212305.D	7/16-8/13	8-9:30pm	M/TH*	Int. 1/Int. 2
212305.E	7/25-8/22	6:30-8pm	W	Adv. Beg./Int. 1
212305.F	7/25-8/22	6:30-8pm	W/TH*	Adv. Beg./Int. 1
212305.G	7/25-8/22	8-9:30pm	W	Int. 3/Int. 4
212305.H	7/25-8/22	8-9:30pm	W/TH*	Int. 3/Int. 4

*Includes Thursday match night from 7-8:30 pm

Adult Weekend Quick Start Tennis

Fees R/NR: R\$219/NR\$224 – 1.5 hour classes

Location: Proesel Park

Program #	Dates	Time	Day	Level
212306.A	6/17-8/19	9-10:30am	Sun	Beg./Adv. Beg
212306.B	6/17-8/19	10:30-Noon	Sun	Int. 2/Int. 3
212306.C	6/17-8/19	2:30-4pm	Sun	Int. 4/Adv.
212306.D	6/17-8/19	4-5:30pm	Sun	Adv. Beg./Int. 1

Private and Semi-Private Lessons

For private and semi-private lessons, please contact Midwest Tennis Programs at (847) 933-8550 or visit www.midwesttennisprograms.com

General Information

CONTACT US

The Lincolnwood Parks and Recreation Department prides itself on maintaining a high level of citizen confidence and support. We can only be responsive if there is two-way communication between the community and our department. 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. We apologize for any errors in this brochure. 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 Jan Springer, Superintendent of Recreation, Lincolnwood Parks and Recreation, 6900 N. Lincoln Avenue, Lincolnwood, IL 60712 or jspringer@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.

LINCOLNWOOD PARKS AND RECREATION DEPARTMENT PARTICIPANT CODE OF CONDUCT

The Parks and Recreation Department is committed to providing a safe, clean and fun environment for all participants and guests. By doing so, patrons are required to act appropriately and respectful of others at all times when using parks and facilities. Persons using facilities are expected to behave in a mature and responsible manner. The Code of Conduct does not permit language or any action that may hurt or frighten another person or that falls below a generally accepted standard of conduct. Directions issued by staff must be followed at all times.

Unacceptable conduct includes:

- Harassment or intimidation using words, gestures, body language or menacing behavior
- Physical contact with another individual or staff member in an angry, violent or threatening manner
- Any demonstration of sexual activity or sexual suggestiveness
- Carrying or concealing weapons or devices that may be used as a weapon
- Use or possession of illegal chemicals or alcohol on park property without proper permits
- Abuse of equipment, supplies and property
- Smoking and loitering inside or outside facilities/grounds
- Theft of services
- Continuous poor sportsmanship or overaggressive competitiveness from players or spectators
- Any other unacceptable behavior including inappropriate dress

The Parks and Recreation Department staff is eager to be of assistance. Members, guests and participants should not hesitate to notify staff when assistance is needed. Any violation of these guidelines may result in: a verbal warning, a written warning, immediate removal from the facility, suspension from property, suspensions of membership for a designated period of time or revocation of membership. The Parks and Recreation Department will investigate all reported incidents on a case by case basis. For more information, please call the Parks and Recreation Department at (847) 677-9740.

Registration Form

LINCOLNWOOD PARKS AND RECREATION

6900 N. Lincoln Avenue, Lincolnwood, IL 60712 Phone (847) 677-9740 Fax (847) 673-4413
Visit our website at www.lincolnwoodil.org

Name (Last , First) _____

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.

Program #	Program Name	Participant's Full Name	Sex	Birthdate	Age	Fee

Please indicate your choice of payment:

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

Cash

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

Print Name (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.

Signature: _____

PARTICIPANT'S WAIVER, RELEASE AND HOLD HARMLESS AGREEMENT

As a participant (or as the parent or guardian of a participant under age 18) in the Lincolnwood Parks and Recreation Department program(s) I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, including death, damage or loss which I may sustain as a result of participating, in any manner, in any and all activities associated with the program(s). I also recognize and acknowledge that all program activities involving strenuous exertion or body contact are hazardous recreation activities which involve substantial risk of injury to a participant. Further, I understand that this Agreement encompasses all exercises and physical movements of any nature undertaken in the program(s), the use and adjustment of any and all machinery, equipment, apparatus and anything related to my use of the services, facilities or premises involved in the program(s) as well as the provision of or failure to provide instructions or supervision.

I hereby agree to waive and relinquish any and all claims that I may have, due to participating in the program(s), including any claims for negligence or any other unintentional conduct against the Village of Lincolnwood, and any and all other participating or cooperating governmental units, independent contractors, officers, agents, servants and employees of the governmental units and independent contractors, and any and all other persons and entities that might be directly or indirectly liable for any injuries that I might sustain while participating in the program(s). I hereby fully release and discharge the Village of Lincolnwood and the above mentioned other persons and entities from any and all claims for injuries, including death, damage or loss that I may have or that may accrue to me because of my participation in the program(s). I also hereby agree to indemnify, hold harmless and defend the Village of Lincolnwood and all other persons and entities mentioned above from any and all claims resulting from injuries, including death, damages and loss sustained by anyone, which arise out of or are in any way associated with my conduct and the activities of the program(s).

I understand the nature of the program(s) for which I am registering and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand and agree that any advertisements or warnings of the particular risks of the program(s) that I subsequently receive will be incorporated herein by reference and become a part of this Agreement.

Participant or Parent / Guardian Signature _____ Date _____
(If participant is under the age of 18)

Office Use Only - Processed By: _____ Date _____ Amount _____

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. The Lincolnwood Parks and Recreation Department guarantees that you will be satisfied with our programs and services. If you are not completely satisfied, 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 service you have used. If you are not satisfied, we will kindly ask you to give us your input in the form of suggestions, comments, ideas or changes for improvement. Please provide this information on the refund request form available from the front office staff or online at www.lincolnwoodil.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 4-6 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 / ATHLETIC PERMITS / PICNIC PERMIT 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.
- 3) Day camp refund policy is listed in the day camp brochure and applies only to day camp programs.

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.

EXPLORE LINCOLNWOOD THIS SPRING

Pedal the Parks Event

Saturday, May 19

10am-3pm

Enjoy the day walking or riding from park to park in scenic Lincolnwood.

ALL AGES EVENT!

- Families
- Bike Clubs
- Company and School Teams
- Friends and Neighbors

FEATURING

- Food and Beverages
- Bike Clinics, Registration and Safety Tips
- Conservation, Recreation, and Health Challenges & Prizes

REGISTRATION IS REQUIRED

Program #: 102231.A

Location: Lincolnwood Parks

Fee: R\$20 Family/R\$5 Individual
NR\$25 Family/NR\$7 Individual



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

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2012 Summer Market and Music

Thursday Nights • June 21-July 26

Market starts @ 5pm; Concerts start @ 7pm

Mark your calendar for Thursdays this summer between June 21-July 26 for Lincolnwood's Summer Market and Music at Proesel Park! The market opens at 5pm, bands play from 7-8:30pm. Arts and crafts, flea market items, produce, specialty and made-to-order food and drinks are available. The family-friendly market and free concerts are open to the public.

Event Highlights

- Meet and greet neighbors and friends while enjoying the evening in the park.
- Delicious food and drink on site make this event a meal destination.
- Local vendors providing their specialty items to tempt passers by.
- A different band plays each Thursday, providing free entertainment and an opportunity to sit back and enjoy or dance.
- Come out and celebrate the abundance of Lincolnwood!



New location near
Proesel Park Family Aquatic
Center entrance!



Concerts start at 7pm

June 21

Mr. Meyers

Life's a beach, and we're going to prove it with this Caribbean band that will get everyone in the mood for summer fun! These guys enjoy entertaining you with tropical sounds from their steel drums playing calypso, Jamaican ska, reggae rhythms and rock. Wear your tropical garb and grab your friends. Experience a night in a tropical paradise!

June 28

The Flat Cats

Are you ready to swing? Put on your dancing shoes and step back in time to the big band sound! With a female vocalist who sings the standards and songs from the 40's and more, you will be begging to dance and most delightfully entertained.

July 5

Lincolnwood Chamber Orchestra

The LCO returns to Proesel Park for a summer program of American music featuring works by Copland, Sousa, Gould, and John Williams. Enjoy a patriotic evening of popular and classical favorites.

July 12

Shy Violet

This band is playing today's current hits from artists like Katy Perry and Lady Gaga along with dance and pop from the 70's, 80's and 90's! Two female vocalists put on a sassy, classy show, backed by a powerful rhythm section that will have you on your feet the entire evening!

July 19

Out of Control

This amazing dance band has been playing together in the Chicagoland area since 1992. They play a variety of music from top 40 and alternative to Motown and good old rock and roll! With a trumpet and sax and harmonizing vocals, this lively, sophisticated group will definitely get the party started!

July 26

Maxwell Street Klezmer Band

Maxwell Street delights audiences with their joyous interpretation of the music of Jewish Eastern Europe. Founded in 1983, the band has played in Carnegie Hall, toured in Europe, and recorded five CDs. Audiences of all ages and backgrounds find their enthusiasm and humor infectious.