

# Brookfield Recreation

Produced in partnership with  
**LANDMARK**

## FALL 2016

Village of Brookfield Recreation Department  
(708) 485-7344 • Press #5



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Brookfield, Illinois 60513

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# We Called Cantata!



Cantata began as a small, heritage-based nonprofit retirement community called The British Home in 1920.

We have since evolved with the needs of the community and today we provide a wide range of adult life services both on and off campus. Everyone pictured above is very different but they all had one thing in common: they all called Cantata to support their "Best Lives!"

**Cantata**  
Adult Life Services

8700 West 31st Street, Brookfield, IL 60513 • 708-485-1155 • [cantata.org](http://cantata.org)

Cantata is a nonprofit organization committed to helping individuals, families, and communities age successfully since 1920.

# Brookfield Chamber of Commerce thanks the community for shopping local!

We look forward to seeing you at these upcoming events this fall and winter.



**BROOKFIELD**  
Chamber of Commerce



**brookfield zoo summer nights**  
Join the Chamber at the zoo's Summer Nights! Check our website for participating dates. [www.brookfieldchamber.net](http://www.brookfieldchamber.net)



**60 to win**  
Drawings from September to November  
Buy a ticket for \$20 for 60 chances to WIN! 6 drawings every Thursday.  
One \$500 and 5 \$100 winners each week. Tickets are available at participating Chamber locations.



**farmers market, Village Hall,**  
Saturdays, June 4-October 15, 8:00 a.m. to 1:00 p.m.  
One of the best in Chicagoland! Enjoy live music, family activities, and works from local craftsmen. Select from the freshest produce, dairy, meats, and baked goods.



**custom auto & bike show,**  
3700 Block of Grand Blvd., July 17, 9:00 a.m. to 4:00 p.m.  
See over 100 custom cars and bikes at this FREE event (rain or shine).  
Enjoy food from local vendors, music, and games. To register your car, truck, or bike visit [www.showcaseclassics.com](http://www.showcaseclassics.com).

**fine arts festival & duck race,**  
Kiwanis Park, Saturday, September 24, 9:00 a.m. to 4:00 p.m.  
Enjoy fine art and meet the artists! Support over 30 local artists at this event.  
If you are an artist and would like to participate, contact Abby at 708.255.5335.  
Come early for the Duck Race and help raise funds for Brookfield Beautification!



**holiday celebration, Saturday, December 3, 2016,**  
2:00 p.m.-7:00 p.m. One of the Chamber's oldest traditions for both kids and adults. Welcome the arrival of Santa and Mrs. Claus, and witness the lighting of the tree at 8 Corners! The Village of Brookfield, the Chamber, its members, area schools, civic organizations, and local performers come together to welcome the Holiday Season.



[www.BrookfieldChamber.net](http://www.BrookfieldChamber.net)

# Brookfield Recreation

Fall 2016



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## Community Recreation Co-op

To help increase recreation program offerings to Brookfield residents, the Brookfield Recreation Department has entered into cooperative programming agreements with the Villages of La Grange Park, North Riverside, Summit, Riverside and other surrounding communities.

This co-op will allow residents of each community to participate in more programs at resident rates. All programs from these communities are not co-oped, only those listed in this program book. Co-oped programs can be identified by their location, listed under the program description.

For additional information on a co-oped program, please contact the Host Agency. Refund and cancellation policies are determined by the Host Agency of each program.

## Co-op Agencies Parks and Recreation Commission

**Community Park District of  
LaGrange Park**  
1501 Barnsdale Road  
LaGrange Park, IL 60526  
708/354-4580

## Meetings

The Parks and Recreation Commission meets on the 3rd Tuesday of each month at 6:30 pm. These meetings, held in the Municipal Building, Edward Barcal Court Room, allow the appointed Commissioners to provide resident input to the Brookfield Village Board and the Recreation Department on park issues and programming needs. The public is welcome to attend.

## Special Events Commission Meetings

The Special Events Commission meets on the 1st Tuesday of each month at 7:00pm. These meetings held in the Brookfield Municipal Building, Edward Barcal Court Room, allow the appointed Special Events Commission to provide resident input to the Brookfield Village Board concerning the public's needs and desires. The public is welcome to attend.

## SEASPAR

### (South East Association for Special Parks and Recreation)

Do you know someone with a disability who would like to be active, have fun, and make new friends? If so, SEASPAR is the place! Since 1976, SEASPAR has provided year-round recreation activities for individuals with physical disabilities and cognitive delays. SEASPAR serves 12 communities, including Brookfield, and is committed to providing comprehensive recreation opportunities. Sports, camps, special events, trips, and fitness, social, cultural, and art programs offer enjoyment for children, teens, and adults.

SEASPAR also provides inclusion assistance to individuals with disabilities who wish to participate in programs offered by the Brookfield Recreation Department. Adapted equipment and/or program aides can be made available to facilitate a positive recreation experience.

**Learn more about SEASPAR online at SEASPAR.org, or call 630.960.7600 for additional information.**







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# KESMAN GARDEN AT JAYCEE/EHLERT PARK

## **BRICK PATHWAY PROGRAM**

The Brookfield Recreation Department has received a donation from Barbara Weyrick to be used as a memorial for her parents Martha and Anton Kesman. The Kesmans lived in Brookfield for many years. Because of their love for Brookfield and their many hours spent at Jaycee/Ehlert Park, the donation is being used toward a garden and brick pathway.

The Recreation Department is continually raising funds for future park renovations. You can contribute to our parks by purchasing a personalized brick for the pathway.

## **HOW DOES IT WORK?**

Bricks purchased will be integrated into symbolic and distinctively landscaped walkway leading to the garden in the park. By purchasing a brick, you will be supporting the development of our parks which will be enjoyed by both children and adults of Brookfield. The Recreation Department will order bricks to be placed in the garden pathway, once each year. All orders need to be turned into the Recreation Department each year by June 15<sup>th</sup>.

## **WHAT DOES A BRICK COST?**

A 4" x 8" brick is \$100.00 and will accommodate up to three (3) lines of text, 13 characters per line including spacing and punctuation. An 8" x 8" brick is \$200.00 and will accommodate up to five (5) lines of text, 13 characters per line including spacing and punctuation. Inscriptions might recognize families who supported the parks, e.g., "The Johnsons - George, Cindy, Susie and Jeff", or a business which is concerned with the development of Brookfield parks, e.g., "The ABC Company - Serving the Residents of Brookfield". Bricks might also be donated in memory of a loved one.

## **GIFT CERTIFICATES**

Gift certificates are also available. You may purchase a brick for someone special. We will provide you with a certificate which you can present to the recipient notifying them of the gift and permitting them to personalize their own brick.

## **HOW TO OBTAIN ORDER FORMS**

Call the Brookfield Recreation Department at (708) 485-1527 or you may stop by the Recreation Department which is located in the lower level of the Village Hall and fill out a form.

## Program Registration Procedures and Information

Interested in joining a program? Register early! Some program enrollments are limited, and once they are full, you'll have missed your chance. Programs without sufficient enrollment will be canceled one week before a program is set to begin.

**1. Brookfield Resident Registration will begin on Friday, August 19. Registration/payments can be mailed, dropped off at the Brookfield Municipal Building or you can register online at [rectrac.brookfieldil.gov](http://rectrac.brookfieldil.gov).**

All registration received by 5:00 pm on Friday, August 19, will be processed by random draw. Registration received after August 19 will be processed daily.

**All Village debt (water bills, vehicle tags, parking tickets, past program fees, etc) must be paid to date before registration can be accepted for a program. If an outstanding payment is found, registration/payment will be returned.**

Please fill out the registration form (included in this book), sign and date the waiver and submit with payment. **Make checks payable to the Village of Brookfield.**

**Non-Resident Registration will begin Wednesday, August 24.**

2. When registering for a class with age restrictions, the participant must be the required age when the class begins. Proof of age may be required to verify age requirements.

**3. CANCELTION POLICY** – The Brookfield Recreation Department reserves the right to cancel any program where there is insufficient enrollment. We may try to combine or alter a program so it can be offered. For programs canceled by the Recreation Department, participants will receive a full refund. Once a program has begun, a request for refund must be made within 48 hours of the first class meeting. All approved refund requests from active programs will be processed minus a \$5.00 processing fee and prorated for any class dates attended or supplies purchased. **Refund requests due to injury or extended illness may require a physician's note. No processing fee will be deducted on refunds for medical reasons.** Due to the contract terms of some programs/outings, refunds may not be possible. Refund checks will be issued approximately three weeks from date of remittance.

**4. FEES** - The fee code used in this brochure is as follows: **(R)** Resident of Brookfield, and residents of co-oping communities, **(NR)** Non-resident. All fees are per session unless otherwise noted.

**5. RECREATION HOT LINE** - Our Hot Line phone line can keep you up to date on any news that may come up in the Recreation Department (program cancellations, opportunity for a last minute trips, etc.) Please call **485-7360** and listen to the recording for an update on what's happening.

# Register online today at [rectrac.brookfieldil.gov](http://rectrac.brookfieldil.gov)!

Payment can be made with Visa, Mastercard or Discover.

The screenshot shows the website <https://rectrac.brookfieldil.gov/wbws/wbstrac/wsc/wbsplash.html?wbp=1>. The header includes the Brookfield Recreation Department logo and navigation links: Home, Search, Contact Us, FAQs. A navigation bar contains: Welcome, Guest, Login, Wishlist (0), Shopping Cart (0). The main content area features a large image of the Village of Brookfield building with the text "Village of Brookfield" overlaid. To the right is an "ACCOUNT LOG IN" section with fields for Username and Password, and buttons for Log In, Forgot Password, and Create an Account. Below this are eight program category tiles: Adult Programs, Adult Sports and Fitness, Youth Sports and Fitness, Youth Programs, Day Camps, Outings, Events, and Recreation Brochure.

# BROOKFIELD PARKS

## **Candy Cane Park**

29<sup>th</sup> & Park Aves.

## **Harrison Park**

3200 block of  
Harrison Ave.

## **Kiwanis Park**

8820 Brookfield Ave.

## **Madlin Park**

Lincoln Ave. between  
Madison & Raymond Aves.

## **Maple South Park**

3900 block of  
Maple Ave.

## **Creekside Park**

Burlington & Grove Aves.

## **JC/Ehlert Park**

Congress Park  
& Elm Aves.

## **Madison Park**

4000 block of  
Madison Ave.

## **Maple North Park**

3800 Block of  
Maple Ave.

## **Veteran's Memorial Park**

Grand Blvd. &  
Sunnyside Aves.

## **Facility Locations**

(all in Brookfield)

### **Municipal Building**

8820 Brookfield Avenue  
Recreation Hall, Recreation Office and Conference Room  
All located on lower level of the Municipal Building

### **Recreation House**

4301 Elm Avenue

### **Water Tower**

3840 Maple Avenue

### **Gross School Gymnasium**

3542 Maple

## **Village Board**

Kit P. Ketchmark, *President*

## **Village Trustees**

Ryan Evans

Michael Garvey

Nicole Gilhooley

Dave LeClere

Brian Oberhauser

Michelle Ryan

## **Village Manager**

Keith Sbiral

## **Parks and Recreation Commission**

Kenyon Duner

Ed Cote

Peter Hostrawser

Maria Kaplan

Kim Quilty

Nicole Gilhooley, *Trustee liaison*

## **Special Events Commission**

Michael Doerr

Kyle Gill

Shannon Heller

Mallory Kowalski

Anita Mihelic

Dale Schwer

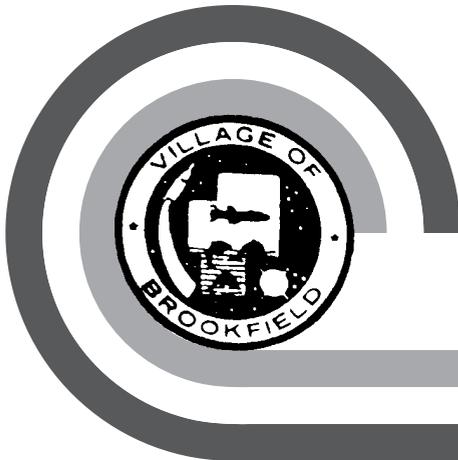
Mary Vyskocil

Dave LeClere, *Trustee liaison*

## **Recreation Staff**

Mary Pezdek

Arlene Rovner



# REGISTRATION FORM

## Brookfield Recreation Department Registration Form

\*Head of Household: \_\_\_\_\_

\*Address: \_\_\_\_\_

\*City/State/Zip: \_\_\_\_\_

\*Primary phone: \_\_\_\_\_

Work/cell phone: \_\_\_\_\_

\*Email address: \_\_\_\_\_

\*Emergency Contact Name/Phone: \_\_\_\_\_

\*Head of Household Birthdate: \_\_\_\_\_

**Mail** your registration and payment to:  
 Brookfield Recreation Department  
 8820 Brookfield Ave.  
 Brookfield, IL 60513

**Bring** in person to the Recreation Dept.  
 (drop box available outside office)

**Drop** registration/payment in the white  
 drop-box in Village Hall parking lot

**Register online at:**  
 Rectrac.brookfieldil.gov

*Participant's Name	*Birthdate	*Sex	*Activity Name	Code #	Start Date	Fee
<b>TOTAL</b>						

**\*Required fields — Registration will not be processed without this information**

**Participant Liability Waiver and Hold Harmless Agreement**

Please read this form carefully and be aware in signing up and registering yourself and/or your minor child/ward for participation in the above described Activity and any activities associated therewith you will be waiving your rights to all claims for injuries you might sustain arising out of this Activity; and you will be indemnifying, holding harmless and defending the Village of Brookfield, its officials, agents, employees, and volunteers, for any claims arising out of the participation of yourself and/or your minor child/ward under 18 years of age in the Activity.

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

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

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

**Permission to Photograph and Videotape Participants Is Authorized by Your Signature On This Waiver**

By signing this waiver, I understand that I and/or my child/ward may be photographed or videotaped at any Village of Brookfield program, event, or facility. I give permission for photographs and videotapes of myself and/or my minor child/ward to be used to promote the Village of Brookfield through press releases, brochures, the web site, and other promotional materials. Such photographs and videotapes will remain the property of the Village of Brookfield. Please tell the instructor and photographer if you do not want to be photographed.

Initial here if you and/or your child/ward do not wish to be photographed \_\_\_\_\_

**ACKNOWLEDGED AND AGREED TO THIS \_\_\_\_\_ DAY OF \_\_\_\_\_, 20\_\_\_\_\_**

Authorized Signature of Participant \_\_\_\_\_  
 or Parent/Legal Guardian \_\_\_\_\_

**Americans with Disabilities Act**

The Brookfield Recreation Department encourages participation by everyone! If you or a family member have special needs and would like to participate in a program, we will be happy to make modifications to meet your needs. Please indicate below if you would like information regarding our integration programs and/or modifications for program participants according to the Americans with Disabilities Act.

YES, please call with information

If you do not hear from us within two weeks prior to the start date of a program, we encourage you to contact the Recreation Department.

**Medical Concerns**

Please note any diet limitations, allergies, special medications, or additional conditions which may affect participation

Participant Name: \_\_\_\_\_

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Tots Prep

Our Tots Prep is designed to allow children to interact with other preschoolers their own age in a learning environment. Age appropriate skills are taught with an emphasis centered around play.

Our 2016-2017 Tots Prep program is available for children who are 3 years of age by August 31, 2016 and for children who are 4 years of age by August 31, 2016.

Tots Prep Program Locations:

Recreation House: 4301 Elm Avenue, Brookfield

Water Tower Building: 3840 Maple Avenue

<b>Ages, Dates and Times:</b>	<b>Fees:</b>
3 year olds: Tues and Thurs, 9:00-11:00am	(R) \$560 (NR) \$675
4 year olds: Mon, Wed and Fri, 9:00-11:30am	(R) \$1,050 (NR) \$1,260

Registration for our Tots Prep program must be made in person at the Brookfield Recreation Office, online registration is not available for this program.

At time of printing, limited space is still available in our 4's program at our Water Tower facility. Our 3's programs at both facilities are filled.

## Art for Kids

Young artists will use a variety of art mediums and techniques in a series of creative projects. Artists will explore drawing, painting, printmaking and sculpture. Projects will include drawing imaginary worlds, clay creations, paintings with etching on metal, cityscape relief paintings, sand paper printing, clay and more! Materials will include clay, acrylic, temperas, watercolors, sand paper, oil pastels, ink, paper, cardboard and canvas. Come join a fun art class designed to spark creativity and originality!

**Location:** Brookfield, Municipal Building, lower level

**Day/Time:** Mondays/ 4:15-5:15pm

**Ages:** 5 and up

**Fee:** \$60

**Instructor:** Jenine Clevenger

**Code#: Dates:**

301038-10 Sept 12-Oct 17

301038-20 Nov 7-Dec 12

## 'Elite Dance'

Please contact Miss Ann at 708/387-1600 (home) or at 708/465-4124 (cell) or at msann@elitedanceschool.us for any questions regarding her programs or any financial arrangements that may be needed. Please contact Miss Ann for additional program offerings. Dance Attendance: With instructor's permission, all missed classes can be made up in other existing classes, in the session you are paid for. Call Miss Ann at 708/387-1600 (home) or at 708/465-4124 (cell) to help with rescheduling.

## Intro to Dance

This class based on ballet, will work on your child's motor skills, muscle development and creativity through music, use of props and dress up costumes. Learning foundations of dance, ballet positions and steps used in all forms of dance. French terminology, easy stretch and proper class etiquette will be introduced. Proper dance attire: Girls: light pink leotard, light pink tights, pink leather ballet slippers. Boys: white t-shirt, black sweatpants, black or white leather ballet slippers. No canvas material ballet shoes. Classes not held due to the holidays, etc. will be made up.

**Location:** Brookfield, Municipal Building, lower level

**Ages:** 3-3.5 year olds

<b>Day:</b>	<b>Dates:</b>	<b>Time:</b>	<b>Code#:</b>	<b>Fee:</b>
Monday	Sept 12-Dec 12 (no 10/24)	3:00-3:45pm	301006-10	\$133
Saturday	Sept 10-Dec 17 (no 12/3)	1:45-2:30pm	301006-30	\$142.50

## Elementary I-II Ballet/ Creative Movement

This program is for beginning ballet students and those with one year experience. The foundation of ballet with creative movements. Center and across the floor dance steps and movements. French dance terminology and proper dance etiquette will be taught. Proper dance attire: Girls- light pink leotards, light pink tights, pink leather ballet slippers. Boys: white t-shirt, black sweatpants, black or white ballet slippers. Please no canvas material ballet shoes. Classes not held due to the holiday, etc. will be made up.

**Location:** Brookfield, Municipal Building, lower level

**Ages:** 4-6 year olds

<b>Day:</b>	<b>Dates:</b>	<b>Time:</b>	<b>Code#:</b>	<b>Fee:</b>
Monday	Sept 12-Dec 12 (no 10/24)	4:00-5:00pm	301010-10	\$140
Friday	Sept 9-Dec 16	4:00-5:00pm	301010-20	\$150

## Ballet Class I

This class is for the dancer with dance experience looking to challenge themselves more in the world of ballet. Class work based on the teachings of the Russian Vaganova School of Dance. Barre, center, across the floor teachings, steps and syllabus, this class prepares you for point class. Proper dance attire: black leotard, light pink tights, pink split sole leather ballet slippers. No canvas material ballet shoes. Class not held due to holiday, etc. will be made up.

**Location:** Brookfield, Municipal Building, lower level

**Day/Time:** Mondays/ 5:15-6:30pm

**Ages:** 10 and up (5th grade & up)

**Fee:** \$175

**Code#:**  
301007-02

**Dates:**  
Sept 12-Dec 12 (no 10/24)

## Ballet Class II

This class is for the dancer with dance experience looking to challenge themselves more in the world of ballet. Class work based on the teachings of the Russian Vaganova School of Dance. Barre, center, across the floor teachings, steps and syllabus, this class prepares you for point class. Proper dance attire: black leotard, light pink tights, pink split sole leather ballet shoes. No canvas material ballet shoes.

**Location:** Brookfield, Municipal Building, lower level

**Day/Time:** Friday/ 5:15-6:45pm

**Ages:** 10 and up

**Fee:** \$225

**Code#:**

301011-02

**Dates:**

Sept 9-Dec 16

## Pointe

For dancers with ballet experience. Participants must also be enrolled in the Friday 5:15pm

Ballet II class for this program. Class is for beginning to intermediate pointe dancers. Fee covers enrollment in the 5:15pm ballet class. Proper dance attire: black leotard, light pink tights, pointe shoes.

**Location:** Brookfield, Municipal Building, lower level

**Day/Time:** Fridays/ 6:45-7:15pm

**Ages:** 11 to adult

**Fee:** \$300

**Code#:**

301012-02

**Dates:**

Sept 9-Dec 16

## Elementary Ballet/Tap Combo

This program introduces your young dancer to the foundation of ballet and basic tap steps. Barre work, progress to center steps and across the floor movements and ending with the development of the steps into a short dance. Tap focus will be on basic steps and rhythm sounds. French dance terminology and proper dance etiquette will be taught. Proper dance attire: Girls: light pink leotard, light pink tights, pink leather ballet slippers and tan tap shoes; Boys: white t-shirt, black sweat pants, black or white leather ballet slippers and black tap shoes. Please no canvas material ballet shoes. Classes missed due to holiday, etc. will be made up.

**Location:** Brookfield, Municipal Building, lower level

**Ages:** 4-6 year olds

Day:	Dates:	Time:	Code#:	Fee:
Wed.	Sept 7-Dec 14	5:30-6:30pm	301009-11	\$150
Thur.	Sept 8-Dec 15 (no 11/24)	5:30-6:30pm	301009-22	\$150
Sat.	Sept 10-Dec 17 (no 12/3)	11:00-12:00pm	301009-33	\$150

## Jr. I-II Ballet/Tap Combo

Participants begin with barre work and progress to center steps and across the floor movements, ending with the development of the steps into a short dance. Tap focus will be on beginning and intermediate steps and rhythm sounds. French dance terminology and proper dance etiquette will be taught. Proper dance attire: Girls: lilac leotard, light pink tights, pink leather split sole ballet slippers, tan tap shoes; Boys: white t-shirt, black sweatpants, black or white leather split sole ballet slippers, black tap shoes. Please no canvas material ballet shoes. Classes missed due to the holiday, etc. will be made up.

**Location:** Brookfield, Municipal Building, lower level

**Ages:** 6-9's (Grades 1-4)

Day:	Dates:	Time:	Code#:	Fee:
Wed.	Sept 7-Dec 14	4:00-5:15pm	301008-11	\$187
Saturdays	Sept 10-Dec 17 (no 12/3)	12:15-1:30pm	301008-33	\$187

## Jr. III Ballet/Tap Combo

For the dancer with 2-3 years of dance experience. Participants begin with barre work and progress to center steps and across the floor movements, ending with the development of the steps into a short dance. Tap focus will be on intermediate steps and rhythm sounds. French dance terminology and proper dance etiquette will be taught. Proper dance attire: Girls-lilac leotard, light pink tights, pink leather split sole ballet slippers and tan tap shoes. Boys-white t-shirt, black or white leather split sole ballet slippers and black tap shoes. Please no canvas material ballet shoes. Classes missed due to holidays, etc. will be made up.

**Location:** Brookfield, Municipal Building, lower level

**Day/Time:** Saturdays/ 9:15-10:45am

**Ages:** 8-11 year olds (contact Miss Ann before registering)

**Fee:** \$225

**Code#:**

301008-22

**Dates:**

Sept 10-Dec 17 (no 12/3)

## Jazz/Hip-Hop

Mix of jazz and hip hop and their different styles. Proper stretch, across the floor movements and center movements will develop into short dances. Proper dance attire: Girls/Boys: (color of choice) leotard, tights, fitted top, fitted pants, biker shorts, unitard, (no loose or baggy street clothes) black jazz shoes. No street shoes. Classes not held due to holiday, etc. will be made up.

**Location:** Brookfield, Municipal Building, lower level

**Day/Time:** Thursdays/ 6:45-8:00pm

**Ages:** 10 and older

**Fee:** \$187

**Code#:**

301013-11

**Dates:**

Sept 8-Dec 15 (no 11/24)



## Jr. Jazz/Hip-Hop

Mix of jazz and hip-hop and their different styles. Proper stretch, across the floor movements and center movements will develop into short dances. Proper dance attire: Girls/Boys: (color of choice) leotard, tights, fitted top, fitted pants, biker shorts, unitard (no loose or baggy street clothes) black jazz shoes. No street shoes. Classes not held due to holiday, etc. will be made up.

**Location:** Brookfield, Municipal Building, lower level

**Day/Time:** Tuesdays/ 5:30-6:45pm

**Ages:** 7-9 year olds

**Fee:** \$187

**Code#:**

301014-11

**Dates:**

Sept 6-Dec 13 (no 11/8, 11/22)

## Lyrical/Modern

Lyrical dance uses modern ballet and jazz techniques together to create a very unique performance, often narrative in nature. Modern dance is a form of contemporary theatrical, employing a special technique for developing the use of the entire body in movements expressive of abstract ideas. Participants must have 2 years of ballet experience and 1 year of jazz experience to register. Proper dance attire: Girls/Boys: (color of choice) leotard, tights, fitted top, fitted pants, biker shorts, unitard (no loose or baggy street clothes), black jazz shoes, no street shoes. Classes not held due to holidays, etc. will be made up.

**Location:** Brookfield, Municipal Building, lower level

**Day/Time:** Tuesdays/ 7:00-8:00pm

**Ages:** 8 and up

**Fee:** \$150

**Code#:**

301058-01

**Dates:**

Sept 6-Dec 13 (no 11/8, 11/22)

## Private Dance Lessons

Classes available in Ballet, Pointe, Jazz, Tap, Hip-Hop and Lyrical.

**Days/Times:** varies with availability

**Fee:** varies with program chosen

**Ages:** all age levels

Please call Miss Ann at 708/387-1600 for more information.

## Dance Performance

### "Holiday Show"

Saturday, December 17, 2016 ShowTime: 5:30pm

Sunday, December 18, 2016 ShowTime: 3:00pm

Call Miss Ann at 708/387-1600 for additional information

## Baby Tunes

Music is one of the most fun and natural ways to bond a parent and child! Songs, poems, games and playing of basic percussion instruments are all part of the 35-minute class. Activities will increase your child's curiosity about music, develop listening skills and sense of beat, and establish a foundation for singing and musical thought. Bouncing songs, rocking songs, and wiggle and peek-a-boo games are featured. Class is designed for child and adult to participate together.

**Location:** LaGrange Park, 1501 Barnsdale Road

**Day/Time:** Fridays/ 8:45-9:20am

**Ages:** 0-12 months

**Fee:** (R) \$57 (NR) \$67

**Code#:**

301049-01

301049-02

**Dates:**

Sept 16-Oct 21

Nov 4-Dec 16 (no 11/25)

## Rudolph Ringers

This class features holiday music and traditional carols. Bells will ring and triangles will swing as you learn to sing and play your favorite seasonal melodies. Audience is invited for the last class performance on Tuesday, December 6, which will be held at Plymouth Place Retirement Center, 315 N. LaGrange Road, LaGrange Park beginning at 3:45pm.

**Location:** LaGrange Park, 1501 Barnsdale Road

**Day/Time:** Tuesdays/ 3:40-4:30pm

**Ages:** 3-5 year olds

**Fee:** (R) \$37 (NR) \$47

**Code#:**

301058-01

**Dates:**

Nov 1-Nov 29 (no 11/22)

## Oh Say Can You Sing

This class is for kids who like to sing and want to learn more about producing good sound. Singers will learn about the fundamentals of singing and projection. Appropriate ensemble music is presented for younger voices. Audience is invited for the last class performance on Tuesday, December 6, which will be held at Plymouth Place Retirement Center, 315 N. LaGrange Road, LaGrange Park beginning at 3:45pm.

**Location:** LaGrange Park, 1501 Barnsdale Road

**Day/Time:** Tuesdays/ 5:00-6:00pm

**Ages:** 7-12 year olds

**Fee:** (R) \$39 (NR) \$49

**Code#:** **Dates:**

301059-01 Nov 1-Nov 29 (no 11/22)

## My "Little" French Neighborhood

What better way to learn French than along with your bebe. Adventures together with some first steps into the whimsical My "Little" French Neighborhood. Stories including the popular Babar the Elephant, plus absorb a little language as short French words and phrases are sprinkled in with music and song. Imaginative interactive play is around every corner in My "Little" French Neighborhood. It's fun to be in the neighborhood and you will fit right in! This class is for child and parent/guardian.

**Location:** LaGrange Park, 1501 Barnsdale Road

**Day/Time:** Mondays/ 8:45-9:30am

**Ages:** Birth-18 months

**Fee:** \$55

**Code#:** **Dates:**

301050-01 Sept 12-Oct 17

301050-02 Nov 7-Dec 12 (no 11/21)



## My French Neighborhood Friends

What fun to be in the neighborhood! My French Neighborhood is dedicated to nos petits enfants and is an interactive time both in French and English, featuring puppets, music and much more. Lots of storytime and playing in our neighborhood as we learn some greetings, phrases and songs. Come meet Monsieur Lapin and ses amis. It's fun to be in the neighborhood and you will fit right in! This is a class for child and parent/guardian.

**Location:** LaGrange Park, 1501 Barnsdale Road

**Day/Time:** Mondays/ 9:45-10:30am

**Ages:** 18 months-36 months

**Fee:** \$55  
(younger siblings can attend class for \$20 each)

<b>Code#:</b>	<b>Dates:</b>
301050-03	Sept 12-Oct 17
301050-04	Nov 7-Dec 12 (no 11/21)

## Chess

Learn to play chess or improve your game. This program is designed to be maximally conducive to the student's chess growth as well as providing a safe, stimulating and positive structured learning environment.

**Location:** LaGrange Park, 1501 Barnsdale Road

**Day/Time:** Saturdays/9:30-10:30am

**Ages:** 6-13 year olds

**Fee:** (R) \$78 (NR) \$88

**Instructor:** Chess Scholars

<b>Code#:</b>	<b>Dates:</b>
301021-10	Sept 10-Oct 15
301021-20	Oct 22-Dec 3 (no 11/26)

## Mystery Theater

Just in time for Halloween! This is the season for suspense and mystery. The class will perform a new and exciting play that will test your memory and help you enhance your acting skills. Specific theater terms and vocabulary as well as how to develop your character will be explored. Stage movement and vocal skills will be developed. The play will be presented to an audience during the Halloween Party on Friday, October 28th at 6:00pm.

**Location:** LaGrange Park, 1501 Barnsdale Road

**Day/Time:** Fridays/5:00-6:30pm

**Ages:** 7-17 year olds

**Fee:** (R) \$52 (NR) \$62

**Instructor:** D. Hamilton, D. Romito

<b>Code#:</b>	<b>Dates:</b>
301031-10	Sept 16-Oct 28

## Guitar

No previous knowledge of guitar or music necessary. Students will learn the fundamentals of guitar playing including holding the guitar and pick, proper fret-hand finger position, sight reading, playing by ear and playing basic songs. Each student will receive a participation award and guitar-related prizes. Fee includes a textbook and CD. Students need to bring their own guitar. It may be an acoustic, electric or classical guitar.

**Location:** LaGrange Park, 1501 Barnsdale Road

**Day/Times:** Thursdays/ 5:00-6:00pm

**Ages:** 7-14 year olds

**Fee:** (R) \$104 (NR) \$114

**Instructors:** Guitar Stars

<b>Code#:</b>	<b>Dates:</b>
301037-10	Sept 8-Oct 13
301037-20	Oct 20-Dec 1 (no 11/24)

## Tae Kwon Do

White Wolf Academy of Martial Arts teaches Tae Kwon Do with influences from other arts (i.e. yoga, tai chi) to strengthen the body, mind and spirit. Tae Kwon Do helps increase your self-confidence and self-esteem, making you more confident and successful. Self-defense is an important aspect of Tae Kwon Do, helping you to increase your awareness and ability to confront any situation with calm, clear strength and fortitude.

**Location:** Brookfield Municipal Building, lower level

**Days/Times:** Tuesdays and Thursdays/ 4:00-5:00pm

**Ages:** 5-12 year olds

**Fee:** \$80

<b>Code#:</b>	<b>Dates:</b>
302002-10	Sept 6-Oct 6 (no 9/27, 9/29)
302002-20	Oct 11-Nov 15 (no 11/1, 11/3, 11/8)
302002-30	Nov 17-Dec 15 (no 11/24)
302002-40	Dec 20-Jan 19 (no 12/27, 12/29)

## Snowball Ninjas

Join Chad White Wolf Koch for the Snowball Ninjas Winter Camp over the holiday break from school. The program consists of great stories, some basic Martial Arts, Yoga, Tai Chi as well as lots of fun and entertainment. No experience necessary! Just come ready to have a great time. Get the kids up and moving around for exercise and fun. Wear comfortable clothing that allows a range of movement. Sign up for just the days you can make it, or sign up for the whole program.

**Location:** Brookfield Municipal Building, lower level

**Time:** 10:00am -12:00pm

**Ages:** 5-12 year olds

<b>Day:</b>	<b>Dates:</b>	<b>Fee:</b>	<b>Code#:</b>
Tuesday	Dec 27	\$25	302036-01
Wednesday	Dec 28	\$25	302036-02
Thursday	Dec 29	\$25	302036-03
Friday	Dec 30	\$25	302036-04
Tue-Fri	Dec 27-30	\$100	302036-05

## Fencing

This safe, fast-paced sport will be a wonderful new experience for your son or daughter. This beginning class will provide you the basis for advancement. All equipment is supplied for the class. Additional family members are encouraged to enroll at 50% cost.

**Location:** Brookfield Municipal Building, lower level

**Day/Time:** Saturdays/ 5:30-6:30pm

**Ages:** 8 through adult

**Fee:** Ses 1: \$56 (7 weeks)  
\$28, additional family member  
Ses 2: \$36 (4 weeks)  
\$18, additional family member

<b>Code#:</b>	<b>Dates:</b>
305005-10	Sept 10-Oct 22
305005-20	Oct 29-Dec 10 (no 11/5, 11/26, 12/3)

## Little Sparks

Little Sparks is the professional soccer program for children ages 2-5 that incorporates mom and dad (or trusted adult). Using play and educational philosophies, Little Sparks facilitates holistic development and soccer competencies through the fun of sport. Session is led by professional, certified coaches from Chicago Fire Soccer in the Community, specifically trained internally to deliver and implement toddler aged programing, via our curriculum.

**Location:** Brookfield, Ehler Park

**Day/Time:** Thursdays/ 4-5pm

**Ages:** 2-5 year olds

**Fee:** \$100

**Code#:** 302036-01  
**Dates:** Sept 8-Oct 6

Register for the above program at <http://www.youthelitesoccer.com/event/show/355236616>



## Kids First Flag Football

Program focus will be on safety and skill preparation for the first two weeks and prior to games. Players will learn football through fundamentals and experience individual and team competitive drills to develop skills. Beginning Week 3, 55 minute football games will be played; coaches will prepare football plays in huddles, and participants will gain confidence in making plays safely and skillfully.

**Location:** LaGrange Park, Hanesworth Park,  
1501 Barnsdale Road

**Day/Time:** Saturdays/ 9:00-10:15am

**Ages:** 6-12 year olds

**Fee:** (R) \$90 (NR) \$100

**Instructor:** Kids First Sport Safety Staff

**Code#:** 302010-11  
**Dates:** Sept 10-Oct 15

## Kids First Flag Football (Games Only)

Players will be assigned to a team the first two weeks of the session. Team assignments will remain the same beginning in week 3 and a championship game will be played in the final week.

**Location:** LaGrange Park, Hanesworth Park,  
1501 Barnsdale Road

**Day/Time:** Saturdays/ 9:00-10:15am

**Ages:** 6-12 year olds

**Fee:** (R) \$63 (NR) \$73

**Instructor:** Kids First Sport Safety Staff

**Code#:** 302030-10  
**Dates:** Oct 22-Nov 12

## LTSC Mini Soccer Academy

A four week soccer program focused on fun and development. Program utilizes experienced professional Lyons Township Soccer Club coaches who know how to create a fun environment and develop a love of soccer. Each participant will be active during class learning skills such as dribbling, passing and shooting. All participants must bring a soccer ball.

**Location:** Session 1: Hanesworth Park,  
1501 Barnsdale Road, LaGrange Park  
Session 2: Park Jr High, 333 N. Park Road,  
LaGrange Park (Park Rd & Ogden)

**Day:** Session 1: Thursday  
Session 2: Saturday

**Fee:** (R) \$49 (NR) \$59

### Session 1:

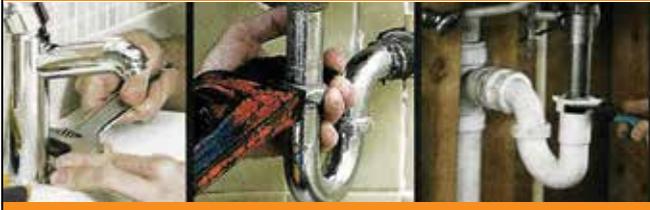
Time:	Ages:	Dates:	Code#:
4-5pm	3-5 year olds	Sept 15-Oct 13	302017-10
5-6pm	6-8 year olds	Sept 15-Oct 13	302017-20

### Session 2

Time:	Ages:	Dates:	Code#:
1-2:00pm	3-5 year olds	Nov 5-Dec 10 (no 11/26)	302017-30
2-3:00pm	6-8 year olds	Nov 5-Dec 10 (no 11/26)	302017-40

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## Kids First Track & Field

Coaches will focus on teaching sprints, hurdles, jumps, distance running and throws in a safe and fundamental way. The program consists of body balance techniques including speed, quickness and agility drills. A wide variety of timed events will take place each day, with an event championship series on the final day.

**Location:**

**Session 1:** Hanesworth Park,  
1501 Barnsdale Road, LaGrange Park

**Session 2:** Park Junior High, 333 N. Park Road (Park & Ogden)

**Day/Time:** Session 1: Saturdays/ 10:15-11:15am  
Session 2: Saturdays/ 3:00-4:00pm

**Ages:** 5-14 year olds

**Fee:** Ses 1: (R) \$73 (NR) \$83  
Ses 2: (R) \$61 (NR) \$71

**Instructor:** Kids First Sport Safety Staff

**Code#: Dates:**

302006-10 Sept 10-Oct 15 (6 weeks)  
302006-20 Oct 29-Dec 3 (5 weeks) (no 11/26)

## Kids First Baseball-Fundamentals

This program will prepare and challenge all players with fun competitive drills to help develop skills and maximize player potential. Participants will be taught position training, batting techniques, body balance, throwing, fielding, first step directional movements, pitching, base running and sportsmanship.

**Session 1**

**Location:** LaGrange Park, Hanesworth Park,  
1501 Barnsdale Road

**Day:** Saturdays

**Ages:** 6-12 year olds

<b>Time:</b>	<b>Dates:</b>	<b>Code#</b>
12:30-1:45pm	Sept 10-Oct 15	302007-11

**Fee:** (R) \$75 (NR) \$85

**Session 2**

**Location:** LaGrange Park, Park Jr High, 333 N. Park Road (Park & Ogden)

**Day:** Saturdays

<b>Ages:</b>	<b>Time:</b>	<b>Dates:</b>	<b>Code#:</b>
5-6 yrs	9-10:00am	Oct 29-Dec 3 (no 11/26)	302007-22

7-11 yrs	10-11:00am	Oct 29-Dec 3 (no 11/26)	302007-33
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**Fee:** (R) \$62 (NR) \$72

**Instructor:** Kids First Sport Safety Staff

## Kids First Girls Softball (Fast & Slow Pitch)

This program challenges all players through fun, competitive drills and games that will maximize player potential. Focus will be on pitching, hitting, fielding, throwing, base running and sportsmanship. Approximately 50% of the time devoted to fundamentals, safety, speed and fitness and 50% dedicated to game activity.

**Location:** LaGrange Park, Hanesworth Park,  
1501 Barnsdale Road

**Day/Time:** Saturdays/ 11:15-12:30pm

**Ages:** 7-12 year olds

**Fee:** (R) \$90 (NR) \$100

**Instructor:** Kids First Sport Safety Staff

**Code#: Dates:**

302024-11 Sept 10-Oct 15

## Kids First Cheerleading

If your child dreams of being on a cheerleading squad then this program is perfect. Experienced coaches will focus on this sport by teaching skills that are fun, safe and fundamental. Program will include drills to enhance technique, body balance, timing, rhythm, pom pon, dance, jumps, stunts, cheers and sportsmanship. Last day of class features a cheer challenge contest.

**Location:** Session 1: LaGrange Park, Hanesworth Park,  
1501 Barnsdale Road

Session 2: LaGrange Park, Park Jr High,  
333 N. Park Road (Ogden & Park)

**Day/Time:** Saturdays/ 9:00-10:15am

**Ages:** 6-11 year olds

**Fee:** (R) \$73 (NR) \$83

**Instructor:** Kids First Sport Safety Staff

**Code#:**

302005-11  
302005-22

**Dates:**

Sept 10-Oct 15  
Oct 29-Dec 3 (no 11/26)

## Kids First Badminton

This program will teach the participants preparation training such as handgrips, racket positioning, serving plus spiking techniques for this fast paced game. Body balance, first step directional movements along with badminton awareness and sportsmanship will be stressed.

**Location:** LaGrange Park, Park Junior High,  
333 N. Park Road (Park & Ogden)

**Day/Time:** Saturdays/ 12:00-1:00pm

**Ages:** 7-14 year olds

**Fee:** (R) \$73 (NR) \$83

**Instructor:** Kids First Sport Safety Staff

**Code#:**

302008-11

**Dates:**

Oct 29-Dec 3 (no 11/26)

## Kids First Basketball

This program teaches proper techniques on shooting, dribbling, passing, speed & quickness, body balance, floor spacing, safety awareness and sportsmanship. A series of drills will develop ball control, first step directional movements, floor spacing, sharing and listening skills. Fundamentals, games and contests will all be a part of your time on the court.

**Location:** LaGrange Park, Park Junior High,  
333 N. Park Road (Park & Ogden)

**Day:** Saturdays

**Time:**

1:00-2:00pm  
2:00-3:00pm

**Fee:** (R) \$73 (NR) \$83

**Instructor:** Kids First Sport Safety Staff

**Dates:**

Oct 29-Dec 3 (no 11/26)  
Oct 29-Dec 3 (no 11/26)

**Ages:**

6-8 year olds  
9-14 year olds

**Code#:**

302009-11 (6-8's)  
302009-22 (9-14's)

## YOUTH SPORTS & FITNESS

### T-Ball/Soccer Combo

This class is perfect for toddlers who are full of energy, and parents who are looking to introduce their child to T-Ball and soccer. Socialization, teamwork, following directions, key motor skills and having fun will be the focus of this non-competitive environment. First two weeks of class will focus on T-Ball, second two weeks will concentrate on soccer. At the last class we will play a fun game of each sport. This class is a drop off class. Child must be 3 years old by the first day of class. Parents are welcome to watch what their child has learned during the last class on Dec 3.

**Location:** LaGrange Park, Park Jr High,  
333 N. Park Road (Park & Ogden)

**Day:** Saturdays/ 9:00-9:45am

**Ages:** 3 & 4 year olds

**Fee:** (R) \$48 (NR) \$58

**Instructors:** Sports R Us Staff

**Code#:**  
302011-11

**Dates:**  
Oct 29-Dec 3 (no 11/26)

### Nerf Football

This is the perfect introductory class for your little one! Through basic drills, we will teach the skills to get them started on how to catch, throw, and kick and basic positions. A "game" will be played each day, non-contact, of course.

**Location:** LaGrange Park, Park Jr High,  
333 N. Park Road (Park & Ogden)

**Day/Time:** Saturdays/ 10:00-10:45am

**Ages:** 4-6 year olds

**Fee:** (R) \$48 (NR) \$58

**Instructor:** Sports R Us Staff

**Code#:**  
302012-11

**Dates:**  
Oct 29-Dec 3 (11/26)

### Flag Football

Good old American Classic! Not yet old enough for the helmet and pads? We will use junior size footballs and flags just right for grabbing. Enjoy the sport of football as we learn how to pass, catch and use teamwork to our advantage. No contact sport.

**Location:** LaGrange Park, Park Jr High,  
333 N. Park Road (Park & Ogden)

**Day/Time:** Saturdays/ 11:00-12:00pm

**Ages:** 7-9 year olds

**Fee:** (R) \$48 (NR) \$58

**Instructor:** Sports R Us Staff

**Code#:**  
302013-11

**Dates:**  
Oct 29-Dec 3 (no 11/26)

### Volleyball

Bump! Set! Spike! These and other skills will be practiced in this program for girls and boys. Class starts with the basic skills and advances week to week accordingly. Teamwork, participation and good sportsmanship are top priorities. Game play will take place at the end of each class.

**Location:** LaGrange Park, Park Jr High,  
333 N. Park Ave (Park & Ogden)

**Day/Time:** Saturdays/ 12:00-1:00pm

**Ages:** 10-13 year olds

**Fee:** (R) \$48 (NR) \$58

**Instructor:** Sports R Us Staff

**Code#:**  
302014-11

**Dates:**  
Oct 29-Dec 3 (no 11/26)

## ADULT/TEEN PROGRAMS

### Teen/Adult Tap

Focus on all basic tap steps. Beginning stretch – barre, across floor, tap dance combinations. Use of different music. Proper dance attire: Ladies: (choice of color) leotards, tights, fitted top, fitted pants, biker shorts, unitard (no loose or baggy clothes), tan tap shoes, Guys: black tap shoes.

**Location:** Brookfield, Municipal Building, lower level

**Day:** Friday  
**Time:** 7:30-8:30pm  
**Dates:** Sept 9-Dec 16  
**Code#:** 304006-11  
**Fee:** \$150

### Ballroom Dance

No partner necessary. For more information contact instructor, Roberta Kulik at rrikulik@aol.com.

**Location:** Brookfield, Municipal Building, lower level

**Day/Time:** Wednesdays/ 8:15-9:15pm

**Ages:** 15 and up

**Fee:** \$60

**Code#:**  
304050-01  
304050-02

**Dates:**  
(Cha-Cha) Sept 7, 14, 21, 28 Oct 5, 12  
(Salsa) Oct 19, 26 Nov 2, 9, 16, 30

### 1-2-3 Magic with Dr. Phelan

Who's in charge at your house? Effective discipline for children 2-12, presented by Thomas W. Phelan, PhD. Dr. Phelan is a nationally renowned expert and lecturer on child discipline and Attention Deficit Disorder. He is the author of several books and videos and has appeared frequently on both television and radio. At the presentation you will learn how to discipline hard-to-control, obnoxious behavior and much more. Dr. Phelan takes a humorous look at parenting and a serious look at discipline.

**Location:** LaGrange Park, 1501 Barnsdale Road

**Day:** Tuesday, September 20

**Time:** 6:30-8:00pm

**Fee:** \$5/person, \$8/couple

**Code#:** 304007-02

## Pickleball for Kids

This fun paddle sport combines the many elements of tennis, badminton and ping-pong. The rules for Pickleball are simple and the game is easy for anyone to learn, but can develop into a quick, fast-paced, competitive game for kids to enjoy. Each session will include both instruction and game play.

**Location:** LaGrange Park, Park Jr High,  
333 N. Park Avenue (Park & Ogden)

**Day/Time:** Saturdays/ 3:00-4:00pm

**Ages:** 7-13 year olds

**Fee:** (R) \$32 (NR) \$42

**Instructor:** L. Grisafe

**Code#:** **Dates:**  
102035-10 Oct 29-Dec 3 (no 11/26)

## Coed Adult Volleyball

Singles, couples are welcome. Tuesday evening is for persons with volleyball skills (not a beginner class) who are looking to join others for games of fun and friendly competition. Wednesday evening is for advanced play, players need to know how to bump, set and spike, with the ability to play as a team in a more competitive setting. Supervisor will rotate players on two courts. This program is for adults, children should not accompany participants to class.

**Location:** Gross School Gymnasium,  
3524 Maple Avenue, Brookfield

**Day/Time:** Tuesdays, 7:00-9:00 pm OR  
Wednesdays, 7:00-9:00pm

**Ages:** 18 and older

**Fee:** \$54

**Code#:** **Dates:**  
305002-10 Tues: Sept 20-Dec 13 (no 11/22)  
305002-20 Wed: Sept 21-Dec 14 (no 11/23)

## Mens Open Basketball

Join us on Monday evenings for games of fun and friendly competition. Teams are formed each night by supervisor and players are rotated in for full court play.

**Location:** Gross School Gymnasium, 3542 Maple, Brookfield

**Day/Time:** Mondays, 7:00 - 9:00 pm

**Ages:** 18 and older

**Fee:** \$54

**Code#:** **Dates:**  
305001-10 Sept 19-Dec 19 (no 10/10, 11/21)

## Flowing in Strength Yoga

Yoga allows you to become comfortable in your body, improving strength, flexibility and balance. Tone your body and soul while you learn to breathe and relax. Participants need to bring a yoga sticky mat and wear comfortable clothes. Blocks and straps supplied.

**Location:** Brookfield Municipal Building, lower level  
(Enter at East side of building, Police door)

**Day/Time:** Mondays/ 7:00-8:00pm

**Ages:** 16 and older

**Fee:** \$60

Walk-in Fee \$12/class

**Instructor:** Chad White Wolf Koch

**Code#:** **Dates:**  
305003-10 Oct 3-Nov 21 (no 10/24, 11/7)  
305003-20 Nov 28-Jan 16 (no 12/26, 1/9)

## Tai Chi for Stress

Tai Chi is an ancient Martial Art used for health, stress relief and self-defense. Chad White Wolf Koch teaches techniques of Tai Chi using a variation on the Yang long form and elements of Chi Gong. Using the form and exercises, participants will practice using and manipulating their energy to create opening and health in their body, mind and spirit. Wear comfortable clothes that allow a range of movement.

**Location:** Brookfield, Municipal Building,  
8820 Brookfield Ave, lower level

**Day/Time:** Mondays/ 8:15-9:30pm

**Ages:** 16 and older

**Fee:** \$72

**Code#:** **Dates:**  
305004-10 Oct 3-Nov 21 (no 10/24, 11/7)  
305004-20 Nov 28-Jan 16 (no 12/26, 1/9)

## Bellafit Boot Camp for Women

Enjoy a great total body workout in the park! Whether you're looking to lose a few inches, decrease body fat, combat stress or build strength and bone density, this class can help you achieve your goals! You'll workout alongside other motivated women using kettlebells, heavy ropes, bosu balls and more to perform a variety of exercises. Each workout will be different and will help you to increase your strength, agility and overall fitness! All fitness levels welcome. Email Karen@bellafitstudio.com with any questions. Clean eating suggestions will be provided. Please bring a yoga mat, water, small towel and a pair of hand weights to class.

**Location:** Brookfield, Kiwanis Park on Mondays and Fridays,  
Ehlert Park on Wednesdays

**Day/Time:** Monday, Wednesday or Friday/ 5:30-6:30am

**Fee:** \$80/one class per week  
\$150/two classes per week  
\$199/three classes per week

**Instructor:** Karen Marzec

**Code#:** **Dates:**  
305014 Outdoor: Aug 31-Sept 30 (no 9/9, 9/12)  
305015 Outdoor: Oct 3-Oct 28  
305016 Outdoor/Indoor: Oct 31-Nov 28 (no 11/25)

## 2 Week Pre-Holiday Boot Camp

**Location:** Brookfield, Municipal Building, lower level  
(enter East door)

**Day/Time:** Monday, Wednesday or Friday/ 5:30-6:30am

**Fee:** \$40/one class per week  
\$75/two classes per week  
\$94/three classes per week

**Code#:** **Dates:**  
305017 Dec 5-Dec 16

## Fencing

This safe, fast-paced sport will be a wonderful new experience for your son or daughter. This beginning class will provide you the basis for advancement. All equipment is supplied for the class. Additional family members are encouraged to enroll at 50% cost.

**Location:** Brookfield Municipal Building, lower level

**Day/Time:** Saturdays/ 5:30-6:30pm

**Ages:** 8 through adult

**Fee:** Session 1: \$56 (7 weeks)  
\$28, additional family member

Session 2: \$36 (4 weeks)

\$18, additional family member

**Code#:**

305005-10

305005-20

**Dates:**

Sept 10-Oct 22

Oct 29-Dec 10 (no 11/5, 11/26, 12/3)

## Gentle Yoga

Stretch, strengthen and relax the body in this nurturing practice. This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. We may use props such as blocks and belts to support the postures, while gently stretching the body. This class is appropriate for students of all levels.

Come dressed in comfortable exercise attire and bring a yoga mat, towel and water bottle to class.

**Location:** Brookfield, CSS Academy, 3732 Grand Blvd.

**Day/Time:** Saturdays/ 10:00-11:00am

**Ages:** 16 and up

**Fee:** \$7, walk in rate  
\$60 for a 10 class punch card

**Dates:** Classes are ongoing, Fall session begins October 15  
(no 11/26, 12/24, 12/31)

Register for this program at [www.cssservices.org/css-academy](http://www.cssservices.org/css-academy) or call 708/354-4547.

## Zumba®

Zumba® features easy-to-follow Latin and international rhythms, that will get you moving and energized. It's a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Easy to do, effective and totally exhilarating! This class is appropriate for students of all levels. Each class incorporates a routine or two with light hand weights. You may bring your own 1- lb dumbbells. Come dressed in comfortable exercise attire, including gym shoes.

**Location:** Brookfield, CSS Academy, 3732 Grand Blvd.

**Day/Time:** Saturdays/ 9:00-9:50am

**Ages:** 16 and up

**Fee:** \$7, walk in rate  
\$60 for a 10 class punch card

**Dates:** Classes are ongoing, Fall session begins October 15  
(no 11/26, 12/24, 12/31)

Register for this program at [www.cssservices.org/css-academy](http://www.cssservices.org/css-academy) or call 708/354-4547.

## Zumba Gold®

Zumba Gold® classes are an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low impact moves for beginners and active older adults. This unique Zumba® formula has longer warm up and cool down sessions and allows participants a chance to improve balance, flexibility and cardiovascular health. Participants should be medically cleared to participate in light to moderate physical activity. Come dressed in comfortable exercise attire, including gym shoes.

**Location:** Brookfield, CSS Academy, 3732 Grand Blvd

**Day/Time:** Monday & Wednesdays/ 6:45-7:45pm

**Ages:** 18 and up

**Fee:** \$7, walk in rate  
\$60 for a 10 class punch card

**Dates:** Class in ongoing, Fall session begins on October 10  
(no 12/26, 12/28, 1/2, 1/4, 1/16, 2/20)

Register for this program at [www.cssservices.org/css-academy](http://www.cssservices.org/css-academy) or call 708/354-4547.



# COMMUNITY GROUP MEETINGS

## Art League

The Brookfield Recreational Art League invites interested artists to come Tuesdays from 7pm-10pm to the Brookfield Municipal Building, lower level Recreation Hall, 8802 Brookfield Ave. Enjoy open painting, still life setups, instructional videos and demonstrations by featured artists. For more information contact Virginia Samel at 708/484-4407.

Fall session will begin on Tuesday, September 13.

## The Brook-Park Senior Club

Meets on Mondays and Fridays 10:30 -3:00 PM to play cards and bingo (12:30 pm) in the Conference Room (lower level of the Municipal Building). Monthly business meetings are held on the second Monday of the month. Refreshments are served. Visitors are welcome.

## The Brookfield Woman's Club

Meets the first Wednesday of each month, September through June at 1:00pm in the lower level of the Brookfield Municipal Building. The club helps to support various departments and organizations in the village. All ladies are welcome. Refreshments are served. Help support your community.

## Brookfield Aging Well Community Action Team (CAT)

Meets the last Monday of each month at 9:30am in the lower level Conference of the Brookfield Municipal Building, 8820 Brookfield Ave. The CAT team meets to address local aging issues and to create links to the greater Lyons Township community by implementing programs that help the entire Brookfield community become more elder friendly.

The purpose of the Aging Well project is to "envison a community that is responsive to the changing needs and desires of older adults and their families by creating a long term care community that is visible, evolving, seamless and user friendly and is working to create an environment in which people can age well."

If you are interested in helping Brookfield become more elder friendly, please join us! Questions, call Mary in the Brookfield Recreation Department, 708/485-1527.

## Brookfield Garden Club

Whether you are new to gardening or an experienced gardener, the Brookfield Garden Club welcomes you. Meetings are the last Saturday of the month, January to October, at 9:30am in the lower level Conference Room of the Brookfield Village Hall. Each month the club covers a different gardening topic through speakers, hands on learning, field trips, garden tours and sharing of personal experiences. The club is also a participant in the Beautification Commission's Adopt-A-Spot program, beautifying and maintaining the flower beds in front of the Village Hall. For more information contact

## Brookfield Friends of the Library (FOL)

Meetings held the 2nd Wednesday of the month, 7:00pm in the lower level of the Brookfield Library, 3609 Grand Blvd. The FOL group supports the Brookfield Public Library through fundraising, operation of the Book Nook, Book Sales, library programs & materials, and community outreach. If you love the library, get involved as a regular FOL member at meetings or volunteer for specific activities where you can offer support. To learn more, attend a meeting, contact the Friends, review our brochure at the Library or check out our website at <http://www.brookfieldpubliclibrary.info/friends>. Get involved, become a FRIEND!

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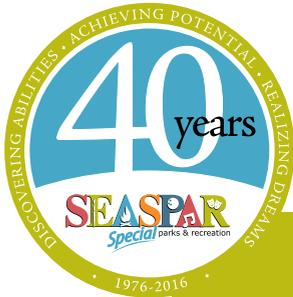
**BROOKFIELD Ale House**  
EST. 2016

We're excited to be opening the doors this summer and becoming a part of the community. And yes we're called "The Brookfield Ale House" but we're going to be so much more with an emphasis on food and live music.

Please visit our website to learn more about us. - Cheers!

8900 Fairview Avenue, Brookfield, IL • [www.BrookfieldAleHouse.com](http://www.BrookfieldAleHouse.com)





# SEASPAR

(the South East Association for Special Parks And Recreation)  
provides recreational programs and services for individuals with disabilities  
served by the Village of Brookfield and eleven other communities.

## Fall SEASPAR Program Highlights

**Sports • Trips • Social Programs • Special Events • And More!**

### Winter Break Camps

Let SEASPAR help keep your child active during school vacations! Our winter break day camp is the perfect place for kids ages 6–15 to spend their days outside of the classroom.

The Brookfield camp takes place December 27–29 and January 2 at the Brookfield Municipal Building. Camps are also offered in Lisle and Western Springs.

The program runs from 9 a.m. to 3:30 p.m. Activities include games, swimming, sports, and local day trips to the DuPage Children’s Museum, Nickel City, and more!

For more information on day camps and other programs for children, call SEASPAR at 630.960.7600.



### Trivia Challenge

**Embark on the “trivial pursuit” of a \$500 cash prize at SEASPAR’s Trivia Challenge!**

Friday, October 21 • American Legion, Downers Grove • Doors open at 6 p.m.

\$25/person. \$200/table of 10. Proceeds benefit SEASPAR’s programs and services.

**Register online at [SEASPAR.org](http://SEASPAR.org), or call 630.960.7600.**

### Look for our fall program guide in July!

The South East Association for Special Parks And Recreation provides dynamic recreation programs and quality services for individuals with disabilities served by the park districts of Clarendon Hills, Darien, Downers Grove, La Grange, La Grange Park, Lemont, Lisle, Westmont, and Woodridge, and the villages of Brookfield, Indian Head Park, and Western Springs.

4500 Belmont Road  
Downers Grove, IL 60515  
630.960.7600  
630.960.7605 TDD

Discover Us!

**[SEASPAR.org](http://SEASPAR.org)**



## Senior Day at the Races

### Arlington International Racecourse

Arlington Park Racecourse is saluting senior citizens on this special day. Combine the excitement of thoroughbred racing with gorgeous grounds with fantastic foods to create an extraordinary experience. Fee includes transportation, admission, program book and an extravagant lunch buffet in the International Room. Relax in air conditioning or view and stroll outside. Please note the International Room has a dress code, No shorts are allowed and men must wear a collared shirt.

**Depart from:** LaGrange Park, 1501 Barnsdale Road  
**Date:** Thursday, September 15  
**Time:** 11:00am – 4:30pm  
**Age:** 21 and older  
 (please bring proper identification)  
**Fee:** \$75  
**Code#:** 306000-10

Registration deadline is Wednesday, August 31 or until filled.

## Morton Arboretum Tour

Experience the beauty of the Morton Arboretum's 1,700 acres on a one hour guided tour. Enjoy the gentle breeze as you slowly wind your way through the arboretum's woodlands, wetlands and prairie while listening to a narrated tour. After the tour a gourmet lunch in the Ginkgo restaurant overlooking Meadow Lake will be provided. End the day by roaming around the gardens and admiring scarecrow creations from local scout troops.

**Depart from:** LaGrange Park, 1501 Barnsdale Road  
**Date:** Tuesday, October 18  
**Time:** 9:45am-2:00pm  
**Ages:** Adult  
**Fee:** \$59  
**Code#:** 306004-10

Registration deadline is Tuesday, October 4 or until filled.

## Sokol Spirit Fitness & Gymnastics programs

## FUN and Fitness for the Whole Family!

Our programs cover all sorts of fitness from gymnastics to team sports, aerobics to strength training  
*Running September through May 2017 for 37 weeks.*

### Classes for BOYS

Fitness class (1st-6th grade) Tues: 6-7:30pm  
 Junior boys class (7th-12th grade)  
 Tues 7:30-9pm  
 \*Jr class is co-ed on Thurs 8:00-9:00pm

### Classes for GIRLS

Fitness class (1st-3rd grade) Mon & Thurs: 6:30-8pm  
 (4th-6th grade) Mon & Thurs: 7:30-9pm  
 Junior girls (7th-12th grade) Wed & Thurs\*: 7:30-9pm

### Classes for Co-ed

Tots class (pre-K/K) Mon & Thurs: 5:30-6:30pm  
 Adult co-ed (age 18+) Tues: 9:30-11:30am  
 \$65 member/\$100 non-member

### Classes for Adults (age 18+)

Women's class Mon & Thurs: 9-10:15pm \$205  
 Men's class Tues & Fri: 9-10pm \$205

### Gymnastics Class fees for 2016-2017

1 Child: \$250 • 2 Children: \$450 • 3 Children: \$650

*\*\*Competition fees included in pricing! Payment plans available! Discounts for siblings!*

## SPIN CLASS

Come train in this classic spin bike class for a great price!  
 Saturdays 8:00-9:00am  
 Sept 12-December 16  
 \$100 \*or \$10 drop-in fee



### Spirit GYMNASTICS Program

Gymnastics is the only focus of this class, including training activities designed to enhance gymnastics performance.

Participants for this class may also participate in a traditional Sokol class\* and receive a discount on this class.

### Boys and Girls (1st -12th grade)

Thurs & Fri 6:00-8:00pm  
 Sept 22-Dec 16 \$250  
 ~Gymnasts can attend one day of class only for \$150

### Gymnastics Wheel Class

The gymnastic wheel is an exciting class that helps build core strength, balance and will bring the daredevil out in you.  
 Fall 2016 offerings starting Sept. 14 and running through Dec. 14.  
 Classes are for ages 7 and up.

**Beginners:** Wednesdays at 5:00-6:00pm COST: \$210

**Intermediate:** Wednesdays at 6:00-7:00pm COST: \$210



Sokol Spirit • a 501(c)3 non-profit organization

*Fun and fitness for the whole family!*

3909 S. Prairie Ave, Brookfield  
 (708) 485-9663 • [www.sokolspirit.org](http://www.sokolspirit.org)

Contact us online at [www.sokolspirit.org](http://www.sokolspirit.org) and like us on Facebook!

# How Can I Be Of Value To You?

## Analysis

### Analysis of Income & Expenses

- Social Security
  - a. Early retirement benefits
  - b. Taxation
  - c. Continuation of employment
  - d. Widow/widower benefits
  - e. Divorced spouse
- Pension
  - a. Maximization of income
  - b. Monthly income alternatives
- Future inflated needs
- Taxable, tax deferred and tax free alternatives

## Retirement

### Current Retirement Plans Analysis

- Deductible-vs-Roth IRA
- RA Consolidation
- IRA/Rollover investment alternatives
- Pre 591/2 IRA/Rollover maximum
- IRA/Rollover beneficiary alternatives
- IRA/Rollover 70 1/2 minimum withdrawal amounts
- Stock rollover
- 403B

### Estate Planning

- Probate avoidance
- Gifting
- Estate taxation
- Estate liquidity

### Taxes

- Personal
- Business
- Corporate
- Estate & Inheritance

## Risk

### Accounting

- Payroll forms
- General ledger
- Financial Statements

### Real Estate

- Real estate appraisal
- Real estate affordability analysis
- Real estate brokerage service
- Early mortgage retirement

### Risk Management Analysis

- Continuation of group plans
- Survivor/dependent income protection
- Individual health plans
- Long term care protection
- Medigap protection



**Linda Sokol  
Francis**

**President  
Brookfield Financial Plans, Inc.  
Tax Services  
708-485-3439**

**How long in Business:**  
Over 53 years

**Why choose this area:**  
I have lived and have been involved in this community for over 50 years.

**Greatest current business challenge:**  
Keeping up with all the tax changes and Continuing Education Credits that are necessary for my multiple licenses, including my E.A. status.

**What do you love about your work:**  
The people. I love the many people I have met.

**Your business philosophy:** To treat clients the way I want to be treated. To treat them as I would treat an invited guest.

**Greatest accomplishments:**  
Receiving the Woman of the Year Award, Cicero Chamber of Commerce Small Business of the Year Award, Multiple Rotarian Paul Harris Fellow Award, Western Springs Chamber of Commerce Woman of the Millennium Award, Five Who's Who Awards, State of Illinois Woman of Distinction Award, Ronald Reagan Gold Award and two times elected Village Clerk of Brookfield.

**What have you learned:**  
I have learned that many people pay taxes unnecessarily. With just a little bit of pre-tax season advice, we can cut their taxes by a lot.

**Senior Advisor  
Waddell & Reed  
Investment Services  
708-485-9224**

**How long in Business:**  
Over 40 years

**Why choose this area:**  
I wanted to do financial planning for people who really NEEDED financial planning. 40 years ago there were only financial planners for the rich.

**Greatest current business challenge:**  
Helping my clients remember investing is for the long term and to stick with their goals rather than trying to give into the ups and downs of the market.

**What do you love about your work:**  
The people. My clients become my friends.

**Your business philosophy:**  
To invest my clients' money as I would invest mine or my children's.

**Greatest accomplishment:**  
Being the first Waddell & Reed Representative to maintain 250 million of clients' money under management & being inducted to Waddell & Reed's Hall of Fame.

**What have you learned:**  
I have learned that giving good financial advice can help people turn their dreams into goals that can be reached.

**BROOKFIELD FINANCIAL PLANS, INC. Linda Sokol Francis, E.A.  
3439 Grand Boulevard • Brookfield, Illinois 60513 • 708-485-3439**

# Holiday Celebration

**Saturday, December 3, 2016**

Celebration details not available at time of print, please check Village website, our Facebook page and local newspapers for information as it becomes available.

You can also contact the Recreation Department at 708/485-1474 as the date approaches.

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*Jeri Coffey, D.D.S.*

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### FUN FAIR

Tuesday, Sept. 13

6:45-8:00p



Regular Kids Clubs

Sept. 20, 6:45-8:30p

Cubbies: Ages 4 & 5

Sparks: K - 2<sup>nd</sup> grd

T & T: 3<sup>rd</sup> - 6<sup>th</sup> grd

Active, Creative Games for Teamwork, Songs,

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Kids are cared for by trained adult leaders.



Starts:  
Sept. 4

**STRIDE** - Jr. High

Sundays 6:00 pm

**TREK** - High School

Sundays 6:00 pm

Winter Retreats Laser Tag Special Events Small Groups Conferences

**Youth Ministry Core Values**

The Word of God · Prayer · Love · Making Disciples

Sundays:

9:00 a.m. Adult Class

10:30 a.m. Worship, Nursery & Children's Group

# GET IN THE GAME!

at North Riverside Parks & Recreation

## GIRLS LEAGUE

3<sup>rd</sup> through 8<sup>th</sup> grade

## Co-Ed LEAGUE

Pre-K through 8<sup>th</sup> grade

Brookfield residents are welcome to register for NRPRD Basketball Leagues which begin in January (practices begin in December)!

Follow "NRRecreation" on facebook for updates, photos and more!! For registration form, email NRPRD at [recreation@northriverside-il.org](mailto:recreation@northriverside-il.org).

**North Riverside Parks & Recreation**

2401 S. DesPlaines Ave.  
(708) 442-5515

[www.northriverside-il.org](http://www.northriverside-il.org)

[www.facebook.com/NRRecreation](http://www.facebook.com/NRRecreation)

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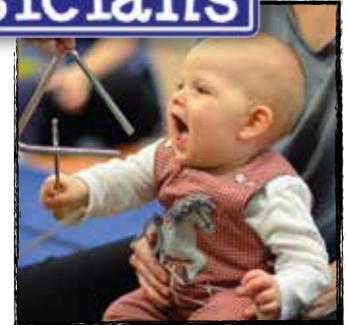
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