

# 2025 Winter | Spring

Programs &  
Events Guide



Scan Here To Register



[invillapark.com](http://invillapark.com)

320 E. Wildwood Avenue • Villa Park, IL 60181 • 630-749-3200



# Villa Park Recreation Center

## The Village of Villa Park is proud to announce the opening of the Villa Park Recreation Center!

320 E. Wildwood

For more information on the Villa Park Recreation Center Check out page 47!

### VPRC Fitness Center

#### Located within the Villa Park Recreation Center

Our team members are proud to provide a wide variety of options to help you meet your health and fitness goals. From certified personal training and group exercise classes to fitness center strength and cardio equipment, we offer something for every interest and fitness level.

### Hours of Operation

Monday-Friday:  
5:30 am - 9 pm

Saturday-Sunday:  
7 am - 6 pm

#### The VPRC Fitness Center is equipped with state-of-the-art equipment machines from Life Fitness including:

- Shoulder Press
- Triceps Press
- Biceps Curl
- Chest Press
- Deltoid Fly
- Pull-down
- Seated Leg Curl
- Leg Extension
- Leg Press
- Hip Abduct/Adduct
- ADJ Pulley
- Rowing Machine
- Cross Trainer
- Upright Bike
- Recumbent Bike
- Power Mill

Open for business January 3, 2025! Join us for the Grand Opening & Ribbon Cutting Festivities January 13, 2025!



### Indoor Elevated Track

A VPRC Fitness Membership includes the use of the two-lane indoor track (14 laps to a mile on the outside lane and 15 laps to a mile on the inside lane) to keep you running and walking year-round, no matter the weather.

Access to the track is available to fitness members, 14 laps on the inner track and 15 laps on the outer track equal 1 mile.

### Open Gym

Scheduled Open Gyms for basketball, pickleball and volleyball are included with your VPRC Fitness Center membership. Open gym schedules are posted monthly and are available online.

Interested in employment as a Fitness Instructor? We are offering positions for certified trainers and fitness instructors.

To apply visit [invillapark.com/jobs](http://invillapark.com/jobs)

### Memberships

#### Fitness Center Memberships

Access to the State-of-the-Art Fitness Center, Elevated Indoor Track, Open Gym, stretching area, Full-Service Locker Rooms, Roof-top Terrace (weather permitting) and 10% discount on group fitness classes (with a purchase of a punch pass) and designated athletic programs.

*Must be 12 years of age or older to enter the fitness center.*

#### Track Only Memberships

Use of the elevated indoor track, stretching area and locker room.

#### Youth (3-17 years) Memberships

Use of the elevated indoor track, stretching area, open gym, full-service locker rooms and 10% discount on designated fitness & athletic programs. The indoor elevated track may be used by anyone ages 12 and up. Children ages 3-11 may purchase a membership with a paid parent/guardian.

### Online Registration

Scan QR Code or go to [secure.rec1.com/IL/villa-park-il/catalog](http://secure.rec1.com/IL/villa-park-il/catalog)

### In-person Registration

Membership applications are currently available at the Iowa Community Center, 338 N. Iowa Avenue and VPRC.



Key fobs will be available January 3, 2025 at VPRC. Proof of Residency required at registration or when key fob is picked up.



## Annual Membership Fees (Paid in Full)

Resident	Early bird discounted rate for annual membership only Through January 15, 2025	Regular Rate for annual membership Beginning January 16, 2025
Adult (18-59 years)	\$250	\$275
Couple (2 adults)	\$450	\$495
Family of 3 or more <i>Two adults &amp; one or more 12-23 years old, unmarried children residing at the same address</i>	\$575	\$638
Youth (12-17 years)	\$175	\$200
Senior (60 years & up)	\$175	\$200

**VPRC FITNESS MEMBERSHIPS ON SALE NOW!**

Non-Resident (No Early Bird Discount)	Rate for Annual Membership
Adult (18-59 years)	\$375
Couple (2 adults)	\$595
Family of 3 <i>Two adults &amp; one or more 12-23 years old, unmarried children residing at the same address</i>	\$738
Family of 4* <i>Two adults &amp; two or more 12-23 years old, unmarried children residing at the same address</i>	\$860
Youth (12-23 years)	\$300
Senior (60 years & up)	\$300



\*Non-resident families that have more than four family members residing at the same address will pay \$50 for each additional family member. Subsequent family members must be 12-23-year-old and unmarried residing at the same address.

## Ongoing Monthly Fee (when a 12-month contract is signed)

Resident	Rate
Adult (18-59 years)	\$25
Couple (2 adults)	\$48
Family of 3 or more	\$62
Youth (12-17 years)	\$20
Senior (60 years & up)	\$20
Non-Resident	Rate
Adult (18-59 years)	\$35
Couple (2 adults)	\$58
Family of 3	\$77
Family of 4**	\$88
Youth (12-17 years)	\$30
Senior (60 years & up)	\$30

\*\*Non-Resident ongoing monthly fee: Non-resident families that have more than four family members residing at the same address will pay \$10 per month for each additional family member. Subsequent family members must be 12-23-year-old, unmarried residing at the same address.

## 6 Month and Quarterly Individual

Resident	Rate
6 Months	\$175
Quarterly	\$100
Non-Resident	Rate
6 Months	\$239
Quarterly	\$136

## Youth Annual Membership

(3-17 years)	Rate
Resident	\$50
Non-Resident	\$60

Youth Annual Membership includes open gym, elevated track, stretching area and locker rooms.

## Annual Track Only Membership

Resident	Rate
Adult (18-59 years)	\$40
Youth (3-17 years)	\$35
Senior (60 years & up)	\$35
Non-Resident	Rate
Adult (18-59 years)	\$85
Youth (3-17 years)	\$80
Senior (60 years & up)	\$80

### Fitness Center

#### Daily Admission Fees<sup>†</sup>

Resident Adult (18-59 yrs) .....	\$9
Resident Youth (12-17 yrs) .....	\$7
Resident Senior (60 yrs & up) .....	\$7

<sup>†</sup>Non-residents: additional \$2 will be added to the daily fees listed above.

### Open Gym, Elevated Track, Pickleball

#### Daily Admission Fees<sup>†</sup>

Resident Adult (18-59 yrs) .....	\$6
Resident Youth (3-17 yrs) .....	\$5
Resident Senior (60 yrs & up) .....	\$5

**Children ages 3-9 years old must be accompanied by a parent or guardian.**



# Villa Park | Parks & Recreation

## FACILITIES

### Villa Park Recreation Center

320 E. Wildwood Ave.  
630-749-3200  
Fax: 630-834-8982

Monday-Friday, 9 am - 7 pm  
Saturday, 9 am - 1 pm

### VPRC Fitness Center

Monday-Friday, 5:30 am - 9 pm  
Saturday-Sunday, 7 am - 6 pm

### Sugar Creek Golf Course

500 E. Van Buren St.  
630-834-3325

### Jefferson Pool

341 N. Harvard Ave.  
630-832-5632

### Parks, Buildings and Grounds Office & Maintenance Facility

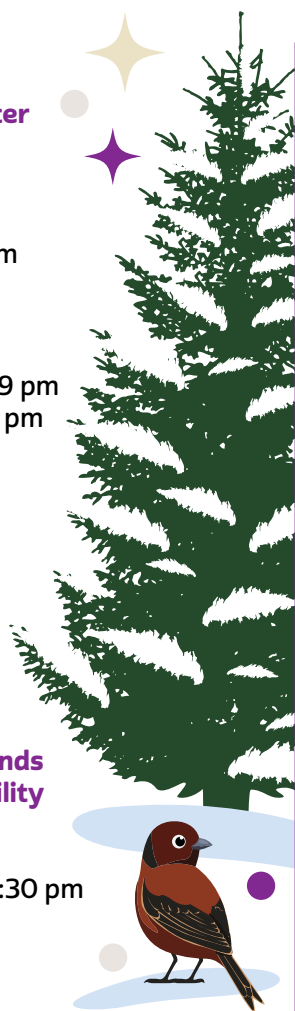
42 W. Home Ave.  
630-834-3051  
Monday-Friday, 7:30 am-3:30 pm

**VILLA PARK • Parks & Recreation**  
will be closed November 28 - December 1, 2024;  
December 24-25, 2024; January 1, 2025

**NOTE:** All programs have a minimum and maximum enrollment. If the minimum enrollment is not met prior to the program date, **VILLA PARK • Parks & Recreation** may have to cancel, postpone or consolidate the program with another program. If the program is cancelled, a program credit will be issued.

#### OOPS!

**VILLA PARK • Parks and Recreation** has made every effort to prepare our marketing material as accurately as possible, however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. **VILLA PARK • Parks & Recreation** reserves the right to make any such adjustments. The Recreation Department apologizes for any inconvenience these errors may cause.



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## OUR COMMITMENT

**VILLA PARK • Parks and Recreation** remains committed to providing the best recreation and leisure services to our community. With our “satisfaction guaranteed” pledge, residents and their guests can be assured that the staff at Villa Park Recreation Department will work to not only meet expectations but exceed them.



## PARKS AND RECREATION STAFF

### Greg Gola

Director of Parks & Recreation  
630-749-3180  
GregG@invillapark.com

### Gina M. Racanelli, CPRP CPO AFO

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### Brian Roche

Superintendent of Parks, Buildings & Grounds  
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630-749-3200

### Zoraida Santiago

Administrative Assistant  
ZSantiago@invillapark.com  
630-834-3051



You may notice letters after the names of staff listed in the directory. These sets of letters represent types of certifications.

Below please find an explanation for each of the certifications currently held by staff.

#### CPRP

The Certified Park and Recreation Professional (CPRP) is the national standard for all parks and recreation professionals that want to be at the forefront of the profession and is administered by the National Recreation & Park Association (NRPA). To become certified, candidates must pass an exam containing 150 questions. To maintain certification, staff must attend 20 hours of in-service training every two (2) years.

#### CPO

The Certified Pool Operator (CPO) course provides individuals with the knowledge, techniques and skills of pool operations. The National Swimming Pool Foundation (NSPF) administers the course. Certification is attained after completing a written exam and is valid for five (5) years.

#### AFO

The Aquatic Facility Operator (AFO) course provides comprehensive and up-to-date training on operations, mechanical systems, water chemistry, disinfection and safety. To become an AFO, you must enroll in the National Recreation and Park Association (NRPA) sponsored course and successfully pass the AFO exam. The AFO certification is valid for five (5) years.

## VILLA PARK OFFICIALS

**Nick Cuzzone**  
President

## BOARD OF TRUSTEES

**Cari Alfano**  
**Jorge Cordova**  
**Jack Corkery**  
**Jack Kozar**  
**Deepa Kumar**  
**Kevin Patrick**

**Hosanna Korynecky**  
Village Clerk

**Matthew Harline**  
Village Manager

## PARKS AND RECREATION ADVISORY COMMISSION

**Sam Bousum**  
**Sarah Collentine**  
**Christine Murphy**  
**Donna Noxon**  
**Ryann Pazar**  
**Michael Storino**  
**Cheryl Tucker**

## PARKS AND RECREATION ADVISORY COMMISSION

The Parks and Recreation Advisory Commission meets on the second Tuesday of every month at 7 pm at the Villa Park Recreation Center.

## PARK RULES AND REGULATIONS

It is desirable and in the best interest of the citizens of Villa Park that certain rules be established for use of the village parks. All patrons are requested to comply with the following:

1. Pets must be on a leash.
2. Alcoholic beverages are not allowed in any park or facility.
3. Driving or parking is not allowed in any grass or sports field.
4. For park hours and locations, please see page 7.



Any section or part of any park may be declared closed to the public by the Director of Parks and Recreation at any time for any interval of time.

## Building and Park Rental

The Villa Park Recreation Center is available for rent. In addition, we have many neighborhood park locations for your celebrations.

Rotary Park has some picnic amenities, including restroom facilities, and a picnic shelter. This centrally located park has enough parking to easily accommodate 20 cars, too.

Another great location for a family gathering is Twin Lakes Park. Located in the north central section of the village, this park has a playground, picnic shelter, two lakes for fishing, soccer and baseball fields, natural areas, restrooms, and on-site parking.

We also rent party equipment bags that contain a variety of sports equipment to make your outdoor party even more FUN! Rental forms are available at the Villa Park Recreation Center. Call 630-749-3200 for rental fees, availability and rental regulations. Requests are accepted on a first come, first served basis.

## Vandalism

Please notify **VILLA PARK • Parks and Recreation** immediately if you see broken play equipment, damaged park benches or vandalism to athletic fields or any park facilities. You can do this by visiting [invillapark.com](http://invillapark.com) and completing a service request. You can also submit a request through the MyVillaPark app where you can include pictures and track your request.

# General Information

## Americans with Disabilities Act

We comply with the Americans with Disabilities Act (ADA), which prohibits discrimination on the basis of disability. ADA requires that all recreation programs and services through the Village of Villa Park be available in the most integrated setting appropriate for each individual.

We work cooperatively with the Northeast DuPage Special Recreation Association (NEDSRA) to provide a "leisure buddy," or other service for those individuals requiring assistance for participation in our programs. For those with special needs, the support and encouragement provided by the leisure buddy may be the key ingredient to enjoyment and successful participation.

If any special accommodations are necessary for participation in any of our programs, or to receive any service available through the Village of Villa Park, please notify someone on the village staff upon registration.

## Accidents & Injuries Policy

The Village of Villa Park does not provide medical insurance coverage for injuries suffered while participating in recreation programs or while using park facilities. The Village, therefore, assumes no responsibility for personal injury while participating in recreation programs or while using park facilities.

## Speakers Bureau

**VILLA PARK • Parks & Recreation** staff welcome invitations to speak at your club or organization's next meeting. Presentations include discussion of recreation programs, park facilities and other aspects of the Recreation Division. Please call 630-749-3200 to arrange for a speaker.

## 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 may appear in the local newspapers and/or **VILLA PARK • Parks and Recreation** publications, including our website.

## Pesticide Information

**VILLA PARK • Parks & Recreation** is committed to providing quality trees, shrubs and turf areas in our Parks. As part of the maintenance program, chemical applications are necessary to control weeds and insects and to stimulate plant growth. The Department's staff is licensed by the State of Illinois to apply the chemicals in the Parks. This license is provided after the successful completion of training and testing by the Department of Agriculture. Generally, broadleaf weeds are treated as needed. All treated areas are posted for twenty-four (24) hours after application. Anyone who would like additional information regarding pesticide applications should call the Parks Division at 630-834-3051.

## Instructors Wanted!

*Special talent or hobby you'd like to share with others*

We are always looking for qualified instructors and new program ideas. If you enjoy working with people and have a great idea for a new class, we'd love to hear from you. Part-time and volunteer positions are available. If you are interested, call us at 630-749-3200.

### Instructors Wanted for the new Villa Park Recreation Center!

If you have a special talent or hobby you'd like to share with others, please contact Gina M. Racanelli, Assistant Director of Parks & Recreation at: [gracanelli@invillapark.com](mailto:gracanelli@invillapark.com).

## CODE OF CONDUCT

### Equal Access

Program participants, facility guests and spectators shall not be denied equal access to programs, activities, services or benefits, or be limited in exercise of any right, privilege, advantage or opportunity on the basis of race, sex, creed, national origin or disability.

### Behavior

Participants, spectators and staff are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to help make the programs offered at **VILLA PARK • Parks & Recreation** safe and enjoyable for everyone involved. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by staff.

Participants, spectators, facility guests and staff shall:

1. Show respect to all participants, spectators, facility guests and staff. They shall also be expected to take appropriate direction from staff.
2. Refrain from using abusive or foul language.
3. Refrain from causing bodily harm to self, other participants, spectators, facility guests or staff.
4. Show respect for equipment, supplies and facilities.
5. Follow all village ordinances, facility rules and school rules. These include and are not limited to rules regarding smoking, alcohol, bringing in refreshments into facilities, etc.
6. Not engage in any gang related activities including the display or possession of gang related symbols, the use of hand signals, soliciting membership, intimidating or threatening behavior, wearing or displaying any gang colors or clothing identified with gang activities, etc.

### Discipline

**VILLA PARK • Parks & Recreation** applies a caring and positive approach to maintaining appropriate behavior at programs and facilities. Staff will apply a positive approach to discipline. Staff will periodically review rules with participants, spectators and facility guests during the program session. If inappropriate behavior occurs, prompt resolution will be sought specific to each individual situation as per the Village Guidelines. The Director of Parks and Recreation reserves the right to combine or delete any guidelines, which, in their sole judgment, is necessary in order to insure safety and abate any nuisance.

## ONLINE REGISTRATION

We welcome you to register for most programs through online registration. We are introducing Registration Software for programs & events.

Please see Page 2 and Page 40 for detailed information.



## AVOID CANCELCATION

Most classes require a set minimum number of participants. Register at least a week prior to the start date to avoid cancellation.

## PROGRAM CAPACITY

All programs have minimum and maximum enrollment. If the minimum enrollment is not met prior to the program date, **VILLA PARK • Parks & Recreation** may have to cancel, postpone or consolidate the program with another program. If the program is cancelled, a program credit will be issued.



Cortesi Veterans Memorial Park



Iowa Community Center Playground



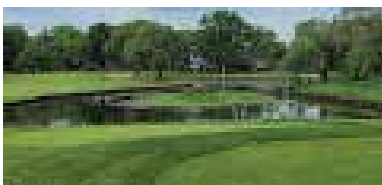
Jefferson Park and Pool



Prairie Path Playground



Rotary Park



Sugar Creek Golf Course



Willowbrook Park

**Cortesi Veterans Memorial Park**  
318 E. Kenilworth

Depot  
Passive Area with Benches  
Park Shelter  
Veterans Memorial



**Franklin Park**  
218 N. Third

Ballfield  
Picnic Area  
Playground Equipment  
Multi-Use Play Area



**Fulton-Douglas Retention Area**  
Fulton & Douglas

Water Retention Area  
Native Plant Life

**ICC Park & Playground**  
338 N. Iowa

Picnic Area  
Playground  
Multi-Use Play Area  
Soccer Fields  
Skate Park  
Bocce Ball Court  
Bago Court

**Jefferson Park and Pool**  
341 N. Harvard

Ice Skating  
Picnic Area  
Outdoor Pool  
Multi-Use Play Area  
Public Restrooms

**Lions Park**  
Villa Park Recreation Center

320 E. Wildwood  
Accessible Picnic Shelter\*  
Picnic Area \*  
Playground\*  
Public Restrooms  
Story Walk\*  
Pollinator Garden\*  
Senior Plaza\*  
Pergola\*  
Game Tables\*  
Bench Seating\*  
Butterfly Garden\*  
\*At press time, outdoor property under construction.

**Lufkin Park**

1000 S. Ardmore  
Performance Shelter  
Playground  
Ninja Warrior Course  
Water Spray Pad  
Bathroom  
Picnic Shelter  
Walking Trail  
Sensory Gardens  
Accessible Observation Pier



**North Terrace Park**  
300 N. Westmore

Picnic Area  
Playground Equipment  
Fishing Pond  
Multi-Use Play Areas  
Activity Building  
Park Shelter  
Accessible Pier  
Walking Path



**Prairie Path**  
Salt Creek to Addison between Central and Park

Picnic Area  
Playground Equipment  
Natural Areas  
Multi-Use Play Areas  
Rugaard Gazebo  
Historical Museum  
Park Shelter



**Rotary Park**  
600 E. Wildwood

Picnic Area  
Restrooms  
Park Shelter



**Sugar Creek Golf Course**  
500 E. Van Buren

Nine-Hole Golf Course  
Clubhouse and Pro Shop  
Driving Range

**Twin Lakes Park**  
Ardmore at Sidney

Multi-Use Play Areas  
Accessible Restrooms  
Accessible Picnic Shelter  
Accessible Fishing Pier  
Two Lakes  
Natural Areas  
Soccer Field  
Baseball Field



**Westland Park**  
Monterey at Riordon

Picnic Area  
Playground Equipment  
Multi-Use Play Area

**Westmore Park**  
500 N. Westmore

Picnic Area  
Playground Equipment  
Multi-Use Play Area  
Community Garden Plots  
Soccer Field

**Willowbrook Park**  
200 N. Highridge

Premier Ballfield  
Picnic Area  
Playground Equipment  
Multi-Use Play Area

**Willowbrook Tennis Courts**  
1250 S. Ardmore

Tennis Courts

**HELP US OUT BY KEEPING A WATCH ON OUR PARKS!**

Keep a watch over your neighborhood parks. Should you witness any vandalism or suspicious activities, please call 911 and provide the Villa Park Police Department with any information that would lead to the apprehension of vandals.





# Park Map

## PARKS AND FACILITIES

- 1 Franklin Park
- 2 Fulton-Douglas Retention Area
- 3 ICC Park & Playground
- 4 Jefferson Park and Pool
- 5 Lions Park / Villa Park Recreation Center
- 6 Lufkin Park
- 7 North Terrace Park
- 8 Prairie Path
- 9 Cortesi Veterans Memorial Park
- 10 Rotary Park
- 11 Sugar Creek Golf Course
- 12 Twin Lakes Park
- 13 Westland Park
- 14 Westmore Park
- 15 Willowbrook Park
- 16 Willowbrook Tennis Courts

## PARKS HOURS

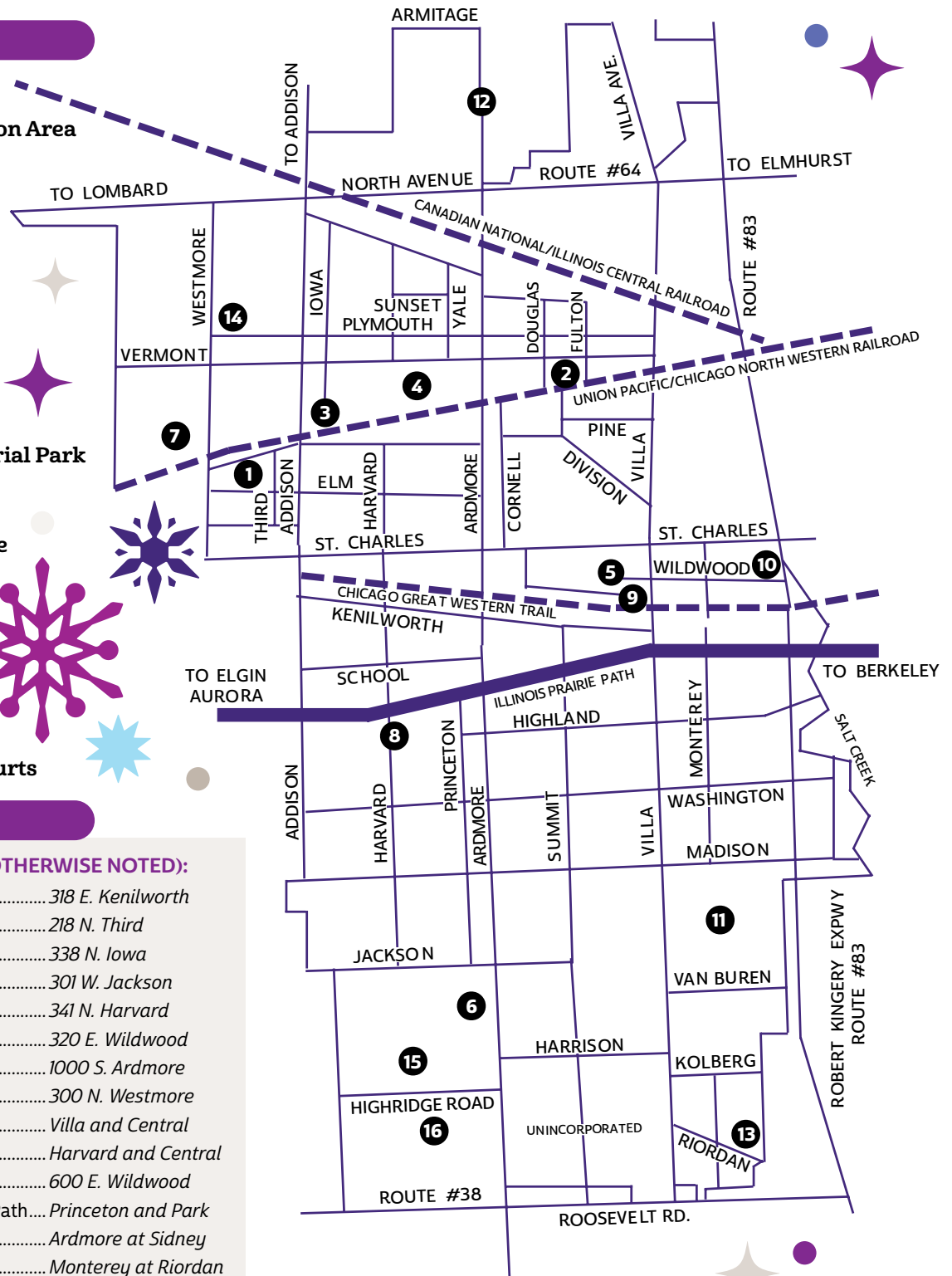
### 6 AM TO SUNSET (UNLESS OTHERWISE NOTED):

Cortesi Veterans Memorial Park	318 E. Kenilworth
Franklin Park	218 N. Third
ICC Park & Playground	338 N. Iowa
Jackson Fields	301 W. Jackson
Jefferson Park and Pool	341 N. Harvard
Lions Park Playground	320 E. Wildwood
Lufkin Park	1000 S. Ardmore
North Terrace Park Playground	300 N. Westmore
Prairie Path Playground	Villa and Central
Prairie Path Playground	Harvard and Central
Rotary Park	600 E. Wildwood
Rugaard Gazebo on the Prairie Path	Princeton and Park
Twin Lakes Park	Ardmore at Sidney
Westland Park	Monterey at Riordan
Westmore Park	500 N. Westmore
Willowbrook Park	200 W. Highridge

### 6 AM TO 9:30 PM\*:

Willowbrook Tennis Courts	1250 S. Ardmore
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\*WBHS activities receive priority use



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# ROOM RENTALS

**When making plans for family gatherings or group meetings, consider holding your event in one of our multi-use rooms at the Villa Park Recreation Center (VPRC), Cortesi Veterans Memorial Park Depot, or the North Terrace Building.**

Multi-use rooms make the ideal setting for small group meetings and gatherings. Tables and chairs are also included in your rental fee, and your room will be set up and ready for you to decorate when you arrive. North Terrace Building and the Depot at Cortesi Veterans Memorial Park are also available to rent. The VPRC Gym is available to rent for an athletic activity.

There is a 2-hour minimum for building rentals, multi-use room and the gym (half-court or full-court) at VPRC. The VPRC commercial kitchen is available for rent with the multi-use room rental at an additional fee. The kitchen is equipped with a 6-burner stove, large capacity refrigerator and a convection oven.

After you check on rates and availability, complete the application rental form and fax or drop it off at the **VILLA PARK • Parks & Recreation**. You can also send the form as an email attachment. Please note, a rental deposit is due at the time the reservation is approved. If you are interested to rent during the current season, staff will confirm availability and notify you within 3-5 business days if your date and time is available. Please include a daytime phone number for us to speak with you, this will expedite the process.

For more information on rentals and to download the Rental Application, go to [www.invillapark.com/Parks-Facilities](http://www.invillapark.com/Parks-Facilities)



## VPRC MULTI-USE ROOMS

320 E. WILDWOOD AVE. **RATES**

**HALF ROOM** R \$55/hr  
NR \$75/hr

**FULL ROOM** R \$75/hr  
NR \$95/hr

## VPRC KITCHEN

320 E. WILDWOOD AVE. **RATES**

**Additional fee with multi-use room rental** R \$75/hr  
NR \$95/hr



## VPRC GYM

320 E. WILDWOOD AVE. **RATES**

**HALF COURT** R \$55/hr  
NR \$75/hr

**FULL COURT** R \$75/hr  
NR \$95/hr

## Cortesi Veterans Memorial Park DEPOT

318 E. KENILWORTH

- No Kitchen Available
- Sink and Fridge Available
- Restrooms Available

**MAX. CAPACITY** **RATES**

**20** R \$75/hr  
NR \$95/hr





# Facility Rentals



## North Terrace BUILDING

300 N. WESTMORE

- Kitchen Available
- Restrooms Available

MAX. CAPACITY

RATES

20

R \$75/hr  
NR \$95/hr

## Sugar Creek Golf Course

500 East Van Buren, Villa Park

2025 Sugar Creek Rates can be found on [sugarcreekgolfcourse.org](http://sugarcreekgolfcourse.org)



**Reserve and prepay for your tee time online today!**

**Scan Code with Your Phone for Schedule and Online Registration.**



**NEW VILLA PARK RECREATION CENTER means new employment OPPORTUNITIES.**

**JOIN OUR TEAM!**



The Recreation Division wants to increase the size of our team! If you have interest and expertise in any of the following areas, please send a note to Gina M. Racanelli, Assistant Director of Parks & Recreation at: [gracanelli@invillapark.com](mailto:gracanelli@invillapark.com).

- Youth Dance Instructors
- Adult Dance Instructors
- Ballroom Dance Instructors
- Early Childhood (non-sport) Instructors
- Youth (non-sport) Instructors
- Culinary Program Instructors
- Nutrition Program Instructors
- Group Fitness Instructors
- Personal Trainers
- Birthday Party Staff
- Walking/Running Club Supervisor
- Front Desk Staff



## Rock “n” Kids

Wiggle and giggle with Rock “n” Kids! This program is a unique combination of sensory experiences with stimulating music and exercises to help strengthen and stretch your baby. Activities will include sing-alongs, exposure to simple instruments and sensory props, bean bag massages, motion exercises, bubbles, and more! Please bring a blanket or mat and get ready for a rockin’ good time with your tiniest dancer!  
**SUNSET KNOLL RECREATION CENTER,  
 820 S. FINLEY, LOMBARD**

## FAMILY KID ROCK

**AGES:** 1-5 w/ adult

**\$60 5 CLASSES**

Th 9:30-10:10 am Jan 9-Feb 6  
 Th 9:30-10:10 am Feb 20-Mar 20

**\$84 7 CLASSES**

Th 9:30-10:10 am Apr 10-May 22

## BABY ROCK

**AGES:** 3-12 months old w/ adult, non-walker

**\$53**

Th 10:20-10:50 am Jan 9-Feb 6  
 Th 10:20-10:50 am Feb 20-Mar 20

**\$75 7 CLASSES**

Th 10:20-10:50 am Apr 10-May 22

## Rhythm and Rhyme

Join the staff from the Villa Park Public Library for a story time on the road! Each week will feature stories, music, and movement.

**No Registration. This is a drop-in class.**

**AGE:** 2-5

**FREE**

**VILLA PARK RECREATION CENTER**

M 10-10:30 am Feb 10, Mar 17, Apr 21, May 19

## Little Artists

This class will introduce these beginning artists to finger paints, water colors, chalk art and more! This class utilizes instruments and materials that are suited to the dexterity and the fine motor skills of a 3 and 4 year old learner. Each week results in a new masterpiece. Please note this class can be messy. Dress for it!

**AGES:** 4-5

**\$42/\$32 SIBLING NO CLASS 2/28, 4/4, 4/18 5 CLASSES**

**VILLA PARK RECREATION CENTER**

F 11:30-12:30 pm Jan 31- Mar 7  
 F 11:30-12:30 pm Mar 21-May 2



## Little Chefs

Little foodies will eat up this fun cooking class. A new recipe will be prepared and enjoyed each week.

**AGES:** 4-5

**\$42/\$32 SIBLING NO CLASS 2/17 & 3/31 4/21 5 CLASSES**

**VILLA PARK RECREATION CENTER**

M 11:30 am-12:30 pm Jan 27-Mar 3  
 M 11:30 am-12:30 pm Mar 17-Apr 28

## Exploring Toddler

You and your tot will have a great time moving and exploring. We'll explore colors, read stories, sing, enjoy gym time and mingle with other parents.

**AGES:** 18-36 mos w/parent

**\$42/\$32 SIBLING NO CLASS 2/28 & 4/4 & 4/18 5 CLASSES**

**VILLA PARK RECREATION CENTER**

F 9:30-10:30 am Jan 31- Mar 7  
 F 9:30-10:30 am Mar 21-May 2

## Toddler Playtime **NEW**



Looking for a place for your toddler to play, explore, and socialize? If so, then we have the perfect activity for you! During Toddler Playtime Gym, one court is set up with scooters, tunnels, and other games to help your toddler develop their gross motor skills. \*This activity is unsupervised; no instructor will be provided, and a parent must accompany his or her child. This is a drop-in class.

**AGES:** 1-5

**\$5**

**VILLA PARK RECREATION CENTER**

Tu 9-10 am Feb 4-May 20

## DIY Build Your Own Stuffed Animal **NEW**



Brrrr, it's cold outside! Let's stay warm and make a snow-friend inside instead! Don't worry, this special stuffy won't melt!! First, we will stuff your new friend, wish upon a star, and think of a unique name to place on his/her birth certificate.

**AGES:** 3-6

**\$28/\$21 SIBLING**

**VILLA PARK RECREATION CENTER**

F 1-2 pm Feb 28

## Preschool Baking **NEW**



Introduce your little one to the joy of baking with Preschool Baking! Designed for young chefs ages 3 to 5, this hands-on experience fosters creativity and sensory exploration in a safe and playful environment. Children will mix, shape and decorate simple treats like cookies or cupcakes. It's a fun-filled adventure where they'll learn basic kitchen skills while savoring the sweetness of homemade goodies.

**AGES:** 3-5

**\$28/\$21 SIBLING**

**VILLA PARK RECREATION CENTER**

F 12-1pm Mar 14  
 F 12-1 pm May 2



# Early Childhood

## The following classes are offered by Ceramics @Nadine **NEW**

We're excited to introduce "Paint Your Own Pottery". Each month, we'll feature a new and exciting theme, perfect for kids ages 3-6 with their parent to explore their creativity. With step-by-step instructions, children will have a blast painting and designing their own unique creations. Once completed, the pieces will take two weeks to be glazed and ready for use. Families can pick up the finished masterpieces from the Villa Park Recreation Center. Join us for a fun and artistic experience!



### Create Your Own Cupcake Plate

A fantastic opportunity to personalize your dessert dish or birthday cake plate.

**AGES:** 3-6 w/ parent

**\$32**

**VILLA PARK RECREATION CENTER**

W 5-5:45 pm Feb 19

### Mother's Day

Paint a special vase for your Mother's Day flowers; a wonderful project to express your love for mom.

**AGES:** 3-6 w/ parent

**\$32**

**VILLA PARK RECREATION CENTER**

Sa 11-11:45 am May 3



## The following classes are offered by Sticky Fingers Cooking **NEW**



### 'COOL'inary Cooking Club

It's THYME to TURNIP the BEET on what kids EAT! Our interactive classes make cooking fun and deliciously educational. Kids will enjoy tasty, healthy recipes while learning S.T.E.A.M., culture, language, geography and more! Led by experienced chef instructors, we ensure all allergies are accommodated, and recipes are always nut-free. Explore our weekly recipes and join us to WHIP up some culinary fun all year. ALL ALLERGIES ARE ACCOMMODATED, and our recipes are always NUT FREE. Cook up some fun with us all school year-you'll never repeat a recipe. We have all new recipes planned throughout the school year! Please note that recipes are subject to change-based on our creative whim!

**AGES:** 3-6

**NO CLASS 2/17**

**\$173**

**VILLA PARK RECREATION CENTER**

M 3-4 pm Feb 3-Mar 17

M 3-4 pm Apr 7-May 12

### Sunrise Club

Start your student's day early with Sunrise Club.

**NO CLASS 12/31, 1/1**

**Tuesday/Wednesday/Thursday**

**8-9 am**

**Daily Fee: \$8**



### Little Learners Club PM

Extend your early childhood aged child each Tuesday, Wednesday, and Thursday with Little Learners Club. The day will include different enrichment classes such as art, science and sports class and gym time. The outdoor playground will also be utilized depending on weather. **Please pack your student with a nut free lunch and afternoon snack.**

**AGES:** 24 months-5 years

**NO CLASS 12/31, 1/1**

**Tuesday/Wednesday/Thursday**

**11:30 am - 4 pm**

**Daily Fee: \$39**



### Little Learners Club AM

Keep your child busy in the morning at Little Learners Club. The morning will include a variety of arts and crafts, gym time as well as large motor activities.

**Please pack your student with a nut free early morning snack.**

**AGES:** 24 months-5 years

**NO CLASS 12/31, 1/1**

**Tuesday/Wednesday/Thursday**

**9 - 11:30 am**

**Daily Fee: \$22**



# Little Learners Club Registration Form



DATES	DATES (CIRCLE DAYS WILL ATTEND)			TIME	FEE BY THE DAY	SUNRISE \$8 PER DAY	TOTAL FEES
<b>Little Learners Club AM &amp; Sunrise Club</b>							
Jan 2			2	9-11:30 am	_____ x \$22	_____ x \$8	
Jan 7-9	7	8	9	9-11:30 am	_____ x \$22	_____ x \$8	
Jan 14-16	14	15	16	9-11:30 am	_____ x \$22	_____ x \$8	
Jan 21-23	21	22	23	9-11:30 am	_____ x \$22	_____ x \$8	
Jan 28-30	28	29	30	9-11:30 am	_____ x \$22	_____ x \$8	
Feb 4-6	4	5	6	9-11:30 am	_____ x \$22	_____ x \$8	
Feb 11-13	11	12	13	9-11:30 am	_____ x \$22	_____ x \$8	
Feb 18-20	18	19	20	9-11:30 am	_____ x \$22	_____ x \$8	
Feb 25-27	25	26	27	9-11:30 am	_____ x \$22	_____ x \$8	
Mar 4-6	4	5	6	9-11:30 am	_____ x \$22	_____ x \$8	
Mar 11-13	11	12	13	9-11:30 am	_____ x \$22	_____ x \$8	
Mar 18-20	18	19	20	9-11:30 am	_____ x \$22	_____ x \$8	
Mar 25-27	25	26	27	9-11:30 am	_____ x \$22	_____ x \$8	
Apr 1-3	1	2	3	9-11:30 am	_____ x \$22	_____ x \$8	
Apr 8-10	8	9	10	9-11:30 am	_____ x \$22	_____ x \$8	
Apr 15-17	15	16	17	9-11:30 am	_____ x \$22	_____ x \$8	
Apr 22-24	22	23	24	9-11:30 am	_____ x \$22	_____ x \$8	
Apr 29-May 1	29	30	1	9-11:30 am	_____ x \$22	_____ x \$8	
May 6-8	6	7	8	9-11:30 am	_____ x \$22	_____ x \$8	
May 13-15	13	14	15	9-11:30 am	_____ x \$22	_____ x \$8	
May 20-22	20	21	22	9-11:30 am	_____ x \$22	_____ x \$8	

<b>Little Learners Club PM</b>							
Jan 2			2	11:30-4 pm	_____ x \$39		
Jan 7-9	7	8	9	11:30-4 pm	_____ x \$39		
Jan 14-16	14	15	16	11:30-4 pm	_____ x \$39		
Jan 21-23	21	22	23	11:30-4 pm	_____ x \$39		
Jan 28-30	28	29	30	11:30-4 pm	_____ x \$39		
Feb 4-6	4	5	6	11:30-4 pm	_____ x \$39		
Feb 11-13	11	12	13	11:30-4 pm	_____ x \$39		
Feb 18-20	18	19	20	11:30-4 pm	_____ x \$39		
Feb 25-27	25	26	27	11:30-4 pm	_____ x \$39		
Mar 4-6	4	5	6	11:30-4 pm	_____ x \$39		
Mar 11-13	11	12	13	11:30-4 pm	_____ x \$39		
Mar 18-20	18	19	20	11:30-4 pm	_____ x \$39		
Mar 25-27	25	26	27	11:30-4 pm	_____ x \$39		
Apr 1-3	1	2	3	11:30-4 pm	_____ x \$39		
Apr 8-10	8	9	10	11:30-4 pm	_____ x \$39		
Apr 15-17	15	16	17	11:30-4 pm	_____ x \$39		
Apr 22-24	22	23	24	11:30-4 pm	_____ x \$39		
Apr 29-May 1	29	30	1	11:30-4 pm	_____ x \$39		
May 6-8	6	7	8	11:30-4 pm	_____ x \$39		
May 13-15	13	14	15	11:30-4 pm	_____ x \$39		
May 20-22	20	21	22	11:30-4 pm	_____ x \$39		

**FEES SUB-TOTAL**

Non-Resident Fee \$3/person per program

Voluntary Contribution  
to Financial Assistance Fund

**TOTAL FEES**

Child's Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

PLEASE COMPLETE THE REVERSE SIDE OF THIS FORM. >>>



# Little Learners Club Waiver

## VILLA PARK | Parks & Recreation

Family and Last Name of Head of Household: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Ph: \_\_\_\_\_ Secondary Ph: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Work Ph: \_\_\_\_\_ Cell: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Work Ph: \_\_\_\_\_ Cell: \_\_\_\_\_

Family E-mail Address: \_\_\_\_\_

Please List All Allergies and Special Accommodations: \_\_\_\_\_

### EMERGENCY NAMES AND PHONE NUMBERS: (other than parents/guardians)

1. _____	_____	_____	_____	_____
NAME	RELATION	HOME#	CELL#	WORK#
2. _____	_____	_____	_____	_____
NAME	RELATION	HOME#	CELL#	WORK#

### EMERGENCY TREATMENT PERMISSION | Village of Villa Park Recreation Department

**Waiver/Release of All Claims and Emergency Treatment Permission**  
Please read this form carefully and be aware that by signing this form and participating in the programs listed, that you will be waiving and releasing all claims for injuries you or your children might sustain arising out of these programs.

**Release and Hold Harmless Agreement**  
As a participant in this **VILLA PARK • Parks & Recreation** program, I recognize and acknowledge that there are certain risks of injury and I waive and relinquish all claims I or my children may have as a result of participating in this program against the Village of Villa Park and its officials (either elected or appointed), commissioners, officers, agents, employees, and volunteers. I further agree to indemnify, hold harmless and defend the Village of Villa Park and its officials (either elected or appointed), commissioners, officers, agents, employees, and volunteers from and against any and all claims, suits, or cause of actions, including reasonable attorney's fees, sustained or caused by myself or my children arising out of, in connection with, or in any way associated with the activities of this program.

I give my child permission to participate in this program, and on the child's behalf as parent and/or legal guardian I hereby waive, release and forever discharge any and all claims against the Village of Villa Park and its officials (either elected or appointed), commissioners, officers, agents, employees, and volunteers for damages and/or injuries which may arise from my child's participation in this program.

**Emergency Treatment Permission**  
I understand that a minor may not be treated, even in an emergency situation, except when, in the opinion of the attending physician, life is in the balance. Consent of a parent or legal guardian is necessary for unmarried minors (under 18) except in such cases. Written consent is required for all other treatment.

\_\_\_\_\_  
Signature of Participant, Parent or Legal Guardian

\_\_\_\_\_  
Date

Accordingly, as a parent and/or legal guardian, I do herewith authorize the treatment of the minor enrolling in this program in the event of a medical emergency, including administration of first aid, as appropriate, and further agree that I will be responsible for payment of any and all medical services rendered.

I understand that the village does not provide medical insurance for program participants.

I agree that any person or entity, including any doctor, or healthcare provider, may rely on a photocopy of this document the same as if it were an original.

**Acknowledgment**  
I have read and fully understand the registration policies, the "Release and Hold Harmless Agreement" and the "Emergency Treatment Permission." This release and medical authorization form is completed and signed of my own free will even though I understand it is a requirement for participation in this program. I represent to the Village of Villa Park that I am familiar with the program and its physical demands, and I attest and verify that the participant, whether myself or my child, is physically fit for this program.

**Photo Consent**  
I understand that my child may be photographed while participating in the Village of Villa Park Recreation Division programs. I understand that these photos may be used in printed material and on the Parks and Recreation website for publicity purposes.

I give my consent for my child to be photographed while participating in the Village of Villa Park Recreation Division programs.

\_\_\_\_\_  
Signature of Participant, Parent or Legal Guardian

\_\_\_\_\_  
Date

This waiver must be signed by all participating adults 18 years old and over, and by a parent or guardian for each participant under age 18. If registering a minor participant, I further attest that I have read these instructions to my minor child/ward.



### Early Childhood Preschool

Our program is designed to give children ages 2-5 the advantage needed to succeed in school. Our enthusiastic teachers genuinely care about and understand each child’s individual developmental needs and learning styles. They take the time to help each child discover, in his or her own way, a fascinating world of learning and play.

### Preschool Class Options 2025-2026 School Year Open Registration: February 24, 2025

#### 2 ½-Year-Old Program

Child Must Be 2 ½ Years Old by 9/1/2025

**Monday/Wednesday**  
9-11:00 am

#### 3-Year-Old Program

Child Must Be 3 Years Old and bathroom independent by 9/1/2025

**Tuesday/Thursday**  
9-11:30 am

#### 4-Year-Old Program

Child Must Be 4 Years Old and bathroom independent by 9/1/2025

**Monday/Wednesday/Friday**  
9-11:30 am

PRESCHOOL TUITION DUE DATES		FULL DUE on or Before Sept. 3	9 INSTALLMENTS Sept. 3 and Oct-May on the First of each month
4-Year-Old	Resident	\$2,197	\$256
4-Year-Old	Non-Resident	\$2,395	\$279
3-Year-Old	Resident	\$1,465	\$171
3-Year-Old	Non-Resident	\$1,597	\$186
2 ½-Year-Old	Resident	\$1,178	\$144
2 ½-Year-Old	Non-Resident	\$1,284	\$157

Registration is available online or in person at the Villa Park Recreation Center.

**Non-refundable registration fee of \$99**

#### Preschool Prep 2-Year-Old Program

Fridays, 9-10:30 am (12 Week Program)

Registration Fee of \$49

Resident \$189 / Non-Resident \$206

**Child Must Be 2 Years Old by 9/1/2025**

F 9-10:30 am Sep 12-Dec 12 NO CLASS 10/10, 11/28

**Child Must Be 2 Years Old by 1/1/2026**

F 9-10:30 am Starting January 2026 (Dates TBD)



## THANK YOU VILLA PARK VOLUNTEERS

*People who make a difference*

### 2024 FALL SOCCER COACHES

Marc Bregman  
Glenn Brunton  
Heather Callan  
John Dorhauer  
Liz Frega  
Nick Full  
Joseph Golba

Bob Hauser  
Max Hellermann  
Tamanna Islam  
Jeff Logan  
Andrew Mattson  
Melinda Meyer  
Justin Murphy

Roger Payton  
Mike Siwinski  
Rick Tarsitano  
Martijn Van Oort  
Argeniz Vazquez  
Tony Wilder

This past year volunteers contributed 3000 hours to various programs and events, enhanced the quality of those programs and made it possible for them to be offered. A big thank you to these recent volunteers.

## Rainout Line

Live Updates for VILLA PARK • Parks & Recreation  
BE IN THE KNOW! DOWNLOAD THE APP TODAY!

Call for Status Updates  
**(630) 934-0367**

**SIGN UP FOR**  
EMAIL & TEXT ALERTS!



Search "Villa Park"  
on RainoutLine.com

### It's not just for when it rains!

This communication tool provides real-time field condition updates, program cancellations due to emergencies and inclement weather, as well as program related brief text / email messages with easy to read vital information.

There are three ways to access the Rainout Line. You may call 630-934-0367 and select which program area that you are inquiring about; you will then hear a robo-message. You may sign up to receive text and email messages. The third option, which is most favorable, is to download the app (Google Play or the App Store) and follow the on-screen instructions on your device. It is that simple. Keep in mind, that all three options are available. You don't have to pick just one.

**Should you have questions, please call 630-749-3200.**

Search for a Status 

**RainoutLine.com**



## Winter & Spring Break Camps

Enjoy your break from school with us at Winter and Spring Break Camp! With so many different games and activities planned, you won't want to miss out on a day of fun. Please send a sack lunch each day.

**Please note:** pre-registration is necessary. We recommend registering your camper early as camp may be full.

**AGES:** 5\*-12 (\*Must be attending kindergarten)



### Winter Camp



IOWA COMMUNITY CENTER

\*DEC 27 - FIELD TRIP: THE WATER WORKS INDOOR WATER PARK

\*JAN 3 - FIELD TRIP: SUBURBANITE BOWL

Spots for this trip are limited and are taken on a first come first serve basis.

WINTER CAMP SCHEDULE		SUNRISE CAMP 7:30-9 am	WINTER CAMP 9 am-4 pm	SUNSET CAMP 4-6 pm
M	Dec 23	\$10 DAILY	\$35 DAILY	\$12 DAILY
Th	Dec 26	\$10 DAILY	\$41 DAILY	\$12 DAILY
F*	Dec 27	\$10 DAILY	\$35 DAILY	\$12 DAILY
M	Dec 30	\$10 DAILY	\$35 DAILY	\$12 DAILY
Th	Jan 2	\$10 DAILY	\$35 DAILY	\$12 DAILY
F*	Jan 3	\$10 DAILY	\$41 DAILY	\$12 DAILY

### Spring Break Camp



VILLA PARK RECREATION CENTER

APR 2 - FIELD TRIP: PIZZA BY ME AT LOU MALNATI'S, OAKBROOK

Spots for this trip are limited and are taken on a first come first serve basis.

SPRING BREAK CAMP SCHEDULE		SUNRISE CAMP 7:30-9 am	SPRING BREAK CAMP 9 am-4 pm	SUNSET CAMP 4-6 pm
M	Mar 31	\$12 DAILY	\$37 DAILY	\$14 DAILY
T	Apr 1	\$12 DAILY	\$37 DAILY	\$14 DAILY
W*	Apr 2	\$12 DAILY	\$43 DAILY	\$14 DAILY
Th	Apr 3	\$12 DAILY	\$37 DAILY	\$14 DAILY
F	Apr 4	\$12 DAILY	\$37 DAILY	\$14 DAILY

## Looking Ahead... Summer Camp 2025

It's not too early to start thinking about Summer Camp!

Registration will begin Monday, March 17, 2025. Look for more information in the summer brochure.

It will start the week of June 2 and run through the week of August 8.

- Campers are divided up by age, Junior Adventure Camp (5-7) and Adventure Camp (8-12) and enjoy daily swimming (weather permitting) and weekly field trips.
- We also provide Sunrise and Sunset Camps for campers who need care before and/or after camp.
- You may register for all 10 weeks of summer fun or weekly.

With so much fun packed into 10 weeks, you won't want to miss out.



# Discover Dance

## DISCOVER DANCE

All dancers must be the proper age by the first day of class. All dance classes are for children unless otherwise noted. Proper dance attire is mandatory.  
**ALL CLASSES ARE HELD AT THE VILLA PARK RECREATION CENTER**

**APRIL 7-MAY 12**  
**6 CLASSES**



### DANCE CLASS DESCRIPTIONS



### CLASS ATTIRE

**CREATIVE DANCE AND BALLET:**

Black leotard, pink, black or tan tights, skirts are acceptable, pink ballet shoes.

**ADULT AND ME:**

Yoga pants, t-shirts, shorts.

**JAZZ:**

Black leotard, pink, black or tan tights, leggings and jazz shorts are acceptable, black jazz shoes.

**TAP:**

Black leotard, pink, black or tan tights, leggings and jazz shorts are acceptable, black slip on or tie tap shoes.

**HIP HOP:**

Yoga pants, t-shirts, shorts, black gym shoes or black jazz shoes.

**MODERN:**

Black leotard, pink, black or tan convertible tights, leggings and jazz shorts are acceptable, no shoes required.

Dance warmups (e.g. jazz pants, shrugs, leg warmers) may be worn to class but it is to the instructor's discretion to ask the dancer to remove them once class has begun. Hair must be securely pulled back off the dancer's face for every class. Dancers will be asked to observe class without proper attire and/or hair.

#### Tiny Twirlers

For dancers ages 2.5-3, this is a 30-minute Ballet & Creative Movement class. Students exercise and dance together, work on gross motor skills and enjoy time together with their friends.

#### Creative Dance

Creative Dance introduces dance and encouragement of self-expression for our youngest dancers. Instruction includes developmentally appropriate activities in movement, music, coordination and an introduction to ballet.

#### Adult & Me

Adult & Me classes involve lots of imagination and games to keep the interest and attention of young students. Children use large motor skill movements such as jumping, skipping and hopping, all while becoming aware of music and rhythm.

#### Pre-Ballet

Pre-Ballet's major goal is to experience the joy of dance, enrich skills and learn to appreciate this art. Simple ballet steps are taught as well as the five ballet positions. Skills are completed both at the barre and in the center of the floor. Basic arm positions are introduced. Students continue to work on concepts learned in Creative Dance, but with greater complexity and more emphasis on elementary ballet steps. Ballet shoes required.

#### Beginner Ballet

Dancers will increase knowledge of proper alignment and positioning through skills in barre, center, adagio and allegro. Beginners need no prior experience. Ballet shoes required.

#### Jazzy Juniors

Beginner dancers need no prior experience and receive basic and fundamental training in the varied forms of expression in jazz dance. Jazz shoes required. Ballet shoes may not be substituted for jazz shoes.

#### Ballet/Jazz

A combination of skills introduced in both pre-ballet and jazz combo class. Techniques for each will be taught with simple step and dance combinations. Ballet and jazz shoes required. Ballet shoes may not be substituted for jazz shoes.

#### Lil Tappers

Explore the fun of rhythms and sounds you can make with your feet. This class will begin with tap basics such as shuffles, heels, flaps and more! Dance Attire: leotard, tights, shorts, capris and tap shoes.

#### Hip Hop

In this dynamic upbeat class, dancers will learn hip hop technique and choreography. Dancers develop rhythm, coordination, and self-expression. Dancers need black gym shoes or black jazz shoes.

#### Modern

Dancers will learn a style of dance, free from the restrictions of ballet, where students dance barefoot while exploring their use of gravity. Class curriculum will include an introduction to various styles of modern techniques. Dancers work barefoot.



Please note that minimum registration numbers need to be met for each class in order for them to run. To avoid having to cancel/combine classes or be put on a wait list, we strongly encourage signing up early for classes.



## Dance Class Schedule

CLASS	AGE	DAY	TIME	FEE	INSTRUCTOR
<b>April 7-May 12</b>					
Tiny Twirlers	2.5-3	M	4:30-5 pm	\$30	Mary
Adult & Me	2-3	M	5-5:30 pm	\$30	Mary
<b>April 8-May 13</b>					
Lil Tappers	3-4	Tu	4:30-5:15 pm	\$41	Mary
Creative Dance	3-4	Tu	5:15-6 pm	\$41	Mary
Jazzy Juniors	4-5	Tu	6-6:45 pm	\$41	Mary
<b>April 9-May 14</b>					
Pre Ballet	5-6	W	4:30-5:15 pm	\$41	Mary
Ballet/Jazz	5-7	W	5:15-6:15 pm	\$55	Mary
Technique/Strengthening	8+	W	6:15-7:15 pm	\$55	Mary
<b>April 10-May 15</b>					
Beg Ballet	6-8	Th	4:15-5 pm	\$41	Ava
Lil Hip Hop	5-6	Th	5-6 pm	\$55	Ava
Beg Hip Hop	7+	Th	6-7 pm	\$55	Ava
<b>April 12-May 17</b>					
Creative Dance	3-4	Sa	9:30-10:15 am	\$41	Hannah
Pre Ballet	5-6	Sa	10:15-11 am	\$41	Hannah
Modern	8+	Sa	11-12 pm	\$55	Hannah

IA = Instructor Approval  
\* = Different Fee

All dancers must be the proper age by the first day of class.

## Adult Dance

Love to dance? Indulge your passion in this class. Adult classes are open for adult dancers of all ages and abilities. Whether a student has years of dance experience or wants to learn dance for the first time. All classes are fun, educational and challenging. Each session offers a great workout to relieve daily stress. First session will focus on Ballet.

**AGES:** 18 and older

**\$55 6 CLASSES**

**NO CLASSES 11/6 & 11/27**

**VILLA PARK RECREATION CENTER**

W 7:15-8:15 pm Apr 9-May 14

**Questions regarding the dance program? Contact Ms. Mary, Discover Dance Director at [mtrinco@invillapark.com](mailto:mtrinco@invillapark.com).**

**Scan QR Code from your phone**



**Need dance attire for your class? We have you covered.**

Shop our online one stop shop and look your best for class. Ships right to your house and easy returns.

<http://shopnimbly.force.com/VillaParkDiscoverDance>



# Gymnastics

**VILLA PARK • Parks and Recreation is proud to partner with Tumbling Times Gymnastics in Addison to provide you with an elite gymnastics training center.**



Their mission is to build confidence, courage, strength and self-control in a fun and safe environment. All classes are held at Tumbling Times Gymnastics, 400 Rohlwing Road, Addison.

## SESSION 1

Jan 6-Feb 15  
6 CLASSES

## SESSION 2

Feb 17-Mar 29  
6 CLASSES

## SESSION 3

Apr 7-May 17  
NO CLASS 4/18, 4/19

### Parent-Tot Gymnastics

Over, under, forward and back; there's an adventure in every class. With the help of parents, children will explore the four areas of gymnastics (bars, beam, vault and tumbling). Participants will learn skills related to jumping, skipping, rolling, climbing and balancing.

**AGES:** 18 mos-3 years

### Tiny Times Gymnastics

Children will learn body position as well as beginning skills on the bars, floor, springboard and balance beam. All participants must be toilet independent and be able to follow directions without the help of a parent.

**AGES:** 3-4

### Super Times Gymnastics

The gymnastics adventure continues. Swinging, rolling, jumping and balancing, children will learn skills on the bars, floor, springboard and balance beam. All participants must be potty trained and be able to follow directions without the help of a parent.

**AGES:** 5-6

### Ninja Warrior

Challenge your inner ninja with our Ninja Warrior class. Ninjas will gain endurance and strength with our Ninja Warrior obstacle courses. Climb, crawl, jump, flip, hang and swing your way through a different course each week.

**AGES:** 5-12

### Beginner Level 1

Participants learn skills on the traditional gymnastics' events, including tumbling, bars, vault and beam, all in a controlled environment. Children who have never been in a gymnastics class before should enroll in Beginner 1.

**AGES:** 6-14

### Beginner Level 2

Participants master the skills developed in Beginner 1, while learning new skills on floor, bars, beam and vault. Children who have previously taken gymnastics classes may sign up for Beginner 2 but must demonstrate the required skills of a Level 2 gymnast.

**AGES:** 7-14

### Beginner Level 3

Participants master the skills developed in Beginner 2, while learning new skills on floor, bars, beam and vault. This class is for children working on front walkover, starts of flip flops. Children who have previously taken gymnastics classes may sign up for Beginner 3 but must demonstrate the required skills of a Level 3 gymnast.

**AGES:** 7-14

### Tumbling 1

#### Rolls to Walkovers

Tumblers will learn progressions from forward and backward rolls, up through front and back walkovers.

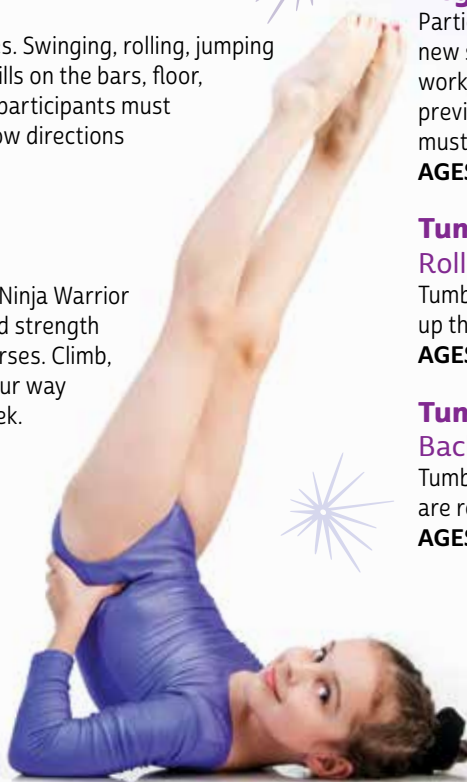
**AGES:** 6-14

### Tumbling 2

#### Back Handsprings to Back Tucks

Tumblers who can successfully perform a back and front walkover are ready to learn back handsprings and back tucks.

**AGES:** 6-14





DAY	TIME	SESSION 1		SESSION 2		SESSION 3	
<b>Parent Tot Gymnastics</b>		<b>6 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>
M	9:45-10:15 am	Jan 6-Feb 10	\$90	Feb 17-Mar 24	\$90	Apr 7-May 12	\$75
Tu	5-5:30 pm	Jan 7-Feb 11	\$90	Feb 18-Mar 25	\$90	Apr 8-May 13	\$75
W	9:30-10 am	Jan 8-Feb 5	\$90	Feb 19-Mar 26	\$90	Apr 9-May 14	\$75
Sa	8:30-9 am	Jan 11-Feb 15	\$90	Feb 22-Mar 29	\$90	Apr 12-May 17	\$60
<b>Tiny Times Gymnastics</b>		<b>6 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>
M	10:30-11:15 am	Jan 6-Feb 10	\$96	Feb 17-Mar 24	\$96	Apr 7-May 12	\$80
M	6:45-7:30 pm	Jan 6-Feb 10	\$96	Feb 17-Mar 24	\$96	Apr 7-May 12	\$80
Tu	10:15-11 am	Jan 7-Feb 11	\$96	Feb 18-Mar 25	\$96	Apr 8-May 13	\$80
W	10:15-11 am	Jan 8-Feb 12	\$96	Feb 19-Mar 26	\$96	Apr 9-May 14	\$80
W	5:30-6:15 pm	Jan 8-Feb 12	\$96	Feb 19-Mar 26	\$96	Apr 9-May 14	\$80
Sa	9:10-9:45 am	Jan 11-Feb 15	\$96	Feb 22-Mar 29	\$96	Apr 12-May 17	\$64
Sa	10:30-11:15 am	Jan 11-Feb 15	\$96	Feb 22-Mar 29	\$96	Apr 12-May 17	\$64
<b>Ninja Warrior</b>		<b>6 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>
F	5-5:40 pm	Jan 10-Feb 14	\$102	Feb 21-Mar 28	\$102	Apr 11-May 16	\$88
<b>Super Times Gymnastics</b>		<b>6 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>
M	10:30-11:15 am	Jan 6-Feb 10	\$96	Feb 17-Mar 24	\$96	Apr 7-May 12	\$80
M	6:45-7:30 pm	Jan 6-Feb 10	\$96	Feb 17-Mar 24	\$96	Apr 7-May 12	\$80
Tu	10:15-11 am	Jan 7-Feb 11	\$96	Feb 18-Mar 25	\$96	Apr 8-May 13	\$80
W	10:15-11 am	Jan 8-Feb 5	\$96	Feb 19-Mar 26	\$96	Apr 9-May 14	\$80
W	5:30-6:15 pm	Jan 8-Feb 5	\$96	Feb 19-Mar 26	\$96	Apr 9-May 14	\$80
Sa	9:15-10 am	Jan 11-Feb 15	\$96	Feb 22-Mar 29	\$96	Apr 12-May 17	\$64
Sa	10:30-11:15 am	Jan 11-Feb 15	\$96	Feb 22-Mar 29	\$96	Apr 12-May 17	\$64
<b>Beginner Level 1</b>		<b>6 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>
M	4:15-5:15 pm	Jan 6-Feb 10	\$102	Feb 17-Mar 24	\$102	Apr 7-May 12	\$85
M	5:30-6:30 pm	Jan 6-Feb 10	\$102	Feb 17-Mar 24	\$102	Apr 7-May 12	\$85
Tu	4:15-5:15 pm	Jan 7-Feb 11	\$102	Feb 18-Mar 25	\$102	Apr 8-May 13	\$85
W	4:15-5:15 pm	Jan 8-Feb 5	\$102	Feb 19-Mar 26	\$102	Apr 9-May 14	\$85
W	5:30-6:30 pm	Jan 8-Feb 5	\$102	Feb 19-Mar 26	\$102	Apr 9-May 14	\$85
Sa	10:10-11:10 am	Jan 11-Feb 15	\$102	Feb 22-Mar 29	\$102	Apr 12-May 17	\$68
<b>Beginner Level 2</b>		<b>6 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>
M	4:15-5:15 pm	Jan 6-Feb 10	\$102	Feb 17-Mar 24	\$102	Apr 7-May 12	\$85
M	5:30-6:45 pm	Jan 6-Feb 10	\$102	Feb 17-Mar 24	\$102	Apr 7-May 12	\$85
Tu	4:15-5:15 pm	Jan 7-Feb 11	\$102	Feb 18-Mar 25	\$102	Apr 8-May 13	\$85
W	4:15-5:15 pm	Jan 8-Feb 5	\$102	Feb 19-Mar 26	\$102	Apr 9-May 14	\$85
W	5:30-6:30 pm	Jan 8-Feb 5	\$102	Feb 19-Mar 26	\$102	Apr 9-May 14	\$85
Sa	11:10 am-12:10 pm	Jan 11-Feb 15	\$102	Feb 22-Mar 29	\$102	Apr 12-May 17	\$68
<b>Beginner Level 3</b>		<b>6 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>
Sa	10:15-11:45 am	Jan 11-Feb 15	\$162	Feb 22-Mar 29	\$162	Apr 12-May 17	\$135
<b>Tumbling 1</b>		<b>6 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>
Tu	5:20-6:20 pm	Jan 7-Feb 11	\$102	Feb 18-Mar 25	\$102	Apr 8-May 13	\$85
<b>Tumbling 2</b>		<b>6 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>	<b>5 Weeks</b>	<b>Fee</b>
Tu	5:20-6:20 pm	Jan 7-Feb 11	\$102	Feb 18-Mar 25	\$102	Apr 8-May 13	\$85



## The following classes are offered by Afterschool Enrichment Solutions

### Smart Start Art

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

**GRADES:** K-3

**\$123 6 CLASSES**

**VILLA PARK RECREATION CENTER**

W 5-6 pm Jan 29-Mar 5  
W 5-6 pm Apr 23-May 28

### Smart Start Art Camp

Explore your artistic side with Smart Start Art from Afterschool Enrichment Solutions. Strap on your backpack as we take a virtual trip around the world and encounter international art! Discover your creativity and imagination as an artist, developing fine motor skills, style and vision as we explore different artistic techniques through a variety of inspiring projects. Sketch and draw, shade and color, cut, glue, fold... create! See your imagination come to life! Learn about great artists from throughout history and the present day, through a weekly featured artist and fun, exciting games. No experience necessary.

**GRADES:** K-3

**\$153 5 CLASSES**

**VILLA PARK RECREATION CENTER**

M-F 9-10:30 am Mar 31-Apr 4

### STEAM

This exciting program from Afterschool Enrichment Solutions brings together elements of science, art and math in a hands-on, action-packed environment! Students will conduct experiments, play educational games and unlock their creativity through building challenges and projects. No experience necessary!

**GRADES:** K-5

**\$130 6 CLASSES**

**SUNSET KNOLLS, 820 S. FINLEY RD., LOMBARD**

W 6-7 pm Jan 29-Mar 5  
W 6-7 pm Apr 23-May 28

### STEAM Camp

This exciting program from Afterschool Enrichment Solutions brings together elements of science, art and math in a hands-on, action-packed environment! Students will conduct experiments, play educational games and unlock their creativity through building challenges and projects. No experience necessary!

**GRADES:** K-5

**\$162 5 CLASSES**

**SUNSET KNOLLS, 820 S. FINLEY RD., LOMBARD**

M-F 10:45 am-12:15 pm Mar 31-Apr 4



### Chess Scholars

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

**GRADES:** K-8

**\$123 6 CLASSES**

**SUNSET KNOLLS, 820 S. FINLEY RD., LOMBARD**

S 11 am-12 pm Feb 1-Mar 8  
S 11 am-12 pm Apr 26-May 31

### Chess Scholars Camp

Develop your child’s intellect through the royal game of chess! This half-day is perfect for beginners as well as experienced players. Each day will consist of a fun interactive teaching period, followed by guided practice time, allowing the students to play against one another while being coached by an experienced instructor. The camp session will conclude with a non-elimination tournament.

**GRADES:** K-8

**\$153 5 CLASSES**

**SUNSET KNOLLS, 820 S. FINLEY RD., LOMBARD**

M-F 1:30-3 pm Mar 31-Apr 4

### Amigos

Learning Spanish is as easy as uno, dos, tres! In Afterschool Amigos Spanish club, children will learn the vocabulary basics of self, family life, numbers, colors, shapes, greetings, days of the week and more. We will be singing, clapping and counting our way towards learning the Spanish language.

**GRADES:** K-5

**\$130 6 CLASSES**

**VILLA PARK RECREATION CENTER**

F 6-7 pm Jan 31-Mar 7  
F 6-7 pm Apr 25-May 30



## The following classes are offered by Glitzy Girlz **NEW**

### Winter Fantasy Princess Glam Night

Come beat the Winter slump and join Glitzy Girlz for a night of glam with a unicorn rainbow fantasy theme. Our staff will give a pretty make-over complete with hairdo, make-up sparkle and nail polish application. Decorate a unique craft with paints, stickers, embellishments and personalization. Design a beautiful beaded bracelet with a fantasy charm assortment. Staff will play music and run a Fashion Show at end of class for parents. A fantasy glam bag goes home with each participant.

**AGES:** 5-8

**\$33**

**VILLA PARK RECREATION CENTER**

W 6-7:15 pm Feb 26

### Neon Glam Jam Dance Party

Come join Glitzy Girlz for a night of neon and fun with our staff! We will give each participant a pampering of GLAM with a Neon Hair Braids, neon make-up sparkle and neon nail polish application. Each person decorates a unique craft with a Neon color and accents like jewels & personalization. They will design a cool beaded bracelet with charm. Our night ends with retro lights dance party to popular songs! A neon glam bag goes home with each guest! Sign up with friends!

**AGES:** 6-11

**\$33**

**VILLA PARK RECREATION CENTER**

W 6-7:15 pm Apr 16



### Soap Making Workshop **NEW**



Soapy Roads of Lombard will host a natural soap-making workshop where you'll melt and pour your own bar of soap and enjoy an educational eco-friendly presentation. You'll make your bar by choosing from natural materials, botanicals, and essential oils for fragrance.

**AGES:** 9-12

**\$50**

**VILLA PARK RECREATION CENTER**

M 3-4:30 pm Feb 10

M 3-4:30 pm Mar 3



## The following classes are offered by Ceramics @Nadine **NEW**

We're excited to introduce "Paint Your Own Pottery". Each month, we'll feature a new and exciting theme, perfect for kids ages 6-12 to explore their creativity. With step-by-step instructions, children will have a blast painting and designing their own unique creations. Once completed, the pieces will take two weeks to be glazed and ready for use. Families can pick up the finished masterpieces from the Villa Park Recreation Center. Join us for a fun and artistic experience!

### Create Your Own Cupcake Plate

A fantastic opportunity to personalize your dessert dish or birthday cake plate.

**AGES:** 7-12

**\$32**

**VILLA PARK RECREATION CENTER**

W 6-6:45 pm Feb 19

### Design Your Own LEGO Box

A Charming Brick box to store all your beloved LEGO figures. Paint it in your favorite LEGO colors: yellow, blue, green, or red.

**AGES:** 6-12

**\$32**

**VILLA PARK RECREATION CENTER**

Sa 11-11:45 am Mar 8

### Spring Designs and Colors

Craft beautiful spring-themed designs featuring flowers, butterflies and much more.

**AGES:** 7-12

**\$32**

**VILLA PARK RECREATION CENTER**

Th 5-5:45 pm Apr 17

### Mother's Day

Paint a special vase for your Mother's Day flowers; a wonderful project to express your love for mom.

**AGES:** 7-12

**\$32**

**VILLA PARK RECREATION CENTER**

Sa 12-12:45 pm May 3





# Youth Programs



## The following classes are offered by Sticky Fingers Cooking **NEW**

### 'COOL'inary Cooking Club

It's THYME to TURNIP the BEET on what kids EAT! Our interactive classes make cooking fun and deliciously educational. Kids will enjoy tasty, healthy recipes while learning S.T.E.A.M., culture, language, geography and more! Led by experienced Chef Instructors, we ensure all allergies are accommodated, and recipes are always nut-free. Explore our weekly recipes and join us to WHIP up some culinary fun all year. ALL ALLERGIES ARE ACCOMMODATED, and our recipes are always NUT FREE. Cook up some fun with us all school year-you'll never repeat a recipe. We have all new recipes planned throughout the school year! Please note that recipes are subject to change-based on our creative whim!

**GRADES:** K-5

**\$173**

**VILLA PARK RECREATION CENTER**

W 3-4 pm Feb 5-Mar 19  
W 3-4 pm Apr 9-May 14



**Please See Pages 11-15 for Early Childhood Classes**



## Meet Chef Joe Hart

Chef Joe Hart is excited to work with the Villa Park community. He has been cooking professionally for over ten years in both restaurants and catering businesses. Chef Joe, a graduate of the College of DuPage culinary program, currently works as a high school Culinary Instructor.

### (Do!) Play with Your Food **NEW**



Participants will get their hands dirty today! Cooking is fun, especially when it is messy! Participants in this program will learn the science behind some basic recipes while making cookies, cupcakes, and edible playdough!

**AGES:** 3-5

**\$45**

**VILLA PARK RECREATION CENTER**

Sa 10:30-12:30 pm Mar 22

### Slice Slice Baby **NEW**



We all know what a kid's favorite food is...and today we are going to learn how to make it! Participants in this program will learn how to make a great all-purpose dough, sauce from scratch, and put on their favorite toppings! Participants with food aversions (such as gluten or dairy) will learn great substitutes so they can also enjoy this delicious treat.

**AGES:** 7-12

**\$45**

**VILLA PARK RECREATION CENTER**

Sa 1:30-3:30 pm Mar 22



### Introduction to Cooking **NEW**



No experience necessary as we will learn the basics of cooking over the next four weeks. Special attention will be paid to knife skills, safety, and cleanliness while we make delicious treats like chocolate chip cookies, homemade pretzels, and pancakes!

**AGES:** 7-12

**\$65**

**VILLA PARK RECREATION CENTER**

Tu 3-4 pm Feb 4-Feb 25

### Around the World in 80 Plates **NEW**



Participants in this program will need to get their passports ready as each week we will travel to a new country and prepare traditional dishes. Tacos from Mexico, pasta from Italy, and more!

**AGES:** 7-12

**\$65**

**VILLA PARK RECREATION CENTER**

Tu 3-4 pm Apr 8-Apr 29



**See page 36 for Adult Classes with Chef Joe**



# THEATER 3000

Chris Turner is an elementary school drama teacher who grew up on stage with Saint Genesius Productions and Glenbard East theater. Chris brings experience and energy to this exciting theater program for children!

Don't miss out on this one-of-a-kind awesome theater program. This theater experience offers audition preparation, memorization techniques, scene work, blocking, theater terminology, choreography, improv techniques, script writing, and much more.

## Saturdays at the Villa Park Recreation Center

### Creative Drama 3000

AGES: 7-9

\$55

4 CLASSES

Sa 10-11 am

Sa 10-11 am

NO CLASS 2/22

Jan 11-Feb 1

Feb 15-Mar 15

### Creative Theater 3000

AGES: 10-12

\$55

4 CLASSES

Sa 11 am-12 pm

Sa 11 am-12 pm

NO CLASS 2/22

Jan 11-Feb 1

Feb 15-Mar 15

# Indoor Turf Soccer League

Saturdays, January 25 - March 8



NO EARLY BIRD REGISTRATION

NEW

In cooperation with P2Soccer and FSC

Join an exciting, fast-paced indoor soccer league on turf fields!

- Over the course of 7 game days, players will kick off with a 15-minute warm-up focused on motor skills and technical development, led by a professional coach.
- Players will then compete in a 40-minute, 5v5 indoor match!
- Players can sign up individually and be placed on a team or register with friends (subject to availability).
- Professional coaches will provide in-game guidance, while volunteer coaches are needed to lead teams throughout the season.
- Players will receive an FSC Indoor Soccer League Team shirt.
- Maximum 4 teams per division of up to 10 players.

Don't miss out on the fun and developmental action!

Registration Deadline: Jan 14

\$129

DISTRICT 44 CONNECT CENTER, 1514 S MAIN ST, LOMBARD, IL 60148

AGES: 5-6

Sa 8-9 am

7 CLASSES

Jan 25-Mar 8

AGES: 7-8

Sa 9-10 am

7 CLASSES

Jan 25-Mar 8





**NEW**

**EST. 2024**

# One80sports

*Turn Your Game Around*

### Benefits of Choosing One80sports Classes

**Engaging and Educational:** Classes are crafted to be both enjoyable and instructive, ensuring that children learn valuable sports skills while having fun.

**Experienced Coaching:** Our coaches create a positive, encouraging atmosphere for all participants.

**Flexible Scheduling:** Weekly sessions are designed to fit seamlessly into family schedules.

**Affordable Pricing:** At \$60 per athlete per session, our programs offer exceptional value for high-quality instruction.

### Introducing One80sports



**NO EARLY BIRD  
REGISTRATION**

At One80sports, we are committed to igniting a passion for sports in young athletes while focusing on both fun and fundamental skill development. Our engaging programs are designed to build foundational athletic skills, foster teamwork and promote a lifelong love of physical activity. We are excited to partner with local park districts and recreation departments to offer a range of youth sports classes.

#### One80sports Intro Basketball

Introduce your child to the basics of basketball with engaging drills and activities that develop hand-eye coordination, balance and teamwork. This class uses age-appropriate equipment to teach dribbling, shooting and basic game concepts in a fun setting.

**AGES:** 3-5

**\$60 5 CLASSES**

W 4:30-5 pm Jan 15-Feb 12  
M 4:30-5 pm Apr 7-May 5

#### One80sports Advanced Basketball

Build on foundational skills with more advanced techniques in dribbling, shooting and passing. Participants will also work on game strategies and teamwork, all within a supportive and enjoyable environment.

**AGES:** 6-8

**\$60 5 CLASSES**

M 5:15-6 pm Jan 15-Feb 12  
M 5:15-6 pm Apr 7-May 5

#### One80sports Intro Soccer

Introduce young children to soccer with playful exercises that develop dribbling, passing and footwork skills. The focus is on enhancing coordination and enjoying the game.

**AGES:** 3-5

**\$60 5 CLASSES**

M 4:30-5 pm Jan 13-Feb 10  
M 4:30-5 pm Feb 24-Mar 24

#### One80sports Advanced Soccer

Refine soccer skills with structured drills and small-sided games. Participants will improve their technique, understand game rules and learn the importance of teamwork.

**AGES:** 6-8

**\$60 5 CLASSES**

M 5:15-6 pm Jan 13-Feb 10  
M 5:15-6 pm Feb 24-Mar 24

#### One80sports Intro T-Ball

Introduction to America's pastime. Participants will learn how to catch, throw and hit off a tee using age-appropriate equipment.

**AGES:** 3-5

**\$60 5 CLASSES**

W 4:30-5 pm Feb 26-Mar 26

#### One80sports Advanced Floor Hockey

Dive deeper into floor hockey with advanced skills such as strategic play, teamwork and game scenarios. Participants will engage in drills and scrimmages to enhance their skills and game understanding.

**AGES:** 6-8

**\$60 5 CLASSES**

W 5:15-6 pm Apr 9-May 7



#### One80sports Intro Speed and Agility

Introduce your child to the importance of speed and agility training. Speed and agility training is essential for athletes across various sports, enhancing performance by improving quickness, coordination and overall athletic ability. This type of training focuses on the body's ability to move efficiently and rapidly in different directions, which is critical for success in competitive environments

**AGES:** 6-8

**VILLA PARK RECREATION CENTER**

**\$60 5 CLASSES**

W 5:15-6 pm Feb 26-Mar 26  
W 4:30-5 pm Apr 9-May 7



**Chicago Elite Volleyball Academy**

Chicago Elite Academy is a child development program created to both introduce children to the game of volleyball, as well as continue to improve their individual skill development in the sport. Chicago Elite classes develop important volleyball skills such as passing, setting, attacking, blocking, serving, defense, and movement. Players will be divided according to both skill level and age and challenged accordingly. Players should wear comfortable clothes, bring a labeled water bottle, indoor gym shoes, and kneepads.

**\$80 4 CLASSES**  
**VILLA PARK RECREATION CENTER**

**GRADES: 2-5**

Th	4:30-5:30 pm	Jan 9-30
Th	4:30-5:30 pm	Feb 6-27
Th	4:30-5:30 pm	Mar 6-27
Th	4:30-5:30 pm	Apr 10-May 1

**GRADES: 6-8**

Th	5:30-6:30 pm	Jan 9-30
Th	5:30-6:30 pm	Feb 6-27
Th	5:30-6:30 pm	Mar 6-27
Th	5:30-6:30 pm	Apr 10-May 1



**Spring Break Volleyball Camp**

Chicago Elite Volleyball Club is holding a Spring Break Volleyball camp. Elevate your game in this 3 day volleyball camp. Players should wear comfortable clothes, bring a labeled water bottle, indoor gym shoes and kneepads.

**GRADES: 2-8**  
**\$90 3 CLASSES**  
**VILLA PARK RECREATION CENTER**  
 Tu/W/Th 9:30-11 am Apr 1-3



**Fencing**

This class will offer students the basics of attack and defense as they learn moves and combinations that will help them develop their skill. Fencing is great exercise for all ages. Please wear comfortable clothing and athletic shoes. Arrange equipment use simply by speaking with fencing club about your options at 630-678-0035. Saturday classes are offered in cooperation with the Lombard Park District.

**AGES: 8 and older**  
**6 CLASSES NO CLASS 3/29, 5/24**  
**SUNSET KNOLLS, 820 S. FINLEY RD, LOMBARD**

**BEGINNER \$84**

Sa	11-11:55 am	Jan 11-Feb 22
Sa	11-11:55 am	Mar 1-Apr 19
Sa	11-11:55 am	Apr 26-Jun 7

**ADVANCED \$84**

Sa	10-11 am	Jan 11-Feb 22
Sa	10-11 am	Mar 1-Apr 19
Sa	10-11 am	Apr 26-Jun 7

**EXTRA ADVANCED \$25**

Sa	9-10 am	Jan 11-Feb 22
Sa	9-10 am	Mar 1-Apr 19
Sa	9-10 am	Apr 26-Jun 7



**TOT Learn To Skate**

Tots 1-4 skaters will learn all the beginning skating skills to promote their next level of skating. Gloves & helmets are Mandatory for Tot skaters. Skate rental available for \$4.00 per class.

**AGES: 3-5**  
**\$140 7 CLASSES**  
**NO CLASS 4/4, 4/5, 4/25, 4/26, 5/9, 5/10, 5/24, 5/26**  
**ADDISON ICE RINK 475 S GRACE ST, ADDISON, IL 60101**

F	4:50-5:30 pm	Jan 3-Feb 14
F	4:50-5:30 pm	Feb 21-Apr 11
F	4:50-5:30 pm	Apr 25-Jun 13
Sa	9:30-10:10 am	Jan 4-Feb 15
Sa	9:30-10:10 am	Feb 22-Apr 12
Sa	9:30-10:10 am	Apr 26-Jun 14



**Instructional Skating**

Basic 1 & 2 skaters will learn beginning skating skills to prepare for the next level of skating. Gloves & helmets are highly recommended. Skate rental available for \$4.00 per class.

**AGES: 6 and older**  
**\$150 7 CLASSES**  
**NO CLASS 4/4, 4/5, 4/25, 4/26, 5/9, 5/10, 5/24, 5/26**  
**ADDISON ICE RINK 475 S GRACE ST, ADDISON, IL 60101**

F	4:50-5:40 pm	Jan 3-Feb 14
F	4:50-5:40 pm	Feb 21-Apr 11
F	4:50-5:40 pm	Apr 25-Jun 13
Sa	9:30-10:20 am	Jan 4-Feb 15
Sa	9:30-10:20 am	Feb 22-Apr 12
Sa	9:30-10:20 am	Apr 26-Jun 14



*"My 9-year-old daughter learned many valuable safety skills from Smart Cycling. She organized a bike-bus with her friends to school in the fall. I feel more comfortable as a parent to give her the freedom to ride to school knowing the rules of bike/car safety due to this program. More people need to know about Smart Cycling!" - Jamie, Mom*

**Smart Cycling**

Get ready for summer bike riding! Adults and Children able to independently ride a bicycle are welcome. This two-hour instructional class teaches the basics of bike safety and accident avoidance. Participants should come with a working bike and a bike helmet. Participants will receive a Progress Check Card, Smart Cycling Quick Guide, Bike Pin, ABC Quick Check Bookmark, and Certificate of Completion. Developed by the League of American Bicyclists, Smart Cycling is taught by two trained League Cycling Instructors (LCI). Participants MUST register for the FREE program by May 3.

**AGES: 7 and older**  
**FREE 1 CLASS**  
**JEFFERSON POOL PARKING LOT**  
 Sa 9:30-11:30am May 10



## Villa Park Club Soccer - Academy



**NO EARLY BIRD REGISTRATION**

Looking for some extra soccer development for your player? Villa Park Club Soccer Academy players will receive professional soccer training which focuses on the motor-skill development, technical fundamentals, and introductory tactical principles of soccer. The groups will participate in 1x 1 hour practice per week in addition to being offered the opportunity of weekly scrimmages involving other local organizations, as well as opportunities to play some scrimmages versus other soccer clubs. Players are encouraged to participate in both VP Rec Soccer and VP Soccer Club Academy.

**\$115 10 CLASSES**

**AGES: 6-12**

**TWIN LAKES SOCCER FIELD**

W & F 4:30-5:30 pm Apr 23-May 23

## Ultimate Futsal League



**NO EARLY BIRD REGISTRATION**

Ultimate Futsal brings a fun, fast-paced soccer program open to all players right here in Villa Park! You will learn how to play Futsal in this 8-week introductory program. Futsal sharpens reflexes, requires fast decision making and very little time on the side lines is why Futsal is becoming a favorite with soccer players. Certified Futsal coaches will spend the first part of each class teaching Futsal skills, then each class will end in a Futsal scrimmage! This program promises to be a great option for all soccer and Futsal players, but also for those looking to try something new. One hour per week includes a 20 min practice followed by 2v2, 3v3, 4v4 or 5v5 Futsal games. This program uses weighted balls that ensure the ball stays on the ground.

- Shin guards are required
- No Cleats: Indoor tennis shoes required on the gym floor
- Bring game shoes and change into them inside the building

**\$99 7 CLASSES NO CLASS 1/20, 2/17**

**JACKSON MIDDLE SCHOOL**

**AGES: 6-8**

M 6:30-7:30 pm Jan 13-Mar 10

**AGES: 9-12**

M 7:30-8:30 pm Jan 13-Mar 10

## Villa Park | Youth Soccer League

The Village of Villa Park is pleased to offer this affordable grade-level soccer experience for children in Villa Park and beyond.

### SPRING 2025 SOCCER REGISTRATION

**\$80 - EARLY DISCOUNTED REGISTRATION**  
THURSDAY, JANUARY 2-WEDNESDAY, MARCH 19

**\$90 - OPEN REGISTRATION**  
THURSDAY, MARCH 20-SATURDAY, MARCH 29

10% discount for VPRC Fitness Center Membership participant! See page 3 for memberships.

Registration after March 29 accepted only with the approval of the Program Supervisor.

### SEVEN (7) SATURDAYS OF GAME PLAY: APRIL 12-MAY 31

### SOCCER LEVELS BASED ON CURRENT SCHOOL GRADE

#### SCHOOL GRADE

4 year old Preschool-K

Grades 1 & 2

Grades 3 & 4

Grades 5 & 6

Grades 7 & 8

#### PRACTICE STARTS MONDAY, APRIL 7

One hour evening weekday practice is scheduled based on Volunteer Coach availability.



- Grades 5-6 and 7-8 participate in the Mid Suburban Soccer League and play teams from Addison, Bensenville, Bloomingdale, Downers Grove, Glendale Heights, Itasca, Medinah, Roselle, and Wood Dale. Games will be played in Villa Park and in the participating communities.
- Teams are co-rec (boys and girls) and are determined on a random basis.
- Requests to be with a particular coach are not accepted.
- Carpool requests are honored only during priority registration (both parties must indicate same carpool request).
- Players must purchase a reversible jersey for \$22 to wear on game days.
- Shin guards should be worn under socks. Plastic cleats are recommended.

### BE A VOLUNTEER COACH

#### Villa Park Youth Soccer is about learning how to play soccer and having fun!

The success of Villa Park Youth Soccer League depends on the dedication and generosity of volunteer coaches. New coaches are welcome. Experience is helpful, but not necessary.

- A coach is a positive role model encouraging and demonstrating sportsmanship, safety, patience, and enthusiasm.
- A coach is a sincere, caring individual who can share two hours a week for practices and games.
- Volunteer Coaches must be 18 years or age to coach without an adult chaperone.
- The Village of Villa Park requires that all coaches participate in a screening process that includes a criminal background check.
- Volunteer Coaches receive a registration credit that can be used to register yourself or your child for a future recreation program.

Volunteer Coaching Applications are available online at [www.invillapark.com](http://www.invillapark.com).

**If you have any questions regarding soccer, please contact Sue Earl at [SEarl@invillapark.com](mailto:SEarl@invillapark.com) or 630-749-3217.**



## 5v5 Summer | 2025 Basketball League

Villa Park Summer 5v5 Basketball League participates in The DuPage Basketball Alliance (DBA) with Addison and York Center. The DBA participates in an Intervillage league with Competition levels based on current 2024-2025 school year grade levels.

**Early Discounted Registration** ..... \$99 - Thursday, January 2 - Wednesday, April 23

**Open Registration** ..... \$109 - Thursday, April 24 - Monday, May 19.

*10% discount for VPRC Fitness Center Membership participant! See page 3 for memberships.  
Registrations after May 16 must be approved by the Program Supervisor.*

### Basketball Levels Based on 2024-2025 School Grade

Registration	School Grade 2024-2025
Grades 1-2	
Grades 3-4 girls	
Grades 3-4 boys	
Grades 5-6 boys	
Grades 7-8 boys	
Grades 5-6 girls <b>NEW GROUP</b>	
Grades 7-8 girls <b>NEW GROUP</b>	



- Practice is one hour one evening per week according to volunteer coach availability starting the week of May 27, 2025.
- Eight (8) Sunday games June 8-August 10 are held at our practice locations as well as the participating communities. No games on Sunday, June 15 (Father's Day) and July 6.
- Summer basketball jersey required. Use your 2024 Summer Basketball jersey or purchase a new one for \$22.
- **VOLUNTEER** Coaches must request a Volunteer Coach Application at [searl@invillapark.com](mailto:searl@invillapark.com).

## Basketball Open Gym

Bring your friends to shoot some hoops or play a pickup game at our indoor basketball court during Open Gym hours that are listed on our website. Healthy competition working together to make sure everyone has an opportunity to play in a safe place. **Monthly Schedule will be posted at the VPRC.**

## Youth Open Basketball

**AGES: 5-17**

## Adult Open Basketball

**AGES: 18 and older**



## Villa Park | Youth Baseball and Softball

### In-house & travel ball available

Follow us on [facebook.com/VPYB1](https://facebook.com/VPYB1)

and

[instagram.com/villa\\_park\\_youth\\_baseball/](https://instagram.com/villa_park_youth_baseball/)

Information available at [www.vpyb.com](http://www.vpyb.com)



# Adult Leagues



**\* Instructional & Beginner Evening Pickleball receives a 10% discount for VPRC Fitness Center Membership participant! See page 3 for memberships.**

## Instructional Pickleball\*

**AGES:** 18 and older  
**VILLA PARK RECREATION CENTER**  
**2 COURTS**  
**\$20**  
**2 CLASSES (MIN 4 AND MAX 8)**

### Beginner Pickleball

M/W	2-3:30 pm	Jan 6-8
M/W	2-3:30 pm	Jan 20-22
M/W	2-3:30 pm	Feb 3-5
M/W	2-3:30 pm	Feb 24-26
M/W	2-3:30 pm	Mar 10-12
M/W	2-3:30 pm	Apr 14-16
M/W	2-3:30 pm	Apr 28-30
M/W	2-3:30 pm	May 12-14

### Advanced Beginner Pickleball

M/W	2-3:30 pm	Jan 13-15
M/W	2-3:30 pm	Jan 27-29
M/W	2-3:30 pm	Feb 10-12
M/W	2-3:30 pm	Mar 3-5
M/W	2-3:30 pm	Mar 17-19
M/W	2-3:30 pm	Apr 7-9
M/W	2-3:30 pm	Apr 21-23
M/W	2-3:30 pm	May 5-7
M/W	2-3:30 pm	May 19-21

## Women's Volleyball

**A, B and C Leagues**  
The Women's Volleyball Leagues feature two halves of play:  
**Fall and Winter/Spring**

**In-Person or Online Team**  
**Registration deadline is Wednesday, December 18, 2024.**

**REGISTRATION FEE:**  
**\$350/TEAM**

**2025**  
**WINTER/SPRING**  
**SEASON:**

**10 MATCHES**



## Open Pickleball

**Two dedicated Pickleball Courts are open 6-9am Monday - Friday, January-April. Weekend Schedules will be posted monthly.**

Pickleball is the fastest growing sport in the world. It is a paddle sport that combines elements of tennis, badminton and ping-pong using a paddle and a plastic ball with holes. It is a sport that is appropriate for players of all ages and skill levels. Pickleball is a low-impact sport that is easier on the knees and shoulders, while offering a social activity that is great exercise. Bring your own equipment or use the equipment provided. Whether you are a beginner, intermediate or advanced pickleball player, you will learn and advance your game at Villa Park Pickleball.

### VPRC Monday Night Pickleball **NEW**

Beginner to advanced Pickleball players will have the opportunity to play Pick-up games and receive instruction from our experienced Pickleball Instructors. Participants must purchase a daily Open Gym daily pass, punch pass or be a member.

**AGES:** 12 and older  
**VILLA PARK RECREATION CENTER**  
M 6:45-8:45 pm Jan 6-May 5

### Pickleball - Beginner Evening\*

Villa Park Recreation Center  
**AGES:** 12 and over  
**\$40 4 CLASSES (minimum 4 and max 12)**  
Tu 6:30-7:30 pm Jan 7-28  
Tu 6:30-7:30 pm Feb 4-25  
Tu 6:30-7:30 pm Mar 4-25  
Tu 6:30-7:30 pm Apr 8-29

### Pickleball League **NEW**

Be the first to join Villa Park Pickleball League! The first 16 players to register will play in a round robin tournament each Friday. Register as an individual. Every player plays at least 5 games each Friday. The top 3 winners for each league will receive 50% off on the next league play. The first 4 on the waitlist will substitute for free when called. Intermediate (and above) level players. (16 players with 4 subs)

**AGES:** 12 and older  
**VILLA PARK RECREATION CENTER**

**\$30 6 CLASSES**  
F 7-9 pm Jan 10-Feb 28  
**\$50 10 CLASSES NO CLASS 4/18**  
F 7-9 pm Mar 14-May 23

### Pickleball Tournament **NEW**

Join us for the first Annual Pickleball Tournament at the new Villa Park Recreation Center! The first 40 individuals to register will play in a round robin tournament. Register as an individual naming your partner at registration. \$15 for each individual that registers. If you do not have a partner, we will place you on a team. Registration ends January 23. The last day to request a refund is January 23. If there is availability we will take late registration Jan. 24-25. Every team plays at least 3 games. The top 6 teams advance to a single-elimination final play off. Top 3 teams will receive a prize.

**AGES:** 12 and older  
**\$15 1 DAY TOURNAMENT**  
**\$25 LATE REGISTRATION JAN 24-25**  
**VILLA PARK RECREATION CENTER**  
Su 1-4 pm Jan 26



## Outdoor Pickleball Courts Coming in the Spring!

### Adult leagues are limited to participants 18 and older.

To register, complete the team registration form available online or via email at SEarl@inwillapark.com. All leagues include playoffs and prize money for winning teams.

### Adult Open Gym Punch Pass **NEW**

Adults 18 and over can enjoy Open Pickleball or Open Basketball during scheduled times. Monthly schedules will be posted online and at the VPRC.

**Villa Park Residents:** \$6 drop-in fee; \$50 ten (10) punch pass  
**Non-residents:** \$8 drop-in fee; \$65 ten (10) punch pass



## Martial Arts

Welcome to Villa Park Tang Soo Do where future Black Belt leaders are born. Master Tony Perkins, in cooperation with Eagle Academy of Martial Arts, employs his 30 + years of teaching experience to create a safe, fun and enriching experience for students of all ages. Classes are run year-round: Winter, Spring, Summer and Fall!

**CLASSES ARE HELD AT VILLA PARK RECREATION CENTER, 320 E. WILDWOOD AVE., VILLA PARK.**

### Little Champions

Training designed for our youngest martial artists of all ranks. Through the use of soft targets, focused games and obstacle courses, students will learn the basic stances, punches, kicks and blocks used in the martial arts. In addition, they will improve their gross motor skills, balance and coordination. Emphasized throughout the lessons are the essential tenets of concentration, respect and self-control.

**AGES:** 4-5

**\$99 11 CLASSES**

Th 5:30-6:15 pm

Th 5:30-6:15 pm

**NO CLASS 12/26, 1/2/2025**

Dec 5-Feb 27

Mar 13 - May 22

### Young Leaders

(Beginning & Returning up to Green/Orange belt)

**AGES:** 6-12

**\$99 11 CLASSES**

M 6-6:45 pm

M 7-7:45 pm

M 6-6:45 pm

M 7-7:45 pm

**NO CLASS 12/23, 12/30**

Dec 2-Feb 24

Dec 2-Feb 24

Mar 10-May 19

Mar 10-May 19

### Intermediate/Advanced Youth

Orange/Green belt & Up

Advanced training provided to returning participants who hold the rank of orange/green through brown belt. This program takes a youth centered approach and is designed for the intermediate belts focusing on rank required skills and techniques. Classes include basic and advanced kicks, punches, targeting, self-defense skills and one-on-one sparring drills. In addition to demonstrating the essential tenets of Martial Arts, students are also expected to perform basic techniques with greater proficiency.

**AGES:** 6-14 (Exceptions require Instructor permission)

**\$99 11 CLASSES**

Th 6:30-7:15 pm

Th 6:30-7:15 pm

**NO CLASS 12/26, 1/2/2025**

Dec 5-Feb 27

Mar 13-May 22

### Adult Group

All ranks (Adv Youth allowed with instructor consent).

**AGES:** 13 and older

**\$105 11 CLASSES**

M 8-9 pm

Th 7:30-8:30 pm

M 8-9 pm

Th 7:30-8:30 pm

**NO CLASS 12/23, 12/26, 12/30, 1/2/2025**

Dec 2-Feb 24

Dec 5-Feb 27

Mar 10-May 19

Mar 13-May 22



# Fitness and Wellness



## T'ai Chi for Health - Online

T'ai Chi for Health is a gentle, beautiful and flowing Qigong exercise routine that is a joy to do, energizing and deeply relaxing; it brings health and vitality to all who practice it. The movements are all done naturally and gently. The gentle rocking motions and stretching movements improve circulation and digestion; and reduce physical tension. The controlled breathing reduces stress and anxiety, helping calm the mind. It helps regulate heart rate and blood pressure, boosting energy. The exercises are effective and easy to learn. Students may choose to sit or stand as needed, making this class suitable for all ages and abilities. Classes held online via Zoom.

**AGES:** 13 and older

**\$40**  
**ONLINE ONLY**

M/W	11 am-12 pm	Jan 6-29
M/W	11 am-12 pm	Feb 3-26
M/W	11 am-12 pm	Mar 3-26
M/W	11 am-12 pm	Apr 7-30
M/W	11 am-12 pm	May 5-21
Tu/Th	9-10 am	Jan 7-30
Tu/Th	9-10 am	Feb 4-27
Tu/Th	9-10 am	Mar 4-27
Tu/Th	9-10 am	Apr 8-May 1
Tu/Th	9-10 am	May 6-22



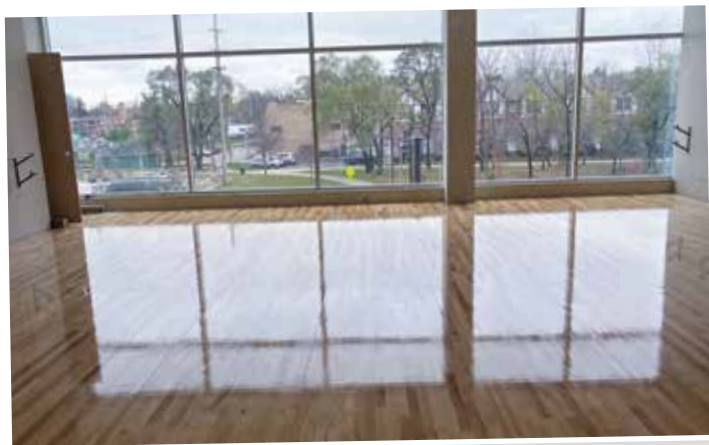
## Core & Glutes Vinyasa

There are so many benefits of yoga – this class will focus primarily on the physical side – targeting poses and flows that strengthen core and tone glutes. Join certified instructor Kimberly LaBounty for this 45 minute vinyasa class two days a week. Bring some water and your yoga mat. We'll get the music poppin' and your heart beating! To learn more about Kimberly, visit [kimberlylabounty.yoga](http://kimberlylabounty.yoga).

**AGES:** 16 and older

**VILLA PARK RECREATION CENTER**

<b>\$60</b>	<b>6 CLASSES</b>	
Tu & Th	6-6:45 am	Jan 7-23
Tu & Th	6-6:45 am	Jan 28-Feb 13
Tu & Th	6-6:45 am	Feb 25-Mar 13
Tu & Th	6-6:45 am	Mar 18-Apr 3
Tu & Th	6-6:45 am	Apr 8-24
Tu & Th	6-6:45 am	Apr 29-May 15



## Mindfulness Mondays - Online

Mindfulness helps people participate fully in their lives by maintaining a moment-to-moment awareness of their thoughts and feelings. This can help bring around a state of calmness and well-being. Clinical studies have shown that mindfulness, can bring many physical, psychological and social benefits. Participants can experience reduced worry, stress, fear, anger, anxiety and depression, improvements in attention, blood pressure and chronic pain. Using guided imagery to create a state of deep relaxation and acceptance, we tune into what we experience in the moment rather than rehashing the past or worrying about the future. We pay attention to our thoughts and feelings without judgment. An audio connection via telephone or computer to Zoom is all that is required. The login and passcode will be emailed after registration.

**AGES:** 13 and older

**\$30**  
**ONLINE ONLY**

M	7:30-8:30 pm	Jan 6-27
M	7:30-8:30 pm	Feb 3-24
M	7:30-8:30 pm	Mar 3-24
M	7:30-8:30 pm	Apr 7-28
M	7:30-8:30 pm	May 5-26



## Yoga

Yoga is devoted to the development of strength, stamina, flexibility, balance focus and dedication with regard to each person's body and needs in mind. Bring your own Yoga mat, (2) yoga blocks and a strap. Monday Yoga classes have been taught by Yoga Teachers Group, Inc for over 10 years. Please wear comfortable clothing.

**AGES:** 13 and older

**VILLA PARK RECREATION CENTER**

<b>\$62</b>	<b>6 CLASSES</b>	
M	6-7 pm	Jan 6-Feb 10
M	6-7 pm	Feb 24-Mar 31
<b>\$52</b>	<b>5 CLASSES</b>	
M	6-7 pm	Apr 14-May 19



## Yoga in the Park

There are so many benefits of yoga – whether you're looking for a form of exercise that won't make you hurt the next day, needing to work on balance and flexibility, or if you're a conditioned athlete wishing to balance your current workout routine. Join certified instructor Kimberly LaBounty for a Vinyasa Flow class. Kimberly teaches to all levels and will adapt accordingly. Bring some water and your yoga mat. You'll leave feeling stronger, calmer and more balanced! To learn more about Kimberly, visit [kimberlylabounty.yoga](http://kimberlylabounty.yoga).

**AGES:** 13 and older

**CORTESI VETERANS MEMORIAL PARK**

<b>\$52</b>	<b>5 CLASSES</b>	
W	7-8 pm	May 14-Jun 11



# GROUP FITNESS CLASSES

Winter/Spring Fitness January 6 - May 30, 2025

10% Discount with VPRC Fitness Center Membership on Group Fitness Passes!

## One Day Pass: \$8/Residents or \$9/Non-residents

Punch Pass	Basic Punch Pass Fee	With an Annual VPRC Fitness Center Membership (10% discount)	If purchased by December 31, 2024
10 Punch Pass	\$65	\$58.50	\$60
14 Punch Pass	\$80	\$72	\$75
18 Punch Pass	\$95	\$85.50	\$90
22 Punch Pass	\$110	\$99	\$105

Punch Pass Non-Residents pay \$3 more.

**FREE FITNESS WEEK**  
January 6 - 10



Passes are available online. Please call the 630-749-3200 for more information.

## FITNESS CLASS DESCRIPTIONS

Classes Located in the Villa Park Recreation Center and Online

Group Fitness classes will be evaluated monthly and adjusted based on consistent minimum participation numbers.

### Balancing Basics and Core with Jenny

Ready, set, BALANCE! Improve your balance, stability and core strength. This class will challenge your balance and build your core through various static and dynamic movements.

Th 10:15-11 am

### BSC (Balance, Strength, and Core) with Susan

Challenge your coordination. We will use resistance bands, dumb-bells, balls, steps, boxing, circuits, and dance. The Last 15 minutes is on the mat for core and stretch.

M 10:15-11 am

### BSC (Balance, Strength, and Core) CIRCUIT with Susan

10-station, Circuit-2 exercises at each station. 1 minute on, 30-second rest.

W 10:15-11 am

### Cardio Circuits with Brian

Kickstart your morning with a heart-pumping Cardio Circuit class designed to get you moving, burning calories, and feeling great! High-energy circuits will boost your metabolism and torch calories. Mix up your routine with bodyweight exercises, resistance training and dynamic movements that tone and strengthen.

M/W/F 6-6:45 am

### CSI (Cardio Strength Interval) Online with Esther

This class utilizes a variety of equipment with alternating segments of cardiovascular and strength training to give you a total body workout. A Zoom link will be emailed monthly to all group fitness punch pass holders.

M/W 10-11 am

### Friday Fitness FUN with Brian

Get ready for an exciting weekend starter and ever-changing workout that blends cardio, strength, boxing and dynamic circuits for a unique challenge each time. From kickboxing to HIIT, we keep things fresh and fun. Burn fat and improve your stamina with heart-pumping cardio intervals. Whether you're a beginner or advanced, you'll be pushed to reach your limits while having a blast.

F 5:30-6:15 pm

### Line Dance with Linda

This class will bring you joy as you dance to some of the most popular line dances including the Electric Slide, Cha-Cha Slide, Boot Scootin' Boogie and more.

F 9-10 am

### Low Impact Cardio and Core with Jenny

Supercharge your heart health in this low impact cardio and core class. This class will incorporate metabolic movements along with core strengthening exercises to get your heart pumping and core working!

Tu 11:15am-12pm

### Stretching and Functional Fitness with Jenny

Improve your strength, flexibility, stability and endurance. This class will help build muscle and increase mobility to prepare your body for everyday movements. We will use hand weights, box steps, bands and balls. Class can be modified and done seated.

Tu/Th 10:15-11 am

### Stroller Fitness with Jenny

Bring your child for this total-body strength, core, and cardio workout. Children remain in your stroller during the class as you walk the elevated track and work out in the dance studio and leave class energized for the day! Space is limited!

Tu/Th 9:15-10 am

### Walking Strong with Susan

We will walk on the indoor track, or outside path. We will break periodically for balance and strength.

F 10:15-11 am

### Weights & Cardio with Brian

Fuel your day with a high-energy mid-day class that combines the best of strength training and cardio, perfect for boosting metabolism and toning your body, all in one power-packed workout! Build strength, sculpt muscle, and increase overall power with dumbbells, kettlebells, and more! This is a full-body workout that targets every muscle group, so you leave feeling stronger and energized.

M-F 12-12:45 pm

Please See Page 36 for Senior Functional Fitness and Strength

All fitness levels welcome. Modifications made per individual needs. Classes and class times subject to change.



# Adult Activities

All Adult Activities meet at VILLA PARK RECREATION CENTER, 320 E. Wildwood Avenue.

## Birthday Bunch & Lunch



Area seniors are invited to join us for this monthly celebration which features lunch, dessert and Bingo with prizes. Come out for the fun. We'll sing "Happy Birthday" to those celebrating their birthday each month.

**\$10 PER PERSON/PER DATE, PAYABLE AT THE DOOR**

Th 12-2 pm Jan 9, Feb 13, Mar 13, Apr 10, May 8

## Walk & Talk

**NEW**

We'll make good use of the Villa Park's Recreation Center's indoor walking track as we walk to better health and talk about whatever topics come up.

**FREE**

M 9:30-10:30 am Feb 3, Mar 3, Apr 7, May 5

## Pancake Breakfast

**NEW**

Let's get together for a pancake breakfast and socializing. Please pre-register for each date.

**\$10 PAYABLE AT THE DOOR.**

Tu 9:30-11 am Feb 11  
Tu 9:30-11 am Mar 11

## Potluck Lunch

Let's get together for a potluck lunch and socializing. Bring a dish to share with the group. Soft drinks provided.

**FREE**

M 12-1:30 pm Mar 3

## Heartsaver® First Aid CPR AED Training

The AHA's Heartsaver® First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC). Who should take this course? The AHA's Heartsaver® First Aid CPR AED Course is designed for anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements, or anyone who wants to be prepared for an emergency in any setting. This course will be taught by Villa Park Fire Department staff. First Aid portion is an optional addition to the Heartsaver® course that will be conducted after the CPR portion is complete. If you are not interested in the first aid component of the class, the cost is \$65. You will not be required to stay for the First Aid portion.

**AGES: 18 and older**

**\$75**

F 5-9 pm Feb 21

## Functional Fitness and Strength

Enhance and improve your functional movements, strength, flexibility, endurance and overall well being. This class will engage your mind, coordination and balance. Exercises can be done standing or while seated.

**AGES: 18 and older**

**\$8 DROP-IN FEE, PAYABLE AT THE DOOR**

**OR PURCHASE A 10-VISIT PUNCH PASS FOR \$49**

W 11:15 am-noon Jan 6 - May 28

## Fun with Watercolors



Perfect your skills or learn new skills in the beautiful art of watercolor with our experienced instructor, Nancy, who will show you how to take the basic elements of painting and turn them into a beautiful watercolor. All supplies are provided and a new painting will be completed to take home each class. Please register at least one week prior to each class.

**AGES: 18 and older**

**\$14 PER CLASS**

Th 10:30-11:30 am Jan 16, Feb 20, Apr 17, May 15  
NO CLASS IN MARCH

## Friday Mystery Trip



We'll try a new restaurant each month...and only the bus driver will know the destination! Trust us on this one, folks, it will be a fun time.

**AGES: 18 and older**

**\$37 PER DATE, ALL INCLUSIVE**

F 10:30am - 1 pm Jan 24, Feb 28, Mar 28, Apr 25, May 23

## National Days

Every day is a National-something-or-other day so let's celebrate one each month! We'll enjoy the treat of the day and socializing.

**AGES: 18 and older**

**\$5 PRE-REGISTRATION; PAYABLE AT THE DOOR**

### National Chocolate Cake Day

Tu 1-2pm Jan 28

### National Clam Chowder Day

Tu 1-2 pm Feb 25

### National Waffle Day

Tu 1-2 pm Mar 25

### National Blueberry Pie Day

Tu 1-2 pm Apr 29

### National Quiche Day

Tu 1-2 pm May 20



All Adult Activities meet at VILLA PARK RECREATION CENTER, 320 E. Wildwood Avenue.

## Donut Bingo

Let's get together on Wednesday mornings and enjoy a donut, coffee, socializing and a few games of Bingo. Please RSVP one week prior to each date.

**AGES:** 18 and older

**\$5 DROP-IN FEE PER DATE, PAYABLE AT THE DOOR**

**9:45 -11 am**

Jan 8, 22

Feb 5, 26

Mar 5, 19

Apr 2, 16, 30

May 14, 28

## Casinos

We'll head to a new casino each month to see who the big winner of the day will be!

**AGES:** 21 and older

**Mondays - 9:30 am-2 pm**

DATE	CASINO/LOCATION	FEE
January 13	HOLLYWOOD, AURORA	\$13
February 10	RIVER'S, ROSEMONT	\$13
March 17	HARRAH'S, JOLIET	\$13
April 14	HOLLYWOOD, AURORA	\$13
May 12	HOLLYWOOD, AURORA	\$13



## Dining Destinations

Let's hit the road and enjoy dining at great restaurants: Note that these trips are now all inclusive and fee includes transportation, lunch, tax and tip.

**10:30 am - 1:30 pm**

**\$37 PER TRIP**

Tu	Jan 21	Clara's Italian Restaurant, Woodridge
Su	Feb 2	Bavarian Lodge, Lisle
Tu	Feb 11	Country House, Geneva
Tu	Mar 4	Sawa's Old Warsaw for Fat Tuesday, Broadview
W	Mar 26	Baker's Square, Woodridge
Tu	Apr 8	McCook Bohemian Restaurant, McCook
Tu	May 27	Cracker Barrel, Naperville

## Can Do Academy

**NEW**



**NO EARLY BIRD REGISTRATION**

Matt is a Certified Professional Dog Trainer through the CCPDT. He's been training dogs for over 6 years and originally apprenticed under a trainer with 20+ years' experience. While Matt specializes in Behavioral Training, he loves working with all dogs and is dedicated to helping pet parents live happier lives with their furry friends.

**Find additional information at [dogscando.com](http://dogscando.com). Bring your own harness, treat pouch and treats.**

**Please no sandals or flip flops in class.**

**AGES:** 18 and older

**\$150**



## Puppy Kindergarten

This class is designed for pet parents and pups with little to no formal training experience. The first class is a Puppy Parents only orientation. The curriculum will cover early obedience, training games to assist in developing good behavior and how to address potty training. Additionally, the program will help you develop proper manners: train and manage nipping, chewing, over excitement and how to help your dog enjoy going on car rides, seeing the vet and going to the groomer.

- Obedience - Sit, Watch, Down, Stay, Recall, Introduction to Leash Walking
- How to Develop a Potty-Training Schedule and address potential issues
- Basic Puppy Manners
- Training Games to Reinforce Good Behavior

**Puppy Age Requirement:** 9 weeks to 5 months

**Vaccine Requirements:** First Round of Booster Vaccines

Sa 11 am-12 pm Feb 1-Mar 15

Sa 11 am-12 pm Mar 29-May 10

## Adult Obedience Class

This basic obedience class is ideal for pet parents and dogs with little to no formal training experience. The first class is a Pet Parents only orientation. You'll learn essential foundation skills all dogs should know. The curriculum will focus on using positive reinforcement techniques, as well as verbal and body cues, hand signals and effective communication through voice, posture and body language to connect with your canine companion.

**This class will teach:**

- Basic commands: Loose Leash Walking, Sit, Watch, Down, Stay, Recall
- How to engage your dog when they are distracted
- How to address basic behavioral issues
- How to use Management in everyday life

**Dog Age Requirement:** 6 months or older

**Vaccine Records:** Distemper/Parvo, Rabies, Bordetella

Sa 1-2 pm Feb 1-Mar 15

Sa 1-2 pm Mar 29-May 10

## SENIOR CONCERNS COMMISSION

The Senior Concerns Commission meets the first Monday of each month at 6 pm at Village Hall, 20 S. Ardmore Ave. The meeting is open to the public. Seniors and those interested in issues which are senior related are invited. For information contact the Village Manager's office at 630-592-6052

## RECEIVE THE GOLDEN TIMES NEWSLETTER

Don't miss out on the latest trips and activities. Call 630-749-3182 to be put on the mailing list.

## IN AND AROUND TOWN

Subsidized taxi rides for Villa Park residents ages 65 and older and physically challenged residents, living within the boundaries of Villa Park, are available for \$1 per ride per person. A photo ID card is necessary. For information call Village Hall, 630-834-8500.

York Township offers transportation for residents ages 55 and older. You must be registered at York Township to participate and you need to call 630-620-2424 two business days (Monday-Friday), prior to your trip. The cost per ride varies from \$2-\$4 each way.



## Adult Activities

All Adult Activities meet at VILLA PARK RECREATION CENTER, 320 E. Wildwood Avenue.

### All About Cheese **NEW**

Meredith Meder, a Certified Cheese Professional and owner of Full Circle Cheese will present two unique classes where you'll learn all about cheese.

**AGES:** 18 and older  
**\$25 EACH CLASS**

### Raclette Class

Raclette (which means to scrape) is Switzerland's tradition of heating melted Alpine cheese then scraping it onto a plate and serving it with bread or vegetables. You'll sample Raclette and learn of its rich history.

W 6:30-7:30 pm Jan 22

### Build Your Own Cheeseboard

This class will teach you how to buy, cut, plate and design a cheeseboard to serve at your spring holiday get-together. The class group will assemble a cheeseboard for all to sample in class.

W 6:30-7:30 pm Feb 5

### Beautiful Bouquets **NEW**

Create your own beautiful fresh floral bouquet to bring home to enjoy or give as a gift. All supplies will be provided and you'll take home your arrangement after each class.

**\$36 EACH DATE**

### Valentine's Bouquet

W 4-5 pm Feb 12

### Easter/Spring Bouquet

W 4-5 pm Apr 16

### Soap Making Workshop

Soapy Roads of Lombard will host a natural soap making workshop where you'll melt and pour your own bar using natural materials, botanicals and essential oils for fragrance. You'll also enjoy a educational eco-friendly presentation about soap making.

**AGES:** 18 and older  
**\$50**

M 11:30am-1 pm Feb 24

### Sip & Socialize **NEW**

Let's enjoy the Villa Park Recreation Center's new social area and get together to sip coffee or tea, enjoy a danish and socialize.

**\$2 PER DATE, PAYABLE AT THE DOOR**

Tu 9:30-10:30 am Feb 4, Mar 18, Apr 1, May 6

### Cooking Local **NEW**

You'll have fun in the new kitchen learning to cook a dish in a class led by a chef from a local restaurant. All materials provided. The meal will be enjoyed during the class, or you can take it home.

**AGES:** 18 and older  
**\$25**

### Michael Anthony's Chicken Parmigiana

Tu 5:30-6:30 pm Feb 11

### Pinot's Palette Sip & Paint Party **NEW**

You'll be sure to love this opportunity to sip wine while you create a painting in this fun and unique evening out. This is a great program for a couple's or girl's night out. The instructor will be helpful and patient — so don't think you can't paint! All supplies are included and you'll take your painting home after the class.

**AGES:** 21 and older  
**\$74**

F 7-8:30 pm Mar 14

## The following classes are offered by Chef Joe Hart

See Page 24 for Chef Joe's bio!

### Baking 101 **NEW**

Participants in this class will receive an introduction to baking techniques and principles. We will learn the science behind making our own doughs and pastries such as breads, crusts, pastries, and more!

**AGES:** 18 and older  
**\$65**

Tu 4:45-5:45 pm Feb 4-25

### The Frugal Gourmet **NEW**

The cost of groceries is crazy nowadays! But that does not mean you cannot still make great dishes for less than \$20 to feed your family. Join us for this class which will teach recipes to feed a family of four for under \$20 while also learning great tricks and tips to get the most bang for your buck at the store.

**AGES:** 18 and older  
**\$65**

Tu 4:45-5:45 pm Apr 8-29

### You Want a Pizza Me? **NEW**

Participants in this program will learn how to make classic Chicago thin crust pizza. We will learn everything from making and curing the dough, making the sauce from scratch and making your own Italian sausage. Participants in this class will also learn alternatives to any dietary restrictions they may have, such as gluten or dairy, so they can still enjoy delicious pizza!

**AGES:** 18 and older  
**\$45**

F 5:45-7:45 pm Apr 11

### Love is In the Air **NEW**

Come out and enjoy us for a night of romance and food as we host our first couples cooking class. You and your partner will work together to make a three-course meal that will include a salad, entrée and dessert as you receive instruction from a professional chef.

**AGES:** 18 and older  
**\$45**

F 5:45-7:45 pm May 16



## Trips Around Town and Special Events

We'll head to many fun and fascinating destinations as you sit back and enjoy the ride. Fees include transportation and admission fees, unless indicated otherwise.

All trips depart and return to the VILLA PARK RECREATION CENTER, 320 E. Wildwood Ave.

### Waitress at the Paramount Theatre, Aurora

Join us for this fantastic opportunity to see Waitress the Musical at Paramount Theatre. Waitress tells the story of Jenna, a waitress and expert pie maker stuck in a small town and a loveless marriage. When a baking contest in a nearby county offers her a chance at escape, Jenna fights to reclaim a long-forgotten part of herself. Through the support of her fellow waitresses, and an unexpected romance, Jenna begins to find the courage to take a long-abandoned dream off the shelf. Lunch will be served before the show and will include Caesar salad, rolls, Italian sausage lasagna, green beans, and cannoli for dessert. Price includes lunch, theatre ticket and a coach bus. Registration deadline is January 24. You will not want to miss this amazing production!

**AGES:** 18 and older

**\$110**

W 10:30 am–4:30 pm Feb 19

### Chicago Botanic Garden Orchid Show, Glencoe

The Chicago Botanic Garden, a 385-acre living plant museum, features 28 distinct gardens and four natural areas, draws more than one million visitors annually, making it one of the most frequented public gardens in the United States. On this trip you'll visit The Orchid Show: India, the annual orchid show. After touring the show we'll head to the nearby Max & Benny's for a delicious lunch in the sprawling deli-style restaurant and bakery. Your lunch will be a menu choice of a deli sandwich with soup and a cookie. You'll also have some time to browse and shop in the onsite bakery to take something home.

**AGES:** 18 and older

**\$100**

M 9 am–3 pm Mar 10

### Morkes Chocolate-Touch, Taste, Temper & Take Away Party

We'll travel to Morkes Chocolate in Palatine and indulge in the flavors of chocolate. You'll learn about chocolate, taste different chocolates and dip your own candies to take home.

**AGES:** 18 and older

**\$40**

Sa 10:30 am–1 pm Mar 15

### Little Traveler Sunday Brunch, Geneva

We're going to a favorite destination in downtown Geneva for Sunday Brunch in the Atrium Café and shopping in the quaint 36-room Victorian Home filled with all kinds of treasures.

**AGES:** 21 and older

**\$37 INCLUDES TRANSPORTATION AND BRUNCH**

Su 10:30 am–2 pm Mar 23

### Acquiva Winery, Maple Park, Illinois

Acquiva is a family-owned 85-acre estate vineyard and full-service winery. The 20,000 sq. ft. facility produces many grape varieties suited to sustain and thrive through the turbulent Midwest seasons. Acquiva boasts amazing architecture and hand painted fine art. On this trip you'll experience a wine tasting with winemaker Sergio Benavides and learn about wine production and the vineyard's different wines while pairing them with artisan cheeses and specialty meats. Following the tasting we'll have lunch in the beautiful on-site restaurant. Menu selection is Chicken Piccata or Gnocchi in Tomato Crème Sauce.

**AGES:** 21 and older

**\$100**

Sa 10:30 am–3 pm April 5

### Pizza By Me at Lou Malnati's, Oakbrook

You'll get hands-on at Lou Malnati's kitchen as you make your own deep-dish pizza. Instructors will teach you how Lou's make their pizzas and give a history of the company. After making pizza you'll get a sneak peak of the kitchen and enjoy a salad while pizzas bake. A freshly baked chocolate chip cookie will be your dessert.

**AGES:** 18 and older

**\$35**

Sa 10:30 am–1 pm May 3

### Natural History, Astronomy & Fish!

It is your day at the Museum Campus! At the time of registration, you will pick what museum you would like to visit for the day, we will get the tickets and provide transportation for you! Choices include the Field Museum, the Adler Planetarium, and the Shedd Aquarium. All you do is show up and be ready to explore one of these fascinating museums right on Lake Michigan. Price includes a coach bus with a restroom and basic entry into the museum. Lunch will be on your own.

**AGES:** 18 and older

**\$90**

Tu 8:30 am–4:30 pm May 13

### Cat's, Paramount Theatre, Aurora **NEW**



The most beloved musical in theater history brings the colorful world of Cats to the stage. Inspired by a collection of poems by T.S. Eliot, Cats, the iconic musical by Andrew Lloyd Webber, is a well-loved fantastical journey into the world of Jellicle Cats. Trip includes a buffet lunch prior to the show at the Meyer Ballroom across the street from the theatre.

**AGES:** 18 and older

**\$80**

W 11 am–5 pm May 21

#### REGISTRATION



**NO ONLINE REGISTRATION**

You may call 630-749-3200 to pay by credit card if you have a current registration form on file. Registration forms may be completed at the Villa Park Recreation Center. Registration will also be accepted through the mail, with a check, or in person. Participants must cancel at least two (2) business days prior to a scheduled trip in order to receive a program credit. Please arrive 15 minutes prior to trip departure.



# Aquatics Summer 2025

## 2025 Jefferson Pool Season Saturday, May 24 – Sunday, August 31

**SEASON SWIM  
POOL PASSES GO ON SALE  
THURSDAY, MAY 1**

### POOL HOURS

#### MONDAY - THURSDAY

12-6 pm **Open Swim**

(Children under 10 must be accompanied by an adult)

6-8 pm **Evening Swim**

(Children under 14 must be accompanied by an adult)

#### FRIDAY - SUNDAY

12-6 pm **Open Swim**

(Children under 10 must be accompanied by an adult)

6-7 pm **Evening Swim**

(Children under 14 must be accompanied by an adult)

#### MEMORIAL WEEKEND

• Jefferson Pool will be open with limited hours 12-6pm, Memorial Weekend, Saturday, May 24-Monday, May 26.

• If school ends before Memorial Weekend, Jefferson Pool will open for the season on Tuesday, May 27.

• If school is extended beyond Memorial Weekend for any reason, Jefferson Pool will open (TBD) when we can provide sufficient staff to safely open the pool.

#### SWIM MEETS

Jefferson Pool will close at 5pm on scheduled Wednesday swim meets.

#### OPEN SWIM AND EVENING SWIM

• There will be 2 lanes available for Adult Lap Swim during both Open Swim and Evening Swim everyday.

• The final date of weekday Open Swim is Tuesday, August 12, 2025.

#### MONDAY AND TUESDAY, AUGUST 11 & 12

Jefferson Pool will be open 12-6 pm.

#### STARTING WEDNESDAY, AUGUST 13

Jefferson Pool will be closed Monday to Friday.

#### STARTING SATURDAY, AUGUST 16

Jefferson Pool will be open 12-6 pm on Saturdays and Sundays until we close for the season on Sunday, August 31.

### Season Swim Pool Passes

If you have previously purchased a photo pass, you simply need to complete a renewal application. Renewal applications will be emailed to all 2024 pass holders and pass applications for new pass holders will be available at the Villa Park Recreation Center and on our website,

[www.invillapark.com/Parks-Recreation](http://www.invillapark.com/Parks-Recreation) prior to May 1. Information regarding season swim pass fees and procedures for purchasing swim passes will be available in the Summer 2025 Programs and Events Guide. The villa park trustees set fees for annually during the month of April. Once the board cost, dates, etc. Will be posted on our website and the summer program and events guide.

### Pool Rentals

Jefferson Pool is available for private rentals! Lifeguards are provided. Rental deposit must be paid in full to reserve a date. Pool Rentals are reviewed and accepted through an online application process. Pool rental dates can be reserved between Friday, June 6 and Saturday, August 9.

**Rental Deposit:** Res \$125/ NR \$200

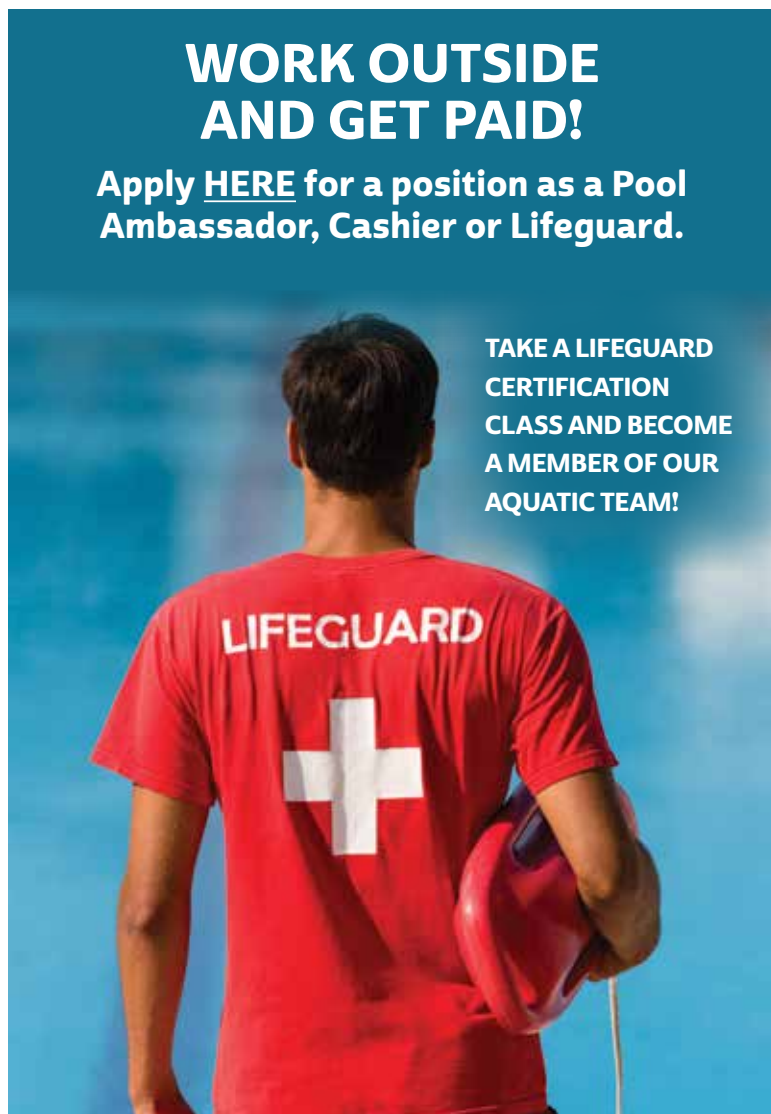
**Rental Fees:** Res \$315/ NR \$475

**7:15pm-9:15 pm** Friday or Saturday (Sunday is reserved for rainouts)

## WORK OUTSIDE AND GET PAID!

Apply [HERE](#) for a position as a Pool Ambassador, Cashier or Lifeguard.

TAKE A LIFEGUARD  
CERTIFICATION  
CLASS AND BECOME  
A MEMBER OF OUR  
AQUATIC TEAM!





## Swim Team Registration is held online and at the Villa Park Recreation Center

- **EARLY DISCOUNTED REGISTRATION**  
Monday, January 6 - Monday, April 14, 2025
- **OPEN REGISTRATION BEGINS**  
Tuesday, April 15, 2025

**2nd and subsequent swimmer(s) in the same family receive a \$10 discount Early Discounted Registration only!**

**PLEASE NOTE:** Non-residents of incorporated Villa Park will pay an additional \$3 per swimmer during Early Discounted Registration and Open Registration.

### PRACTICE SCHEDULE - REGULAR SEASON

Please select a practice time based on your swimmer's age as of June 1. Swimmers must adhere to their selected practice time.

### MARINERS SWIM TEAM

The Mariners swim competitively in the DuPage Swim and Dive Conference, a group of west suburban swim teams including Roselle, Woodridge and Lombard. The season includes swim meets that will be scheduled on a variety of Wednesday evenings and Saturday mornings, with a season ending conference meet. Practices are each weekday morning at Jefferson Pool and swimmers are expected to attend each practice. It is recommended that beginning swimmers have previous swim lesson experience prior to the start of the season.

*Swimmers must successfully swim one length of the pool using a competitive stroke to participate.* Parents and or family members are strongly encouraged to become involved in the Mariners Parent Organization.

**The Villa Park Mariners Volunteer Parent Board will hold an Informational Parent's Meeting on May 7 at 6 pm at the Villa Park Recreation Center.**

### JUNE 2-JULY 25

#### MARINERS (MONDAY-FRIDAY)

##### AGE PRACTICE TIME

6-8 9-9:45 am

9-12 8-9 am

13-18 6:30-8 am

**EARLY DISCOUNTED REGISTRATION FEE \$119**

**OPEN REGISTRATION FEE \$129**

### MINI MARINERS (NEW Prerequisites)

The Mini Mariners is a team for ages 5-8 who do not have previous team experience. Swimmers can participate on this team for one season only. Practice will be held three times per week. Mini Mariners who compete in home meets could be eligible to compete in one of the two conference meets. *All swimmers must successfully swim 18' - (across the short lengths by the slide), any style, to participate.* The Mini Mariners team is not a prerequisite for the Mariners swim team.

### JUNE 2-JULY 18

#### MINI MARINERS (MONDAY/WEDNESDAY/FRIDAY)

##### AGE PRACTICE TIME

4-7 9-9:45 am

**EARLY DISCOUNTED REGISTRATION FEE \$95**

**OPEN REGISTRATION FEE \$105**

### Lifeguard Certification Course

The American Red Cross has released a new Lifeguarding course that is available through Villa Park Recreation department. Successful completion of the course will certify you for two (2) years in American Red Cross Lifeguarding, First Aid and CPR for the Professional Rescuer. Please email inquiries to SEarl@invillapark.com. Upon passing this course and receiving an endorsement from the instructor, employment will be strongly considered. An estimated 6-8 hours of online class is required prior to April 27. **Please don't hesitate to email or call with your questions. 630-749-3217; SEarl@invillapark.com.**

**Upon passing this course and receiving an endorsement from the instructor, employment will be strongly considered.**

**AGES:** 15 and older

**\$50 Villa Park Aquatic Team Candidates**  
**\$350 General Public**

### COLLEGE OF DUPAGE SWIMMING POOL

Su 12-4 pm April 27, May 4, 11 & 18  
F 6-8:30 pm May 2, 9, 16, 23

### WSI Certification

The Village of Villa Park is offering a Water Safety Instructor course this summer 2025! To become a Water Safety Instructor, you must be at least 16 and demonstrate swimming ability equivalent to Level 4 in the Learn-to-Swim program. Becoming a certified Water Safety Instructor increases your professional commitment to water safety as an aquatic professional and qualifies you to teach Learn-to-Swim classes and coach at all levels. Candidates will receive login information by email and be required to complete online training prior to the start of this blended learning class.

**AGES:** 16 and older

**FREE Villa Park Aquatic Team members**  
**\$350 General Public**

### IOWA COMMUNITY CENTER & JEFFERSON POOL

M-F 8:30-11:30 am June 5-16

[cognitofrms.com/VillageOfVillaPark/ParksRecreationEmploymentApplication](https://cognitofrms.com/VillageOfVillaPark/ParksRecreationEmploymentApplication)

**PLEASE NOTE:** Candidates should complete an employment application at [www.invillapark.com](http://www.invillapark.com). Employment is not guaranteed. Please complete an employment application prior to the first class.

• Village Lifeguards are recertified every 2 years for FREE.

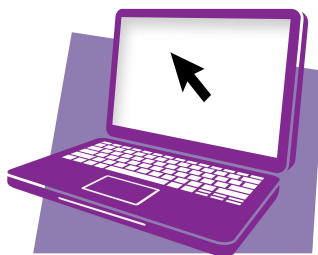
• WSI certification is valid for 2 years and is renewed by submitting course completion records with the American Red Cross.

# Program Registration

## How to Register

### ONLINE REGISTRATION

We welcome you to register for most programs through online registration at CivicRec at [secure.recl.com/IL/villa-park-il/catalog](https://secure.recl.com/IL/villa-park-il/catalog)



### How to Set up Your Account:

- On desktop computers, select **Log In/Create Account** in the upper left corner then select **Create Your Villa Park, IL Account**.
- On mobile devices, select **Account** in the upper right corner and then select **Sign Up**.
- Fill in the form as completely as possible. All of the fields with an asterisk (\*) are mandatory and your account cannot be created without completing these sections. You also need to add one emergency contact to your account. You'll have an opportunity to add family members to your household later.
- To receive text alerts about class cancellations and facility closures, click to opt in next to your cell number.
- Add additional household members (spouse, children, etc.) at any time in your account settings. **Please keep your entire household on one account.**

### Verify your Account:

- Click on the CivicRec Link in the email
- Log in using the username and password in the email.
- Hover over your name, click the edit (pencil) icon.
- Enter your desired password, confirm password.

**NOTE: Your password must be at least 8 characters long and contain at least 3 of the following: Lower case letters, Upper case letters, Numbers, Special characters (@, #, &...)**

### That's it!

Now you're ready to register for **VILLA PARK • Parks & Recreation** programs!

*NOTE: Preregistration is strongly encouraged for most programs. If you choose not to preregister, you may be turned away at the door if the program has reached its maximum capacity or supplies have been allocated for a fixed number of participants.*

### DROP-OFF

Complete the registration form located on pages 41-42. Please be certain that this form is completely filled out on both sides, your check is signed and included (if dropping off or mailing). A service fee of \$40 is assessed for any NSF checks.

### AFTER HOURS

After hours, you can drop off your registration form in our convenient drop box, adjacent to the main entrance of facility. Please do not leave cash.

*NOTE: Any and all dropped off registration forms received after office hours will be processed the next business day. Please call 630-749-3200 with any questions.*

**FAX TO:** 630-834-8982

### DROP-OFF AT:

Villa Park Recreation Center  
320 E. Wildwood Ave.

### PROGRAM CAPACITY

All programs have minimum and maximum enrollments. If the minimum enrollment is not met prior to the program date,

**VILLA PARK • Parks and Recreation** may have to cancel, postpone or consolidate the program with another program. If the program is cancelled, a program credit will be issued.

### ADDITIONAL INFORMATION

Villa Park residents may register once they receive the program brochure. Registrations will be processed on a first come, first served basis. Non-residents, including participants who reside in unincorporated Villa Park pay an additional \$3 fee per program on most registrations and will be processed on a first come, first served basis. We will contact you if a program is full or if there is an additional situation regarding your choice of program. Program fees will not be pro-rated. If you register after the start of a program, you are required to pay the full program fee. The age groups we have identified for each of our programs are only guidelines. If you or your child(ren) are interested in participating in a program or event, but are not the stated age, please contact us at 630-749-3200.

**Your receipt generated at registration is your confirmation. See your receipt for additional program information.**

*NOTE: Classes and events have a minimum number of required registrations and may be cancelled if the minimum number is not reached by the applicable registration deadline.*

### EARLY BIRD REGISTRATION

Residents may register three weeks in advance and receive \$3 off the advertised fee on most programs. Credits or refunds will not be issued if the \$3 is not deducted at the time of payment. There are certain programs that are not eligible to receive the Early Bird Discount and they are indicated within the program brochure.

### AVOID CANCELLATION

Most classes require a set minimum number of participants.

### Register Early!

- Register at least a week prior to the start date to avoid cancellation.
- Registration for most programs closes 3 days prior to the start date.

## BLOCK PARTY TRAILER

**VILLA PARK • Parks and Recreation** has a party trailer which includes 10 tables, 100 chairs, 10x10 tent, 2 bean bag game sets, sound system, traffic barricades, 2 coolers and drop-off and pick-up services. Rental of the trailer is available for residents of incorporated Villa Park, May through October. The cost for renting the party trailer for a block party is \$50 with a deposit of \$100 required at the time of reservation.

The party trailer for an event other than a block party is also available for rent! Please complete the same request form. The fee for use of a non-block-party rental is \$150 with a \$100 deposit. While this fee is more expensive, it is still a great price for your private party!

Reservations will be accepted on a first come, first served basis beginning the first business day in 2025. To reserve the trailer, please download the form by visiting [www.invillapark.com/block-party](https://www.invillapark.com/block-party) and click on the Block Party Trailer link.

Forms must be returned via email to Zoraida Santiago at [parcs@invillapark.com](mailto:parcs@invillapark.com) or dropped off at the Parks Office at 42 W. Home Ave Villa Park 60181. For more information regarding rental of the party trailer, please contact Yolanda at 630-834-3051.



## VILLA PARK | Parks & Recreation

Has your contact information changed since your last registration?  Yes  No

First and Last Name of Primary Contact Person \_\_\_\_\_ Birthdate \_\_\_\_\_  
(Required)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Primary Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Emergency Name \_\_\_\_\_ Phone \_\_\_\_\_

PARTICIPANT'S FIRST/LAST NAME	BIRTHDATE MM/DD/YYYY	MALE/FEMALE	ACTIVITY NAME	ACTIVITY SESSION DAY/DATES	FEE
					\$
					\$
					\$
					\$
					\$
<input type="checkbox"/> Yes! I would like to make a donation to the VPPR Financial Assistance Fund.				<b>TOTAL DONATION</b>	\$

Non-Resident Fee  
\$3/person per program

**TOTAL FEES** \$

### SPECIAL ACCOMMODATIONS

Please describe any special accommodations needed for the enjoyment of this program.

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### WAIVER AND RELEASE

I have read and agree to all the terms and conditions as stated on the back of this form.

\_\_\_\_\_  
Signature of Participant, Parent or Legal Guardian      Date

### MAIL-IN / DROP OFF

**Villa Park Recreation Center**  
320 E. Wildwood Ave.  
Villa Park, IL 60181

**PLEASE SEE WAIVER ON THE REVERSE SIDE**

Please read the waiver/release of all claims and emergency treatment permission form on the reverse side. This waiver/release must be read and signed by each participating adult 18 years and over and by a parent or legal guardian for each participant under the age of 18.

**Participation will be denied if the signature of adult participant or parent/guardian and date are not on this waiver!**



## Emergency Treatment Permission

### Village of Villa Park Recreation Department

#### **WAIVER / RELEASE OF ALL CLAIMS AND EMERGENCY TREATMENT PERMISSION**

Please read this form carefully and be aware that by signing this form and participating in the programs listed that you will be waiving and releasing all claims for injuries you or your children might sustain arising out of these programs.

#### **RELEASE AND HOLD HARMLESS AGREEMENT**

As a participant in this Villa Park Recreation Department program, I recognize and acknowledge that there are certain risks of injury and I waive and relinquish all claims I or my children may have as a result of participating in this program against the Village of Villa Park and its officials (either elected or appointed), commissioners, officers, agents, employees and volunteers. I further agree to indemnify, hold harmless and defend the Village of Villa Park and its officials (either elected or appointed), commissioners, officers, agents, employees and volunteers from and against any and all claims, suits, or cause of actions, including reasonable attorney's fees, sustained or caused by myself or my children arising out of, in connection with, or in any way associated with the activities of this program.

I give my child permission to participate in this program and on the child's behalf as parent and/or legal guardian I hereby waive, release and forever discharge any and all claims against the Village of Villa Park and its officials (either elected or appointed), commissioners, officers, agents, employees and volunteers for damages and/or injuries which may arise from my child's participation in this program.

#### **EMERGENCY TREATMENT PERMISSION**

I understand that a minor may not be treated, even in an emergency situation, except when, in the opinion of the attending physician, life is in the balance. Consent of a parent or legal guardian is necessary for unmarried minors (under 18) except in such cases. Written consent is required for all other treatment.

Accordingly, as a parent and/or legal guardian, I do here- with authorize the treatment of the minor enrolling in this program in the event of a medical emergency, including administration of first aid, as appropriate and further agree that I will be responsible for payment of any and all medical services rendered. I understand that the Village does not provide medical insurance for program participants.

I agree that any person or entity, including any doctor, or healthcare provider, may rely on a photocopy of this document the same as if it were an original.

#### **ACKNOWLEDGMENT**

I have read and fully understand the registration policies, the "Release and Hold Harmless Agreement" and the "Emergency Treatment Permission". This release and medical authorization form is completed and signed of my own free will even though I understand it is a requirement for participation this program. I represent to the Village of Villa Park that I am familiar with the program and its physical demands and I attest and verify that the participant, whether myself or my child is physically fit for this program.

#### **PHOTO CONSENT**

I understand and give my consent for me/my child to be photographed while participating in a Village of Villa Park program or event. I understand that these photos may be used in printed material, electronically, on social media, as well as on the Park and Recreation web site for publicity purposes

*This waiver must be signed by all participating adults 18 years old and over and by a parent or guardian for each participant under age 18. If registering a minor participant, I further attest that I have read these instructions to my minor child/ward.*



**For Great Western Trail information, scan the QR Code or go to [trailink.com/trail/great-western-trail-\(dupage/](http://trailink.com/trail/great-western-trail-(dupage/)**

**GREAT-WESTERN-TRAIL**

**ILLINOIS PRAIRIE PATH**

**HAVE FUN!**

**For more information on Illinois Prairie Path, go to [ipp.org](http://ipp.org)**

## Enjoy biking, walking, and running on the Illinois Prairie Path and Great Western Trail!

- Always bike with a helmet.
- Consult a doctor before starting a new fitness routine.
- Path etiquette: pass others on the left by saying “On your left” before you pass them.
- Bring water and a cell phone.
- Stay to the right.
- Always walk, run or bike with a friend.

For more information on DuPage County Trails, go to [dupagecounty.gov/government/departments/transportation/getting\\_around/bikeways\\_and\\_trails/](http://dupagecounty.gov/government/departments/transportation/getting_around/bikeways_and_trails/)



**Hidden Gem in Villa Park**  
**Skate Park** – Open from 6 am to sunset  
 365 days of the year, weather permitting  
[evergreenskateparks.com/villa-park-illinois-skatepark](http://evergreenskateparks.com/villa-park-illinois-skatepark)



### SKATE PARK SAFETY REMINDERS | Stay safe by following these rules:

- The American Academy of Pediatrics cautions that children younger than 5 should not skateboard at all, and children ages 6 to 10 should skateboard with adult supervision.
- Wear protective equipment and watch out for others! Head injuries can be serious!
- Be considerate of other skateboarders, especially those who are younger or less skilled.
- In a multi-use area, skate on the right side and pass on the left, and be cautious of others using the same area
- Look before you leap and give fair warning! If you lose control of your board, scooter, or bike yell “WATCH OUT” to warn others. This is no time to be shy! Don’t be afraid to scream it out.
- Take turns. If you accidentally snake someone, get out of their way as soon as possible and apologize. Snaking occurs when you get in the way of another skateboarder while they are in the middle of their run.
- Please keep metal bike pegs and muddy tires OUT of the skate park.
- Do not use headphones when skateboarding.
- Never put more than one person on a skateboard.

[nsc.org/community-safety/safety-topics/child-safety/skateboarding-safety](http://nsc.org/community-safety/safety-topics/child-safety/skateboarding-safety)

### LEARN TO FALL

#### Did you know that falling is an art?

Even experienced skateboarders fall – a lot. They most frequently are injured in falls caused by rocks and irregular surfaces. If done properly, falling doesn’t have to result in serious injury.

- If you feel like you’re about to lose control, crouch down so you don’t have as far to fall
- Try to land on the fleshy parts of your body
- Try to roll rather than absorbing the force with your arms
- Try to relax your body rather than going stiff
- Practice falling on a soft surface or grass



# Family Events



## PRINCESS BALL



NO EARLY BIRD REGISTRATION

Friday, March 21 - 6-8 pm

**Villa Park Recreation Center - NEW LOCATION!**

Hear Ye! Hear Ye! Young ladies and their favorite date are formally invited to the Princess Ball, which promises to be Villa Park's gala event of the year! You will be treated like royalty as you dance the night away at the new Villa Park Recreation Center. The night includes a photo keepsake of you and your date in our fun photo booth! Don your finest attire, hop into your carriage and join us for a memorable evening.

**Snacks, desserts and soft drinks will be served.**

**Registration is not taken at the door.**

**ALL AGES**

**\$45 PER COUPLE/\$20 FOR EACH ADDITIONAL DAUGHTER**

**CORSAGE/BOUTONNIERE COMBO \$20**

**ADDITIONAL CORSAGE \$15**

## MOM AND SON NIGHT



NO EARLY BIRD REGISTRATION

Friday, May 9 - 6-8 pm

**Villa Park Recreation Center - NEW LOCATION!**

Young men and their special date are invited to enjoy an exciting evening out. Enjoy great music and a photobooth. A photo keepsake of the evening is included. Enjoy activities and games in the Villa Park Recreation Center Gym.

**Snacks, desserts and soft drinks will be served.**

**Registration is not taken at the door.**

**ALL AGES**

**\$45 PER COUPLE/\$20 EACH ADDITIONAL SON**

**CORSAGE/BOUTONNIERE COMBO \$20**

**ADDITIONAL BOUTONNIERE \$15**

## FAMILY BINGO PIZZA NIGHT NEW

Friday, January 31 - 6-7:30 pm

**Villa Park Recreation Center**

Bring the family out for this exciting new way to experience the new Rec Center. You'll enjoy pizza, soft drinks and desserts while playing Bingo for prizes.

**ALL AGES**

**\$13 PER PERSON**



NO EARLY BIRD REGISTRATION

## ICE FISHING

This event may be scheduled in January or February when the ice is at the proper thickness. Learn about ice fishing safety, how to drill holes in the ice and how



to catch fish. Children under age 8 must be accompanied by an adult and 16 and older must have a valid fishing license.

**Sponsored by the Villa Park Sportsman's Club. For more information contact Sue Earl at [SEarl@invillapark.com](mailto:SEarl@invillapark.com).**

NEW

## FAMILY MOVIE NIGHT

Friday, March 28

6:30-8:30 pm

**Villa Park Recreation Center**  
**Movie title TBD**

Come out for a movie on the big screen and enjoy family time.

Soft drinks and popcorn will be provided.

**ALL AGES** (children under age 1 are free)

**\$5 PER PERSON**



NO EARLY BIRD REGISTRATION

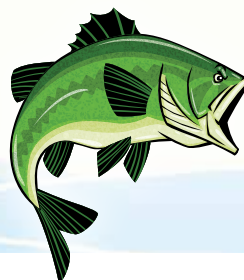
## SUMMER CHILDREN'S FISHING DERBY

Saturday, June 7 - 9 am-12 noon

**North Terrace Park**

**Bring the family, a picnic basket and enjoy this fun event with a chance for all children to "catch the big one."**

A fishing license is not necessary for anyone under 16 years of age, but don't forget your tackle and bait. Prizes, provided through the generosity of the Villa Park Sportsmen's Club will be awarded for children under the age of 16 for the largest, smallest and most fish caught. Registration is not required. Casting contest will start sometime between 9-9:45 am. Call with your questions 630-749-3217 or email [SEarl@invillapark.com](mailto:SEarl@invillapark.com).



**ALL AGES**

(children under age 12 must be accompanied by an adult)

**FREE**



# THERE'S A LOT HOP HOP HAPPENING

LOCATION TBD

Be sure to check out these exciting Easter events.

## Egg Hunt

Saturday, April 12 - 10 am SHARP



EGG HUNT IS RAIN OR SHINE

Hop over for a fun, outdoor egg hunt. A special prize will be awarded in each age group, to the child who finds the winning egg: under age 2; 3-4; 5-7 and ages 8 and older. Parents may assist children ages 4 and younger. The egg hunt will be held rain or shine. Bring a basket or bag to collect your eggs.

**Pre-registration is encouraged; day of registration is subject to availability.**

ALL AGES

\$5

## The DOG Gone Bunny Egg Hunt

Saturday, April 12 - 11:30 am

EGG HUNT IS RAIN OR SHINE

This egg hunt has gone to the dogs!

Register Fido for a fun outdoor egg hunt where your pet will search for eggs filled with dog-friendly treats.

Dogs must remain on leash the entire time; no shock collars allowed.

\$5



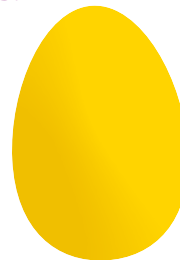
## Garden Plots

Villa Park's community gardens are popular with area gardeners. Plots are available for community members or organizations who want to grow vegetables and plants. The plots are 10'x10' and are located at Westmore Park, 500 N. Westmore. A water tank is on site for easy watering of the plots. The plots are tilled and staked prior to the season; weeding and maintenance is the gardener's responsibility during the season. Plots are \$10 and sold on a first come first serve basis either online or at the Villa Park Recreation Center.

**Gardeners who had a plot in the 2024 season can register now; open registration for new gardeners begins January 6.**

**\$10 PER GARDEN PLOT**

March 31  
- April 12



## Hunt for the Golden Egg

Monday, March 31 thru Friday, April 4

We're ready to welcome Spring with some fun and would like for you to join up! Starting spring break week Monday, March 31 thru Friday, April 4 there will be (1) golden egg hidden at various parks in Villa Park.

**Each day we will post on Facebook which parks will have a Golden Egg, so make sure you're following us!**

Families may search for the eggs during the hours of 8 am to Sunset. If you are one of the lucky ones to find the Golden Egg, head over to the Villa Park Recreation Center between the hours of 8 am - 7 pm for your prize.

**Limit one Golden Egg per family.**

AGES: 8 years and younger

FREE

## Flashlight Egg Hunt

Friday, April 11 - 7 pm SHARP

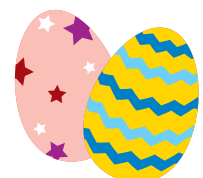


Glow up your night of sweet surprises as you search for hidden treats scattered outside. But wait, there's more! Keep your eyes peeled for golden eggs containing extra prizes. Don't forget to bring a flashlight and bag to hold all your loot - you're in for a night of unforgettable fun!

Be early...egg hunt begins at 7 pm sharp!

AGES: 11-16

\$5





# NEDSRA



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

AVAILABLE NOW!

WINTER/SPRING 2025



- SPECIAL OLYMPICS
- SOCIAL CLUBS
- FITNESS PROGRAMS
- SENSORY PROGRAMS
- PROGRAMS FOR VETERANS



- OVERNIGHT TRIPS
- CAMPS
- ADULT DAY PROGRAM
- COMMUNITY EVENTS & MUCH MORE!

1770 W. Centennial Place  
Addison, IL 60101

FOLLOW     US!

630.620.4500  
nedsra.org



**NEW**

## Villa Park Recreation Center 320 E. Wildwood

**Villa Park Parks & Recreation will begin new programming in the New Villa Park Recreation Center at 320 E. Wildwood Avenue, Villa Park in January 2025!**

Located in the heart of Villa Park, the new Villa Park Recreation Center (VPRC) will be the home of **VILLA PARK • Parks & Recreation!** We will be opening in January 2025 for Villa Park residents and guest to enjoy!

VPRC is a 35,000+ sq ft. building, ADA compliant with an elevator to the second floor! It will be a hub for activities, offering opportunities for fitness, leisure and community engagement. The new recreation center will feature many modern amenities, including a full gymnasium, an elevated track, stretching area, a fully equipped fitness center, two (2) classrooms, two (2) multipurpose rooms, an educational commercial kitchen, locker rooms with showers and a roof-top terrace! We have increased our programs to utilize the new spaces!

### Memberships

Individual, Youth and Family Memberships are available. We offer Fitness Center Memberships and Indoor Elevated Track Memberships. Fitness Center Memberships include access to the Fitness Center, Indoor Elevated Track, Open Gym, Stretching Area, Shower and Locker Rooms and Roof-Top Terrace.

## FACILITY AMENITIES

### Fitness Center

The Fitness Center features state of the art equipment!  
*See page 2 & 3 for more information and membership fees!*

### Indoor Elevated Track

Located on the second floor above the gym, the Elevated Track runs the perimeter of the upper part of the gym. We will have a walking club, or you can walk on your own!  
*See page 3 for more information and membership fees!*

### Locker Rooms with Showers

Men's and Women's locker rooms with showers are conveniently located just outside the gym for easy access!

### Educational Commercial Kitchen

Alongside the multi-purpose rooms, we will be offering classes to support health & nutrition, beginner and advanced cooking classes and senior programs including luncheons!

### Multi-Purpose Rooms

Our multi-purpose rooms are located next to our commercial kitchen! The rooms can be set up as one large room or divided into two (2) rooms using a partition! The multi-purpose rooms are used for various programming for seniors, youth and early childhood, youth and adult cooking classes and meeting and rental space.

### High School Basketball Court

The gym is a regulation High School Basketball Court that can be transformed into two (2) Youth Basketball courts or two (2) regulation Volleyball Courts (with adjustable net height), three (3) pickleball courts and Open Gym! Open Gym schedules for basketball and pickleball will be posted monthly and are available with punch-pass pricing or a daily fee!  
*See page 36 for more information!*

### Early Childhood Classrooms

The Early Childhood Classrooms are located on the first floor and are designated to early childhood, youth and preschool programs. The classrooms are securely locked during use and are equipped with two (2) children's bathrooms.

### Dance/ Group Fitness Studio

Our dance studio houses Villa Park Recreation's Discover Dance programs that include the Fall / Winter Recital practices and 6-week spring and summer programs. Adult group fitness classes are available at a reduced cost to Fitness Center members, and may include Cardio Strength, Nutrition and Fitness, Personal Training, Pilates, Strength Training, Stretch and Flexibility, TRX Workshops, Zumba and Zumba Gold. We will also offer specialty contract fitness programs that include Monday evening Yoga and rise-and-shine fitness classes starting at 6am!  
*See page 2 & 3 for more information!*

### Stretching Area

The open stretching area is located across from the Dance / Group Fitness Studio, outside the elevated track. You will find a stretching bar, TRX bands and Stability Balls are also used in the Dance / Group Fitness Studio.

### Outdoor Roof-top Terrace

The roof-top terrace will be available for leisure and programming, weather permitting.

VILLA PARK • Parks & Recreation  
**HIGHLIGHTS**

JANUARY

- 3 ..... VPRC Open for business
- 13 ..... VPRC Grand Opening and Ribbon Cutting Festivities
- 15 ..... VPRC Fitness Center Membership Early Bird ends
- 31 ..... Family Bingo Pizza Night

FEBRUARY

- 3 ..... Early Childhood and Youth: Cooking Classes
- 5 ..... Adult Class: All About Cheese - Make your Own Cheeseboard
- 26 ..... Winter Fantasy Princess Glam Night.

MARCH

- 14 ..... Preschool Baking Class  
                   Adult Class: Pinot's Palette Sip & Paint Party
- 21 ..... Princess Ball
- 28 ..... Family Movie Night
- 31 ..... Youth Spring Camp  
                   Hunt for the Golden Egg (Mar 31-Apr 4)

APRIL

- 1 ..... Spring Break Volleyball Camp (Apr 1-3)
- 5 ..... Adult Trip: Acquiviva Winery, Maple Park
- 11 ..... Flashlight Egg Hunt
- 12 ..... Egg Hunt at 10 am Sharp  
                   The DOG Gone Bunny Hunt

MAY

- 1 ..... Jefferson Pool Season Passes go on sale
- 9 ..... Mom & Son Night
- 10 ..... Smart Cycling
- 24 ..... Jefferson Pool Opens

**Save the Date!**  
**Villa Park Summer**  
**Festival Saturday,**  
**June 21, 2025!**



Winter/Spring 2025